



2017/2018 **WILSON**

**AGE GROUP SWIMMING AND  
DIVING INFORMATION**





## **Wilson Age Group Swimming & Diving Coaching Philosophy**

The Wilson Age Group Coaches believe.....

1. A competitive swimming and diving experience for students ages 6 to 14 should be fun with a major emphasis on learning basic fundamentals of the sport.
2. Sportsmanship values are of main concern. Learning to win humbly and lose gracefully are skills to be learned early.
3. The quality of effort and striving to win is important and that winning or losing is not. Through participation in athletics, everyone is already a winner.
4. Our competitive teams are only one phase of our total comprehensive swim program and no more or less important than other programs.
5. Our competitive swimming & diving program is a progressive experience, from 8 and under to high school and beyond. Practice and meet experiences should grow from one step to the next. Age group swimming and diving is not an end in itself- it is a means towards an end.
6. We should provide fair and equal competition for our young athletes. Since we are first an educational institution, and not a year-round/high intensity age group program, we do not believe that our students should compete with or against those who choose that direction.
7. Students of this age should participate and explore a wide variety of activities and not specialize in one given sport or activity at a young age.
8. Our athletes should not compete for two or more similar programs during the same season as it is too time consuming, exerts added pressure on youngsters and it inevitably forces unneeded choices to be made.
9. Participation both at practice and at meets is important. Our coaches will try to coach to the best of their ability to keep everyone involved. Each student should at least receive an equal opportunity to succeed.
10. Teamwork and respect for teammates, opponents, coaches, and officials are imperative. At Wilson, the team is always more important than any individual.

Remember, it is our main concern to make the Wilson Swimming & Diving Program a successful experience for all participants. Swimming is a lifetime sport that can be enjoyed in a variety of ways and is just one facet of a person's life



# Wilson Age Group Swimming and Diving

## Meet Schedule:

Meet	Date	Opponent	Location
Swim	11.25.17	*Reading Moonlight Maddness	Reading High School
Swim	12.2.17	*Muhlenberg Invitational	Muhlenberg High School
Swim	12.3.17	Dual Meet vs. Schuylkill Valley	Wilson High School
Swim	12.9.17	Dual Meet @ Owen J. Roberts	OJR Middle School
Dive	12.10.17	Muhlenberg	Muhlenberg HS
Swim	12.16.17	*SV Rock the Block Invite	Schuylkill Valley MS
Dive	12.17.17	Governor Mifflin	Gov. Mifflin IS
Swim	1.06.18	Dual Meet @ Muhlenberg	Muhlenberg HS
Dive	1.07.18	Wilson	Wilson HS
Dive	1.14.18	*Governor Mifflin Invite	Gov. Mifflin IS
Swim	1.20.18	Dual Meet vs. Gov. Mifflin	Wilson HS
Dive	1.21.18	Owen J Roberts	OJR Middle School
Swim	1.27.18	*Gov. Mifflin Invite	Gov. Mifflin IS
Swim	2.3.18	Dual Meet vs Reading	Wilson High School
Swim	2.10.18	Dual Meet vs. Manheim	Manheim High School
Dive	02.11.18	Diving Age Group Champs	Muhlenberg
Swim	02.17.18	Age Group Swimming Silver Meet	OJR MS
Swim	02.24.18	Age Group Swim Championships	Muhlenberg
PARTY	02.25.18	TEAM PARTY 1-3 pm	Wilson High School
*Optional Meets			

\*\*\*Diving Dual Meets Warm-up at 1pm

\*\*\*\*Swimming Dual Meets Warm-up at 10am

## 2017-18 Wilson Age Group Swimming Staff

**Head Age Group Coach: Julie Straub      610.223.7328      julieastraub@gmail.com**

Age Group	Gender	Coach	E-Mail	Phone
13&14	Girls	Julie Straub	julieastraub@gmail.com	610-223-7328
13&14	Boys	Chuck Bartlett	chuck.jeanne@verizon.net	610-858-4031
11&12	Girls	Julie Straub	julieastraub@gmail.com	610-223-7328
11&12	Boys	Chuck Bartlett	chuck.jeanne@verizon.net	610-858-4031
9&10	Boys	Chris Lechleitner	lecchr@wilsonsd.org	610-670-3137
9&10	Girls	Vanessa Sassani	sasvan@wilsonsd.org	
8&U	Boys	Lyndsay Woods	eawbiker@aol.com	610-780-4310
8&U	Girls	Nancee Wenzel	wenzel2014@verizon.net	484-769-1138

### Wilson Age Group Assistant Coaching Staff

Age Group	Coach	E-Mail
13&14	Rudy Ruth	whsbulldogwaterpolo@gmail.com
13& 14/ 11&12	Chris Thomas	thochrw@gmail.com
9&10	Deb Houck	houck@mimgapts.com
8&U	Fritz Wenrich	isaackeely@comcast.net
8&U	Jenn Quick	quickjennifer7@gmail.com
8&U	Brooke Dower	bdower6@gmail.com
	Andrew Thomas	

### Wilson Age Group Diving

Coach	E-Mail	Phone
Kelly Reynolds	krazykac@gmail.com	
Ashley Kaufman	shezley@yahoo.com	
John Warker	jwarkeriii@aol.com	
Nikki Glassmoyer	nglassmoyer@gmail.com	

# Age Group November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
8&U 5:30-6:15 11-14 6:15-7:30	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14	5:30-6:15 8&U 6:15-7 9&10 6:30-8:30 AG Dive	12-1 11-14 1-2 9&10 2-3 8&U
12	13	14	15	16	17	18
8&U 5:30-6:15 11-14 6:15-7:30	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14	5:30-6:15 8&U 6:15-7 9&10 6:30-8:30 AG Dive	Time Trials 12-1pm 11-14 1-2pm 9&10 2-3pm 8&U
19	20	21	22	23	24	25
2-4pm AG Dive	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30pm AG Dive	No school 8&U 5:30-6:15 11-14 6:15-7:30	THANKSGIVING No practice	12-1 11-14 1-2 9&10 2-3 8&U 6:30-8:30pm AG Dive	Reading Invitational
26	27	28	29	30		
12-1 11-14 1-2 9&10 2-4pm AG Dive	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30pm AG Dive	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14		



# Age Group December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
AG SV home Report 11:50am Meet 1pm	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30pm AG Dive	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14	HS Tri Meet Home 6:30-8:30 AG Dive	Muhlenberg Relays 2-4pm AG Dive
3	4	5	6	7	8	9
12-1 11-14 1-2 9&10 AG Dive at Muhl	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30am AG Dive	8&U 5:30-6:15 11-14 6:15-7:30	5:30-6:30 9&10 6:30-7:30 11-14	5:30-6:15 8&U 6:15-7 9&10 6:30-8:30 AG Dive	Wilson At OJ Roberts Meet at OJ by 10am Meet at 11am
10	11	12	13	14	15	16
17	18	19	20	21	22	23
AG Dive at Mifflin	HS Meet vs C York at 4:15 6:30-7:45 11-14	5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30am AG Dive	8&U 5:30-6:15 11-14 6:15-7:30	HS Home Meet vs SV at 4:15 6:30-7:30 9&10	5:30-6:15 8&U 6:30-8:30 AG Dive	12-1 11-14 1-2 9&10 2-3 8&11
24	25	26	27	28	29	30
NO Practice	CHRISTMAS No practice	5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30am AG Dive	8&U 5:30-6:15 11-14 6:15-7:30	SV Inv. For HS 5:30-6:30 9&10 6:30-7:30 11-14	5:30-6:15 8&U 6:15-7 9&10 6:30-8:30 AG Dive	12-1 11-14 1-2 9&10 2-3 8&11
31						

# Age Group January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8&U 5:30-6:15 11-14 6:15-7:30	2 5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30pm AG Dive	3 HS meet Home 4:15 6:30-7:45 11-14	4 5:30-6:30 9&10 6:30-7:30 11-14	5 5:30-6:15 8&U 6:15-7 9&10 6:30-8:30 AG Dive	6 At Bucknell Inv Time TBD AG @ Muhl
AG Dive at Wilson	7 8&U 5:30-6:15 11-14 6:15-7:30	8 5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30pm AG Dive	9 8&U 5:30-6:15 11-14 6:15-7:30	10 5:30-6:30 9&10 6:30-7:30 11-14	11 5:30-6:15 8&U 6:15-7 9&10 6:30-8:30 AG Dive	12 High School WILSON RELAYS NO Age Group Meet
12-1 11-14 1-2 9&10 AG Dive at GM Invitational	14 8&U 5:30-6:15 11-14 6:15-7:30	15 HS Reading Away 5:30-6:30 9&10 6:30-7:30 11-14 5:30-7:30pm AG Dive	16 8&U 5:30-6:15 11-14 6:15-7:30	17 5:30-6:30 9&10 6:30-7:30 11-14	18 5:30-6:15 8&U 6:15-7 9&10 6:30-8:30 AG Dive	19 Home Vs. GM Report 12:50pm Meet 2pm
12-1 11-14 1-2 9&10 AG Dive at OJR	21 8&U 5:30-6:15 11-14 6:15-7:30	22 HS Tri meet 4:15 6:30-8:30 AG Dive 6:30-7:30 9&10	23 8&U 5:30-6:15 11-14 6:15-7:30	24 5:30-6:30 9&10 6:30-7:30 11-14	25 5:30-6:15 9&10 6:15-7 11-14 6:30-8:30 AG Dive	26 Gov. Mifflin Invitational
12-1 11-14 1-2 9&10	28 8&U 5:30-6:15 11-14 6:15-7:30	29 GM Meet Home 4:15 6:30-8:30 AG Dive 6:30-7:30 9&10	30 8&U 5:30-6:15 11-14 6:15-7:30	31		27

# February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AG Dive Championships at Murlenberg	4 8&U 5:30-6:15 11-14 6:15-7:30	5 HS Away Meet 5:30-6:30 9&10 6:30-7:30 11-14	6 8&U 5:30-6:15 11-14 6:15-7:30	7 5:30-6:30 9&10 6:30-7:30 11-14	8 5:30-6:30 9&10 6:30-7:30 11-14	9 5:30-6:30 9&10	10 Man Twp Dual Meet Report MT at 10am Meet at 11am
11 12-1 11-14 1-1:45 9&10 1:45-2 8&U	12 8&U 5:30-6:15 11-14 6:15-7:30	13 5:30-6:30 9&10 6:30-7:30 11-14	14	15	16	17	
18 12-1 11-14 1-1:45 9&10 1:45-2 8&U **Champs swimmers only this week	19 8&U 5:30-6:15 11-14 6:15-7:30	20 5:30-6:30 9&10 6:30-7:30 11-14	21 8&U 5:30-6:15 11-14 6:15-7:30	22 5:30-6:30 9&10 6:30-7:30 11-14	23 HS CPL Meet No Practice	24 AG Silver meet at OJR AG Champs @ Muhl	
25 Team Party 1-3pm	26 Thanks for a great season!	27	28	29			





# Wilson Age Group Swimming and Diving

## Swim Suit Orders

\*\*\*Team Suits are optional. We encourage our swimmers to wear only Wilson Swimming or plain caps when representing our team in meets. If you are interested in ordering a suit, please fill out the bottom section complete with your check made payable to the Wilson Aquatic Club. Please try on suits before ordering. Suits are not refundable or exchangeable.



Male Jammer \$45  
Sizes 22-36



Male Brief \$37  
Sizes 22-36



Female Suit \$65  
Sizes 22-40

Orders Due November 18, 2017

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Swimmer Name \_\_\_\_\_

Age Group: 8&U 9&10 11&12 13&14

Parent Name \_\_\_\_\_ Phone #: \_\_\_\_\_

I would like to order:

\_\_\_ Female Suit \$65 \_\_\_ Male Jammer \$45 \_\_\_ Male Brief \$37

Size: 22    24    26    28    30    32    34    36    \*38    \*40

\*female only

Amount Paid: \_\_\_\_\_ Check or Cash \*\*\*\*\*One suit order per form please\*\*\*\*

# Reading Moonlight Madness Invitational

Date: Saturday, November 25, 2017

Time: 3:15pm Warm-up, Meet 5pm

Events: Swimmers may enter up to 4 events

Cost: \$4 per event

Entries due to coaches by: Saturday, November 11, 2017

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Swimmer Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age \_\_\_\_\_

I wish to enter:

8&u	9&10	11&12	13&14
50 free	100 free	200 free	200 free
25 breast	50 breast	50 breast	100 breast
25 fly	50 fly	50 fly	100 fly
100IM	100IM	200IM	200IM
25 back	50 back	50 back	100 back
25 free	50 free	50 free	50 free

# of events entered: \_\_\_\_\_ x \$4 per event

= \_\_\_\_\_ total amount due

**Due 11.11.17**

# 2017 Muhlenberg Relays

Date: Saturday, December 2, 2017

Report to Muhlenberg by 8am

Warm-up at 8:10am Meet starts at 9am

I would like to participate:

Swimmer

Name: \_\_\_\_\_

Age Group:      8 and u      9&10      11&12      13&14

Due to the nature of a relay invitational, not all swimmers who sign up will be able to participate depending on what strokes swimmers are legal to perform and how many swimmers in that age group sign up.

We will notify participants by November 25 if they will be competing. At that time, we will tell you how many events you are entered in and how much you owe. In addition, we will give you more details about the day of the event.

**THIS FORM IS DUE TO THE COACHES NO LATER THAN THURSDAY, NOVEMBER 16. LATE ENTRIES WILL NOT BE ABLE TO BE ACCOMODATED. THANK YOU.**

# Schuykill Valley Rock the Block Invitational

Date: Saturday, December 16

Time: 9 and unders: Warm-up 9am, Meet starts 10am

10 and up: Warm-up 1pm, Meet Starts 2pm

Each swimmer may enter up to 4 individual events

Cost: \$4 per event

Entries must be given to the Coaches **NO LATER THAN FRIDAY, DECEMBER 1**

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SWIMMER NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

AGE FOR MEET:        6        7        8        9        10        11&12        13&14

EVENTS I'D LIKE TO ENTER:

6	7	8	9	10	11&12	13&14
*100IM	*100IM	100IM	100IM	100IM	100IM	200IM
25 FREE	25 FREE	25 FREE	50 FREE	50 FREE	50 FREE	50 FREE
25 BACK	25 BACK	25 BACK	50 BACK	50 BACK	50 BACK	100 BACK
25 BREAST	25 BREAST	25 BREAST	50 BREAST	50 BREAST	50 BREAST	100 BREAST
25 FLY	25 FLY	25 FLY	50 FLY	50 FLY	50 FLY	100 FLY
*50 FREE	*50 FREE	50 FREE	100 FREE	100 FREE	100 FREE	100 FREE

\*\*\*\*PLEASE NOTE THAT THE 100IM AND 50 FREE ARE FOR 8 AND UNDER, 6 AND 7 YEAR OLDS COMPETE WITH 8 YEAR OLDS.

\_\_\_\_ NUMBER OF EVENTS ENTERED X \$4 PER EVENT:

I OWE: \$4        \$8        \$12        \$15

\*\*\*\*PLEASE PAY CASH TO ONE OF THE COACHES.

# WILSON 2017-2018 Parent Volunteer Sheet

Dear Parents,

Please help us by volunteering at any of our meets. We need help with timers, refreshment sellers and refreshment donations for home meets. We also need timers for away meets. Submit this form to one of the coaches before the end of November and let us know in what way you are willing to help us! Thanks for your support!

Each age group is assigned a home meet so we can split the work schedule and food donations by age group. Below are the dates of home meets and the responsible age group. Our first meet on 12/3 is a Sunday. All other meets are Saturdays.

We will be using the Sign Up Genius website for food donations. You will get an email prior to the meet with a link for you to click that will take you to the signup specific for that event.

12/3 1:00 meet start: 11 & 12 and 13 & 14

1/20 2:00 meet start: 9 & 10

2/3 11:00 meet start 8 & Unders

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Swimmer's Name \_\_\_\_\_ Age \_\_\_\_\_ Parent's Name \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone number: \_\_\_\_\_

I would like to volunteer to: (Please circle choice)

## 1. Timer (\*\*\*\*\*Needed for home and away meets\*\*\*\*\*)

SV-Home: \*\*Sun. 12/3                      OJ - AWAY: 12/9                      Muhl - Away: 1/6

GM - Home: 1/20                              Rdg - HOME: 2/3                              MT - Away: 2/10

## 2. Concession Stand

\*\*Sun 12/3 SV                      11:30-1                      1:00-2:30                      2:30-4

++Sat 1/20 GM                      12:30-2:00                      2:00-3:30                      3:30-5

Sat 2/3 Reading                      9:30-11:00                      11:00-12:30                      12:30-2:00

*Thanks for your support of Wilson Bulldog swimming*