



**NAAAC**  
**SWIMMING & DIVING**  
**Norristown Area Aquatic Club**  
**2009–2010 Handbook**

# **Norristown Area Aquatic Club 2008–2009 Handbook**

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## **WELCOME to NAAC**

We would like to welcome both new and returning members and families of the Norristown Area Aquatic Club for the 2008 – 2009 season. The purpose of NAAC is to promote amateur swimming and diving for Montgomery County area young people, to help provide the opportunity for competitive swimming and diving at all levels, and to encourage excellence and sportsmanship.

This handbook will provide you with important information that will help make the season go smoothly. In addition to this information, you will receive more information through e-mail, your family folder at the pool, and by visiting the websites for the club and the league. The web site for NAAC: [norristownaquatic.org](http://norristownaquatic.org). The web site for Suburban Aquatic League: [www.suburbanaquatic.org](http://www.suburbanaquatic.org).

We all look forward to a successful year and to full participation from everyone. If you have any questions, please feel free to call any NAAC board member.

Thank You,  
Carol Purcell and Peggy Hill  
Co-Presidents

## **NORRISTOWN AREA AQUATIC CLUB MISSION STATEMENT**

The purpose of NAAC is to promote amateur swimming and diving for Montgomery County area young people, to help provide the opportunity for competitive swimming and diving at all levels, and to encourage excellence and sportsmanship.

It is the purpose of NAAC to provide instruction for new and developing swimmers and divers and to further enhance the skills needed for advanced swimmers and divers.

## **NORRISTOWN AREA AQUATIC CLUB (NAAC)**

The Norristown Age Group Swimming Team was formed in the fall of 1973. The opening of the Norristown Area High School provided a new and complete swimming facility.

The pool facility has a 30,000-gallon “T” shaped pool. The top part of the pool is a six lane, 25-yard instructional and competitive pool. The depth is graduated from 3’6” to 11’4”. The diving well includes two one-meter maxi flex diving boards and can be used for recreational and competitive diving.

Locker room facilities are adjacent to the pool area for convenient dressing. The pool also has a balcony area with a seating capacity of 450 people.

The NAAC competitive program is divided into four overlapping areas:

First, is the support and direction of the NAAC Board. The direct organizer and overseer of the program is the NAAC Board. The Board’s job is to promote and supervise all four aspects of the total program.

Second, is the coaching staff. The NAAC staff consists of three head coaches and three to four assistant swimming coaches, and one diving coaches. The goals of the NAAC coaching staff are to develop the strengths of individual swimmers and divers.

Third, the Suburban Aquatic League (SAL) of which NAAC is a current member, is a swimming team league of local school districts’ aquatic club teams. NAAC has been a very active member in the league since 1973, both as a participating team and as sponsor to numerous championship meets.

Finally, the NAAC Parents’ Club is a strong and active group of parents who are totally committed to the enjoyment and competitive aspects of the program. Since the inception of the program, the Parents’ Club has organized and conducted all dual meets, sponsored SAL championship meets, developed and conducted our own annual Harvest Meet, and supervised our end of the year awards banquet. Through the fund raising efforts of the Parents’ Club, we have been able to purchase a complete Omega Timing system (starting, timing, and placing system), which completes our facility, making our aquatics facility one of the finest in Eastern Pennsylvania.

## **MANDATORY PARENTS MEETING**

One parent from each family must attend the parents meeting. The parents meeting is held in early October in the Audion at Norristown High School. You will receive an email notifying you of the date and time of the meeting. The information will also be posted on the website at [norristownaquatic.org](http://norristownaquatic.org). Please come to the lobby of the pool. There will signs to direct you to the audion.

There will not be swimming or diving practice the day of the parent meeting.

## NAAC BOARD MEMBERS

Co-President	Peggy Hill	610.635.1115	peggy_hill@verizon.net
Co-President	Carol Purcell	610.306.9005	cjpurcell@comcast.net
Treasurer	Heather Ronca	610.277.2116	hronca@comcast.net
Secretary	Sue Martorella	610.277.5166	allerotram@yahoo.com
SAL Boys Rep	Chrissy Koch	610.584.1951	chrisybbs@verizon.net
SAL Girls Rep	Tom Mellon	610.278.7747	ctmellon@comcast.net
Registration and computer scoring	Tim Purcell	484.231.8550	Purcell_family@comcast.net
Meet Director/Boys	Nora DiLemmo	610.631.1676	ndilemno@aol.com
Meet Director/Girls	Carol Jablonski	610.630.8228	gcjablonski@verizon.net

## NAAC BOARD/COMMITTEE CHAIR MEETINGS

Meetings are held on the second Wednesday of each month at 6-8 pm. Location TBD

## COACHING STAFF

Chris Loughlin, Bruce Hockenbrock, and Brett Amdor are the head coaches of the Aquatic Club. Chris and Bruce will be responsible for the meet line-ups for all swimmers 9 and over. Brett will be responsible for the meet line-ups for all swimmers 8 and under.

### Head Swim Coaches

Chris Loughlin	H: 610.279.4272	C: 610.329.8198	naaccoachchris@msn.com
Bruce Hockenbrock	H: 610.489.0194		bruhoc57@msn.com
Brett Amdor		C: 215.292.2481	bamdor@yahoo.com

### Assistant Swim Coaches

Barbie Griffith	Sean Smith
Mike Hernandez	Pat McNeil
Josh Heatherby	

### Head Diving Coach

Open

## SUBURBAN AQUATIC LEAGUE (SAL)

NAAC is a member of the Suburban Aquatic League (SAL) and USA Swimming. The aim of SAL is to further the growth, development and progress of Swimming and Diving; to teach good sportsmanship and to aid teams in furthering aquatic interest in league participation within Bucks, Chester, Delaware and Montgomery Counties of Pennsylvania.

SAL is composed of twenty-two teams and is divided into four divisions. NAAC is in the West division.

### National Conference

North	West
Central Bucks East (CBAC)	Lower Merion (LMAC)
Central Bucks South West (SWAC)	Methacton Aquatic Club (MAC)
Hatboro-Horsham (HHAA)	Norristown (NAAC)
North Penn (NPAC)	Perkiomen Valley (PVAC)
Pennridge (PR)	Radnor (RAC)
Souderton (SOUND)	Upper Merion (UMAC)

### American Conference

East	Central
Centennial (CAC)	Dolphins Community
Council Rock (CR)	Aquatic Association (DCAA)
Lower Moreland (LMSD)	Plymouth Whitmarsh (PWAC)
Neshaminy (CORE)	Springfield (SAC)
Pennsbury (PENN)	Upper Dublin (UDAC)
	Wissahickon (WCAC)

## USA SWIMMING

NAAC is a registered team of USA Swimming. We are offering USA swimming to all those registered for the competitive NAAC team. An additional registration fee is required. USA swimming offers a wider range of events to choose from in addition to our regular events, such as the 400 IM, 200 back, 500 free, 1650 free, 200 fly, and 200 breast. USA Championships, or Junior Olympics (JO's) are in mid-March. To enter JO's a swimmer must participate in three USA meets and have the qualifying time in the event. Please check the NAAC registration form and indicate that you want to participate in USA swimming. Registration covers the period of January 1 through December 31. If you have any questions please see Chris Loughlin or Brett Amdor. More information about USA swimming can be found on the organization web site [MASwim.org](http://MASwim.org)

## REGISTRATION AND FEE SCHEDULE

- **Registration: \$35. Due at registration**
  - **Fund-raising fee (per family): \$50. Due at registration**
  - **Membership fee (per family): 1–2 swimmers/divers, \$240 each, \$90 each additional swimmer/diver.**
  - **Swim and dive: additional \$50.**
  - **USA swimmer: additional \$57.**
- The membership fee may be paid in two installments. The first payment of \$120 is due the first week in October. The second payment of \$120 is due the second week in November.
  - The fund-raising fee is used toward the year end banquet
  - Please make check(s) payable to: NAAC and send to:  
Heather Ronca, 1432 Guiteras Drive, Blue Bell, PA 19422
  - The fees are the same no matter when the swimmer or diver starts their season.
  - High school swimmers and divers who practice with their high school teams are only required to pay the registration fee of \$35. The registration fee must be paid before the first practice or meet.
  - A high school swimmer or diver who practices with the aquatic club and not their high school team is required to pay the \$240 program fee.

## GENERAL INFORMATION GUIDELINES

1. In order to operate effectively, Norristown Area Aquatic Club requests that all parents/guardians of swimmers and divers participate in some aspect of five dual meets and both the Harvest meet (our largest fund raiser) and any league championship meets (also a fund raiser) that we may sponsor. Parents/guardians must also participate in one NAAC committee.
2. There are many jobs available including timing computer, score keeping, announcing, finish judging, timing, stroke and turn, and selling refreshments. Training is available for all jobs. Job descriptions can be found on page 9.
3. The coaches must be notified by e-mail three days before a swim meet if your child will be unable to attend. The coaching staff and team members are counting on your child to participate. No-shows cause severe problems with the meet line-up. If necessary, for last minute illnesses, please contact the coach directly. See page 3 for coaches e-mail addresses and phone numbers.
4. Children must be picked up no more than 10 minutes after practice.
5. Swimmers must not linger in the hallways or locker room before or after practice.
6. Swimmers must ask permission from one of the coaches to use the locker room facility during practice.
7. Any swimmer vandalizing school property or the property of another person will be dismissed from the team
8. Smoking is not permitted in Norristown School District buildings.
9. Food is not allowed in the locker rooms or pool area. Please keep food in the lobby.
10. Horseplay by swimmers or siblings will not be tolerated.
11. NAAC will not be in operation on days the Norristown Area School District is closed such as holidays or inclement weather. There will be practice on in-service days. Please check your e-mail or the web site at [norristownaquatic.org](http://norristownaquatic.org) for more information.
12. Directions to all league pools can be found on the NAAC web site at [www.norristownaquatic.org](http://www.norristownaquatic.org) or the SAL website at [www.suburbanaquatic.org](http://www.suburbanaquatic.org)

## PRACTICE

Practice begins Monday September 22, 2008. PLEASE NOTE – NO ONE IS ALLOWED TO PRACTICE IF THEY HAVE NOT REGISTERED.

### NAAC PRACTICE TIMES: SWIMMING AND DIVING

<b>Monday</b>	<b>Instructional/8 and under</b> 5:30–6:15 Dryland: 6:15–6:30	<b>9, 10 &amp; 11</b> 5:30–6:45 Dryland: 6:45–7	<b>12 &amp; UP</b> Dryland: 6:20–6:40 6:45–8	<b>Diving</b> 6:30–8
<b>Tuesday</b>	<b>8 and under</b> No Practice	<b>9 &amp; over</b> Dryland: 7:40–8 8–9		
<b>Wednesday</b>	<b>Instructional/8 and under</b> 5:30–6:15 Dryland: 6:15–6:30	<b>9, 10 &amp; 11</b> 5:30–6:45 Dryland: 6:45–7	<b>12 &amp; UP</b> Dryland: 6:20–6:40 6:45–8	<b>Diving</b> 6:30–8
<b>Thursday</b>	<b>8 and under</b> No Practice	<b>9 &amp; over</b> Dryland: 7:40–8 8–9		
<b>Friday</b>	<b>all age groups</b> 6:00–7:30			<b>Diving</b> 6:00–7:30

## PRACTICE REQUIREMENTS

### Instructional/8 and under

The Instructional group is intended for swimmers who are new to competitive swimming. Emphasis will be placed on the development of all four strokes: freestyle, backstroke, breaststroke and butterfly. Older inexperienced swimmers should start practice with their age group but may be moved to instructional, for a time, if there is a need according to their ability. Instructional swimmers and 8 and unders are required to attend practice two times a week.

### 9 and over

For returning and advanced swimmers who need to become proficient in all four strokes. Emphasis will be on stroke and turn techniques. Swimmers will also be introduced to aerobic conditioning. Swimmers 9 years of age and over are required to attend practice at least three times a week. A swimmer may attend all their scheduled practice times, if they choose.

### Fins

All swimmers must have fins for practice. Fins are available from Frank Jones Sporting Goods, Norristown.

### USA swimmers

If you are not of High school age and practice with a USA team you must attend two practices per week with NAAC in order to swim for the team in SAL meets and championships.

### High School swimmers

High School swimmers and divers are allowed to practice with the Aquatic Team on their specified nights. Once their high school team starts practice they are to practice with that team. High School swimmers and divers must complete the NAAC team registration form and pay the registration fee before the first meet or practice.

NOTE: Swimmers and divers must attain team and league required meet attendance in order to participate in championships.

### Swimming and diving

Individuals who wish to participate in both swimming and diving MUST workout a schedule with both coaches. This schedule must be agreed to by all parties before that individual can participate in any program.

## TEAM SUITS

Team suits will be available for purchase at the parents meeting in October and at practice the following week. Team suits will also be available from Frank Jones Sporting Goods, Norristown, PA.

## TEAM PICTURES

The date of individual and team pictures will be posted on the NAAC website. Members will also be notified by email.

## TEAM BANQUET

At the end of the season, the NAAC Parents' Club organizes the awards banquet. All swimmers and divers and their families are invited. The date, time, and location of the banquet will be posted on the NAAC website. Members will also be notified by email.

## MEET INFORMATION

1. The clubs are separated into boys and girls teams for dual meet competition in the age groups 8 and under, 10 and under, 12 and under, 14 and under, and unlimited. Meets are on selected Saturdays beginning in November and culminating with Championships in February. Invitational meets run throughout the season.
2. The swimmer's or diver's age on October 31st shall be his or her competition age for the entire season.
3. USA Swimming and USA Diving rules apply for all competition. A complete description of technique and rules is available upon request. If interested, please contact a NAAC board member.
4. Participants are limited to three individual events and one relay, or two individual events and two relays. Diving counts as an individual event. There is a freestyle relay and a medley relay for each age group. The order of the strokes in the medley relay is backstroke, breaststroke, butterfly and freestyle.
5. A swimmer's second false start disqualifies the swimmer from that event.
6. Diving meets time and place are TBD.
7. Regular dual meets always follow a specific format. Events are arranged as follows:

1	11 & Under 1 meter Diving	22	13-14 100 Breaststroke
2	12-14 1 meter Diving	23	15 & Over 200 Freestyle
3	15 & Over 1 meter Diving	24	8 & Under 25 Backstroke
4	8 & Under 100 Medley Relay	25	9-10 50 Backstroke
5	9-10 200 Medley Relay	26	11-12 50 Backstroke
6	11-12 200 Medley Relay	27	13-14 100 Backstroke
7	13-14 200 Medley Relay	28	15 & Over 100 Backstroke
8	15 & Over 200 Medley Relay	29	8 & Under 25 Butterfly
9	8 & Under 25 Freestyle	30	9-10 50 Butterfly
10	9-10 100 Freestyle	31	11-12 50 Butterfly
11	11-12 100 Freestyle	32	13-14 100 Butterfly
12	13-14 100 Freestyle	33	5 & Over 100 Butterfly
13	15 & Over 100 Freestyle	34	9-10 100 IM
14	8 & Under 50 Freestyle	35	11-12 100 IM
15	9-10 50 Freestyle	36	13-14 200 IM
16	11-12 50 Freestyle	37	15 & Over 200 IM
17	13-14 50 Freestyle	38	8 & Under 100 Freestyle Relay
18	15 & Over 100 Breaststroke	39	9-10 200 Freestyle Relay
19	8 & Under 25 Breaststroke	40	11-12 200 Freestyle Relay
20	9-10 50 Breaststroke	41	13-14 200 Freestyle Relay
21	11-12 50 Breaststroke	42	15 & Over 200 Freestyle Relay

8. Occasionally, unofficial events are run in order to allow all team members the opportunity to swim at each meet. These events are not included in the scoring, but the children are not generally made aware of this. All times are recorded for championship placement.
9. Competing teams use alternate lanes: the home team in lanes 1,3, and 5; the visiting team in lanes 2, 4, and 6.
10. Scoring is as follows: six points for first place, four points for second, three points for third, two points for fourth, and one point for fifth place. Relay team scoring is eight points for first, four points for second and two points for third.

### Diving

1. All diving is performed from a one meter springboard.
2. Prior to the season the chairman draws the required dive for each meet during the dual meet season.
3. 11 and under performs 3 dives, 12-14 age divers perform four dives and unlimited divers perform five dives. Divers who are 11 may compete in all three diving events by doing 12 dives this counts as 3 individual events. Divers who are 12-14 may compete in that age group at a single meet by performing all nine dives. This counts as two individual events.
4. Five judges are used. The high and low scores are eliminated and the award for each dive is calculated by totaling the remaining three scores and multiplying by the degree of difficulty for the dive performed.
5. The score is a running total for all dives in a single age group. Points are given as they are in swimming events.

## **CHAMPIONSHIPS**

### **Swimming**

1. SAL sponsors championship meets at the end of the season. There is a league championship meet for the top qualifiers, division championship meets for each division, and dual meet championships between the winning teams of each division to determine the winning team in the league.
2. Top 18 swimmers (determined by best times) in each event from all teams in the league qualify for the League Championships.
3. The 19th and 20th swimmers are designated as alternates in the League Championships and swim in case of scratches of qualified swimmers. Alternates are still permitted to swim in the Division Championships without limitation to the number of events.
4. Individual entries into the Division Championships are reserved for those who do not qualify for that event in the League Championships.
5. An individual may not compete in more than three individual events plus two relays, a total of five championship events across the League, Division and Diving Championships. Diving counts as one individual event.
6. Each club may enter two relay teams for each relay event in each championship
7. Swimmers who have qualified to swim an individual event in the League Championship meet may not swim that stroke at the Division Championship meet.
8. In order for a swimmer to qualify for the Championship meets and attend the banquet, they must have competed in at least 60 percent of the meets for the year.

### **Diving**

1. Diving Championships are league wide with awards given in three age groups: 11 & Under, 12 to 14, and 15 & Over
2. Seven judges are used. The two highest and two lowest scores are eliminated and the award for each dive is calculated on the three middle scores as explained earlier.
3. Divers 11 & under perform three required dives, divers 14 and under must perform six dives consisting of three required dives and three optional dives. Divers 15 & over perform eight dives consisting of four required dives and four optional dives.
4. League Championships are for the top 18 divers and Divisional Championships for the rest of the divers in the league. This is determined by computation of the top scores in the league.

### **Awards**

1. League Swimming and Diving Championships: Awards are given to the top 18 finishers in individual events and relays.
2. Division Swimming Champs: In addition to the awards listed above, heat winner ribbons are presented to the winner of each heat.

## **INVITATIONAL MEETS**

### **The Harvest Meet**

The Harvest Meet is an invitational meet conducted by NAAC on the Saturday after Thanksgiving. The meet is run by the Norristown Area Aquatic Club Parents Club and is the main fund raiser for the club each year. Every swimmer's parent must participate in some aspect of this meet. This includes both swimming and diving team parents. If you are unable to participate on the day of the meet you will be assigned a related job.

### **League Invitational Meets**

Different Clubs within the league conduct their own fund raising meets during the year. Most of these meets are held on Sundays. Complete information about the meets will be posted on the pool bulletin board and on the NAAC website. Invitationals include: Odd Age Group, Holiday Classic, Pennsbury Splash and Last Chance Meet. A complete list of the Invitational meets can be found on page 13. To register for invitationals e-mail Tom Mellon at [ctmellon@comcast.net](mailto:ctmellon@comcast.net).

<b>NAAC COMMITTEE</b>	<b>CHAIR/CO-CHAIR</b>		
Awards Committee	Sue Martorella	610.277.5166	allerotram@yahoo.com
Banquet Committee	Kit Goehringer	610.584.1951	kgoehringer@mindspring.com
Fund Raising Committee	Deb D'Angelo	610.630.1721	debbie.d.daras@medtronic.com
Concession Committee	Open		
Harvest Meet Committee	Deb and Brett Stull	610.278.7747	zebrafish9@yahoo.com
Spirit Committee	Andrea Loughlin	610.635.0737	Tennyson56@msn.com
Equipment Committee	Michael Wu Carmen Scandone	610.539.2529 610.630.6959	wu-mike@TI.com Carmen.G.Scandone@boeing.com
Website	Peter Alberti	610.278.6673	palberti123@hotmail.com

## **NAAC BOARD JOB DESCRIPTIONS**

### **Co-Presidents**

- Presides over all board and general meetings.
- Prepares agenda and determines place and time for meetings.
- Recruits and hires coaches.
- Keeps all year-end records of NAAC meets.
- Writes correspondence as needed.
- Disseminates all information from NAAC board meetings and SAL to NAAC members.
- Acts as a liaison for all NAAC business.
- Works directly with the Norristown Area School District and the YMCA involving all aspects of NAAC including coordinating pool time.

### **Recording Secretary**

- Records minutes at all board and general meetings.
- Prepares and reports minutes at follow-up meetings.
- Keeps records of all NAAC meetings and updates forms for registration.
- Recruits parents to work registration.
- Writes correspondence as needed and informs officers of next scheduled meeting time and place.

### **Treasurer**

- In charge of all monies collected and distributed by NAAC.
- Responsible for record keeping, audits, and monthly reports presented at board meetings.
- All check requests must be approved by the President and the Treasurer of NAAC.

### **SAL Representative Girls and Boys**

- Attends all SAL League meetings.
- Votes for NAAC at league meetings.
- Distributes all SAL minutes to coaches and board members.
- Coordinates entries and collect all monies for invitational meets.
- Answers all questions regarding SAL.
- Works directly with coaches on any SAL issue or problem.

### **Registrar**

- Responsible for all team records and weekly meet results.
- Posts results in pool area and copy to all coaches.
- Responsible for year-end report and best times postings.

### **Meet Directors/Girls and Boys**

- Coordinates all NAAC officials needed for home and away meets: timers, starter, stroke and turn judges, scorers, announcer, and all equipment set-up, including timing system.

## **PARENT VOLUNTEER MEET JOB DESCRIPTIONS**

### **Meet Director Assistant Boys/Girls**

- Assists the meet director and recruits and coordinates training of officials

### **Timer**

- Using a stop watch, times the swimmer in assigned lane.

### **Runner**

- Collects time slips from timers in each lane and delivers to scoring table after each race.

### **Scoring Table**

- Scorers from each team record results following each race, and track the team scores.
- Requires knowledge of Meet Manager, the computer program used for the computerized scoring system. SAL runs training clinics each Fall. Experienced scorers assist in additional training.

### **Finish Judge**

- Records the order in which the swimmers finishes the event.
- No technical knowledge of swimming required, but requires a keen ability to focus attention in close races.

### **Stroke & Turn Judge**

- Ensures that the style of swimming and the turn and finish designated for the event complies with the rules and reports any violations to the starter/referee.
- Requires knowledge of the US Swimming stroke regulations, and a willingness to fairly disqualify swimmers when appropriate.
- Stroke and turn judges must apprentice with an experienced judge at two meets prior to working meets.
- Requires attending training clinic. Available from SAL (see below).

### **Timing System Operator**

- Operates the timing system.
- System uses an electronic signal from the starter's device and the touchpads in the pool to determine the swimmers' times and order of finish. Information is displayed on the scoreboard and is fed into the computer program used by the scorekeeper that keeps track of the official results.
- Requires on-the-job training sessions.

### **Starter/Referee**

- A technically demanding job and leadership position.
- Starts each event and assumes control of swimmers until a fair start has been achieved.
- Oversees all the other meet officials.

### **Announcer**

- Requires a strong voice.
- Announces the names of swimmers in each event and works with Starter/Referee to keep meets moving quickly and smoothly.

### **50/50 Fund Raiser**

- Sells lottery tickets during home meets. A drawing is held toward the end of the meet. Money collected is split in half between the winning ticket and NAAC.

### **Deck Parent**

- Locate and line up swimmers in each age group for each event.

## **OFFICIALS CLINICS**

### **Stroke and Turn Judge, Starter/Referee**

The league offers clinics at no charge in the beginning of the season to train volunteers for the technical jobs. Dates, times, and locations of the clinics will be posted on the SAL website at [www.suburbanaquatic.org](http://www.suburbanaquatic.org).

In order to become a Starter/Referee or Stroke and Turn Judge you must:

1. Attend a clinic.
2. Work two meets satisfactorily under the supervision of an experienced judge.
3. Complete a test and mail to: Roger Ward 721 Springdell Road King of Prussia, PA 19406.

At the completion of these requirements you will receive a SAL officials shirt.

## **NAAC COMMITTEES**

### **Harvest Meet Director/Committee**

- Chairs all aspects of the Harvest Meet and coordinates committee members.
- Contacts the West Norriton Ambulance Squad for coverage at Harvest Meet and any championship meet NAAC hosts.

### **Banquet Coordinator/Committee**

- Organizes Christmas party and year-end banquet.
- Secures location, sends invitations, determines food, music, and costs.

### **Fund Raising Coordinator/Committee**

- Conducts all activities to raise money for NAAC
- Writes and follows-up on all leads for grants to local/national groups and related activities.

### **Concession Coordinator/Committee boys and girls**

- Stocks, sets up, and closes concession area at all home boys and girls meets, the Harvest meet and any championship meet NAAC hosts.

### **Awards Coordinator/Committee**

- Responsible for acquiring medals and ribbons for the Harvest meet.
- Works and coordinates committee members to assist in the distribution of awards at Harvest meet and championship meets NAAC hosts.
- Makes recommendations for coaches and swimmers' gifts, trophies and plaques.
- Obtains prices and suppliers to be presented at the January Board meeting.
- Orders all awards and gifts. Counts and checks for accuracy and delivers to year-end banquet.

### **Equipment Committee**

- Responsible for setting up and taking down all equipment before and after each home meet.

## NAAC BOYS TEAM RECORDS

### 8 and Under

100 yard	Medley Relay	1:14.55	2/7/04	Conall Loughlin, Jim Cotter, Evan Holder, Pat Finlay
25 yard	Free	14.65	2/8/92	Mick Hannan
25 yard	Breast	18.27	12/3/06	Wyatt Amdor
25 yard	Back	17.86	2/28/82	Frank England
25 yard	Fly	15.55	2/7/98	Vincent Levito
50 yard	Free	34.00	1/8/98	Vincent Levito
100 yard	Free Relay	1:01.61	2/7/98	John Picard, Rich Ryan, Vincent Levito, Chris Delaney

### 10 and Under

200 yard	Medley Relay	2:16.73	2/5/00	Chris Delaney, Rich Ryan, Vincent Levito, John Picard
50 yard	Free	28.38	2/5/00	Vincent Levito
100 yard	Free	1:04.14	1/15/06	Evan Holder
50 yard	Breast	34.86*	2/08/09	Wyatt Amdor
50 yard	Back	33.33	2/20/94	Chris D'Angelis
50 yard	Fly	30.78	2/5/00	Vincent Levito
100 yard	IM	1:15.79	2/20/94	Mick Hannan
200 yard	Free Relay	2:01.72	2/11/06	Brendan Koch, John Pyne, Conall Loughlin, Evan Holder

### 12 and Under

200 yard	Medley Relay	2:03.00	1/12/08	Conall Loughlin, Brendon Koch, Evan Holder, Patrick Finlay
50 yard	Free	25.27	1/26/08	Brendon Koch
100 yard	Free	54.86	2/10/08	Brendon Koch
200 yard	Free	2:03.03	1/26/08	Conall Loughlin
50 yard	Breast	31.05	2/10/08	Brendan Koch
100 yard	Breast	1:10.37	1/12/08	Brendon Koch
50 yard	Back	29.46	2/10/96	Chris D'Angelis
100 yard	Back	1:05.16	1/12/08	Conall Loughlin
50 yard	Fly	29.50	2/10/02	Vincent Levito
100 yard	Fly	1:09.43	12/8/07	James Palmer
100 yard	IM	1:03.93	2/10/08	Brendon Koch
200 yard	IM	2:27.98	11/17/07	Conall Loughlin
200 yard	Free Relay	1:43.99	2/10/08	Brendon Koch, Evan Holder, James Palmer, Conall Loughlin*

### 14 and Under

200 yard	Medley Relay	1:51.43	2/08/09	Evan Holder, Brendon Koch, James Palmer, Conall Loughlin
50 yard	Free	24.02	1/17/98	Mike Hernandez
100 yard	Free	52.11	2/7/98	Mike Hernandez
100 yard	Breast	1:04.88	2/08/09	Brendon Koch
100 yard	Back	58.18	3/2/86	Bill Smyth
100 yard	Fly	56.78	2/7/04	Vince Levito
200 yard	IM	2:08.53	2/08/09	Conall Loughlin
200 yard	Free Relay	1:40.68	2/08/09	Brendan Koch, Evan Holder, Patrick Finlay, Conall Loughlin

### 15 and Over (Unlimited)

200 yard	Medley Relay	1:41.09	2/28/87	Bill Smyth, Jeff Stauffenberg, Mike Replogle, Greg Costigan
100 yard	Free	48.71	2/8/92	Mike Replogle
200 yard	Free	1:48.13	2/7/87	Mike Replogle
100 yard	Breast	1:01.45	1/23/88	Jeff Staufenberg
100 yard	Back	56.11	2/7/87	Bill Smyth
100 yard	Fly	55.03	2/7/87	Mike Replogle
200 yard	IM	2:04.90	2/28/87	Mike Replogle
200 yard	Free Relay	1:32.60	2/28/87	Bill Smyth, Jeff Staufenberg, Greg Costigan, Mike Replogle

### \* League record

## NAAC GIRLS TEAM RECORDS

### 8 and Under

25 yard	Free	14.07	1/29/05	Hayli Randolph
50 yard	Free	31.08	2/05/05	Hayli Randolph
25 yard	Back	17.49	1/18/09	Tara Kupsky
25 yard	Breast	19.23	1/28/06	Juliet Mellon
25 yard	Fly	15.08	12/10/99	Kim Detwiler
100 yard	Free Relay	1:04.64	2/11/06	Taylor Randolph, Jen Tyson, Hannah Machon, Juliet Mellon
100 yard	Medley Relay	1:14.39	2/10/02	Kelly Leonard, Alexandra Young, Michaela McGlynn, Allie Cacciola

### 10 and Under

50 yard	Free	27.86	1/14/07	Hayli Randolph
100 yard	Free	59.84	2/10/07	Hayli Randolph*
50 yard	Back	32.80	2/14/93	Meredith Blackman
50 yard	Breast	36.56	1/18/09	Taylor Randolph
50 yard	Fly	30.43	2/10/02	Kim Detwiler
100 yard	IM	1:11.87	2/12/94	Jenny Smith
200 yard	Free Relay	2:01.26	2/11/01	Kelly Scheirer, Kim McManus, Taylor Tomlinson, Kim Detwiler
200 yard	Medley Relay	2:14.36	2/14/93	Meredith Blackman, Karen Black, Jenny Smith, Renee Bacino

### 12 and Under

50 yard	Free	25.63	2/08/09	Hayli Randolph
100 yard	Free	56.02	2/08/09	Hayli Randolph
50 yard	Back	30.48	2/08/03	Kelly Scheirer
50 yard	Breast	34.57	2/08/09	Nicole Martorella
50 yard	Fly	28.55	2/08/09	Hayli Randolph
100 yard	IM	1:05.57	12/03/94	Renee Bacino
200 yard	Free Relay	1:50.04	2/08/03	Kim McManus, Talyor Tomlinson, Kait Gonsel, Kelly Scheirer
200 yard	Medley Relay	2:03.34	2/08/09	Juliet Mellon, Nicole Martorella, Hayli Randolph, Stephanie Barkofski

### 14 and Under

50 yard	Free	25.45	2/08/04	Megan Harvey
100 yard	Free	55.41	2/05/04	Megan Harvey
100 yard	Back	1:02.90	2/08/09	Taylor Mateja
100 yard	Breast	1:13.50	2/15/95	Bernadette Bacino
100 yard	Fly	59.98	2/05/05	Dana Glodek
200 yard	IM	2:17.60	2/05/05	Dana Glodek
200 yard	Free Relay	1:44.53	2/08/04	Kelly Scheirer, Megan Harvey, Kim McManus, Dana Glodek
200 yard	Medley Relay	1:57.28	2/05/05	Kim Detwiler, Rachel Vagnoni, Dana Glodek, Kelly Scheirer

### 15 and Over (Unlimited)

100 yard	Free	55.00	2/05/05	Jackie Borkowski
100 yard	Back	1:01.38	2/05/05	Jackie Borkowski
100 yard	Breast	1:14.27	2/10/08	Rachel Vagnoni
100 yard	Fly	59.16	1/07/05	Jackie Borkowski
200 yard	Free	2:00.38	2/05/05	Megan Harvey
200 yard	IM	2:17.10	11/05/00	Roxanna Hernandez
200 yard	Free Relay	1:44.29	2/05/05	Jackie Borkowski, Megan Harvey, Kasey McManus, Jackie Boscaino
200 yard	Medley Relay	1:54.56	2/11/06	Jackie Boscaino, Kasey McManus, Jackie Borkowski, Kim McManus

## NAAC TEAM DIVING RECORDS

11 and Under	Boys	Keenan McAuliffe	69.4
	Girls	Kathleen Mullins	53.85
12-14	Boys	Timothy Machon	111.85
	Girls	Lisa Clark	123.5
15 and Over	Boys	Matt Stem	196.0
	Girls	Melissa Majer	150.3

### \*League Record

Updated 8/15/09

**MEET SCHEDULE 2009-2010**

	<b>GIRLS</b>	<b>BOYS</b>
<b>October 23</b>	Mock Meet Home Warm up: 5:45 pm Start: 6 pm	Mock Meet Home Warm up: 5:45 pm Start: 6 pm
<b>November 7</b>	Home vs. Methacton Warm up: 12:30 pm Start: 1 pm	Away at Methacton Warm up: 1 pm Start: 1:30 pm
<b>November 14</b>	Home vs. Perkiomen Valley Warm up: 12:30 pm Start: 1 pm	Away at Perkiomen Valley Warm up: 12:45 pm Start: 1:15 pm
<b>November 21</b>	Away at Lower Merion–Maguire Pool, St. Joe’s Univ. Warm up: 10 am           376 N. Latches Lane Merion Start: 10:30	Home vs. Lower Merion Warm up: 12:30 Start: 1 pm
<b>November 28</b>	HARVEST MEET – SAL Invitational, Norristown Area High School	
<b>December 5</b>	Away at Radnor Warm up: 1 pm Start: 1:30 pm	Home vs Radner Warm up: 12:30 pm Start: 1 pm
<b>December 12</b>	Home vs Upper Merion Warm up: 12:30 pm Start: 1 pm	Away at Upper Merion Warm up: 1 pm Start: 1:30 pm
<b>January 9</b>	National Conference Dual Meet Finals Warm up: TBD Start: TBD	National Conference Dual Meet Finals Warm up: TBD Start: TBD
<b>January 16</b>	League Dual Meet Finals Warm up: TBD Start: TBD	League Dual Meet Finals Warm up: TBD Start: TBD
<b>January 30</b>	West Division Champs Warm up: TBD Start: TBD	West Division Champs Warm up: TBD Start: TBD
<b>February TBD</b>	Division Diving Championships	
<b>February 7</b>	League Swimming and Diving Championships La Salle University Afternoon	League Swimming and Diving Championships La Salle University Morning