



## **SCARLET-ELITE NEWS BULLETIN 4-29-13**

### **“Cultivating Excellence in Academics, Character and Swimming”**

#### **SCARLET-ELITE COACHES LEARN FROM LEGENDARY COACHES REESE & SHOULBERG:**

Scarlet-Elite Coaches Ashley Johnston and Michelle DuCharme spent Saturday, April 27 with two legendary coaches: University of Texas and Longhorn Aquatics Coach Eddie Reese and Germantown Academy Coach Dick Shoulberg at Southern Connecticut State University in New Haven Conn.

As part of Scarlet-Elite’s continuing effort to educate its coaches, Ashley and Michelle attended Connecticut Swimming’s Swimposium, which was held this past weekend. As part of the program, Coach Reese and Coach Shoulberg discussed their programs and gave tips to coaches on how to develop champions. Reese has been head of the USA Swimming’s Men’s Olympic team on 2 separate occasions (2004 & 2008) as well as head coach at Texas since 1978. Shoulberg has been head coach USA Swimming’s Pan American and Pan Pacific teams as well as coaching Olympic medalists such as Dave Wharton (gold medal, 400 IM in 1988). Shoulberg has been the head coach of Germantown Academy Aquatic Team since the late 1960s.

Ashley and Michelle, who both hail from Connecticut, were also able to get a quick visit in on Friday night with their parents. Both coaches will provide reports the other Scarlet-Elite coaches as what they learned.

#### **USA SWIMMING CONTINUES TO PROMOTE “SAFE SPORT”;**

## **FREE ONLINE SAFE SPORT COURSES AVAILABLE FOR BOTH PARENTS AND SWIMMERS:**

In its continuing effort to be a leader among United States Sports Governing Bodies, United States Swimming now offers all parents and swimmers a free online course of USA Swimming's website ([www.usaswimming.org](http://www.usaswimming.org)) for "Safe Sport."

For parents, the course topics include: 1) myths and facts about child sexual abuse 2) how offenders operate 3) how to recognize boundary violations and 4) how to respond to boundary violations.

For swimmers, the course topics include: 1) inappropriate contact 2) physical, emotional & behavioral boundaries 3) What to do if your boundaries are violated 4) who to tell and 5) how USA Swimming can be a resource.

To access either free clinic, go to [usaswimming.org](http://usaswimming.org), click on membership resources/safe sport and follow the directions.

USA Swimming requires all coaches and officials to take online courses and to go thru a background check.

## **SUMMER MEET ENTRIES; SHORTAGE OF POOL SPACE; MAKE 1 SWIM 3 PREVAILS; SUMMER SIZZLE JUNE 28-30<sup>TH</sup>! BRONZE SWIMMERS WILL COMPETE AT LCM MEET OF XCELLENCE: BRONZE SWIMMERS WILL COMPETE AT SCY HALL MEET-SUNDAY, MAY 19:**

The increased popularity of competitive swimming causes a significant capacity problem in New Jersey with regards to scheduled competitions during the summer. Most New Jersey Swimming competitions held from May thru July are conducted in a long course pool, which is 50 meters long. The configuration of long course pools means that both Rutgers University and Princeton University, the pools suitable for long course competition, is by its definition, only able to service half the amount of swimmers (both Rutgers and Princeton are configured as 2 short course pools during the winter season, thus allowing twice the amount of swimmers to participate).

Several years ago, New Jersey Swimming instituted a "make 1, swim 3" session rule for those lcm meets where there are no qualifying times to help ease this problem. The rule states that during the 1<sup>st</sup> six days after a meet announcement is posted, the meet host can only accept entries of Silver level swimmers, who have at least 1 Silver time in the session, or higher. Thus, a Silver level swimmer in the 50 back can swim three events

in that session. If the silver level swimmer has one silver event on both days of a two day meet, they can swim 3 events on each day. The make 1, swim 3 rule is meant to give priority of access to the higher level swimmer in the limited capacity long course meets.

If a meet does not close out within 6 days, teams are welcome to then adjust their entries to include Bronze level swimmers.

One last piece of the summer meet entry puzzle: all host teams can enter their swimmers into their meet 1<sup>st</sup>, but they are still subject to the make 1, swim 3 rule. Thus, if the rule is lifted after 6 days, then the host team is the 1<sup>st</sup> team to gain access of their Bronze level swimmers. Being part of Scarlet Aquatics means that our division swimmers automatically gains access to all meets hosted by Scarlet, regardless of what division is the host. Thus, Scarlet-Elite immediately gains access to Heat Madness (hosted by Scarlet-Rutgers), Peninsula (hosted by Scarlet-Bayonne-we are not planning on attending), Friday Night Lights (hosted by Scarlet-Bayonne) & 11 & Over Last Chance (hosted by Scarlet-Bayonne-we are not planning on attending). This gives swimmers that are part of Scarlet an advantage in locking into more summer competitions.

We regards to the meets we wish to compete in:

1) Scarlet-Elite has been confirmed entry into Tiger Challenge. The meet filed up prior to the 6 days, so there will be no Bronze level swimmers entered into this meet.

**2) New: Scarlet-Elite will send those swimmers in the Wavebuster Gold, Wavebuster Black, Wavebuster Teal and Marlin Black training groups who were not entered into Tiger Invitational because of the make 1, swim three rule to Spring Sprints at Seton Hall University on Sunday, May 19<sup>th</sup>.**

3) Scarlet-Elite has been confirmed entry into Memorial Day Invitational. This is a qualifying time meet.

4) Scarlet-Elite will be automatically entered into Heat Madness, as Scarlet-Rutgers is the host division. Make 1, Swim 3 rule will be in affect the first 6 days.

5) Scarlet-Elite has been confirmed entry into Meet of X-Cellence; **Scarlet-Elite has received confirmation that its Bronze level swimmers have been accepted into the meet!!!**

6) The meet announcement for Summer Sizzle has not yet been posted. The meet dates for this meet has changed to June 28, June 29 & June 30.

7) Scarlet-Elite will be automatically entered into Friday Night Lights, as Scarlet-Bayonne is the host division. This is a Silver level meet only for 11 & older.

All swimmers are accepted into Silver Bronze Championships.

**11<sup>th</sup> ANNUAL ELITE-A-THON TO BE SATURDAY, JUNE 22<sup>ND</sup>;**  
**ANDREA SHEPARD AND CAROLINE WATT TO ORGANIZE EVENT;**

## **BILL TO SWIM FOR “ONE FUND”, THE BOSTON MARATHON FUND:**

The 11<sup>TH</sup> annual Elite-a-thon fundraiser will be held Saturday, June 22<sup>nd</sup> at Morristown-Beard from 3:00 pm to 5:00 pm.

Like all past “Elite-a-thons,” this year’s event will be structured so each individual participating will be raising money for the “charity of their choice.” The event will be organized by 2 Senior swimmers: 15 year old Andrea Shepard and 15 year old Caroline Watt. These girls will rally the swimmers of Scarlet-Elite to raise money for charities of their choice and to swim to earn these pledges. A suggestion list of charities and accompanying information is to be provided by Andrea and Caroline. Andrea and Caroline will provide information directly to swimmers at a practice in June.

In a tradition begun 9 years ago, Bill will swim approximately 2000 meters to raise money for his yearly charity. This year Bill will swim for the “One Fund” charity set up to raise money for the Boston Marathon victims.

All Scarlet-Elite swimmers and parents are encouraged to participate thru swimming or donating. Anyone can donate to a swimmer’s cause or to Bill’s cause.

Information will be posted on the website under “Elite-a-thon” later shortly. Please follow the directions (do not go out soliciting for money alone!!!) and keep track of your pledge totals!!!

## **MARLIN TEALS AND MARLIN BLACKS PRACTICES EXTENDED TO 6/22: PRE-ELITE EXTENDED TO 6/7: RECOVERS 5 PRACTICES MISSED:**

Newark Academy has agreed to rent pool time to Scarlet-Elite in June to make up the pool time lost during the past two weeks. As a result, the Marlin Blacks and Marlin Teals will add 6 additional practices to their season: 6/10, 6/12, 6/14, 6/17, 6/19 & 6/21.

To make up for the 6 lost practices over the last two weeks at Newark Academy, Scarlet Aquatics-Elite Division will extend the Pre-Elite session until Friday, June 7<sup>th</sup> (which will provide 5 new practices). These practices have been added to the master practice schedule and are posted on the team website.

## **SPRING SCHEDULES NOW POSTED: SCARLET-ELITE TO UTILIZE NEWARK ACADEMY THIS SUMMER!**

## **SUMMIT MUNICIPAL EXTENDED 1 WEEK!**

The Spring Summer 2013 Practice Schedule is now posted on the team website under "Practice Schedule."

There are two significant changes to the Summer 2013 schedule:

- 1) For the 1<sup>st</sup> time in 18 years, Scarlet-Elite will utilize Newark Academy during the summer. Newark Academy's pool became available this summer with Newark Academy's decision this year to no longer rent their facility to Camp Horizons (between the camp and NA's summer school, the facility was very crowded).

Using Newark Academy's pool will enable Scarlet-Elite to have expanded room at each practice (using 6 lanes instead of 3 lanes) for each training group and will allow more control of the practices (one group training at a time rather than two plus the use of the scoreboard as pace clock. In addition, all age Group practices will be in the am so there will be consistency in the practice schedule.

Both the Wavebuster Golds and the Wavebuster Blacks will also utilize Springfield's long course pool. On days these groups are not at Springfield, they will be practicing at Newark Academy from 7:00 am to 8:30 am. The Wavebuster Teals will practice at Newark Academy Monday thru Thursday from 8:30 am to 10:00 am. As in the past, the Wavebuster Blacks and the Wavebuster Teals will use the Springfield pool on Sundays.

- 2) Summit Municipal Pool has extended Scarlet-Elite's rental for 1 week. Scarlet will utilize the Summit Pool from Tuesday, May 28 thru Thursday, June 20<sup>th</sup>. The Summit Pool allows for 8 lanes of training while the Springfield pool allows only 6 lanes. Springfield will be utilized from Friday, June 21<sup>st</sup> thru early August.

## **SPRING/SUMMER BILLS DUE APRIL 1<sup>ST</sup>:**

Invoices for the 2013 Spring/Summer Session will be posted into each member's account on April 1<sup>st</sup>. Payment is due at that time.

If you pay by credit card, your credit card will be automatically billed on that day. Costs for the Spring/Summer 2013 Session are posted on the team website under Events/Tryouts/Cost.

## **MBS POOL TO CLOSE FOR REPAIRS THIS SPRING; SCARLET-ELITE WORKING ON SOLUTIONS:**

Several weeks ago Morristown Beard School told Scarlet-Elite that the humidifier in the pool is expected to fail in the near future. Since MBS runs a summer camp with approximately 400 campers who use the pool daily, they feel they need to replace the humidifier prior to the summer camp starting on June 17. They expect the pool to be closed for about a month for repair.

MBS has not given me specific dates; approximate dates for the pool closure are May 10th thru June 10th.

There are actually 3 "good news" about this situation:

1) we know the pool will be closed in advance so we can plan for it (nothing is worse than an unplanned pool closure)

2) presumably the air quality will improve in the future

3) the Seniors and the Senior Preps actually begin practicing outside on May 28th, so virtually half of our problem is already dealt with

Here are the expected solutions to our MBS pool issue:

1) Seniors & Senior Preps will start Spring/Summer 2013 Session earlier than initially planned; starting Wednesday, March 27th (instead of Monday, April 1st). They will have practice opportunities on Wednesday, March 27th, Thursday, March 28th, Saturday, March 30th and Sunday, March 31st, Since they will start early, I will plan for "days off" during the week of May 13.

2) Newark Academy has agreed to rent the pool to us during the weeks of May 13th and May 20 until 9:30 pm. This will enable the Wave Golds to have the entire pool for approximately half of their practices. Seniors and Senior Preps will practice Mondays & Wednesdays from 7:30 pm to 9:30 pm and will have a split practice on Tuesdays & Thursdays (so the Wave Teals and Wave Golds will have more of the pool).

3) Newark Academy has agreed to rent us the pool on Sunday, May 12 (if needed) for 7 hours (10 am to 5 pm).

4) Both Scarlet-Rutgers and Scarlet-Bayonne have offered our Seniors & Senior Preps some pool space during their practices during this time period. Scarlet-Wave has not yet been approached but I am confident they will help out also if needed. We will need to coordinate who and how many are going where.

5) The entire team (excluding Marlins) is expected to compete at Tiger Invitational (May 18-19). Qualifiers for Memorial Day will compete May 25 & May 26. Obviously, we need to be accepted into these meets. If we are not accepted into one or both, we will find other competitions during this time frame.

6) The entire team (excluding Marlins) will compete at Heat Madness. Since this is a Scarlet-Rutgers hosted meet, we are guaranteed entry.

Obviously, the MBS pool closure is a challenge for us this spring. With luck (we train outside), with planning and with a bit of juggling, if necessary, Scarlet-Elite should have virtually the same practice opportunities as in prior years.

## **SUMMER SWIM CAMPS:**

It's March, so it is logical to begin thinking of summer swim camps!!!

Each summer, many Elite swimmers choose to spend a week at a swim camp; literally eating, sleeping and swimming. While there are many great swim camps (one can go on the Swimming Magazine website to see a list of all the camps across the country) where one can board, there are also several camps reasonably close by that swimmers and their parents should consider.

Closest, and many Elite swimmers have attended, is Hall Aquatic Club's summer camp out of Seton Hall University in South Orange. Run by Seton Hall University Head Coach Ron Farina (and college coach of Elite Coaches Ashley Johnston and Michelle DuCharme), HAC camp is a great 1<sup>st</sup> camp experience for kids. Information can be obtained at: [www.hallaquaticclub.com](http://www.hallaquaticclub.com)

New this year will be a Rutgers Swim Camp, co-run by Rutgers University Head Coach Phil Spinelli and Scarlet Aquatic Club Head Coach Tom Speedling. Information can be obtained at: [http://www1.recreation.rutgers.edu/Content/The\\_Scarlet\\_Swim\\_Camp.asp](http://www1.recreation.rutgers.edu/Content/The_Scarlet_Swim_Camp.asp)

In scheduling a swim camp for your swimmer, please keep in mind two things: 1) Elite's summer competition schedule (which is posted on the team website). Best time to go is late June or very early July and 2) sleep away camps work best when swimmers go and board with a friend!!!

## **PARKING AN ISSUE AT NEWARK ACADEMY:**

As we head into the Spring 2011 Session, parents are reminded that there is a distinct shortage of parking spaces at Newark Academy, especially on weekdays between 5:00 pm and 6:30 pm. Parents are welcome to "drop off" or "pick-up" their swimmers by the field house entrance during this time period if the driver remains in the car. If a parent is coming into the building, they are requested to park in the "upper" lot and walk thru the school to reach the pool. Newark Academy is also now requesting the cars do not idle. Obviously, if the lot is not crowded, parking in the lower lot is acceptable.

Please remember to drive slowly thru the parking lots and do not park in the fire lanes, as the Livingston Police will ticket improperly parked cars.

## **WHEN IN DOUBT, CHECK THE WEBSITE:**

**If you have questions about Elite, your first source of information is Elite's website located at [eliteswimclub.org](http://eliteswimclub.org). When in doubt, first check the website!!!**