

## What to know about P.A.S.D.A. Swimming

### **Head Coaches:**

Liz Casazza- currently attending the University of Notre Dame, studying for a double major in finance and mathematics. This is my third year coaching for PASDA, I have been swimming for Hamilton Aquatics Club and Hamilton Hurricanes since I was 4 years old, and now play water polo at Notre Dame.

Sophia Sequeria- currently attending Williams College, studying for a biology major with a concentration in biochemistry. This is my fourth year coaching PASDA, although I was not able to coach last summer. I currently swim and play water polo at Williams College, and swam for Hamilton Aquatics for many years prior.

Please ask us if you have any questions about swimming or the swimmers.

**Meets-** Please let us know as early in advance if you will not be able to attend a meet. We will pass around a paper now to sign up if you already know of any vacations or days where you will not be at a meet. Swimmers must swim in two meets to swim in championships. At least, 48 hours notice must be given if you cannot attend a meet. This means that telling us Monday night that you cannot make a Tuesday meet is not enough time! Meet lineups take hours and hours to complete, consideration of this is appreciated. We do understand there are always last minute emergencies and we will provide my cell phone number to notify me in such circumstances.

**\*\*\*NOTE: OUR HOME POOL THIS YEAR WILL BE JOHN WITHERSPOON MIDDLE SCHOOL IN PRINCETON**

- **What to bring?** Cap, goggles, team suit, plenty of towels, lawn chairs and a blanket to sit on, bug spray, and sun screen
- **What time?** Check in at 5:00pm with a coach for all meets.
- **Where should you be?** It's very important that swimmers and parents stay in the marshalling area. For home meets (John Witherspoon), the marshalling area is right outside the side pool door. Marshalling means lining the swimmers up before their race. They will line up outside, then will be walked behind the block by marshals and/or coaches. For away meets, we will let you know where the marshalling area is when you check in.
- **Where should you NOT be?** Parents should stay out from behind the blocks, unless they are working there. The marshals, swimmers, coaches, and officials need to walk back and forth and there is simply no room for parents. There will be a marshal or a coach with your swimmer before their event, so don't worry about your child being alone before they swim. You may watch your children from the bleachers.
- **Heats** – Swimmers will be placed in heats based on their times. Swimmers with similar times will swim against each other. Coaches do the best that they can to place swimmers with others of similar ability levels by heat.

- **A/B meets** – ALL SWIMMERS SWIM AT ALL MEETS ON THE SCHEDULE. A or B meets refer to which strokes which swimmers will compete in at the meet. Each age group swims two strokes per meet. A and B meets switch back and forth. The first meet is an A meet, the second is a B meet, and so on. “A” meet events: 8-, 10-, 14-and unders swim IM, fly, and back. 12-, 17-and unders swim breast and free. 6-and unders swim free and back at every meet only.
- **Ribbons** – Each swimmer will receive a ribbon for each event they swim. Ribbons are organized by parent volunteers. Swimmers will either receive ribbons at the end of the meet, or at practice in the days following.
- **Disqualifications (DQ)** – Swimmers can be disqualified for swimming strokes illegally or illegal starts, turns, or finishes. The official will come over and let your child know if they have been disqualified. Coaches do their best to only place swimmers in events that they can complete legally. If your child is disqualified please encourage them to use it as a learning experience.

**Mini Meet** – The mini meet will be held July 11th at the West Windsor Water Works Pool. This meet is for swimmers ten years old and under. Please go to [hamiltonaquatics.com](http://hamiltonaquatics.com) and print out the form to hand in. We will begin collecting these tomorrow night.

**Championships** – July 27-28 at Flemington Raritan Pool. Championships are held during the day, both days. Age groups swim in half day blocks. (For example, the six and under and eight and under girls may swim on Monday morning.) More info will be posted on the website regarding entries for this meet as we get further into the season.

[www.PASDA.info](http://www.PASDA.info) This is the Princeton Area Swimming and Diving Association website. Check here if you have any questions about swimming rules or need directions to an away pool.

[www.hamiltonaquatics.com](http://www.hamiltonaquatics.com) – This is the swim team’s website. You can go here to get the meet schedule, practice times, and get more information if you are interested in signing your child up for winter swim.

If you need to contact Liz, Sophia or any of the other coaches, please talk to them before or after practice or meets. The coaches’ full attention needs to be on the swimmers so swimmers may fully benefit from meets and practice. Another easy way to contact Liz is to e-mail her at [swimcoachliz@gmail.com](mailto:swimcoachliz@gmail.com), and to get in contact with Sophia email her at [10sas@williams.edu](mailto:10sas@williams.edu)

PASDA is meant to be a fun, relaxed program for beginning and experienced swimmers. Please assist coaches in meeting that goal. Encourage your swimmers to do their best and race against their own times rather than competing against other swimmers. If you are excited and positive about swimming, your children will be too!