

East Pennsboro Aquatic Club

Winter Swim Season 2009-10

Welcome to the East Pennsboro Aquatic Club! We're looking forward to a fun and competitive winter swim season. If you're new to our club, the following information will help you and your child get acquainted with our organization.

Coaching Staff

Our head coach is Lu Ann Hetherington, assisted by Kendall Ferrence, Evelyn Hetherington and Tim Horan. All coaches are veteran coaches committed to providing a competitive and fun learning environment for all swimmers.

Practices

EPAC provides instruction for several levels of swimmers from beginner to advanced. All practices are held at the East Pennsboro Middle School pool from September through March. Practices are held by level Monday through Friday evenings throughout the season, and Saturdays when not attending meets.

Levels will be assigned by the coaches. They include:

| | |
|--------------|--|
| Level 1 | Beginner |
| Level 2 | Intermediate Beginner |
| Level 3 | Advanced Beginner |
| Junior Elite | Young Advanced |
| Level 3 | Intermediate |
| Level 4 | Advanced |
| Elite | Highest Level of Training, Competition and Dedication to the Sport |

In addition to regular pool practices, dry-land strength training sessions are held several evenings at the Middle School for Level 4&5, Junior Elite and Elite swimmers.

Keeping in Touch

The practice schedule and all team correspondence are posted on the bulletin board in the hallway outside of the pool. The primary method of communicating practice schedules or other team business is through e-mail or is located on our website at www.epac.org. If you don't have Internet access, please check the bulletin board regularly. Each family is also given a folder that is kept in a file box located inside the pool office.

Volunteers

All parents are expected to volunteer with the many tasks needed to run a quality club. On the day of swim meets, the Club needs volunteers to set up/tear down meet equipment, work as a timer or runner, assist the coaches as a team Mom or Dad, handle ribbon writer duties, serve as a concession stand helper and help score the meet.

Once the season gets underway, we will hold a Parent's Meeting in the Fall for parents of the swimmers who will be swimming with the club for the full season. Another Parent's Meeting will be scheduled for the parents of those swimmers who join us in November. We recommend at least one parent of each swimmer attend these meetings.

Board of Directors

Club business is conducted by a board of directors elected annually by the membership. The 2009-2010 EPAC officers and Directors are:

| | |
|------------------|---------------------------------|
| President | Patti Deibler |
| Vice President | Kim Swartzell |
| Treasurer | Heather DeGrange |
| Co-Secretaries | Chris Basso and Stephanie Smith |
| Members at Large | Manny Cordeiro |
| | Eric Groff |
| | Mark Foster |
| | Liz Ruopp |
| | Maria Kauffman |
| | Julie George |
| | Rob Smith |

FEES

Full Season: (Swimmers who participate from September through March) (Payment plan available)

| | |
|---------------|--------------------|
| Level 1, 2, 3 | \$315 resident |
| | \$345 non-resident |

| | |
|--------------------------------|--------------------|
| Level Junior Elite, 4, 5 Elite | \$365 resident |
| | \$395 non-resident |

Late Start: (Swimmers who participate in Fall sports -- begin practices in November)

| | |
|---------------|--------------------|
| Level 1, 2, 3 | \$225 resident |
| | \$255 non-resident |

| | |
|--------------------------------|--------------------|
| Level Junior Elite, 4, 5 Elite | \$260 resident |
| | \$290 non-resident |

HIGH SCHOOL (Swimmers who practice with EPAC during September and October but practice with their high school teams the rest of the year. HS

swimmers who wish to continue to practice with EPAC once the HS Season starts may do so.)

\$100 resident, (2 payments of \$50) \$125 non-resident (2 payments of \$62.50)
(2 payments: Due upon registration and October 31, 2009)

SIBLING DISCOUNTS:

10% second swimmer, 25% third swimmer, 4th swimmer free

FUNDRAISING FEE:

The Board of Directors has reinstated the Fundraising Fee Policy effective September 1, 2005. Each family will be required to contribute a \$50 Fundraising Fee per family. In lieu of the Fundraising Fee, swimmers/parents may participate in the various fundraising activities where each swimmer's account will be credited. The Fundraising Fee (or swimmer's balance) is due January 31, 2010.

High School swimmer's who swim meets only are not assessed the Fundraising Fee.

REGISTRATION

Monday, September 14th 5:00-7:00 p.m. and Tuesday, September 15th 5:30-7:00 p.m. at the Middle School. Even if your child is not starting until November, please stop by during registration to sign them up.

EPAC Payment Schedule:

Payments can be made in installments: (for full season, late start or high school). Please use the attached coupons when making your payment.

| | |
|-----------------------|----------------------------|
| First payment | due at registration |
| Second payment | due October 31 |
| Third payment | due November 30 |
| Fourth payment | due December 31 |
| Fifth & final payment | due January 31. |

LATE PAYMENT POLICY:

All monthly payments not received within 10 days of the due date will be considered late. Swimmers will not be permitted to participate in practice until registration payments are current. Late payment reminders will not be prepared and repeated requests for payments will not be made. Please make your registration payments on time so that your child does not miss practice.

EAST PENNSBORO AQUATIC CLUB REGISTRATION COUPON

Payment #2 – Due October 31, 2009

Swimmer's Name: _____

Parent/Guardian Name _____

Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025

EAST PENNSBORO AQUATIC CLUB REGISTRATION COUPON

Payment #3 – Due November 30, 2009

Swimmer's Name: _____

Parent/Guardian Name _____

Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025

EAST PENNSBORO AQUATIC CLUB REGISTRATION COUPON

Payment #4 – Due December 31, 2009

Swimmer's Name: _____

Parent/Guardian Name _____

Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025

EAST PENNSBORO AQUATIC CLUB REGISTRATION COUPON

Payment #5 – Due January 31, 2010

Swimmer's Name: _____

Parent/Guardian Name _____

Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025

EAST PENNSBORO AQUATIC CLUB FUNDRAISING FEE COUPON

Fundraising Fee – Due January 31, 2010

Swimmer's Name: _____

Parent/Guardian Name _____

Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025