

Pilot Aquatic Club of Knoxville (PACK) Information Packet 2011-2012



TRIAL PERIOD NEW SWIMMERS - PACK offers a free two-week trial for all competitive team groups and the high school group. A **\$75** deposit is required for the trial period. The deposit covers your **PACK team registration** and **USS registration** if you join our club. Both are fully refundable if you and your child decide not to participate after the two-week trial period. The \$75 deposit and the following forms should be turned in the first night of registration – Pilot team registration form, USS registration form, and medical release form.

TEAM REGISTRATION – The PACK registration fee is paid annually. New swimmers will receive a PACK t-shirt and swim cap as part of the registration cost.

USS REGISTRATION – An annual registration fee is required of all swimmers. Each swimmer USS Registrations covers insurance for USA swimming and a subscription to SPLASH magazine.

2011-2012 PARENT MEETING – After the Two-Week Trial – date to be announced

This meeting will help new and returning parents to answer any questions they might have. We will be discussing general information for the upcoming season. (e.g. volunteer requirements, fees, fundraising, etc.) Additionally, we will be discussing any new information or changes from previous seasons.

SWIM FEES – The annual swim fees vary by training group. Swimmers are assigned to the training groups by the coaching staff according to age and ability. The swim fees are paid to the Treasurer following the payment terms stated on the **2011-2012 Fee Schedule**. Families who are transferred out of the community during the swim season may request a prorated refund of fees if the fees were paid initially at the start of the season in a lump sum. **All other fees are non-refundable.**

FUND RAISING – Families whose swimmers participate in the competitive training groups have an annual fundraising requirement in addition to the annual swim fees as noted on the **2011-2012 Fee Schedule**. Families who decide to leave the team during the swim season are still responsible for their prorated portion of their fundraising requirement. See **Pilot Fundraising Options** included in packet.

ESCROW ACCOUNT - The swimmers who participate in the competitive training groups also must maintain a \$75 escrow account balance on deposit with the Meet Escrow Secretary at all times during the swim season. The funds in the escrow account are used to pay meet entry fees and miscellaneous items such as replacement swim caps and championship swim caps and t-shirts for the swimmers. Each family must deposit **\$75** (enough to cover 1 to 2 meets) per swimmer with our Meet Escrow Secretary at registration. Additional monies must be deposited to maintain the \$75 balance. The Escrow Meet Secretary will notify you when additional funds are needed via email invoice and email notices. The first payment to escrow is due on September 15, 2011. ***This escrow account is totally separate from and unrelated to any swim fees or fundraising.***

SWIM MEETS - Swim meets (both home and away) are scheduled once or twice a month. All swimmers are encouraged to participate in as many swim meets as possible, and are expected to participate in championship meets that they qualify for. Pilot is a competitive swim team. The swim meets provide a measure of our progress, reinforce our team identity, and are FUN! Our schedule is posted on the web.

SWIM MEET SIGN UP PROCEDURE

- ❑ For your swimmer to be entered in a meet, the parent or swimmer must sign up on our web site before the deadline of each meet. You will receive confirmation that your swimmer is signed up by the deadline. If they have **NOT** signed up **by the deadline, THEY WILL NOT BE ENTERED.**

- ❑ If a swimmer does not have the appropriate balance in their escrow account by each meet deadline, **THEY WILL NOT BE ENTERED**. Coaches will be checking with the Meet Escrow Secretary before sending out entries.
- ❑ Once a parent or swimmer has signed up for a meet, that family is responsible for all entry fees for individual and relay events. **If your swimmer cannot attend that meet for any reason, you are still responsible for the entry fees.** Before a parent or swimmer signs up for a meet, please **check your calendars** and have good communication with your swimmer as to whether or not they are planning to go to the meet and what days of the meet they can swim.
- ❑ Coaches will decide the swimmers' events for each meet. Each swimmer will be swimming a certain number of events and strokes at each meet. After each swimmer has been entered into a meet it is your responsibility to check entries and make sure your swimmer is listed in the meet entries.

HOME SWIM MEETS - Home swim meets are not merely competitions, they are also essential Pilot fundraisers. Each family has specific work assignments (for the entire weekend) for which they are responsible. Please read the document "Family Participation Requirements" in your packet. **If you are unable to fulfill your family's assignment, it is your responsibility to find your own replacement.**

Pilot Hosted Meets: Pilot Invitational, November 11-13, 2011
 Pilot Invitational, January 13-15, 2012
 Southeastern Short Course Championship February 23-26, 2012
 Pilot Invitational, June, 2012
 Southeasterns July TBA

Away Meets: October 21-23, 2011, War Eagle Invitational – Auburn, AL
 October 21-23, 2011, ACAC Fall Invite (8 & Unders only)-Oak Ridge, TN
 December 2-4, 2011, Music City Invitational - Nashville, TN
 February 10-11, 2012, Tennessee High School State Meet - Nashville, TN
 February 18-19, 2012 District Championship Baylor-Chattanooga, TN

AWAY SWIM MEETS - The away meet schedule will be posted on our web site as soon as it is available. However, changes in our schedule do happen! Pilot blocks hotel rooms from different hotels at the best rates possible. If you would like to stay with the team at our block hotels, please make your reservations in advance. Our blocks have deadlines and rooms could be released if you do not make reservations in a timely manner. Please watch for notices for hotels and deadlines on the web and via email. Pilot occasionally takes a team trip where the swimmers and coaches travel together **AS A TEAM** by bus and/or vans.

APPAREL - All Swimmers are required to wear black suits and yellow caps at all Pilot swim meets. Swimmers are expected to wear Pilot T-shirts and gear at the meets as well. We will be giving caps and T-shirts to all new swimmers by September 30.

COMMUNICATION - We are trying to go paperless as much as possible. Our main form of communication will be our website. It should be updated on a regular basis with all our team information. Website address: <http://www.pilotaquaticclub.com>

The Pilot mass e-mail system is used weekly. It is also the fastest way of communicating. Please make sure that Pilot has a reliable email address for your family at home and work and that you check your email regularly.

Each family has a file folder in a file cabinet located at the aquatic center (AJIAC or SAC) where your child practices. This is a cost efficient way of distributing items we would have to mail otherwise. Ribbons and a few miscellaneous items will be distributed via the folder. All meet information and any other team information will be posted on the website or distributed via email.

PILOT AQUATIC CLUB TRAINING GROUPS

Pilot Aquatic Club of Knoxville offers eight practice groups to meet the needs of all swimmers in the program.

COMPETITIVE TEAM GROUPS

Red Group

The Red group is designed for beginning competitive swimmers, primarily who are in the 10 and under age group. Emphasis is on learning the fundamentals of the four competitive strokes, starts and turns, pace clock use, practice structure as well as basic conditioning.

Schedule:

Monday-Friday, 5:15-6:30 PM, Allan Jones Intercollegiate Aquatic Center

Coach: Joseph Clay, swimvols@gmail.com

Gold Group

The Gold group is designed for the intermediate competitive swimmer, 9 to 12 years of age. This group builds upon the fundamentals introduced in the Red group while introducing more advanced drills and stroke techniques. The group will begin learning the concepts of mental preparations and race strategy. Basic dryland routines will be introduced to increase coordination and balance.

Schedule:

Monday-Friday 5:45-7:30 PM, Allan Jones Intercollegiate Aquatic Center

Saturday, 8:30-10:00 AM, Student Aquatic Center

Coach: Jamie Haman, jamiehaman@gmail.com

Black Group

The Black group is designed for the advanced competitive swimmer, 10 to 14 years of age. The continuation of stroke refinement, basic conditioning, teamwork skills, goal setting, and a dryland program are included in the training regimen. This group further develops concepts of workout structure, interval training, and aerobic conditioning. **Home meets are required. Away meets are optional.**

Schedule:

Monday-Friday, 5:15-7:30 PM, Allan Jones Intercollegiate Aquatic Center

Saturday, 7:30-10:00 AM, Student Aquatic Center

Coach: Stephen "Boogie" Langdon, slangdon@pilotaquaticclub.com

Senior Prep Group

The Senior Prep group is designed for the most advanced age group swimmer, generally 11 to 14 years of age. Similar to the skills, conditioning and dryland training offered in the black or junior group, this group offers those as well and is designed to help prepare the swimmer for the highest level of age group competition and for the move to the Senior / National group. One morning practice may be offered at the coach's request. **All senior prep meets are required, including championship meets for which swimmers have achieved a qualifying time standard**

Schedule:

Monday-Friday, 5:15-7:30 PM, Allan Jones Intercollegiate Aquatic Center

Saturday, 7:30-10:00 AM, Student Aquatic Center

Coach: Jackie Bussard-Bertucci, jbortucci@pilotaquaticclub.com

Junior Group

The Junior group is for swimmers who are ages 14 & older and either have other time consuming commitments outside of swimming or who are striving to qualify for the Senior / National training group. Stroke refinement, basic conditioning, teamwork skills, goal setting, and a dryland program are included in the training regimen. Consistent attendance is encouraged, but not required, and swimmers may attend morning practices at the coach's request. This group is perfect for swimmers wanting more than what the High School training group offers. **Home meets are required. Away meets are optional.**

Schedule:

Monday-Friday, 4:45 -7:00 PM, Student Aquatic Center
Saturday, 7:30-10:00 AM, Student Aquatic Center
Monday & Wednesday mornings (offered at coaches request only)

Coaches: Lizzie Fleming, lizziefleming@pilotaquaticclub.com

Senior / National Group

The Senior / National group is the highest training level for experienced swimmers who are ages 13 & older and who are committed to high standards of training, in terms of practice attendance and practice intensity. An individualized weight training program and dryland program is offered. Acceptance is through invitation by the Head Swim Coach and requires a minimum qualifying time(s), training test set, and attendance expectations. The group comprises swimmers who aspire to compete at the National and International level. **All senior meets are required, including championship meets for which swimmers have achieved a qualifying time standard.**

Schedule:

Monday-Wednesday-Friday 5:30-7:00 AM, Allan Jones Intercollegiate Aquatic Center
Monday-Friday 4:15-6:30/7:00 PM, Student Aquatic Center
Saturday, 7:30-10:00 AM, Student Aquatic Center

Coaches: Jim Rumbaugh, jimrumbaugh@msn.com & Jimmy Dabney jdabney203@gmail.com

NON COMPETITIVE TEAM GROUPS**Pre-Competitive Group**

This is a terrific introduction group for swimmers ages 5-13 years old. It is a low pressure approach with stroke introduction; fun filled training drills, and a positive competitive atmosphere.

* Requirement for younger interested swimmers - they must be deep water safe and be able to swim 25 yards continuously of either freestyle or backstroke. Meets are not required and there is not a fundraising commitment.

Schedule:

Monday/Wednesday, 4:00-5:00 PM, Student Aquatic Center **or**
Monday/Wednesday, 6:30pm-7:30pm, Allan Jones Intercollegiate Aquatic Center **or**
Tuesday/Thursday, 4:00-5:00 PM, Student Aquatic Center **or**
Tuesday/Thursday, 6:30pm-7:30pm, Allan Jones Intercollegiate Aquatic Center

Sessions:

September 6 - October 20, 2011
October 24 - December 8, 2011
January 16 - March 1, 2012
March 23- - May 3, 2012
May 7 – May 24, 2012 (3 week Summer Prep)

Lead Coach: Jamie Tannhauser-Haman, jamiehaman@gmail.com

High School Group

This group offers any swimmer interested in competing on a high school swim team a great way to get a head start on the season, to swim in a group that is not as aggressive as the Junior or Senior / National groups, and to be a part of the Pilot swim program. Emphasis will be placed on general conditioning, stroke technique, starts, turns, and dryland exercises. This group will be offered year round. Meets are not required and there is not a fundraising commitment. Swimmers must be in 8th-12th grade.

Schedule:

Monday-Thursday, 5:45-7:15 PM, Allan Jones Intercollegiate Aquatic Center

Coach: Brett Tannhauser, tannhauser@esknoxville.org

If you have coaching or other team questions, you may contact Jackie Bussard-Bertucci, at (865) 207-7297 or jbortucci@pilotaquaticclub.com. If you have financial questions, please feel free to

email Amy Hudson, amyhudson4@gmail.com. If we cannot answer your questions we will help you find the answer. A team directory will be distributed as soon as possible.

PARKING FOR THE SAC and AJIAC AQUATIC CENTERS - In order to park on campus in UT parking lots, you need to obtain a parking permit from UT Parking Services. Pilot swimmers are eligible to purchase UT Evening Parking Passes which will allow parking in the designated lots. These passes are \$33.30 and are good for August through the middle of May.

Where to Park: The evening permit allows for parking in commuter lots after 3:00 pm and unreserved staff lots after 4:00 pm. (Check with parking services.) Do not park in the garage (it is non-commuter) or AJIAC staff lot at anytime. Parking on the street on campus is also available. The metered parking is monitored by the City of Knoxville.

Attention: For Saturday parking, everyone must park on the street only. You could receive a ticket anywhere else if you have an evening pass or special senior group permit. (Check with parking services.)

Junior or Senior / National swimmers who swim early morning practices may also use UT evening passes in conjunction with a special card typed up by Parking Services. This card will need to include your MWF 5:15 am -7:30 am practice times. Be sure to tell Parking Services who you are and what you need when you purchase your pass. They will have a list of our swimmers in the Junior/Senior/National Groups.

UT Parking Services – phone 974-6031
University Center (Room 24-Down Under) - 8:30 am - 4:30 pm
or
2121 Stephenson Drive (off Neyland Drive) - 7:30 am - 4:45 pm

BULK ORDER for PARKING PERMITS – For those who aren't able to purchase the permits due to work constraints, etc., Pilot will place two bulk orders for parking permits. Forms will be available at the pool to fill out. To complete your order for your permit, turn in forms to parking services and \$33.30 check payable to UT Parking Services. Please understand that you will be "parking at your own risk" until you receive your permit.