



PARENT HANDBOOK

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Welcome!

Poseidon Aquatic Club is a USA Swimming program that participates in Pacific Northwest Swimming (PNS), the local USA swimming organization representing nearly 5,000 athletes in western Washington. PNS offers competition for all ability levels, age 5 and over.

Poseidon uses a disciplined and technical approach to help swimmers make choices that lead to success in a competitive environment. Nutrition, core strength, flexibility, and an integrated swimming program are offered.

Much more than a lesson, our club offers your child a well-rounded conditioning program. Coaches are trained in the conduct of youth sports and the technical aspects of competitive swimming, offering a balance of fun and skill development.

Poseidon Aquatic Club brings together the traditions of TOSC and HWST binding together in a common pursuit of excellence with a common vision and training plan.

- All swim team members, new and returning, must complete the Thorbecke's Swim Team Agreement. Please print form and return it to the Aquatic Reception Desk. This agreement will confirm your billing for the new season.
- The handbook for the new season is available to each family. Our web site is www.poseidonaquatics.org. and includes current information; meet schedule; links to our meet signups and athlete records; practice squad schedules and updates and more.
- Each Training Group has specific training equipment requirements. Please read your training group name to view an overview of your group and what equipment you'll need. Training Equipment can be ordered on-line. Click on our Uniforms/Equipment page for a list of items. If you have any questions about practice squad assignment or equipment, please contact me.

Poseidon Booster Club

This parent Booster Club board meets monthly and parents are invited. If you have a topic for the agenda, call it in to the President the Friday prior so it can be added to the agenda. Meetings are usually the first Monday night at 6:30 PM. Location can vary, so ask a board member or coach. The board currently made up of: President, Audra Messegee; Vice President, Cheryl Giffey; Secretary, JoAnne Enbody; Treasurer, Lois King; Directors:: LeighAnne Eiland and Sandy O'Neill.

Parent Involvement:

Display Case: There is a display case that belongs to the club. Advertising, publicizing club and swimmers could be updated regularly. One parent is needed to take responsibility for this.

Club Spirit Chair: A parent is needed to organize monthly birthday celebrations, seasonal holiday celebrations, and occasional social events (skating, pizza, etc) for swimmers.

Club Photographer: This person would be responsible for taking pictures of our swimmers during different event/meets throughout the year and provide the pictures for display case and/or website.

Website Person:

Ten Commandments for Swimming Parents

I. Thou shall not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best.

II. Thou shall be supportive no matter what. There is only one question to ask your child "Did you have fun?" If the sport is not fun, your child should not be forced to participate.

III. Thou shall not coach your child. You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

IV. Thou shall only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

V. Thou shall acknowledge thy child's fears. A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.

VI. Thou shall not criticize the officials. If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

VII. Honor thy child's coach. The bond between coach and a swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child or any swimmer; it will only serve to hurt that child's swimming.

VIII. Thy child shall have goals besides winning. Giving an honest effort regardless of what the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."

IX. Thou shall not expect thy child to become an Olympian. There are 225,000 athletes in U.S. Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 4,300. Swimming is much more than just the Olympics. Ask your coach why he/she coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medals they may have won. Swimming builds good people and you should be happy your child wants to participate.

X. Be involved with your child's activities. In this day and age, parent-child time is decreasing. There are many club jobs or activities that need volunteers for meets or daily functions. By getting involved in your child's club you will help the team function better, your child will see that you're interested in their interest and you get to make new friends while spending more time with your child.

MISSION STATEMENT

Poseidon Aquatic Club is a competitive swim program which exists to develop camaraderie and self-esteem, encourage physical fitness and sound nutrition, and promote a healthy competitive spirit through the sport of swimming.

Poseidon Aquatic Club promotes athletic development and achievements of all levels of swimmers by providing appropriate instruction, guidance, training, and competitive opportunities for each level.

Poseidon Aquatic Club promotes the development of character in our athletes by encouraging our athletes to demonstrate discipline, confidence, determination, courage and integrity both on and off the deck.

CORE OBJECTIVES

Poseidon Aquatic Club's core objectives mirror those of USA-Swimming and form the basis our strategic business plan:

Build the Base

We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

Promote the Sport

We want swimming to receive as much publicity and support as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

Achieve Competitive Success

We seek to continue a tradition of competitive excellence. When our athletes are successful in fulfilling their dreams our community benefits from the inspiration these athletes give us.

VISION STATEMENT

The vision of Poseidon Aquatic Club is to build an operating and performance model that complies with the standards set forth in the USA Swimming Club Excellence Program, with an initial goal of achieving the Bronze Club rating within the first 3 years (2008-09) of operation.

The focus of this voluntary program is to identify and reward USA Swimming clubs that have attained a high level of performance and organizational success. The performance component entails ranking an athlete's best swims, using the *IPS* International Point Score rating system.

TRAINING GROUP STRUCTURE

The following training groups and practice squads exist within Poseidon Aquatic Club. The training groups and practice squads are designed to provide each swimmer with training objectives that will challenge them and provide them with the appropriate base of training to prepare them for the next level. The Novice and Junior Training Groups are trained in 6 week training cycles with opportunities to test out offered at the conclusion of each 6 week cycle.

For details on the criteria for each group, please see the appropriate training squad flyer.

NOVICE TRAINING GROUP (6 wk lesson cycles)

Sea Turtle Practice Squad
Dolphin Practice Squad

JUNIOR TRAINING GROUP (6-8 wk training cycles)

Racers Training Squad
Challenger Training Squad

SENIOR TRAINING GROUP (3 x 15-18 week training cycles)

Regional Training Squad
Senior Training Squad

*To find out more about practice times and groups criteria, see Poseidon and click on training squad name for a one-page flyer.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ST		4-4:45 TBKS		4-4:45 TBKS		
Dolphins		4-5:00 TBKS		4-5:00 TBKS		
Racers	4:30-6:00 TBKS		4:30 – 6:00 TBKS		4:30–6:00 TBKS	
Challengers	4:00–6:00 TBKS		4:00 – 6:00 TBKS		4:00–6:00 TBKS	10:00-11 TBA
Seniors/ Regionals	4:00-6:00 TBKS	4:00-6:00 TBKS	4:00-6:00 TBKS	4:00-6:00 TBKS	4:00 -6:00 TBKS	8:00-10 TBA
HS / SR	5:30-7:00 AM		5:30-7:00 AM		5:30-7:00 AM	

SWIM TEAM FEE DISCLOSURES

FUNDRAISING

All training squads except Sea Turtles are subject to mandatory fundraising at a \$100 minimum, with a deadline of Oct. 31. If a swimmer joins after Oct 31, \$100 minimum is required within their first 60 days. If you join late in the season, ie, after March, the mandatory fundraising fee minimum is \$50. Families can elect to pay or sign up to participate in team fundraising activities. Speak with a swim team representative for more information.

Based on the scale below, Poseidon will donate the following:

\$100 = The minimum requirement

\$200 = team suit – Bronze

\$300 = USS fee – Silver

\$500 = Team Bag or equivalent– Gold

\$1,000 = Parka -Platinum

ADMINISTRATION FEE

All families are charged an annual \$25 Admin fee and is due within 30 days of joining the team.

USA SWIMMING ANNUAL DUES

All training squads except Sea Turtles are required to join USA Swimming annually. USA Swimming provides the athlete, facility and team with secondary insurance coverage. Annual dues are \$60.00. USA Membership Form must be completed at the time of registration and a separate check made out to POSEIDON AQUATIC for \$60.00 and

placed in Treasurer file prior to commencement of training.

MEET ENTRY FEES

All swimmers who attend meets pay entry fees for competition. Typical fees are \$10 surcharge and \$3.50 per event. Fees can vary. See Meet Info for details.

Meet entry fees, administration fees, USA dues and equip/uniform purchases, fundraising, etc are payable to POSEIDON AQUATIC, invoiced by the 25th and due on 10th of the following month. There are 3 ways to submit payment: 1) place in Treasurer file at Thorbecke's 2) mail to address on billing statement 3) drop payment at Centralia Parks Dept / 902 Johnson Rd. Accounts over 60 days are considered delinquent and may be subject to collection.

United States Swimming (USA Swimming)

www.usaswimming.org

All Poseidon Aquatic Club competitive members must join United States Swimming, the governing body for competitive swimming. The national headquarters are located at the U.S. Olympic Training Center in Colorado Springs, Colo. Programs and services are provided to the membership through the national headquarters. Among the many services are publications, educational programs, fundraising activities, sports medicine programs, resources and general information about swimming-related activities. The headquarters staff is available to assist you in answering questions or providing general information about USA Swimming.

Pacific Northwest Swimming (PNS.org)

Mission Statement: To promote the sport of competitive swimming through governance, programming and education for the Pacific Northwest swimming community.

Pacific Northwest Swimming, Inc. (PNS) geographic territory is in the state of Washington west of, but not including, the counties of Okanogan, Chelan, Kittitas, Yakima and north of, but not including the counties of Cowlitz, Skamania and Klickitat. PNS promotes swimming for the benefit of swimmers of all ages and abilities; supports the USA Swimming Core Values of Build, Promote, Achieve; and governs in accordance with the standards, rules, regulations, policies and procedures of FINA and USA Swimming.

USA Swimming Officials - We Need You!

Meets are conducted with a volunteer cadre of officials. The volunteers receiving classroom training and on deck experience under the supervision of a certified official until they feel comfortable performing the duties on their own. The officials of PNS enjoy camaraderie and deliver a professional service for our athletes. Meets cannot happen without these dedicated individuals. Every team in PNS is encouraged and expected to field a number of officials that equals 10% of their membership. Poseidon needs you to step forward and join us on the deck as certified officials. Please let us know if you can help.

Uniforms and Equipment:

Order your Equipment On-line!*

- Team Suits – Team Bags, Warm ups and Parkas - Orders for Team Warm-ups, Team Parkas and Team Bags. These are ordered quarterly.
- Team Shirts - Place your order for Team Shirts. Shirts are ordered quarterly (6 shirt minimum for team order)

*OR If you prefer to pay by credit card, order online at www.nswimshop.com or call 800-377-2059 and tell them you are a PAC member.

NUTRITION

Optimal nutrition fuels your performance, not just at a special meet, but everyday for practice. Preparing your body to compete and take on the hard challenges daily at practice means making good choices about what you eat and how you hydrate.

Cut out junk foods, including soda, which contribute nothing to, and probably hurt, your daily performance. Your optimal performance is created everyday, one stroke at a time, with an intensity that matches your dreams. Feed your body to help you swim your best everyday!

Poseidon Aquatic Club Code of Conduct of Athletes

Anyone who conducts himself/herself in a manner not covered by the rules but, in the opinion of the coach, is considered inappropriate to the best interests of the individual or team will also be subject to disciplinary action. It is the responsibility of the swimmer to consult with the coach on matters that are not covered in the rules but which might be construed “negatively” by the coach.

Meet Warm-up and Cool-Down Practices

All POSEIDON swimmers who are scheduled to compete at a meet should report to their coach 15 minutes prior to start of the warm-up session scheduled for their session of the meet.

Warming up has both physiological and mental benefits. Physiologically, a good warm-up prepares the circulatory system to deliver more oxygen to the muscles and prepares the muscles to use that oxygen more rapidly. The warm-up stretches the joints and muscles, increasing their range of motion so that the athlete can perform the skills of swimming more efficiently and skillfully. Warming up increases the speed of muscle contraction so that the swimmer can perform powerful movements immediately when the race begins, and it reduces the possibility of muscle and joint injuries.

Warm-up serves as a physical and mental rehearsal period for the upcoming competition and it can help swimmers adjust to the environment of different pools/decks. Each pool has a different feel and presents distinctive problems with identifying landmarks such as flags, starting blocks and other items used in the race such as spotting the wall and “T”.

Warm-up also is an instrument of communication for team members. POSEIDON swimmers who begin together can move to drill and pace sets as a unit. Announcements about relay assignments, positive check-in and other communications happen during warm-up. If a swimmer arrives late, it is important that they complete the aerobic portion of their warm-up (kick/drill/swim sets) before joining the pace group. This can appear to the swimmer that they are being singled out or punished but this is not the case. It is never a good idea to step straight into a sprint or pace set as the body is not prepared to deal efficiently with higher demands.

Warm-up Protocol for Junior & Senior Swimmers

Stretching: 5-10 minutes.

Pre Warm-up stretches as prescribed by the training coach. This is an individual activity as stretch requirements alter from age to age and experience level but should include stretching ankles, shoulders and lower back. Breaststrokers need to add groin and knee stretches.

(Note: this is why arriving to the meet 15 minutes prior to warm-up is a good idea).

Low-intensity aerobic swim of 800 – 1500 yds.

Racers: 300 FR using Drill/Swim variations and 300 K/D/D/S FL/BK/BR and 200 CH focusing on turns/counting strokes. Pace Sets (25 - 50's) as directed by coach

Challengers: 400 FR using Drill/Swim variation and 300 K/D/D/S FL/BK/BR and 200 CH focusing on turns/counting strokes. Pace Sets (25's) as directed by coach

Regional Group: 400 FR using Drill/Swim or 1-arm Drills and 400 K/D/D/S IM and 200 CH focusing on turns/counting strokes. Group & Pace sets as directed by coach.

Senior Elite: 500 FR using Drill/Swim or 1-arm Drills and 500 K/D/K/D/S IM and 200 CH focusing on turns/counting strokes. Group & Pace sets as directed by coach.

Starts as directed by coach followed by 5 minutes of continuous swimming to mitigate any acid build-up

Research indicates that athletes should perform warm-ups at moderate effort levels. Racing through your warm-up will not enhance your meet performance. Slow, thoughtful, swimming with attention to skill elements is important to your race success. The effort should be sufficient to encourage blood flow, heating of the skin, and warming the surface blood vessels without being so vigorous as to cause fatigue. Warm-ups done at higher levels of effort raise muscle temperatures and cause fatigue because of the accumulation of lactic acid in the muscles. If swimmers begin their races with lowered muscle PH, this will definitely affect their ability to deliver the backend of the race. Any sprints done in warm-up should be of short duration, 15-25 meters and should allow a minimum of 20 minutes prior to race time for full recovery. Relay swimmers need to be conscious of this protocol.

Pre-Race Considerations

Swimmers should complete the vigorous portions of the warm-up, the sprint and pace work, 15-30 minutes before the start of an event. (The more advanced the swimmer the less the time period as seasoned swimmers remove lactic acid more efficiently than a novice swimmer). Doing so will provide enough time to remove lactic acid from the muscles and restore muscle ph. They should, ideally (in a perfect world), do a race warm-up lasting 10 minutes or so and ending about 5 minutes prior to race time. In Challenge meets, this is quite difficult and the monitoring, from the coaches perspective, is quite challenging as coaches are getting splits and observing races. But the swimmer who is tuned in can take advantage of this process to get the best possible race results. Warm-up pool directly to blocks would be the procedure for this.

Active Recovery: The Cool-Down

Swimmers should immediately enter the cool-down pool after their race for a 10-20 minute easy swim. Why so long? The easy swimming stimulates the muscles to act as a pump removing lactic acid from the blood to the heart, liver and other muscles where it can be metabolized. More lactic acid thus leave the muscles where it was produced and enters the blood where it can be removed. Mild exercise also permits faster recovery by removing carbon dioxide from the muscles and delivering oxygen to them at a faster rate. The elevated rate of flow maintained through mild exercise will cause more blood to reach the lungs each minute, where it will give up its carbon dioxide and take on oxygen. The oxygen is then transported to the muscles, where it will increase the rate of lactic acid removal by aiding the metabolism of that substance to glucose. Even 5 minutes will have some impact.

At Challenge meets where events come up very quickly, the 5 minute cool-down is all that is feasible. After the final event on Saturday, swimmers should do the full 20 minute cool-down in order to better prepare their bodies for the next day.

At prelim-finals meets where the time between events is longer, it is expected that swimmers will perform their cool-down, 10-20 minutes. Swimmers performing at championship level place high demands upon their bodies and need to take special care so that the performance of their next race is not hindered by the race just completed.

If you have any questions, please contact your coach.

Conduct At Meets: Swimmers, Parents, Coaches

Poseidon Aquatic Club will be known by its action in and out of the water. Remember, you are representing Poseidon Aquatic Club.

1. Bring team suit, Cap, two pair goggles, team shirt
2. Arrive on time- report to the coach.
3. Complete the warm-up.
4. Help with the team cheer!
5. Be ready for your event.
6. Check with the coach before and after your event.
7. Be supportive of your teammates-CHEER!
8. Never boo the other teams.

Unsportsmanlike conduct on the part of any Poseidon Aquatic Club member may result in suspension from the team.

When traveling with other families you should:

- A. Pay for all your personal expenses.
- B. Help pay for the room.
- C. Help pay for the gas.

Rules and Procedures for Swim Meets:

1. All swimmers are responsible for checking the master meet sheet on the team website. (poseidonaquatics.org) Go to Team Manager Online and look at the events entered for him/her.
2. All swimmers are responsible for their own transportation to and from meets. Each swimmer is to arrive at the facility 15 minutes prior to the scheduled warm-up.
3. Any swimmer selected for a relay must participate in that relay. Any swimmer selected for a relay at the conclusion of the meet must plan on staying for the relays. Selection of swimmers for relay events will be posted on the Team Manager Online.
4. USA Swimming rules require that only USA Swimming registered athletes, coaches and officials be on deck during sanctioned competition. This is due to insurance coverage for the athletes. Additionally, because of lack of space on deck, parents are asked to sit in the designated viewing areas.
5. Before each event to be swum, the swimmer must report to the coaching staff for last minute instructions and then proceed to the proper lane. Upon completion of each event, the swimmer will politely ask their timer in his/her lane the time swum, warm down and

report back to the coaching staff for feedback on his/her swim. It is the swimmer's responsibility to report to the correct lane in time for each event.

6. Upon completion of all the swimmers' individual events, he/she must receive permission from the coaching staff to leave the meet. It is particularly important for each swimmer to know whether he/she is swimming in a relay.
7. Before you leave the facility make sure you have completed the following:
Cleaned up your area.
Write down the results of all your events swum.
Have all of your belongings
8. Important-if a swimmer is unable to attend a meet because of illness or an emergency situation, particularly if relays are to be swum; the coaching staff must be notified by telephone. If you are unable to contact a coach by phone, contact another swimmer participating in the meet so that the message can be relayed.

Out –Of-Town Meet Rules:

Poseidon Aquatic Club will seek out-of –town swimming competition for the following reasons:

- A. Different individual competition.
- B. A higher quality of competition.
- C. Experience in prelim/finals meets.
- D. Conditions conducive to exceptional performances.

The following rules are designed to help insure that the above objectives will be attained.

Anyone who, in the opinion of the coach attending the trip, acts in a manner that would interfere with the objectives will be subject to immediate return home (at the swimmer's expense) and restriction from attending future out-of-town meets.

1. In general, each swimmer who is eligible (as deemed by the coaching staff) to attend an out of town meet should be considerate of his/her teammates, must realize that the reputation of the Poseidon Aquatic Club as well as himself/herself will be dependent upon his/her behavior, and understand that the trip is designed for improvement and experience in his/her competitive swimming.
2. Specific schedules will be distributed to all swimmers and chaperones with information concerning warm-ups, curfews and other pertinent information. If you have any questions, see the coach immediately. At times, because of circumstances beyond our control, the schedules will change. Be prepared for any such changes.
3. Punctuality is essential. We will usually have meals as a team; go to warm-ups as a group, etc. Do not inconvenience the team by not being punctual.
4. First impressions such as politeness and neat appearance are very important to the swimmer's personal image, as well as that of the team, the PNS and the sport. If the team attends special functions, travels by air, etc., a designated team uniform is required. Check with the coach if you are not sure what to wear. Impoliteness and boisterous behavior will not be tolerated.
5. Each morning the team will have breakfast together and arrive at the swimming facility fifteen minutes prior to the warm-ups.
6. After prelims swimmers should eat lunch and those swimming in finals should return to their rooms to rest. Anyone who does not make finals must be considerate of this schedule.
7. All swimmers, whether they will swim in finals or not, will return to finals each evening. At the discretion of the coach, this rule may be waived if an unusual situation (usually long

finals session) exists. On the last day of the meet, all swimmers will return to the pool for the finals session.

8. All swimmers must be in their assigned rooms before curfew. "Lights out" curfew will be no later than thirty minutes following room curfew.
9. Restaurant behavior:
 - a. Be polite to the waiter/waitress.
 - b. Do not leave with any "souvenirs" unless you pay for them
 - c. A 10% to 15% gratuity (tip) must be added to your food bill
*If you feel the service was inadequate, see the coach.
 - d. Do not leave a mess at your table
 - e. Use responsible table manners
10. Motel behavior:
 - a. Any damages or thievery incurred by a motel will be at the expense of the swimmer and further disciplinary action will be taken.
 - b. Any "loud" behavior will be confined to each swimmer's room and not at inappropriate times (i.e., between prelims and finals, after curfew, etc.)
 - c. Under no circumstances will loud or boisterous behavior be tolerated in hallways or other public areas of a motel.
 - d. All long distance phone calls must be made collect.
 - e. All room charges not previously collected for in the travel arrangements, such as local phone call charges, room service, etc., must be paid for the evening prior to check-out.
 - f. Refer all motel staff calls to coach. Don't allow motel staff to enter room without coach present.
 - g. No drinking of alcoholic beverages, smoking or consumption of other drugs will be tolerated. The strictest punishments will be imposed for these infractions.
 - h. All lounge/bar areas are off limits to swimmers. If you need to leave the motel or pool for a valid reason, permission from the coach is required. The preceding rules are meant to give the swimmer, chaperone and parent at an out-of-town meet some general guidelines of expected behavior while attending such competition. Anyone who conducts himself/herself in a manner not covered by the rules but, in the opinion of the coach, is considered inappropriate to the best interests of the individual or team will also be subject to disciplinary action. It is the responsibility of the swimmer to consult with the coach on matters that are not covered in the rules but which might be construed "negatively" by the coach.

Receiving Awards in Public

Whenever there is a system of presenting awards at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect at the presentation. If the swimmers own a full team uniform, it should be worn when accepting an award.

It is also customary for our swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and to receive congratulations with poise and a "thank you". Good sportsmanship is essential.

If photos are being taken, we ask the swimmers to remain until the shooting is complete. Do not ham it up! The picture may be special to someone else. The image you present is a reflection of the team.

POSEIDON AQUATIC CLUB

2008-2009 Short Course Meet Calendar



DATE	NAME	LOCATION	COMMENTS
October			
4	Sockeye Sprints	Hazen HS, Renton	Open to All
18-19	October Challenge	ESC, Olympia	Open to All
November			
2	Salmon Bay SR Meet	Helene Madison Pool, Seattle	Senior Meet
14-15	Girls HS State	KCAC	High School
16	Q-Meet	KCAC	Silver Time Standard
22-23	Age Group Invite	Mt. Tahoma HS	Gold Time Standard
December			
6	Fall Grand Challenge	ESC, Olympia	PNS Champs Dequal
12-14	PNS Champs	KCAC	Champs Qualifier
January			
3-4	Senior Circuit Meet	KCAC	Senior Qualifier
10	All Star Meet	TBD	Qualifier
17-18	January Challenge	ESC, Olympia	Open to All
22-25	Washington Open	KCAC	Senior Qualifier
February			
1	Snowflake Classic	Hazen HS, Renton	10 & U
7-8	February Challenge	ESC, Olympia	Open to All
13-16	Lost Dutchman	Chandler, AZ	Qualifier
22	Distance Meet	Juanita HS, Kirkland	Open to All
28- Mar 1	Age Group Invite	Foss HS, Tacoma	Champs Qualifier
March			
1	Age Group Invite	Foss HS, Tacoma	Champs Qualifier
11-15	Sr. Sectionals	KCAC	SR. Qualifier
21	Spring Pentathlon	Auburn HS	NWAG Dequal.
27-29	NWAG – Age Group	KCAC	NWAG Qualifier

FORMS



FIN: 91-1626608
2008-2009 Fundraiser

Show your support for the Poseidon Aquatic Club!

Poseidon is a member of Pacific Northwest Swimming, a 5,000 strong youth sports organization. Our athletes participate in competitions at various levels, from beginner to national levels, traveling here in Washington and across the United States.

Your donations support the competitive activities of the Poseidon Aquatic Club. Sponsors will also receive a framed 5"x7" Poseidon Aquatic Club photograph, suitable for displaying. If you do not want a team photograph, please check here.

- \$100/200 – Bronze Sponsor \$300 – Silver Sponsor
- \$500 – Gold Sponsor \$1,000 – Platinum Sponsor

Swimmer's name: _____

Company Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

**Return to: Poseidon Aquatic c/o Parks Dept.,
902 Johnson Rd., Centralia, WA 98531**

Poseidon is recognized by the IRS as a 501(C)(3) tax exempt organization.
Your donations are tax deductible.

For office use only:

Date received: _____

Amount received: _____

Thank you for your support!

