

Hello All,

I hope this email finds everyone doing well and looking forward to a great weekend of fast swimming for all our age group athletes. I have a number of items to get out to all of you today. Please read through everything carefully and feel free to let me know if you have any questions.

As this is the first year of this 4 day format, there was a bit of the unknown going into the meet about what our sessions would be like. We have a number of sessions that will be getting done early, with the exception of the Saturday 10&U session. Saturday AM Prelims will be done a bit early, which allows us to make this suggestion to all clubs.

Tom Gradle (the meet referee), the Age Group Vice Chair, and Program Operations Vice Chair have recommended that we begin the Saturday's 10&U session with a 12:30pm warm-up and 1:30pm start time. This is 15 minutes earlier than is posted in the meet information and will allow us to begin finals that evening on time.

The 1500 Free session will end at approximately 2:45pm on Sunday afternoon. It has also been suggested from the Meet Referee, Program Operations, and the Age Group Chair, that we begin Sunday Finals warm-ups at 3:30pm with a 4:30pm meet start time. This is 30 minutes earlier than is posted in the meet information and will allow swimmers, families, coaches, officials, etc to head home from the weekend a bit earlier.

Timeline with these suggested changes have been posted to the meet web page (link below). These items will be discussed at the Thursday AM coaches meeting. If all coaches are in agreement, we will follow this suggested timeline. These changes will then be announced throughout the course of the meet, just to be sure everyone has the correct information. If coaches choose to keep the timeline as is, that is fine too.

Now, on to all the other important items regarding the meet.

**Meet Web Site & Postings** - We have posted a number of things to the 2011 Age Group Championships meet web page. ([http://www.academybullets.com/Events\\_\\_\\_Meets/2011\\_Illinois\\_LC\\_Age\\_Group\\_Championships.htm](http://www.academybullets.com/Events___Meets/2011_Illinois_LC_Age_Group_Championships.htm)). Here you can find the following documents:

- Entries listed by team
- Relay Event Psych Sheet - Top 8 11/12 & 13/14 relays will compete in the finals sessions.
- Distance Event Psych Sheet (11/12 & 13/14 events that are timed final with the Top 8 competing during finals)
- Pre Scratch Timeline - Timeline details can be found above. This is meant as a courtesy for clubs and is in no way binding. Hopefully, this will give your relay only athletes on Saturday & Sunday an estimate of when to arrive at the pool.

**Team Timing Assignments** - There are timing assignments for this meet. No club has more than 2 sessions of the meet assigned to them. We ask that you please have your timers on deck 20 minutes prior to the start of the session so that we can keep the meet moving on pace.

**Warm-up Procedures**: There are no split warm-ups for this meet, therefore no warm-up assignments for each team.

**Scratch Procedures**: As this meet begins earlier than previous years, please remember that email scratches are due by 1:00pm on Wednesday, July 27th. The coaches scratch meeting will be held at 6:00pm on July 27th on deck of the RecPlex. All other scratch details can be found in the meet packet.

**Team Packets**: Be sure to pick up your team packets from the control room. The control room is located down the hallway near the locker rooms. Included in the team packets are athlete passes. Coaches must have their coaching credentials and will need to individually pick up their deck pass in the control room before being allowed to enter the pool.

**Deck Access & Passes**: Access to the deck will be from the locker rooms or from a back door at the turn end of the pool. Only swimmers, coaches, officials and timers are allowed on deck. We will be controlling access to the deck carefully! --COACHES AND OFFICIALS WILL BE REQUIRED TO SHOW YOUR COACHING CREDENTIALS TO GET ON DECK! Coaches and swimmers will be issued deck passes for the meet. Coaches must show their deck pass to get into hospitality.

**Pool Open**: The pool deck will open at 6:00 am each morning for swimmers, coaches, and officials.

**Spectator Area Open**: The spectator balcony will open between 6:45-7:00am each morning. Per the facility rule - SPECTATORS ARE NOT ALLOWED TO BRING CHAIRS INTO THE BALCONY. Please tell your parents that all chairs must remain in the field house, outside or at home.

**Warmup Pool:** We will be racing in all 10 lanes during prelims, 10&U sessions, and the 1500 Free session. The 25 yd pool will be available during competition, but will not be available when the main pool is open for warmups. The 25 yard pool is four lanes and is 85 degrees. As a notice - If swimmers are playing around in the warm-up pool, they will be removed from the pool. Coaches are responsible to be sure their swimmers are not abusing the warmup pool.

**Parking:** Parking is \$5 in the lot closest to the RecPlex. Other free lots are available a short walk away. Coaches can park in the main lot for free if they show their coaching credentials.

**Deck Seating:** Bleachers have been set up around the entire deck for this event. We have had a few inquires on this topic. There is more seating available than at the zone meet this past year.

**Field House:** We have reserved a section of the field house for athletes to keep their stuff and hang out.

**Tents:** Teams can put up tents in the grass area behind the pool. However, the blacktop area directly behind the pool must be kept clear. It is an emergency response area for the lake and park. Coaches and swimmers will have access to the deck from this area at the turn end.

**Zone Table:** The zone table for Team Illinois will be set up in the field house. Any questions regarding zones can be answered there.

**Meet Apparel:** Northwest Designs will be in the field house with meet apparel for sale. We encourage everyone to check out their meet shirts. A preview of the meet logo can be found on the meet web page.

**Psych Sheets:** We will be posting a complete psych sheet of the meet online Tuesday (7/26) evening. Psych sheets will not be available for purchase at the meet.

**USA Swimming is going Green:** USA Swimming is going green and so are we. In an effort to cut down on the massive waste of plastics at the meet, we will be setting up water coolers on the deck and in hospitality for drinking water. We will have cups available for you, but you may want to bring your favorite water bottle so you can take fewer trips. We will still have pop available.

**Fitness Demonstration:** Representatives will be available from the Monkey Bar Gym to demonstrate functional training techniques for coaches. We will have a specific time for a presentation announced later this week. Coaches will be able to talk to the MBG representatives throughout the day. MBG techniques use your own body weight to attain maximum strength gains and are appropriate for swimmers of all ages.

I think that is all I have for right now. Please keep a lookout for any email updates I may send your way in the next 24-48 hours.

See you all this weekend!

Thanks,

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