

PEARL CITY AQUATICS, INC.
Over 40 Years of Swimming Excellence

We would like to WELCOME you to Pearl City Aquatics, Inc., our age group swimming club. We are a competitive swimming club that participates in the Local Age Group Swimming Program. Our Local Swim Committee call initials are PCA.

Coaching Staff:

Ken Suenaga, Head Coach

Alyce Hong, Assistant Coach

Shige Pabila, Assistant Coach

Practices:

Beginning Swimmers (A, B and C Swimmers):

Pearl City District Park Swimming Pool

Monday thru Friday, 5:00pm to 6:30pm

Advanced Swimmers (AA and Above Swimmers):

Patsy T. Mink Central Oahu Regional Park,

Veterans' Memorial Aquatic Complex (VMAC)

Monday thru Friday, 5:00pm to 7:00pm

The following is a brief overview of our swimming club and our club's expectations and responsibilities of both the parents and their swimmer(s).

OVERVIEW OF THE AGE GROUP SWIMMING PROGRAM

1. **USA SWIMMING:** Competitive swim teams in Hawaii belong to the USA Swimming Program. Each State in the Nation has one or more chapters in the US called the **LOCAL SWIM COMMITTEE (LSC)**. Pearl City Aquatics, Inc. participates only in USA sanctioned or LSC approved functions.
2. **EVERY SWIMMER MUST BE A REGISTERED USA SWIMMING MEMBER TO COMPETE IN ANY SWIMMING MEET, OR TO PARTICIPATE IN ANY OF THE PCA FUNCTIONS.**
3. **COMPETITIVE SWIMMING IS THREEFOLD:**

A. **A Swimmer Competes Against Time:**

Each swimmer participates in meets that are categorized according to current swimming time standards. These time standards are published by the LSC at the beginning of each swim season. After competing in a meet, a "time" is established for each event that the swimmer competes in. The time standards are categorized in the following manner from slowest to fastest:

Hawaii C
Hawaii B
Hawaii A
Hawaii AA, Invitational Qualifying Times
Hawaii Q, State Qualifying Times
Northwest Age Group Sectional Qualifying Times
Zones Z, Western Zones Championship Times
National NRT, National Reportable Times
Jr. Nationals
Sr. Nationals
Olympic Trials
Olympics

B. **A Swimmer competes against his/her own team mates.**

C. **A Swimmer competes against other swimmers from other teams.**

Swimmers compete in the following age group categories:

8 and under
9-10

11-12
13-14
15-16
17-18
11-18 (at classified/A+ meets)
12 & Under (at classified/A+ meets)

4. **THE YEARLY SWIM SCHEDULE IS DIVIDED INTO TWO SEASONS:**
 - A. **SHORT COURSE SEASON:** This season is typically from September through December, and involves competition in 25 yard/meter pools. The State Age Group Championships for the Short Course Season is usually held near the end of December.
 - B. **LONG COURSE SEASON:** This season is typically from January through August, and involves competition in 50 meter pools. The State Age Group Championships for the Long Course Season is usually held in the Month of June.
5. **WESTERN ZONE CHAMPIONSHIP:** Outstanding swimmers that establish "Zone" times, qualify to represent Hawaii on the Hawaii team (called TEAM HAWAII) at the Western Zone Championships typically held on the mainland during the month of August.
6. **NORTHWEST SECTIONAL AGE GROUP CHAMPIONSHIPS:** Outstanding swimmers that establish "Sectional" qualifying times, qualify to represent Pearl City Aquatics, Inc. at the Northwest Sectional Age Group Championships typically held at Federalway, WA during the month of March.
7. **PRACTICE:** When a swimmer joins a competitive swim team he/she and his/her parents need to understand that PRACTICE IS VERY IMPORTANT AND IT IS NOT A TIME TO PLAY OR SOCIALIZE. It is the responsibility of the swimmer to listen carefully, follow instructions from the coaching staff, and practice hard.
8. **TYPES OF EVENTS:** There are various types of meets and events that a swimmer can compete in. The LSC Time Standards list the events for each age-group. Beginners are usually called "C" swimmers and their meets are typically once a month, usually lasting only one day. Depending on the LSC and their scheduling of the meets, they are usually called Classified Meets, BC Meets, ABC Meets, or AA Meets. Once a swimmer establishes "AA" times, they will fall into the AA and above category. "AA" swimmers and

above qualify to swim Invitational Meets which typically run 2 to 3 days. Only swimmers that establish Q times, qualify to swim the **State Age Group Swimming Championships for Short and Long Courses.**

BASIC SWIM SUPPLIES AND EXPENSES

SUPPLIES:

- 1 or more practice suits to use on a daily basis
- 1 competitive suit to use during swim meets
Competitive suits should be tight/snug fitting, but not uncomfortable
- 1 or more practice caps to use on a daily basis
- 1 pair of swim fins for practice
- 1 PCA team cap to use during swim meets which shall be worn by all swimmers
- 1 pair of goggles
- PCA Team Shirt to be worn at all swim meets and PCA functions
- 1 permanent marker (to write down your event/heat/lane assignments at the swim meet)

SWIM MEET ENTRY FEES:

- \$3.00 Each event entered for Championship Meets (PCA pays for this fee)
- \$10.00 Per Swimmer Surcharge of Championship Meets (PCA pays for this fee)
- \$2.50 Each event entered for Invitational Meets
- \$2.00 Each event entered for all other Age Group Meets

ANNUAL USA Swimming/LSC MEMBERSHIP DUES:

- \$56.00 Each swimmer per calendar year. \$1.00 INCREASE PER YEAR

PCA MONTHLY DUES:

- \$20.00 One time PCA Enrollment Fee per swimmer
- \$45.00 For One Swimmer/family
- \$80.00 For Two Swimmers/family
- \$100.00 For Three Swimmers/family
- \$15.00 For "Inactive" Swimmers. "Inactive" swimmers are swimmers who take a break from practice and competitive swimming for at least 6 consecutive months with the intention of returning, and want their swimming registration to be current with the club.

FEES AND DUES WILL BE BILLED ELECTRONICALLY VIA EMAIL. PARENTS ARE RESPONSIBLE FOR CHECKING THEIR EMAIL REGULARLY TO OBTAIN A COPY OF THEIR MONTHLY INVOICES

FEES AND DUES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



PEARL CITY AQUATICS, INC. ACTIVITY CALENDAR (GENERAL)

<u>September</u>	Start of Short Course Swimming Season
<u>October</u>	PCA Camp (subject to change)
<u>November</u>	Annual Ken Suenaga Invitational Swim Meet
<u>December</u>	End of Short Course Swimming Season State Short Course Championships Annual Christmas Party
<u>January</u>	Start of Long Course Swimming Season
<u>February</u>	
<u>March</u>	Northwest Age Group Sectional Championships - Washington
<u>April</u>	Pearl City Aquatics A+ Swim Meet
<u>May</u>	Sakamoto AA Invitational Meet - MAUI
<u>June</u>	Annual Picnic (subject to change)
<u>July</u>	State Long Course Championships PCA new board member nominations
<u>August</u>	Western Zone Championships - MAINLAND End of Long Course Swimming Season Mokihana Aquatics Fun Meet - KAUAI Annual PCA Banquet and Awards Presentation Election of new PCA Board Members

THE ABOVE CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE.



PARENT COMMITMENT & RESPONSIBILITIES
PEARL CITY AQUATICS, INC.

1. Provide transportation for your swimmer(s) to and from practice, swim meets, and PCA functions
2. Assist Coaches and other parents at practice and at swim meets as requested/needed - there is usually always help needed to set up the team tent before a swim meet, and breakdown of the tent after the swim meet. It would be appreciated if the parents whose swimmer(s) participate in the Morning Session, assist with setting up the team tent before the meet, and the parents whose swimmer(s) participate in the Afternoon Session, assist with breaking down the team tent after the meet.
3. Parents are responsible for checking their email for events that your swimmer(s) may be entered in for a swim meet and for announcements for upcoming swim meets. Make a printout of the events for your swimmer(s) and review it with them prior to the swim meet. The coaching staff will email the events that the swimmer(s) will be participating in for a particular swim meet, usually within a week of the meet.
4. Volunteer to help as timers/officials at all swim meets that PCA participates in
5. Support overall team spirit/fellowship during practices and at swim meets
6. Help new parents get acquainted with Pearl City Aquatics, Inc.
7. Help recruit new swimmers for Pearl City Aquatics, Inc.
8. Serve and assist on special committees (i.e., picnic, camp, swim meets, etc.)
9. Assist in any PCA fund raising activities
10. Volunteer to help at the annual Classified Meet hosted by Pearl City Aquatics, Inc. and at the Annual Ken Suenaga's Pearl City Invitational Swim Meet
11. Assist with donations of various items as needed for Pearl City Aquatics, Inc. swim meets and functions
12. Give input and suggestions about PCA functions
13. Pay monthly dues and financial obligations on a timely basis
14. Attend regularly scheduled PCA general membership meetings (dates and times to be announced) typically held during practice at the Pearl City District Park Recreation Center Hall
15. Parents are responsible for checking their email and the PCA website at www.pearlcityswimming.org regularly for notices, announcements, and updated information. Information about swim meets, Pearl City Aquatics,

- Inc. activities, monthly invoices, etc. from the coaching staff, Board of Directors, and committee chairs, will primarily be distributed via email and posted on the website. They are also responsible for providing any changes in their email address to the Board of Directors and coaching staff
16. Regularly check the Hawaiian Swimming website for announcements regarding swim meets and other related events at www.hawaiianswimming.org. A lot of other useful information including the Hawaii Swimming event calendar, swim meet results, swim meet updates, etc. can be found on this website.
 17. Upon leaving Pearl City Aquatics, Inc., you (not your child), must notify the PCA Treasurer and the coaching staff in writing



RESPONSIBILITIES OF SWIMMERS

IMPORTANT: PARENTS SHOULD GO OVER THIS LIST WITH THEIR SWIMMER(S) PERIODICALLY SO THAT THEY UNDERSTAND THEIR INDIVIDUAL RESPONSIBILITIES - ESPECIALLY WHEN THEY ATTEND PCA SWIM MEETS AND FUNCTIONS UNATTENDED WITHOUT THEIR PARENTS.

GENERAL:

1. Take proper care of your swim suits, goggles & equipment - rinse them out in tap water after every use
2. Take proper care of your swim caps - rinse them out in tap water, and dry and powder them after every use

AT PRACTICE:

1. Help the coaches take out and put away equipment used for practice i.e.; lane lines, backstroke flags, pace clock, etc.
2. Practice hard, listen, and follow instructions from your coach
3. Do not talk unnecessarily during practice - socializing can be done after practice
4. No use of foul language during practice or at swim meets
5. All intermediate and advanced swimmers should behave as role models to the younger/beginning swimmers

ON A REGULAR BASIS AND PRIOR TO SWIM MEETS:

1. Check the PCA website www.pearlcityswimming.org and the Hawaiian Swimming website www.hawaiianswimming.org for announcements and updates regarding swim meets.
2. Bring the printout of your events and know the events that you will be participating in at the swim meet. It is the swimmer's responsibility to know the events that they will be participating in prior to the swim meet.
3. Check your email for notices, announcements, and updated information
4. On the night before a swim meet, you should:
 - A. Eat a well balanced meal with lots of carbohydrates
 - B. Get to sleep early
 - C. Visualize swimming your events

AT SWIM MEETS:

1. Arrive early before your designated check-in time for your session, **CHECK-IN WITH YOUR COACHES**, and have a thorough warm-up with your team prior to your swim session
2. PCA swim team caps shall be worn by all swimmers during swim meets
3. PCA team shirts (pending) shall be worn at all swim meets and PCA team functions
4. Bring your event printout to the swim meet so you will have a written record of the events and event numbers that you will be participating in. You should already know and be familiar with your events and event numbers since it will have been emailed to you by your coaches prior to the swim meet.
5. Obtain your heat and lane assignments from your coach (and also available from the posted heat sheets at the meet prior to your swim session). WRITE THEM DOWN - YOU ARE RESPONSIBLE FOR KNOWING YOUR HEAT AND LANE ASSIGNMENTS FOR EACH OF YOUR EVENTS.
6. Prior to your event being called, always check-in with your coach for last minute reminders and instructions
7. Report to your assigned lane, listen for your heat to be called and **SWIM YOUR BEST.**
8. When you are done swimming, ask for your time from your lane timers, **REMEMBER IT**, and report back to your coach with your time
9. Stay warm between your events and prepare yourself for your next event
10. Show your team spirit by encouraging your teammates before, during and after their swim
11. Intermediate and advanced swimmers should assist the coaches by escorting and helping the younger/beginning swimmers to check in to their lanes so they do not miss their heats/events
12. Assist Coaches and other parents at swim meets as requested/needed - there is usually always help needed to set up the team tent before a swim meet, and breakdown of the tent after the swim meet. It would be appreciated if swimmer(s) who participate in the Morning Session, assist with setting up the team tent before the meet, and the swimmer(s) who participate in the Afternoon Session, assist with breaking down the team tent after the meet.

AFTER A SWIM MEET:

1. Keep a record of your official times - meet results are usually posted within a few days after a swim meet on the Hawaiian Swimming website
2. Record your times on a graph so you can monitor your progress throughout the swim season, and know where you stand in your age group
3. You can improve yourself by:
 - A. Asking your coach for help in improving your technique, turns, etc.
 - B. Working harder at practice

REMEMBER!! IMPROVEMENT STARTS FROM THE INDIVIDUAL, SO ONLY YOU, THE SWIMMER, CAN IMPROVE YOURSELF. IF YOU PRACTICE HARD AND FOLLOW INSTRUCTIONS, YOU CAN REACH YOUR SWIMMING GOALS. SET YOUR GOALS HIGH AND STRIVE FOR THEM.

If you have any questions and/or concerns, please feel free to speak with one of our coaches:

Ken Suenaga, Head Coach
Alyce Hong, Assistant Coach
Shige Pabila, Assistant Coach

