

- Welcome

- Information from the Coaches:
 - Head Girls Coach Dawn: email linded@comcast.net
 - Meet Requirements – It is required that swimmers participate in 40% of the Duel Meets in order to be able to participate in the Finals meets and Championships.
 - If your child has not met these requirements please contact the coaches. It is mandatory by SAL league rules.

- Holiday Practice Schedule:
 - Location – YMCA – Spring House
 - Times – Wednesday, December 26 Thursday, December 27 & Friday December 28 from 1:30-3:30PM
 - Check the website to see the split between the Green and White Teams
 - Coaches would like to see swimmers at least attending 2 practices during the break. With finals and championships, it is important that they stay in the pool.

- Year- End Banquet
 - Location – Presidential Caterers
 - Parents must accompany their child to the banquet.
 - Date is to be determined based on High School Swimming schedule.
 - The Banquet committee is going to have a meeting called as soon as a date is selected to organize the collection of the responses, program, and details.

- By-laws & Resolutions
 - The board is currently changing and updating the By-laws of the Methacton Aquatic Club.
 - This meeting marks the Announcement of the Changes.
 - The January Meeting will be the proposal of these changes.
 - The February Meeting or at the Year-End Banquet the proposal will need to be voted on.

- Wrap-Up -Parents Questions and Answers
 - Volunteers Needed – Club is looking for volunteers or nominees for the President or Co-President positions

 - Fundraisers
 - Barnes and Noble – Gift Wrap – Devon

 - Spring Clinic
 - The Methacton Aquatic Club is planning on running a Spring Clinic. The dates and times have not yet been finalized. This information will be passed on to you as soon as it becomes available

 - Final Meets and Championships
 - The Championship meets and “B” and “A” Championships were outlined with the dates and breakdowns.

Suburban Aquatic League Championship Meet Information

AMERICAN CONFERENCE

- East Division
 - Centennial
 - Council Rock
 - Lower Moreland
 - Neshaminy
 - Pennsbury
- Central Division
 - Abington
 - Hatboro-Horsham
 - Springfield
 - Upper Dublin
 - Wissahickon

NATIONAL CONFERENCE

- North Division
 - Central Bucks East
 - Central Bucks Southwest
 - North Penn
 - Pennridge
 - Perkiomen Valley
 - Souderton
- West Division
 - Lower Merion
 - **Methacton**
 - Norristown
 - Plymouth-Whitemarsh
 - Radnor
 - Upper Merion

CONFERENCE CHAMPIONSHIP MEETS Saturday, Jan 5th

- Dual or Tri-meets among respective placed teams within each conference
 - (eg. 1st place teams compete, 2nd place teams compete, etc.)
 - North Division teams compete against West Division teams in the National Conference
 - East Division teams compete against Central Division teams in the American Conference
 - Will be held on Saturday, January 5th
 - Girls Meet will be Home.
 - Boys Meet location TBA

BOYS: Opponent and times to be announced.

GIRLS: Opponent and times to be announced.

LEAGUE DUAL MEET FINALS Saturday, Jan 12th

- Dual/Tri Meet among respective placed teams (Natl vs. American Conference)
 - (eg. 1st place team in American Conference vs. 1st place team in National Conference, 2nd place team in American Conf vs. 2nd place team in American Conf, etc.)
 - National Conference Teams vs. American Conference Teams

BOYS: Details to be announced (National Conference Hosts)

- Boys Meet will be home.

GIRLS: Details to be announced (American Conference Hosts)

- Girls Meet will be Away.

WEST DIVISION INDIVIDUAL CHAMPIONSHIPS, February 2nd or 3rd

- Not team meets
- Individual swimmers/divers championships
- Will be held February 2nd/3rd (TO BE FINALIZED)
- Also called “B” Champs
- Usually held at Plymouth Whitmarsh HS (To be Finalized)

LEAGUE INDIVIDUAL CHAMPIONSHIPS, February 9th/10th at LaSalle University, Phila, PA

- Not team meets

- Individual swimmers/divers championships
- ONLY for qualified athletes:
 - Only 3 heats for each event
 - ~ TOP 18 swimmers in each event across the League
- Final selection for events for this meet will be determined at the coaches “SEED” meeting held after the Last Chance Meet
- You can track the current qualifying list on the SAL website