

Congratulations and Welcome to BAC!

The current Age Group Coaches Bulletin (Updated weekly), Regular Practice Schedule, Tentative Meet Schedule etc. can be found on the web at www.berkeleyaquatic.org

Go to the athlete's page

New athletes (and returning athletes whose contact information has changed), please e-mail your contact info (Athlete's Name, Athlete Group, Parents' Names, Email Address, Telephone Number (s) including cell numbers and an emergency contact number(s) as well as any medical condition the coaches should be aware of e.g. allergies, medications or conditions) to:

- Amy Buckley (BSA Parent Communications) ajbuckley3@verizon.net
- Tristan Formon (Head Age Group Coach) tr1stan@juno.com

and to the primary coach contact for your group:

- Dolphins: Eric Fucito ericf7cito@optonline.net
- Blues: Kevin Petto kevin.petto@gmail.com
- Snappers: Tristan Formon tr1stan@juno.com
- BH TYM & Streaks: Marlene Curtis marlene-bac@juno.com
- Drew TYM & Streaks: Elissa Ryan elisslav@yahoo.com

If you have any best times at all please forward to Tristan at tr1stan@juno.com and advise if you previously swam with another team prior to joining BAC.

Coaches and Group Reps

All 13 & Under Swimmers will be placed on a Dual Meet Team: BAC Lightning, BAC Thunder or BAC Wave Team listings will be posted at BAC and made available at Drew no later than Monday September 12th.

To all of our new athletes and families, welcome to BAC – things can become very overwhelming during the first few weeks of the season. Please utilize the following resources available to you:

- Coaching (Wet-Side) Questions: BAC Web Site – www.berkeleyaquatic.org
- If your specific coaching related questions/concerns are not addressed there, please email the primary coach for the athlete in question:

Tristan Formon (Head Age Group Coach)	tr1stan@juno.com
Dolphins: Eric Fucito	ericf7cito@optonline.net
Blues: Kevin Petto	kevin.petto@gmail.com
Snappers: Tristan Formon	tr1stan@juno.com
BH TYM & Streaks: Marlene Curtis	marlene-bac@juno.com
Drew TYM & Streaks: Elissa Ryan	elisslav@yahoo.com

- Parent Organization (Dry-Side) Questions, fees, points, fundraising: www.berkeleyaquatic.org – click on Parent's Section

Practices & Groups

- BAC offers a fully comprehensive package with professionals handling the needs of the athletes on a daily basis. The BAC Age Group Program is designed to develop aerobic conditioning through stroke drills and repetition with the primary emphasis focused upon developing sound stroke mechanics. Coaches provide consistent feedback, therefore all the instruction that the athletes need are found within the BAC program. There is an expectation that athletes arrive at practice prepared to focus, listen and learn. One on one, "private lessons", or any other group lessons or clinics outside the BAC's practice schedule are considered a conflict of interest. BAC does not offer private lessons / clinics to athletes from other programs nor does the Berkeley Swim School offer private lessons / clinics to athletes within the BAC program. Athletes will have an opportunity to grow and flourish in the BAC program from the consistency of instruction from the BAC coaches. For any further clarification, athletes / families should approach the BAC Coach for that athlete.
- Athletes are asked to be on deck changed, ready for practice 15 minutes prior to the scheduled start time. BAC operates a non-observation policy throughout all practices, parents waiting in the lounge at BAC and Drew.
- Athletes will transition between groups primarily in the fall. Adjustments may be made during the year, as deemed necessary by the coaching staff.

Drew University

- Please review the Drew University Code of Conduct for BAC athletes and families (www.berkeleyaquatic.org click on parents page. Also linked from the BAC Athletes Page)
- Note: when entering the facility at Drew, everyone must walk up the slope and enter by the main forum doors, walk past the security desk, before proceeding to the pool. Drew University Security will be furnished with a team roster for athletes. Please be ready to identify yourself as a BAC athlete or parent if asked to do so. Swimmers and families may exit the facility via the lower lobby doors to the circle.
- **All athletes should be collected no later than 740pm. Coaches will be traveling between facilities to run subsequent practices.**
- For the first week of practice at Drew University, Blue Streak Aquatic will have representatives there to direct parents / athletes into the building, to the lockers and pool deck.

Swim Meets

- The Tentative Age Group Meet Schedule is posted on line (Athletes Page). Please check on a regular basis as meets can change and / or be added or removed.
- Please sign up as soon as possible once sign up sheets are made available. Sign Up Sheets will be posted at BAC. If you need assistance with Sign Ups please touch bases with your Team Reps.
- Some Meets have levels, Mini (8 & Unders), Bronze/Silver/Gold. These levels refer to time standards established by New Jersey Swimming. If you are not sure, sign up. Athletes will only be entered into appropriate meets.
- After entries are completed, an entry listing will be posted at BAC. Please review to be sure your athlete is included – if not speak to the athlete's coach immediately.

Invitational Meets

- Please sign up for meets as soon as possible, quite often meets in New Jersey Swimming (NJS) close within days or even hours of being posted on line. BAC will post sign up sheets ahead of meet info being available and then enter as soon as possible once available. With BAC being a large team, if we do not get the team's entries in quickly we can be closed out of the meet.
- Swimmers should check in with a BAC coach 15 minutes prior to warm up. Failure to check in will result in that athlete being scratched (removed) from the meet. (Check In – means go to a BAC coach tell them your name and that you are checking in and make sure you are checked in on the check in sheet)
- The 'Age-Up Date' for Invitational Meets is typically the first day of the meet.

Dual Meets

- For the purposes of dual meets, BAC is divided into three teams: Lightning, Thunder and Wave. Team listing/rosters can be found on the notice board at BAC and copies will be made available at Drew for the first few weeks of the season. Athletes will swim for their assigned team throughout the Dual Meet season.
- The Dual Meets are designed to be and hopefully will be **Fun/Fast/Competitive**. **Fun**: All athletes have an opportunity to score points for BAC, **Fast** – To run right around 2 hours, **Competitive** – Meets with teams of appropriate levels allowing the meets be closely contested.
- The 'Age-Up Date' for dual meets is October 1st – this means whatever your age on October 1st will determine your age groupings for all dual meets in the dual meet season.
- If you have signed up and entered and are no longer able to attend, please email Tristan Formon ASAP tr1stan@juno.com so that alternates can be selected ahead of time.
- Swimmers should check in with a BAC coach 15 minutes prior to warm up. (Check In – means go to a BAC coach tell them your name and that you are checking in and make sure you are checked in on the check in sheet)
- Swimmers should sit with the team throughout the meet.
- **Dual Meets are 'TEAM' meets and not individual meets like the invitational meets that we attend. All athletes are expected to arrive prior to warm up, compete, support teammates and stay through the conclusion of the post meet team cheer.**
- Alternates – following warm up, athletes should check with a BAC coach to determine if they have any additional events. When an athlete does not show to check in, they are immediately scratched. In a dual meet the coaches will then select alternates (replacements) as necessary.
- Relays – not all swimmers will be on a relay at each dual meet.
- **Non-Volunteer Parents** – should remain in the bleachers throughout the meet. Please feel free to cheer loudly for all BAC athletes as well as your own child.
- Parking – for BAC home meets, please follow the instructions of the parking marshals.

Championship Meets

- In addition to the Invitational and Dual Meets that BAC attends during the course of the season, BAC also attends NJS Championship Meets. It is an expectation of the Age Group Coaches, that Age Group athletes attend the end of season Championship Meets. These meets are indicated on the meet schedule, which is available on line.

Parent Orientation Meetings

The BAC Parents Organization will host a number of evening meetings at both BH and Drew during the first week of practice, timing and location to be posted at www.berkeleyaquatic.org

Racing Dive Certifications

USA Swimming requires that all USA Swimming registered athletes be certified for competitive racing dives. The timing for Dive certification instruction and evaluation will be posted on the BAC homepage www.berkeleyaquatic.org . All new BAC athletes as well as those who have not yet passed Dive Certifications should attend.

Please try to find the time over the first month, to introduce yourselves to your athlete's coach, we look forward to working with your children

Tristan Formon
BAC Head Age Group Coach
Tr1stan@juno.com