

OTTER HANDBOOK

ALBANY AQUATICS ASSOCIATION
2024



Rex Watkins/Head Coach
541-981-8339
coachrex@comcast.net



Albany Aquatics Association
1645 9th Avenue SE #199
Albany, OR 97321



albanyaquaticassoc.com

TABLE OF CONTENTS

1. WELCOME TO THE TEAM!
2. TEAM PHILOSOPHY
3. DUE & FEES
4. TESTING & TEST WEEK
5. PRACTICE GROUPS
6. OTTER EXPECTATIONS
7. ALL ABOUT SWIM MEETS
9. TEAM CHEERS
10. VOLUNTEERING
11. MEET THE COACHES & BOARD
14. Q & A: ASK A SWIMMER
15. SPONSORS
16. SIGNATURE PAGE

"Confidence comes from what you do in practice every single day. So you've just got to let your swimming do the talking and have fun."

-Jordan Wilimovsky



40+

years of excellence

4

amazing coaches

1

big family

WELCOME TO THE TEAM



"WE ARE A FAMILY PURSUING LIFE SKILLS, THROUGH FUN & FAST SWIMMING"

Welcome to the Albany Aquatics Association swim team, we are so glad to have you! Our team has been celebrating excellence for over 40 years, in & out of the pool, & we can't wait to see you & your swimmer become part of that legacy.

Please take the time to read through all of the handbook to get yourself acquainted with what it means to be an Otter. The last page in the handbook is a signature page, that we request that you sign & return with your first monthly payment. This signature page lets us know that you have read the handbook & understand & accept all the requirements we have for our parents & swimmers.

HELP OUR TEAM GROW!

If you know other swimmers who would love to join our team please invite them to try out! Tryouts are year round & the only requirements we have for entering swimmers are:

- minimum age of 6
- swim 25 yds backstroke
- swim 25 yds frontstroke



GET INVOLVED!

Here are some of the ways to get involved & help the team:

- Bottle drop donations
- Fred Meyer Community Rewards
- Volunteer at meets
- Become an official
- Join the board



QUESTIONS

If you have any questions about our team, volunteering, meets, etc. please reach out to our President or Registrar:

Kailey McKay | President
president@albanyaquaticassoc.com

Shannon Barnes | Registrar
registrars@albanyaquaticassoc.com

TEAM PHILOSOPHY



ABOUT US

Founded in 1978, the Albany Aquatic Association is a year-round competitive swimming program that fosters the growth & development of young people by promoting valuable life-long skills through the love & sport of swimming.

AAA is a non-profit, tax-exempt member of the United States Swimming & Oregon Swimming Inc. that is administered by a voluntary Board of Directors elected by parents of the swimmers. Our coaching staff has over 100 years of combined experience. Both our coaches & board members are certified, trained, & background checked by USA Swimming.

You can find information about the coaches & board members on our Team Unify page & in this handbook.

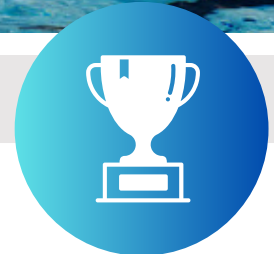


COACHING

The AAA coaching staff is composed of trained, certified professionals who are interested in each swimmer reaching their own potential. All of our coaches work hard to provide the highest quality instruction & training for all our swimmers. They invest enormous amounts of time & energy encouraging & supporting our swimmers.

Coaching of new and/or very young swimmers is oriented towards the development of basic skills, including the four strokes (breaststroke, backstroke, freestyle, & butterfly), turns & starts. Early development of the competitive swimmer will emphasize enjoyment of the sport, by balancing their grasp of techniques with a certain amount of fun & games. The development of swimmers as competitors does not come by force, but from the growth & maturity of an individual through discipline, hard work, trial & error, and success & failure.

As swimmers become more experienced they are exposed to coaching which is oriented towards increased conditioning & advanced training concepts. By focusing our program in this manner, it meets the swimmers' goals in a manner that breeds success for not only AAA but each individual swimmer as well.



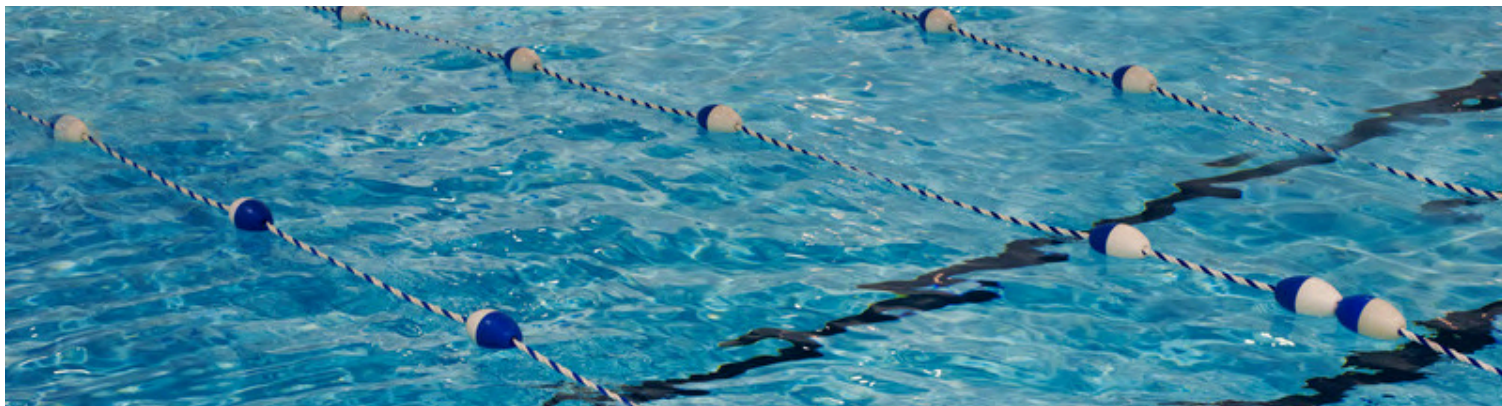
GOALS

"To foster life success & love for swimming in a safe, healthy, & positive environment for all members of our AAA family."

Through the sport of swimming, we hope to encourage the ideals of: honesty, integrity, good sportsmanship, hard work, self-discipline, & self-esteem. AAA strives to accomplish this in a positive environment in which swimmers of all levels may develop to their fullest, whether beginners or national-level competitors.

This process of development & achievement is designed to carry over into personal development outside of swimming. Age-group competitive swimming offers an exciting & worthwhile experience in a young person's life. It can be learned & enjoyed by those with very little natural ability, as well as those who are of Olympic caliber, & its value goes far beyond that of learning efficiency in the water.

DUES & FEES



MONTHLY DUES

Monthly dues are charged to your account at the first of the month & are due by the 10th. A late fee of \$10 will be charged for any accounts past due.

Fundamentals \$48
Novice 1 & 2 \$53
Novice 3 \$61
Junior/Junior Limited*
\$80/\$59
Senior/Senior Limited*
\$112/\$75
Senior Weights \$59

There is a fee (check with ACP for pricing) on top of dues to use ACP, an account will have to be created at ACP. There is currently no fee for YMCA pool usage.

*Junior and Senior Limited option is ONLY for high school swimmers who are also swimming on their high school team but also want to attend practices (no limit on number of practices) with our team to qualify for meets.

Our team offers a multi-swimmer discount for families with more than one swimmer



SWIM MEET FEES

Meet fees are varying for each individual meet, but generally you can expect the following fees:

\$3 OSI fee
\$13+ pool fee
\$4+ ea individual race fee
\$12+ relay fee
\$7 away meet fee

Accounts are usually invoiced AFTER the meets & due on the next month's bill. Championship meets may be billed BEFORE the meet.

For more details on swim meets be sure to reference the Swim Meet section of the handbook.



USA SWIM MEMBERSHIP

Part of our team requirements is that each swimmer registers with USA Swimming & to purchase an annual membership. Failure to do this will mean that your swimmer will be unable to attend swim meets & participate in practice.

Flex - \$30
swimmer can only participate in 2 meets a year but can't participate in championship meets (summer trophy league doesn't count against 2 meets limit)

Premium - \$80
swimmer can participate in unlimited amounts of qualifying meets as well as championship meets.

REX WATKINS
HEAD COACH
COACHREX@COMCAST.NET

KAILEY MCKAY
PRESIDENT
PRESIDENT@ALBANYAQUATICSASSOC.COM

MICHELLE KNIGHTON
TREASURER
TREASURER@ALBANYAQUATICSASSOC.COM

SHANNON BARNES
REGISTRAR
REGISTRARS@ALBANYAQUATICASSOC.COM

KAILA BRANDT
VOLUNTEER COORDINATOR
KAILARB@COMCAST.NET

Payments can be mailed to:

ALBANY AQUATICS ASSOC.
1645 9TH AVENUE SE #199
ALBANY, OR 97321

OR dropped off at the team box at
Albany Community Pool

Payments **CAN** be made online or thru the app

PAUSE YOUR ACCOUNT

If your swimmer for any reason will not be attending practices for a month (or more) you can pause your account. All it takes is for you to notify the Treasurer a couple weeks before your swimmer's absence & your account will be paused & you will not be invoiced until you unpauses your account for your swimmer's return.



REMEMBER!

Accounts past due by 60+ days, swimmers will not be allowed to attend swim meets.

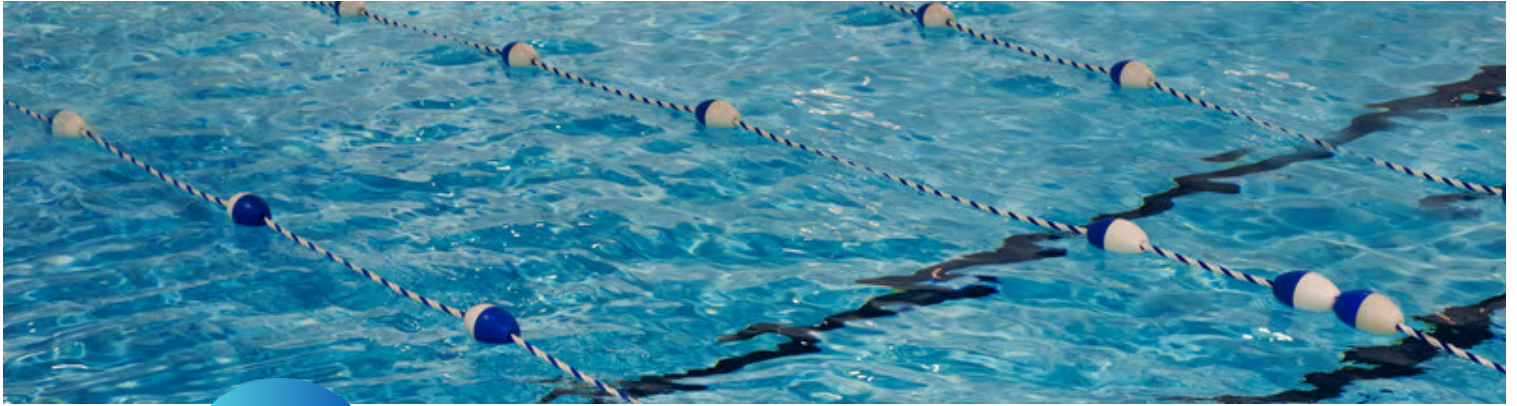
Accounts past due by 90+ days, swimmers will not be allowed to attend practices.



USA SWIM ACCOUNT

When you go to register at USA Swimming, you will have to create an account under your name first & then you will be able to register your swimmer(s) under you. A link that will connect your swimmer to our team will be sent to you from our Registrar after you have joined.

TESTING & TEST WEEK



TESTING

Our team is first and foremost, a competitive swim team, and as such we have structured our practices into skill levels/practice groups that are aimed to help cultivate our swimmers into racers. We present many opportunities for our swimmers to put their skills to the test by participating in meets, both away and home. And many of our swimmers check their progress and skills by attending meets, but we do not pressure our swimmers to participate in meets, though we do encourage them to do at minimum the home meets to give their practice purpose.

The coaches on our team have taken great care and consideration in how our practice groups are structured, and the parameters they have put into place, to make sure that our practice groups are age appropriate for our swimmers. Our coaches goal is to move swimmers along our practice groups based on their demonstration of their skills first and then if they meet the age minimum of the next practice group, they will be allowed to move on. Our team does **NOT** move swimmers into the next practice group based on the swimmers age alone, or after a certain duration of time in a level; our swimmers need to show mastery of skills not only for their understanding of the sport but also for their safety and the safety of other swimmers.

By doing this, our coaches are not only teaching our swimmers skills at appropriate levels, but they are also teaching our swimmers important life skills that can be carried outside of the pool as well. Our swimmers learn to set goals for themselves, how to prioritize their goals, and how to continually work toward their own personal goals they have set for themselves. The work that our swimmers put into their practices and meet attendance, will be evident in their progression of practice levels and the skills they learn.

TEST WEEK

Every 6 weeks, our coaches schedule a Test Week, which gives our swimmers the opportunity to demonstrate the skills that they have been working on during the previous weeks. Our coaches will **NOT** test less than 6 weeks between Test Weeks, because for many of our practice groups less than 6 weeks is not enough time for our swimmers to learn and master the skills being taught and refined between Test Weeks. This opportunity allows our swimmers to level up if they have mastered the skills in their current practice group. Swimmers must be in attendance for ALL their practice days during Test Week in order to pass, as well as meet the minimum age requirement for the next practice level.

***** A SWIMMER MUST BE PRESENT ALL PRACTICES DURING TEST WEEK IN ORDER TO BE QUALIFIED TO PASS AND MOVE INTO NEXT PRACTICE GROUP*****



WRITTEN TESTS

Once swimmers get to Novice 2 and higher levels, they will not only have to demonstrate their skills with a swimming test but also a written test to test their understanding and knowledge of the skills they have been learning. It is important that **ONLY** the swimmer works on their test with **NO** outside help from parents, other swimmers, or other resources. Swimmers at these higher practices levels will have to pass **BOTH** the swimming skills test and the written test in order to move into the next practice group.

FUNDAMENTALS

MINIMUM AGE 6

NOVICE 1

MINIMUM AGE 7

NOVICE 2

MINIMUM AGE 8

NOVICE 3

MINIMUM AGE 9

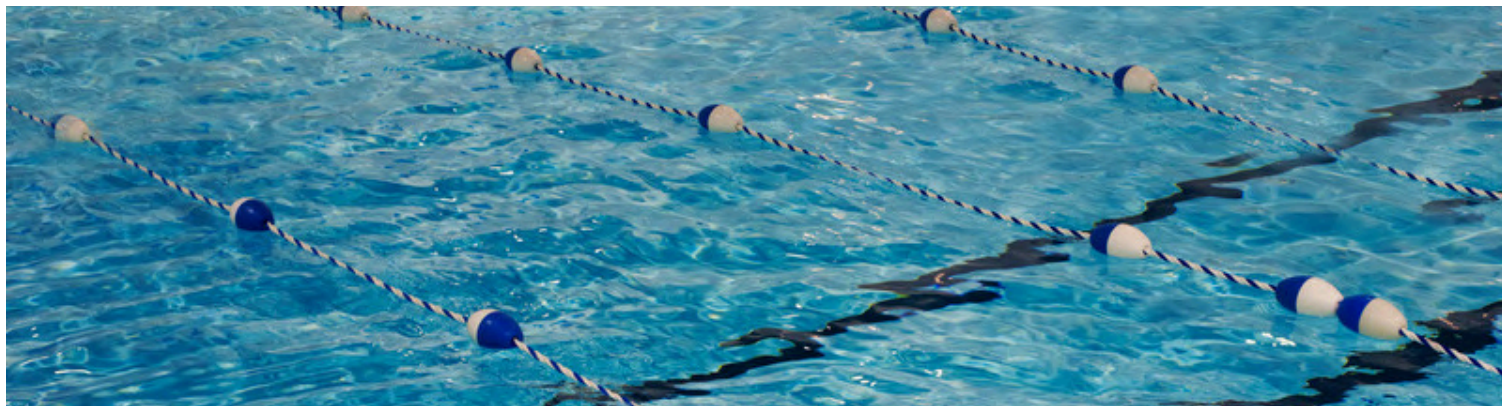
JUNIORS

MINIMUM AGE 11

SENIORS

CAN TEST SPRING OF 8TH GRADE YEAR

PRACTICE GROUPS



FUNDAMENTALS

COACH: Brittney
PRACTICE: M,W,TH 4 - 4:45 PM (YMCA)
M,W,TH 5:15 - 6 PM (ACP)
MONTHLY DUES: \$48
MEET REQUIREMENT: 66% ATTENDANCE
MINIMUM AGE: 6 years old

This is the practice group that your swimmer will start in if they have no prior swim team experience. Here they will learn the proper lane etiquette, Phase 1 of AAA diving progression off the side of the pool, the layout of the competitive pool, correct head & body position during strokes, & working on mastering basic understanding of backstroke & freestyle strokes.



NOVICE 1

COACH: Mackenzie (YMCA), Sherry (ACP)
PRACTICE: M,W,TH 4 - 4:45 PM (YMCA)
M,W,TH 5:15 - 6 PM (ACP)
MONTHLY DUES: \$53
MEET REQUIREMENT: 66% ATTENDANCE
MINIMUM AGE: 7 years old

In this practice group, your swimmer will learn the legal & correct stroke techniques of the other two strokes: butterfly & breaststroke, as well as continue to refine their backstroke & freestyle strokes. Other skills they will learn will be flip turns for freestyle, correct open turns for the other strokes, & Phase 2 AAA diving progression off the blocks.



NOVICE 2

COACH: Sherry (YMCA), Mackenzie (ACP)
PRACTICE: M,W,TH 4 - 4:45 PM (YMCA)
M,W,TH 5:15 - 6 PM (ACP)
MONTHLY DUES: \$53
MEET REQUIREMENT: 66% ATTENDANCE
MINIMUM AGE: 8 years old

In this practice group, your swimmer will continue to master the 4 strokes & begin building on their technical skills including backstroke flip-turns, stroke drills for each of the strokes, they will also begin to learn to use the swim clock, & be introduced to Phase 3 of AAA diving. This is also the first practice group level that swimmers will be required to take a written test along with the swimming test in order to progress to the next group.



NOVICE 3

COACH: Sherry (YMCA), Mackenzie (ACP)
PRACTICE: M,W,TH 4 - 5 PM (YMCA)
M,W,TH 5 - 6 PM (ACP)
MONTHLY DUES: \$61
MEET REQUIREMENT: 75% ATTENDANCE
MINIMUM AGE: 9 years old

In this practice group, your swimmer will start to increase their practice time to 1 hour sessions. Here, the technical skills that they learned in Novice 2 will continue to be honed with drill work, IM turns, further clock work skills, mastering Phase 3 AAA diving progression, streamline discipline, & introducing bilateral breathing.



JUNIORS

COACH: Rex
PRACTICE: M,TU,W,TH,F 4 - 5:15 PM (ACP)
MONTHLY DUES: \$80/\$59 (Junior Limited)*
MEET REQUIREMENT: 80% ATTENDANCE
MINIMUM AGE: 11 years old

In this practice group, your swimmer will now be able to practice 5 days a week. Skills will continue to be honed & more technical skills such as racing strategies, stroke progression, dry-land techniques, & the final phase of AAA dive progression will be introduced. Other skills that a committed athlete should know & understand will be introduced, such as: proper rest & nutrition, goal setting, & application of those skills.



SENIORS

COACH: Rex
PRACTICE: M,TU,W,TH,F 4 - 6 PM (ACP)
MONTHLY DUES: \$112/\$75 (Senior Limited)*
MEET REQUIREMENT: 90% ATTENDANCE
MINIMUM AGE: can test in spring of 8th grade year

At the highest level of our practice groups, your swimmer will continue to master stroke progression, work on understanding the effects of stroke length & rate, learn to manage priorities, as well as adding a morning weight lifting program to their training schedule. Our swimmers at this level will also be demonstrating role model behavior & expected to show leadership on the team.

- Junior & Senior Limited: is ONLY for high school swimmers who are swimming on their high school teams but still wish to attend practices (no limit on amount of practices) with AAA so they can attend club meets during high school swim season.

OTTER EXPECTATIONS



ATTENDANCE

Each swimmer is expected to show up on time to practice ready to get in the water at start time. Our swimmers who show up consistently, on time, & ready to go get the most benefit out of practices because they are taking full advantage of the opportunities practices provide to improve their skills.

Attendance is also a determining factor on which swimmers are allowed to attend meets (see the Swim Meets section for info) & is something that is vitally important to Test Week. Our swimmers only move up after Test Week if they make it to ALL practices during a test week.

As a team we work hard to recognize the otters that make a habit of good attendance with our Monthly Perfect Attendance Club.



VOLUNTEER

Each family is expected to contribute **15** hours total a year of volunteer time (volunteer hours are per family not per swimmer).

Many of the jobs that are available require little to no training & can easily be learned the day of the meet. You do not need a knowledge of swimming in order to be of great help to our team. Volunteering is open to anyone that wants to help your swimmer (grandparents, aunts, uncles, family friends) & some volunteer positions are great for your swimmer to help with if they are not swimming that meet to help show support to their swimming teammates.

Sign ups for volunteering are posted 1-2 weeks before a meet & a notice is sent to the email you used for registration, so be sure to be on the lookout for signups as meets draw near because volunteer spots are on a first come, first served basis.

Any hours **NOT** met will be charged **\$15** an hour at the end of each season.

(0 volunteer hours = \$225)



ATTITUDE

As with any other sport, our otters are expected to show respect to all coaches, teammates, lifeguards, to the equipment that they use, & to the facilities that they are swimming at. Part of being a good & respectful teammate is by being good listeners during practice time & at meets; swimmers who display good listening attitudes during practice will not only make the most of their practice time, but also help their teammates get the most of their practice time by not being a distraction.

Good attitudes make for good swimmers & our team works hard to instill the important life skills we work hard to promote: honesty, integrity, good sportsmanship, hard work, self-discipline, self-esteem, perseverance, goal setting, etc.

We know that not every swimmer will become a world champion, but we can make sure that each swimmer that leaves our pool leaves with a winning attitude in life.



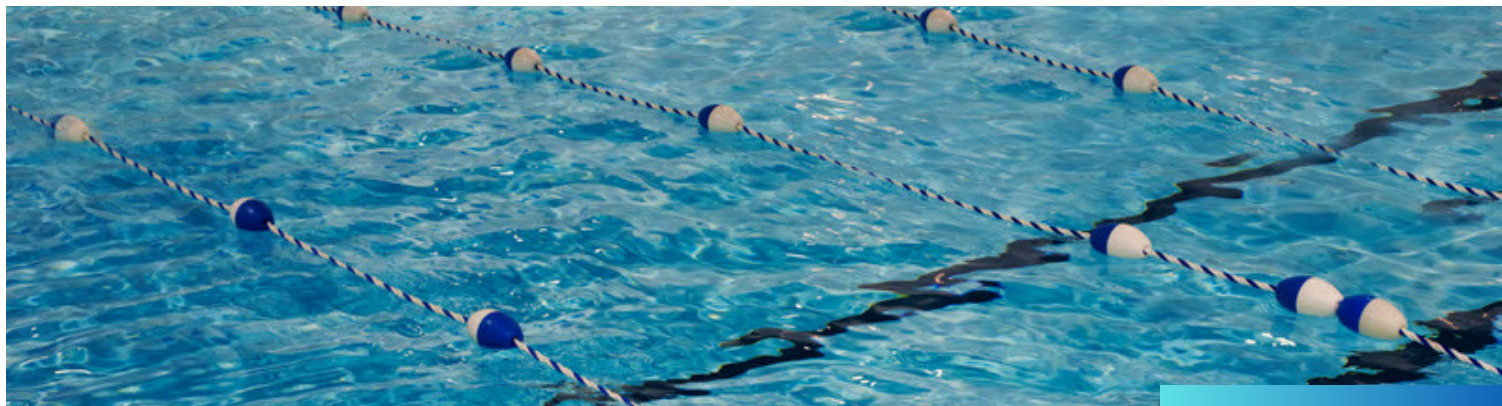
PARENT EXPECTATIONS

Just as we expect our swimmers to display good sportsmanship & attitudes during practices & meets, we also expect our parents to display these traits as well. Our swimmers not only learn from our coaches what a winning attitude is, they also learn from their parents so please support & encourage the life skills we focus on to help your swimmer(s) succeed.

It is also important for our parents to remember that our coaches are human & they too require support & encouragement to continually perform their best on deck every day. And one way to show our coaches respect, is to **NOT** coach your swimmer and to **NOT** try to teach your swimmer(s) skills they have not been taught yet. There is an order to certain skills being taught, so please respect our coaching method for your swimmer(s) success.

For our parents, we also expect that they follow the rules set in place to keep ALL swimmers safe & respect the fact that **NO** photos or videos are to be taken during practice (unless asked by a coach to do so) & to respect that **NO** photos or videos are to be taken at meets from **BEHIND** the flags at the blocks (on the other side is okay). These rules are in place to protect your swimmer(s), so please be respectful.

ALL ABOUT SWIM MEETS



FEES

Meet fees are varying for each individual meet, but generally you can expect the following fees:

- \$3 OSI fee
- \$13+ pool fee
- \$4+ ea individual race fee
- \$12+ relay fee
- \$7 away meet fee

Accounts are usually invoiced **AFTER** the meets & due on the next month's bill. Championship meets may be billed **BEFORE** the meet.



PRACTICE REQUIREMENTS

All swimmers are required to maintain a certain level of attendance before being allowed to race at meets. Attendance is based on the 4 weeks prior to the entry deadline.

Fundamentals - Novice 2

66% attendance

Novice 3

75% attendance

Junior

80% attendance

Senior

90% attendance



SWIMMER EXPECTATIONS

Swimmers are to wear their **TEAM** swim caps & to wear a swimsuit of their choice in our team color (**NAVY BLUE**).

All swimmers are expected to arrive to the pool 15 minutes **BEFORE** warm ups, & **READY** to get in the pool at start time. Swimmers are responsible for getting themselves to the blocks **BEFORE** their races & to check in with their coach **AFTER** their race. When a swimmer's races are done they may leave, but they **MUST** notify their coach of their departure

HELPFUL TERMS

SHORT COURSE
SEPT - MARCH
25 M/YRD RACE LENGTHS

LONG COURSE
APRIL - AUG
50 M RACE LENGTHS

RELAYS
SWIMMING EVENT WHERE 4 SWIMMERS EACH SWIM A LEG OF THE RACE

DQ: DISQUALIFIED
A SWIMMERS TIME IS NOT RECORDED DUE TO INFRACTION OF RULES.

FALSE START
SWIMMER LEAVES BLOCK BEFORE THE HORN

IM
INDIVIDUAL MEDELY RACE WHERE THE SWIMMER SWIMS ALL 4 STROKE STYLES

NT: NO TIME
SWIMMER DOES NOT HAVE A RECORDED TIME FOR AN EVENT

TRANSITIONAL SEATING: seating at a swim meet that is meant for spectators who have a swimmer in the next 2 or 3 events and once those events are over, spectators **MUST** move out of seating area to make way for other swimmers' spectators. We ask that our parents & spectators please respect this rule so that we can continue to allow spectators into our meets without compromising our swimmers' priority.

HOME MEETS

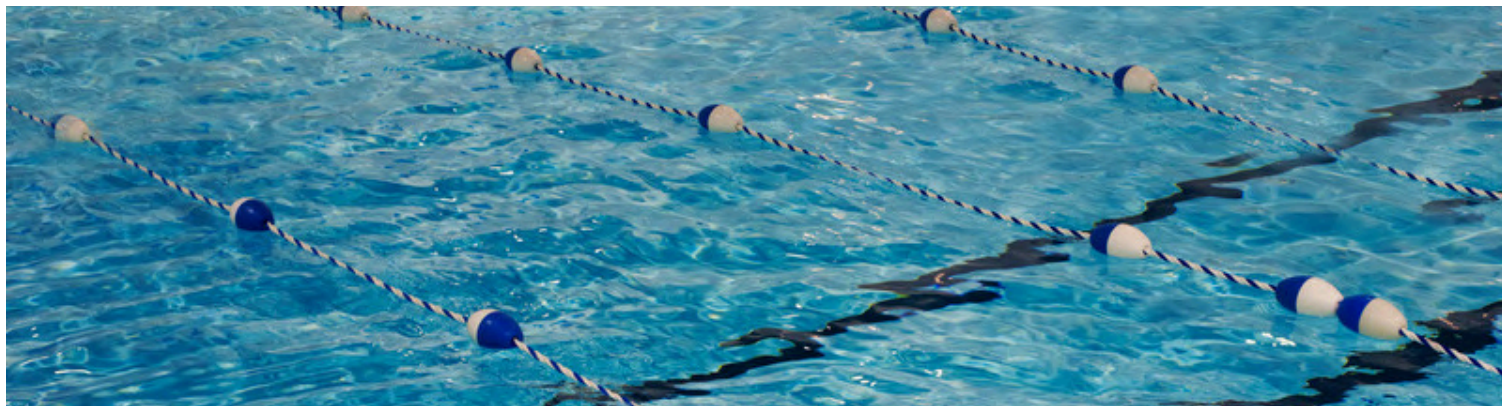
Our team hosts 5 home meets a year; 2 during short course season & 3 during long course season. This is a great opportunity for our swimmers to swim a local meet in a pool they are familiar with & not have to worry about as much travel time for early morning warm-ups. If your swimmer is nervous about competing, one of the home meets is a good chance for them to get their feet wet with the competition aspect of swim team.

PLEASE NOTE

It is important to note that some swim meets that your swimmer(s) attend, that parents will not be allowed to come on deck (in the pool facility) during warm-ups & can not come in until **AFTER** warm-ups end. This is to allow swimmers to be comfortable on deck without the overcrowding of spectators. Please be respectful if this is the case for your swimmer(s) meet structure & remember this rule is in place for the benefit of your swimmer(s). Coaches & volunteers will be on hand to help & get new swimmers situated.



ALL ABOUT SWIM MEETS



MEET PREP

It is a good idea to start your meet prep the day before since many meets have an early warm up times; you don't want to be scrambling the morning of the meet. You can start off by collecting all the towels, extra clothes, & entertainment your swimmer wants to bring with them & putting them in their swim bag (or a bag that is ok to get wet).

The day before is also a good time to prep food/snacks for your swimmer to take with them. Be mindful of what you allow your swimmer to bring, they need good fuel to help them feel their best & race their best. And on that note, a good meal & hydrating the day before a meet is a great idea.

Making sure your swimmer gets a good night's rest is important to remember too. For many new new swimmers, a meet is the first time that they are swimming that early in the morning so rest is vital.



WHAT TO BRING

- swimsuit in team color (NAVY BLUE) & team swim cap
- goggles (& back up pair)
- towels (1 for warm ups & 1 for each race)
- healthy snacks & water bottle (leave sweets & soda at home).
 - strawberries, blueberries, bananas, carrots & hummus, cheese & nuts, trail mix, granola /protein bars, pb sandwiches; think light & quick healthy snacks that won't weigh down your swimmer's stomach.
- sharpie & highlighter
- entertainment
 - books, card games, drawing pad, etc. Be sure they are things that are ok to get wet cause things will get wet.
- dry, clean clothes to change into after meet.
 - Sweatpants are great thing to have for pulling on over a suit between races.
 - A swim parka or bathrobe is also a great item to bring to help keep your swimmer warm between races.



RELAYS

Part of a lot of swim meets that our team attends & hosts, include relays. A relay team in swimming consists of 4 swimmers (of the same age group) that swim a leg of the race.

There are two main types of swimming relays at meets: Freestyle, where all the swimmers swim freestyle for their leg, and Medley Relays, where each swimmer swims one of the four strokes (1st backstroke, 2nd breaststroke, 3rd butterfly, & 4th freestyle). Each swimmer needs to swim their portion with no DQs in order for the whole relay team's time to count; if one swimmer is DQ'd the whole team is.

Swimmers do **NOT** sign themselves up for relays, the coaches will place swimmers in relays at their discretion. To check and see if your swimmer is added to a relay **BEFORE** the meet you can check on the Team Unify website under Events & Competition (you can check the commitment for your swimmers & it will show relays if they are added). A swimmer's relay races will **NOT** show up on the OnDeck app. At meets it is also good to check with the coaches to see if your swimmer has been added to a relay or not, so that you do not leave the meet too early.

HEAT SHEETS

Heat sheets are the order in which a swim meet will be carried out. It lists the events (race), heat (the group of swimmers of an event), & the lane your swimmer will be swimming in. Our team emails out the heat sheets to a meet the day/night before the meet. It is good to print out a copy for your swimmer so they can make note of their events. In some rare cases, heat sheets can change so it is always good to check the heat sheets posted at the meet with your copy.



MARK IT UP

You will see many kids at the meets with their arms (or legs) marked up with numbers. This is a way to help them remember their races for a meet. Older swimmers will mark themselves, while coaches will help younger swimmers if their parents do not know how. The example at right shows how to mark your child with their meet info. (E is for Event, H is for Heat, and L is for Lane).



E	H	L	
11	2	4	50 breast
16	4	6	100 back
22	3	3	100 IM

TEAM CHEERS



Just because swimming is mostly an individual sport, that does not mean that our team does not try to build a sense of community among our swimmers during meets & other activities. One way we do this & part of the fun we have as a team at meets, is doing a team cheer together. Below you will find some of the cheers that our team uses during meets.



“We are the Otters, couldn’t be prouder. If you can’t hear us, we yell a little louder!” (repeat 3x getting louder each time)



“Give Me an A...A! Give me an L...L! Give me a B...B! Give me an A...A! Give me a N...N! Give me a Y...Y! What's that spell? ALBANY! Who's gonna win? ALBANY!”



“A-A-A-L-B (clap 5X) A-A-A-N-Y (clap 5X) A-L-B (clap 3X) A-N-Y (clap 3X) GO.....” (repeat 3X getting louder each time and on 3rd time end yelling GO ALBANY!”)



“We've got the spirit yes we do...we've got the spirit how bout you?” (Point at another team)*



“GO bananas! B.A.N.A.N.A.” (repeat 3X)*

*cheers that we do not use as often

VOLUNTEERING



VOLUNTEER JOBS

- Set-up/Clean-up*
 - Help set-up/clean-up before & after meets.
- Hospitality*
 - In charge of maintaining the hospitality table where we provide food/drinks for the officials & coaches working the meet. Takes water to timers.
- Meet Runner
 - Collects sheets from timers, DQ slips from officials & brings to computer operators. Helps clerk of course when needed.
- Marshalls
 - Monitor swimmers during warmup.
- Announcer
 - Makes announcements for events/heats & relays any information needed to be relayed during meets.
- Bull Pen
 - Helps younger swimmers (8 & below) get to blocks on time for their events.
- BBQ specialist
 - Works the grill at concessions.
- Computer Operator
 - Helps enter in times for officials.
- Concessions Stand*
 - Serves customers who use our team concessions stand.
- Head Timer
 - Works with timers to ensure accuracy & redundancy by keeping times of races in case of stop watch failure with timers.

Please arrive to your volunteer shifts **EARLY**. The time listed on volunteer signups is the start time, and many positions require some prep work to be gone over with the Volunteer Coordinator before the job begins. Arriving 10-15 minutes early helps our Volunteer Coordinator get our volunteers ready and where they need to be on time. Volunteers who do **NOT** show up on time, maybe replaced with another available volunteer and your hours may not count.

*Jobs that your swimmer(s) can easily help with.

Our team is able to keep our monthly dues low due to the help of our volunteers during our home meets, without our volunteers we would not be able to host meets which are a huge source of revenue for our team.

Please do not let your fear of not knowing how to do a specific job deter you from volunteering, many of the jobs listed require very little to no training. Also please do not be afraid of missing your swimmer's race because of volunteering, many of the seasoned parents would be more than happy to help step in to help to ensure you see your swimmer's race happen: just ask the Volunteer Coordinator for help and they can help find a volunteer to step in for you.

AWAY MEET TIMERS

Part of swim meet etiquette is that visiting teams provide timers for the races. These timers help ensure our swimmers' times are safe guarded due to redundancy with the touchpad. If your swimmer is swimming at an away swim meet you are expected to volunteer for a shift or two of timing. Timing at away meets does **NOT** count towards the mandatory volunteer hours we require for home meets.

shoes that can get wet are a good idea for timers



DON'T FORGET

It is important to remember that even if your swimmer does not participate in swim meets, you are **STILL REQUIRED** to meet your volunteer hours. In fact, there are a lot of jobs your swimmer can help with to show support to their team mates who do compete.

IMPORTANT NOTE

It is not just parents of the swimmer that can fill in for volunteer positions, the whole family can get involved to fill in the required hours. From older siblings, to grandparents, to aunts and uncles, and even family friends can sign up to help get your families 19 hours met. Just make sure that when you sign up for volunteer positions that you list the person that is going to be filling in that role and their contact information so our Volunteer Coordinator knows who to expect for that job during the meet.

KAILA BRANDT
VOLUNTEER COORDINATOR
KAILARB@COMCAST.NET

5 HOURS
SHORT COURSE SEASON

10 HOURS
LONG COURSE SEASON

\$15 AN HOUR
FOR UNMET HOURS

\$225
TOTAL COST FOR NO
VOLUNTEER HOURS

COACHES & BOARD



Rex Watkins

Head Coach: coachrex@comcast.net

Rex was a 4 year scholarship varsity swimmer for the University of Oregon, where he graduated from in 1987. Before becoming our head coach he was the Head Coach for the Hood River Valley swim team, as well as the head coach of the Hood River Valley High School swim team, until he moved to Albany in 2001. Since moving to Albany, he has not only coached our team but was also the Head Coach for Crescent Valley High School's swim team until 2022.



Sherry Watkins

Assitant Coach: sherrylynnwatkins@comcast.net

Sherry is a returned AAA alumni. She began her coaching career coaching the Novice group for the Forest Grove Swim Club. From there she moved on to being the Novice coach for the Hillsboro Swim Team for 3 years. After many years away from coaching, a master's degree, and two children, she returned to AAA as the Novice level coach in 2008 but coaches across all our practice groups when needed.



Brittney Stephen

Assistant Coach: irisheyes525@comcast.net

Brittney is a returning AAA alumni, she swam for our team back in middle school for 2 years and later swam for South Albany High School swim team her Junior and Senior years. She returned to coach the Fundamentals level for AAA in 2017.



Mackenzie Settelmeyer

Assistant Coach: mackenziesettelmeyer@gmail.com

Mackenzie is a returning AAA alumni. she swam for our team from ages 8 to 15 and then swam for West Albany High School's swim team. After graduating, she swam for OSU for 1 year. She began her coaching career working alongside her high school swim coach at West Albany and then a handful of other swim teams before returning to AAA as our Novice 1, 2, and 3 coach in 2022. And in 2023 she took the position as Head Coach for Crescent Valley High School Swim Team.



Kailey McKay

Board President: president@albanyaquaticassoc.com

As Board President, Kailey oversees our monthly board meetings & represents our board to outside parties. Kailey currently has 2 swimmers on the team, who have been involved for 6 years and 3 years.



Jen Milburn

Meet Director: meetchief@albanyaquaticassoc.com

Jen as our Meet Director, oversees the dry side of our home swim meets, planning & organizing them, & ensuring they are run safely for our swimmers. She also is one of our swim officials that helps officiate meets when she is not working as our Meet Director. Jen has 3 swimmers currently on the team, with 1 graduated swimmer who is now swimming for University of Denver's swim team. Her family has been part of the AAA team for nearly 14 years, with Jen being on the board and being Meet Director for 10 of those years.



Michelle Knighton

Treasurer: treasurer@albanyaquaticassoc.com

As acting Treasurer for our team, Michelle handles all the accounts & helps our members with dues & registration questions. Michelle currently does not have a swimmer on the team (they are playing water polo), and has been involved with the team since 2021.



Julie Hulburt

Secretary: goolie34@gmail.com

Julie is not only our board secretary and filler in of anything that needs done on the board but she also helps out at meets by being one of our team's Stroke & Turn Officials and occasional announcer. Julie is a returning 1980's decade AAA alumni. who has 1 swimmer on team who has been involved with the AAA team for 2 years.



Shannon Barnes

Registrar: registrars@albanyaquaticassoc.com

Shannon has served as our board president in the past, but now helps with other areas of the team including announcing at meets, coordinating hospitality and food prep, and helping new families get their memberships in order as our team registrar. Shannon has had a total of 3 swimmers involved with the AAA team for the past 12 years, with 1 graduated, 1 actively swimming still, and 1 on a break from swim to play other sports.



Russ Scovel

Member at large: rscovel@gmail.com

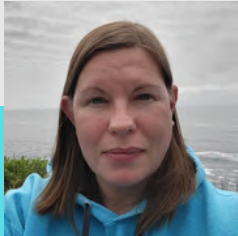
Russ is our current board representative who is/was a swimmer and coach. He also helps the team by filling in as coach when needed and is an official for our team during meets. Russ has had 4 swimmers on the team, with 2 currently still active on the team. He is also one of our returning AAA alumni who was part of our team from 1985 - 2003.



Sara Cartwright

Member at large: cartwrightfamily2010@gmail.com

Sara handles the team newsletter, helps oversee hospitality at meets, helps with sponsorships for the team, coordinated our first AAA Heroes Banquet, & works with the Volunteer Coordinator. She currently has 2 swimmers on the team, who have been part of the AAA team since September 2022.



Cathy Ebbs

Member at large: cathl_77@hotmail.com

Cathy is one of our active members at large on the board who is in charge of concessions during our home meets. Cathy is a AAA alumni, she swam for our team during her 3rd grade year. She had 1 swimmer on the team, who has now graduated and is now in college. This is Cathy's 6th year being involved with AAA.

Non-Board Member Volunteers



Amy Huskey

Activity Coordinator: husky.jjl3@gmail.com

Amy works with our swimmer reps and coaches to coordinates the team activities outside of the pool. She currently has 2 swimmers who are on the team, but at one time all 3 of her kids were AAA swimmers, and they have been part of AAA for 5 years.



Kaila Brant

Volunteer Coordinator: kailarb@comcast.net

Kaila handles coordinating volunteers during meets & helps parents become involved with volunteering & understanding their roles. She also helps answer questions families may have about volunteering. Kaila has 2 swimmers on the team, who have been on the AAA team since September 2022.



All parents are invited to join the board meetings! We just ask for active participation & no lurking.



Monthly on the 2nd Thursday 7-8PM



Albany YMCA Board Room

Q & A: ASK A SWIMMER



WHAT IS YOUR MUST HAVE PIECE OF EQUIPMENT?

"Lots of towels!"

"A swim bag to carry all your gear."

"Bungee goggles."

"Extra pairs of goggles."

"Extra goggle straps."

"A micro-fiber towel."

"I know someone already said it, but lots of towels!"

"An extra swim cap in case you forget your team one."



WHAT HAS SWIMMING DONE FOR YOU?

"It has given me a community."

"It has given me more stamina & endurance."

"It's made me a better swimmer."

"Has helped my stroke technique get better."

"Taught me that if I work hard, I can do anything."

"Helps me relax after a hard day at school."

"It has made me feel confident in the water."



WHAT WOULD YOU SAY TO SOMEONE AFRAID TO TRY A MEET?

"It's pretty fun & just try your best."

"Bring extra towels & clothes cause sometimes everything gets wet!"

"Think positive & it will be positive."

"Don't eat a lot of food before your race!"

"Just try to do your best & think about getting a time & not winning."

"Don't challenge yourself too much & have fun with your races."

WHERE IS A GOOD PLACE TO FIND SWIM GEAR?

"Swimoutlet.com is a great place to order suits, goggles, all the gear! And their \$5 yearly membership pays for itself & is totally worth it."

"When Costco gets their big beach towels in, we always stock up. They are a great price & a great size to have on hand for practices & meets."

"Sierra Trading Post has jammers and training suits for really good prices every so often, so it's worth a look every now and then if you are in Salem."

WHAT HAS SWIMMING DONE FOR YOUR KID?

"I have seen my once timid kiddo gain so much confidence; in her abilities, in herself, and in working hard to achieve the goals she sets for herself."

"Swimming has instilled a certain level of confidence in and out of the water that they lacked before. It has helped tame some of that pent up energy, and has taught them more about team work and how to truly go after a goal."

WHAT ADVICE WOULD YOU GIVE TO NEW PARENTS ABOUT MEETS?

"First and foremost, don't be afraid to talk to coaches about their expectations of your swimmer(s) and of yourself. Second, volunteer. Volunteering helps a parent understand the behind the scenes at swim meets. Last, bring all of the HEALTHY snacks, and extra towels. Don't be afraid to ask other parents for guidance as well. Someone will be there to help you get through that first meet!"

LOCAL SPONSORS



Better Portable Toilets

*PO Box 3190
Albany, OR 97321
541-929-2334*



NW Investment Management

*736 Queen Ave SW
Albany, OR 97321
541-928-6257*



Pacific Power

*830 Old Salem Rd NE,
Millersburg, OR 97321*



A BIG thank you goes out to all our sponsors who help us in so many ways! From helping with our hospitality table, to donating funds for gear & practice time; our team is grateful for all their help & encouragement!



If you are a local business or know of any local businesses that would love to partner with our team please contact one of our sponsorship coordinators:

Julie Hulburt
goolie34@gmail.com
Sara Cartwright
cartwrightfamily2010@gmail.com



Parent Handbook Acknowledgment

Current handbook revised & board accepted 05.16.2024

I acknowledge that I have read and am familiar with the expectations and policies set out in the Albany Aquatics Association Otter Handbook.

As a family, we have read through the attendance and attitude expectations for our swimmer(s) and understand the importance of these things to not only our own swimmer's development but to the cohesiveness and respect of the other members of the team.

I accept that as a part of the team and to help keep everyone's monthly dues low, our family is expected to contribute **15** volunteer hours each year (**5** for short course season, **10** for long course season) and this requirement is to still be fulfilled even if our swimmer(s) do not participate in any meets. I understand that failure to do so will result in being charged **\$15.00 for each unmet hour** (\$225.00 total for the year if no volunteer hours are met).

I accept that our monthly dues and any meet charges, are due in full by the 10th of the month, and that a **\$10.00 late fee** will be charged to our account if payment is past due. I also accept that if our account is 60+ days past due our swimmer(s) will not be allowed to participate in meets, and if our account becomes 90+ days past due our swimmer(s) will not be allowed to participate in practice until our account is paid in full.

Swimmer(s)

Date

Signature