



**SEPTEMBER 22, 2019 @ 2:00-3:30 PM
DUANESBURG YMCA
221 VICTORIA DR, DELANSON, NY**

SEPTEMBER START-UP

Mock Meet/Informational Session

Sign up@

<https://forms.gle/7vB3sDgkHurye2TG7>

**** Registration Deadline: September 16 ****

We'll introduce new swimmers and their parents
to the competitive side of the sport

Questions? adathletereps@gmail.com

September Start-Up



The September Start-Up is an informational session followed by a mock meet, designed to introduce new USA Swimming members and their parents to the competitive side of the sport.

Here's how we plan to do this:

The Adirondack Athlete Representatives will cover a number of aspects of a USA Swim meet, asking volunteers from all points of view to pitch in.

- We will kick it off with athlete reps sharing why they decided to swim and why they are still doing it, including experiences throughout the journey that have placed them where they are today.
- The athlete reps will describe the seasonal meet schedule for a typical swimmer of each age group.
- With the help of veteran athletes and Officials, a short mock meet will take place, with pauses at critical spots to point out key information (e.g., preparing for a meet, the bullpen, whistles & starts)

We plan for the event to help ease anxiety amongst swimmers and parents who are new to the competitive swim setting, while *streamlining* meets.

We want the event to be a fun, stress-free way for kids to *dip their toes* into the competitive swimming pool. We'd like to see this format to take root in other LSC's and get refined by best practice sharing.

Adirondack Athlete Reps,

Mark Lipkin- Senior Athlete Representative
Amaya DiGiovanni- Senior Athlete Member at Large
Maggie Hartman- Junior Athlete Representative
Abigael O'Donnell- Junior Athlete Member at Large