

Information Sheet for ELAC Parents 2024

We tried to cover everything we could think of in this document but if you have further questions or suggestions for the running of ELAC please email elacswiminfo@gmail.com (we will try to be at as many practices as possible but we check this regularly). If you have specific questions relating to coaching or meets please email our head coaches at elacswimcoach@gmail.com.

The Aquatic Club promotes competitive swimming within the Erskine-Skyline-Cupsaw lakes area. We are not a "learn to swim" program, rather we encourage development of racing skills. We hold practices Monday, Tuesday, Thursday and Friday with Meets on Wednesday evening and Saturday mornings from June 21st to August 12th. We will be offering a competitive swim program and a development program ("the 25 club") this year but will cap the latter at 25 participants. If you register for development your child will need to attend a brief assessment before the start of practices.

The swimmers do their part in competition, but the mechanics of a swimming team are also dependent on the parents. Adults set the example for sportsmanship, dependability, enthusiasm and hard work :all the ELAC Board are volunteers. As you register your child to swim you will find important areas of parent contribution that we need you to participate in to run the season. In order for your child to swim with ELAC we require you to indicate a commitment for each of the areas. If for some reason, you are not able to fulfill this commitment it is your responsibility to find a substitute.

You can register for 2023 here: [ELAC Registration 2024](#)

ELAC Key Dates

- **Friday June 7nd:** ELAC Fun Friday UL pavilion 5:30pm-9pm
 - Team registration, (swimsuit try on 5- 7pm), questions and food.
- **Sunday May 18th :** Swim Docks installed
- **Sunday June 9th:** Swim Lanes, starting blocks, and turn boards installed
- **Wednesday June 19th:** First day of Practice Competitive swimmers
- **Thursday June 20th and Friday June 21st:** Developmental Swimmers Assessments
- **Monday June 24th :** First day of Practice Developmental swimmers
- **Wednesday July 3rd :** 1st Dual meet
- **Sun July 21st:** ELPOA day
- **Sat August 3rd:** Erskine Invitational
- **Wed August 7th :** Last day of practice (Development and non A meet swimmers)
- **Friday August 9th :** Last day of practice A Meet swimmers
- **Sun September 8th:** ELAC Awards Lunch

No practice 7/4 or 7/17

- **Tuesday, July 4th:** Holiday!
- **Monday, July 22nd:** ELPOA Teen Shore Trip

The ELAC Team

- Our coaching staff are all highly experienced swimmers
- We require our Assistant Coaches to have swum either swim for a High School team and/or a Competitive Year round team and also to have been (and continue to swim for) ELAC.
- Safety is their priority and there will always be a lifeguard during practice (either from ELPOA or from our coaches)
- Their focus is on teaching your children to continue to swim and dive better with improved technique in all four strokes
 - Almost all swimmers improve their times over the summer and we celebrate their achievements at the Awards lunch at the end of the season

Head Coach:

- Owen Schouten and Christiana Ranft

Assistant Coaches:

- Antimo Ferretti; Bekah Setti; Emily Kebrdle; Kate Petri; Amanda Magee; Nate Schouten; Danica Ranft, Wren Haskins

We also have a group of Volunteers who are not yet old enough to coach but are also experienced swimmers and support /back up the Assistant Coaches for vacation / illness.

ELAC Board:

- Co- Presidents- Allison Beesley and Regina Ledgerwood
 - Treasurer: Kelly Butler
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Practice Details

- All practices are held at the lanes at Upper Lake in Erskine
- Swimmers will be assigned specific lanes to always swim in to make practice transitions smooth and efficient. They will be told their lane at the first practice
- Please try NOT to approach the coaches with questions during practices - we want them to focus their time on coaching your swimmers
- The Presidents will attend as many practices as their work schedules permit!

4:15 - 4:45 : developmental Practice/8 & Under Competitive Team Practice

- Developmental Practice
 - Run in three stations- sand (dryland), shallow area, lane 1
 - 3 Coaches are assigned to Developmental
 - Purpose of developmental is to move them to the competitive team when they are ready.
 - Swimmers should move up throughout the summer
- 8 & Under Practice
 - 3 assigned coaches

- o Use small groups
- o Work on stroke technique- all four strokes are practiced (Freestyle, Backstroke, Breaststroke, Butterfly) along with relays

4.45 - 5.30 : 9-10-year-old Practice

- All coaches on the dock
- Small groups
- Work on stroke technique- all four strokes are practiced (Freestyle, Backstroke, Breaststroke, Butterfly) along with relays

5:30 - 6:15 : 11-12- year-old Practice

- Work on stroke technique- all four strokes are practiced (Freestyle, Backstroke, Breaststroke, Butterfly) along with relays

6.15 - 7:00: 13 year old and up Practice, Makeup/Conflicts 8:30-9:15am Tuesday, Friday 10 and up

- Work on stroke technique- all four strokes are practiced (Freestyle, Backstroke, Breaststroke, Butterfly) along with relays

Note: we will have a dryland training routine this year based around the beach for weather cancellations if we are able to still be outside but not in the water.

Meet Context

We are part of Lakeland Swim Conference of Northern New Jersey

- Erskine Lakes Aquatic Club is a charter member of LSC since 1960
- Swimmers swim in their age group as of June 1st of the current year
- Swim meets are run according to current USA Swimming codebook
- Officials are present at the meets and will disqualify swimmers who are not swimming with proper swim technique
- "A" standard times are set for all swim events prior to the start of the season.
 - o If a swimmer achieves an "A" time- they are qualified to swim in the Championship Meet at the end of the season
 - o We will circulate A times when they are available in May
- We need to provide timers (that's you!) for our at home and away meets
 - o We show you how to do it and you get a GREAT view of the races!

Meet Details

- Meets are a ton of fun - the team and parents truly support each other and cheer everyone on!
- Host lakes will have food and drink available for sale
- For all Meet swimmers need to wear team suit and cap (and we highly recommend goggles)
- There are two types of Meets :
 - o Dual - against one other lake either at home or away

- Invitational - multi lake - with a specific description (details below)
- We understand that you have other commitments and cannot make all meets but the Head Coaches need to know in advance when a swimmer cannot make it to meets
 - We recognize that unforeseen circumstances /illness happen but this is known absences in advance e.g. vacations, other sport commitments etc.
 - We are using the Game Changer app to record availability : please download the app <https://gc.com/>
 - We will add you to the team in the app once we receive your registration and you will receive an email from Game Changer directly.
 - **You will NOT be included in meet entries if you have not confirmed attendance on the app by 9am Monday morning before Dual meets and 9am Thursday morning before Invitationals**
 - If you have confirmed attendance, you will receive email confirmation from elacswimcoach@gmail.com of the meet entry list (which swimmers are in which events) the day before the meet
 - If there are any issues to this (last minute illness or other unavoidable situation) please respond as quickly as you can so we can adjust and reissue
- Head coaches will determine which swimmers will swim each event
 - Our goal is to succeed in the meet as a TEAM but also develop and stretch swimmers as individuals
 - This may mean your swimmer does not compete in their “favorite” stroke but we are confident they are capable and prepared for any stroke they are entered in, even if it is a challenge
 - To this goal please do NOT put in requests (beyond the invitational form) as we will not be able to honor them
 - If have any concerns or questions please email the coaches elacswimcoach@gmail.com

Dual Meets

- Wednesday Evenings- 6 meets-3 home meets, 3 away meets
- Arrive at 6:15pm and check in with assigned coach
- Warm-ups begin at 6:30 (no diving during warm-ups)
- Meet begins promptly at 7:00pm
- Events are scored and earn points for the team
- Order of events (46 events in a dual meet)
 - Stroke order is- breaststroke, butterfly, backstroke, freestyle
 - Boys are odd numbered events, Girls are even numbered events
 - 8 & Under Relay is a mixed 200M freestyle relay
 - 9-10, 11-12, 13-14 Boys and Girls have 200M Medley Relay
 - 15-18 has a mixed 200M Medley Relay

Invitational Meets

Saturday mornings . These are a little more complicated on who can attend. Details are below:

Date	Location	Name	Details
Saturday 07/13	Packanack Lake	Odd Age	Anyone can swim. You swim in two year age group according to your birthday on 6/1/21, with odd years determining brackets (e.g. 10-11, 12-13)
Saturday 07/20	Pequannock	Individual Age	Anyone can swim. You swim in single year age group (eg 9, 10, 11) according to your birthday on 6/1/21
Saturday 07/27	Highland Lakes	"B" Meet	Anyone can swim in 8/u, 9/10, 11/12, 13/14, 15-18. If you have an "A" time already you can only swim in open events not age group
Thursday 08/01	Wayne	Coaches Choice	One swimmer per stroke per age group . Coaches pick swimmers and inform you
Saturday, 08/03	Erskine Lakes	"C" Meet	Anyone can swim in 8/u, 9/10, 11/12, 13/14, 15-18.. If you have an "A" or "B" time already you can only swim in open events not age group
Saturday 08/10	Fayson Lakes	"A Meet"	To swim you need to have got an "A" time in any previous meet up to the 8/11 meet

Age group is determined by the age the swimmer was on 06/01/24

ELAC SUMMER 2024 MEET SCHEDULE

Date	Meet Type	Against	H/A?	Arrive Time	Warmup time	Start Time	Approx Finish Time	Address
Wed 06/28 No Meet but ELAC LUCKY DRAW!								
Wed 07/03	Dual	@ Lake Mohawk	Away	6.15pm	6.30pm	7:00 PM	9.00pm	
Wed 07/10	Dual	vs Green Pond	Home	6.15pm	6.30pm	7:00 PM	9.00pm	Upper Lake
Sat 07/13	Odd Age Invitational	@ Packanack lake	Away					52 Lake Drive West, Wayne, NJ
Wed 07/17	Dual	@ Highland Lakes	Home	6.15pm	6.30pm	7:00 PM	9.00pm	
Sat 07/20	Individual Age Invitational	Pequanock	Away	TBC BUT MORNING				
Wed 07/24	Dual	vs Packanack lake	Home	6.15pm	6.30pm	7:00 PM	9.00pm	Upper Lake
Sat 07/27	"B" Invitational	@ Highland Lakes	Away	TBC BUT MORNING				2240 Lakeside Drive West Highland Lakes, NJ
Wed 07/31	Dual	@ Fayson Lakes	Away	6.15pm	6.30pm	7:00 PM	9.00pm	
Thu 08/01	Coaches Choice	@ Wayne	Away	TBC BUT EVENING				
Sat 08/03	Erskine Lakes Invitational	@ Home	Home	8:00 AM	8.30AM	9:00 AM	2.00pm	Upper Lake
Wed 08/07	Dual	vs Wayne	Home	6.15pm	6.30pm	7:00 PM	9.00pm	Upper Lake
Sat 08/10	"A" Championship Meet	@ Fayson Lakes	Away	TBC BUT MORNING				10 Clubhouse Trail, Kinnelon, NJ

Pricing

ELAC pricing is extremely competitive. For the 7 week program the cost is:
\$135 first child (whether development or competitive)
\$110 second and subsequent children (whether development or competitive)
Family season fee (\$65)

Communication from us to you

- We use the Facebook page actively to post updates and information and will also email you both on volunteer commitment details and meet entries
 - [ELAC Facebook](#)
- We also have a website that has core links and information (as contained here)
 - [ELAC Swim](#)
- Practice or meet cancellations due to weather (specifically thunder)
 - We will email or text and post on the Facebook page

Equipment

- For all Meets swimmers need to wear team suit and cap (and we highly recommend goggles)
- MetroSwimShop sells our team caps and swim suits and will be at our Fun Friday event on June 2nd for fittings. You can ONLY pay by credit card (no cash or check)
- They will have swimsuit stock as well as goggles, toweling pants etc for immediate purchase and caps (team and personalized) for order
- You can also order online link [HERE](#) use the team ID of 82872 when you register
- We will also have silicone ELAC swim caps available for purchase at practices and meets
- Goggles : These are a popular brand [Speedo Vanquisher](#) . Many swimmers like to use the bungee cord straps like this (but is absolutely not required) [Bungee cord straps](#)

Apparel

Our apparel store is open today (May 1st) through May 18th in order for us to have apparel for our first meet. We will open the store again if there is sufficient demand. Here is the link to the store ; [ELAC apparel store](#)

