

## MAC PARENT MEETING Oct. 7, 2008

Welcome: President - Les Konkoly

The Methacton Aquatic Club web site is where you will find the MAC information that you need during the season. Our address is [www.methactonaquaticclub.org](http://www.methactonaquaticclub.org)

MAC Board Introductions:

- President: Les Konkoly
- Vice President Swimming: Cheryl Satin
- Vice President Diving: Greg Stimmler
- Board Advisors: Janine Civitello, Linnea Rodman
- Secretary: Meredith Dickinson
- Girls Rep.: Anne DiSpaldo
- Boys Rep.: George Change
- Diving Rep.: Jane Moyer
- Webmaster: Joe Coyne
- Girls Meet Directors: Sue Tierney and Anne Dispaldo
- Boys Meet Director: Fabienne Perrinaud

Mock Meets (Time Trials) details:

Boys Mock Meet is Saturday, October 11<sup>th</sup>.@1:30PM

Girls Mock Meet is Saturday, October 18<sup>th</sup>. @ 2:00PM

**Each swimmer is expected to attend.** If your swimmer cannot attend their Mock Meet, please notify your Head Coach via email as soon as possible.

**Base Line Times:** The purpose of the meet is to get times so that your swimmer can see improvement over the season.

**At least one parent from each family is expected to attend.** This is an excellent opportunity to learn the meet jobs that we will be working at our league dual meets. We need a lot of volunteers to run a swim meet.

**Athletes will be swimming each individual event(all four strokes and the Individual Medley) to establish a baseline time for each event. Our coaches will use these times to plan the line-ups for the first league meet. We will NOT swim relay events.**

**The Mock Meet will follow the same format as a Suburban Aquatic League Dual Meet.**

**The swim club is undecided at the time of the meeting as to a snack bar. Please plan on bring healthy snacks/ drinks for your swimmer**

Feedback from the Coaches:

**Coach Dawn – Girls Head Coach**

- Lane Assignments – concerns about which lanes your children are swimming in has been brought to the coaches attention. Please be aware that depending on the day of the week and how many children are practicing, the lane assignments could change.
- Parents please remember to be quiet in balcony area during swim practice. It disrupts the swimmers when they hear the conversations during practice.
- Safety in the Balcony – Young children are running around and leaning on the railing. Please be aware that this is not going to be permitted. The safety of our children is important.

**Coach Dana – Boys Head Coach**

- Open Door Policy – If your child or yourself has a comment, concern or simply wants to talk. Coach Dana wants you to contact her at any time. You can contact her by email or phone. Her main goal is to help the children.

NAAC Diving Program:

- The Norristown Aquatic Club does not have a diving coach. Methacton has offered to do a trial period where the Divers from Norristown will practice at our pool with our diving coach. Please contact Coach Lin if you have any questions or comments about this.

MAC Apparel

- Swim Apparel that was ordered during registration will be in and available for pickup Monday thru Thursday, week of October 13. If you still need a swim suit you can order the suit on Tuesday, October 14 outside of pool.

#### SAL Clinics:

- We are in need as a club for parents to learn additional jobs. These clinics will help you get involved in the organization.
- Stroke & Turn Clinics:
  - Tuesday, 10.14 @ Methacton
  - Thursday, 10/16 @ Centennial
  - Wednesday, 10/22 @ Pennsbury
  - Thursday, 10/23 @ Upper Merion
- Starter/Referee Clinics:
  - Wednesday, 10/15 @ Upper Dublin
  - Tuesday, 10/21 @ Upper Merion

#### Invitational Meets:

- Methacton Aquatic Club will be sponsoring 5 of the 7 available SAL meets.
- Additional meets that your child would like to attend, please contact Lori Kupsky for more information.
- Check our website for detail on the Invitational Meets
- Deadlines for some of the meets are approaching
- Invitational's are optional meets which provide additional opportunities for our swimmers to compete in events of their choice.
- At least one MAC coach will attend as long as we have at least 5 athletes at a session.
- We are focusing on select Invitational's this season which will be posted our site.

#### Code of Conduct:

- Code of Conduct forms were handed out at tonight's meeting. Please refer to the website for the code of conduct form. We will require the swimmer and a parent to sign the code of conduct form.
- Return the form to practice
- One form per family.

