



PEACHWOOD PIRATES
SWIM TEAM
PARENT HANDBOOK
2009

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Section 1

General Information

Pirates Swim Team

The Peachwood Pirates Swim Team is a summer swim team program open to all members and eligible employees of the Peachwood Recreation Club. The Peachwood Recreation Club is a private swimming and tennis club located in the Beckett section of Logan Township, NJ.

The Pirates compete in the Suburban Swim Association league, comprised of teams in three divisions across Burlington, Camden, Gloucester, Salem and Cumberland Counties of Southern New Jersey.

Eligibility

Swimmers between the ages of 5 and 18 on June 15th are eligible to swim on the team. Per our league rules, swimmers must be members of the club, entitled to full use of the facilities with no restrictions, or be employees of the club. This prevents teams from “recruiting” swimmers to participate on the team without becoming club members. Employees are eligible providing their employment is not based upon swim team participation.

Swimmer Minimum Requirements

Swim team participation is focused on improving stroke mechanics and stamina. It is not a substitute for swimming lessons. Eligible swimmers 8 years and younger must be able to swim one lap (25 meters) of the pool unassisted. Swimmers 9 and older should be able to swim two laps (50 meters) unassisted. Judgments will be made by the coaching staff. Swimmers not able to complete the minimum requirement will have one week from the start of practice to meet the requirement. Full refunds will be provided for swimmers unable to meet the requirement.

Parent Participation Requirements

In order to host and attend swim meets, parent participation is required. It takes about 25 parent volunteers to host a meet, and about 10 volunteers for away meets. Meets cannot be held without the participation of parents. In addition to meets, there are many aspects of the team that require parent involvement, including planning social activities, coordinating registration and swim suit orders, equipment maintenance (starting system, stopwatches, etc.), home meet snack bar, setup and cleanup for meets, advertising and fundraising, to name a few. ***By registering your swimmer(s) for the Pirates Swim Team, you are also making the commitment as a parent to volunteer time to one of more of these activities.*** Accordingly, if you cannot commit to fulfilling the volunteer responsibilities of a Pirates Swim Team parent, please do not expect that your child(ren) will be participating in swim meets. More information on volunteer activities is provided later in this handbook.

EVERYBODY SWIMS, EVERYBODY WINS!!

Section 2

COACHES AND COMMITTEE INFORMATION

Swim Team Coaches



Tom Quinnette
Head Coach
coachtom@peachwoodrc.com

Tom Quinnette grew up in Woodstown and swam for Chestnut Run and Woodstown High School. He is in his third year as head coach of the Woodstown High School Swim Team and spent 1½ years as head coach of the Gloucester County YMCA Riptides Swim Team. Tom brings a strong commitment to stroke mechanics and wants to see improvement during the season in all team members.



Owen Gechter
Assistant Coach
coachowen@peachwoodrc.com

Owen swam for the Pirates for 13 years and became assistant coach in his final year of eligibility. Owen has been coaching for Peachwood since 2007. He is also assistant coach of the Salem YMCA Swim Team.

Swim Team Committee

The Pirates Swim Team Committee is the backbone of our program and provides support to ensure an effective and successful program for our swimmers. The purpose of the Pirates Swim Team Committee is to manage the overall organization of the program and coordinate team activities including meets. The swim committee is comprised of all volunteers, each assigned to head up one or more of the following subcommittees.

COMMITTEE	CHAIRPERSON	DESCRIPTION OF DUTIES
Social		Coordinates social activities such as holiday parties and any group trips.
Snack Bar	Wendy Dominik	Handles organization of the snack bar for home meets. Determines food and beverages offerings, procures food and supplies needed, and enlists volunteers to assist.

Fundraising	Kathleen Jacoby	Handles fundraising activities such as shirt or merchandise sales, advertising banner sales, or other fundraising activities undertaken.
Advertising		Handles advertising for the swim team in local publications, including summer swim league championship programs and USA meet programs.
Meet Coordination	Rosemarie Pitner	Recruits and organizes volunteers needed for home and away meets.
Senior Recognition		Handles recognition for graduating seniors, including senior gift, flowers at final meet, and any program book recognition
Equipment	Meredith Cachuela	Manages equipment needed for the team, such as starting system, stopwatches, etc. Works with the Y Aquatic Director on Y equipment such as starting blocks, lanes lines, etc.
League Representative	Bert Zahniser	Interface to the Greater South Jersey Swim League. Attends meetings in the fall and works with the coaching staff to schedule meets with other league teams.
Communication	Bert Zahniser	Handles the website and email distribution alias. Manages the bulletin board in the back hallway.

The Swim Team Committee is always looking for new parents to learn and help with the team events. The swim team program is most successful and enjoyable for all involved when participation is from the family, as well as, the swimmer. Sharing the tasks together means no one group will be overburdened. The Swim Team Committee works to coordinate volunteers needed at the swim meets, selection and purchase of a team gift, planning and coordinating of team social functions and end-of-season banquet, and coordinating fundraiser(s), including the snack bar at all home meets. We need assistance with these areas and other related tasks. We look forward to parents' participation in all facets of team activities. We hope that you will be available and excited to help out in some area.

Whenever the team hosts a home meet at our club, timers, judges, recorders, and general help come from the parents. There will be a need for snack bar set-up, selling and break-down. At least one parent representative from each swimmer is suggested to participate at each home meet. Having additional volunteers means no one volunteer needs to work an entire meet. If you cannot volunteer for an entire meet you can still participate for the time you are available.

Section 3

Swim Practice Guidelines

PRACTICE SCHEDULE

Practices are broken up primarily by age, but ability and level of commitment may also be considered. Group mobility will occur (either upwards or downwards) at the beginning of the season and year to year due to coaches’ evaluation of the athlete’s commitment level, space availability in each squad, work ethics and overall progress. Swimmers should only attend practice sessions that pertain to their assigned practice group. Parents that cannot make their child’s assigned practice time should discuss alternate arrangements with the head coach. Coaches will try to accommodate all requests but will not do so to the detriment of other swimmers.

Pre-season Practice Schedule (Monday-Friday after Memorial Day)

Group	Time
8 & Under	4:00pm-4:45pm
9-10, 11-12	4:45pm-5:45pm
13 & over	5:45pm-7:00pm

Regular Season (After school lets out):

Group	Time
13 & over	8:00am – 9:00am
9-10, 11-12	9:00am – 10:00am
8 & Under	10:00am – 10:45am

Swimmers:

1. Swimmers should be on the pool deck, ready to swim at **scheduled start time!** Always bring goggles & cap; Swim fins are recommended to help develop proper kick technique and increase leg strength.
2. Long hair must be capped or tied back.
3. No gum while swimming. No glass containers on the pool deck. Plastic water bottles and Gatorade are allowed.
4. Let's show good sportsmanship at all times.
5. HAVE FUN.

Parents:

1. Parents remaining at the pool should not sit on the pool deck surrounding the pool. Parents should be under the Pavilion or on the grassy areas off the pool deck. This allows the swimmers to focus on their swimming and on instructions given by the coaches.
2. Be sure to label all your child's belongings - goggles, cap, towels, and fins.
3. Please do not speak to the coaches during practice times so they can focus on coaching. Before practice starts or after the end of practice is recommended.
4. If a swimmer is on medication, let the coaches know with a written note or email from the parent, explaining the conditions and any restrictions.
5. If bad weather does not permit a practice, check the www.peachwoodrc.com website or call the pool voice mail system to check if practice is cancelled.
6. If any questions or problems arise about practice, please contact the coaching staff.

Rule infractions can lead to dismissal from the team with no refund of fees. Any major rule infractions or blatant disregard of normal behavior will be handled as such:

1. Parents will be contacted and child reprimanded.
2. If problems continue, child will be suspended from team up to 1 week and parents will be notified.
3. Child will be dismissed from team without refund. Parents will be notified.

Vacation Schedules

It cannot be stressed enough how important it is to let the coaches know either on the vacation schedule in the office or with a written note if your child is not going attend a swim meet. There is nothing worse than telling three relay participants who are at the meet that they can't swim because "Susie or Johnny" isn't here. It is a huge ordeal for the swim coaches to redo lineups because of late vacation notices or no shows. ***Please provide our coaching staff the courtesy of notifying them in advance when your child will not be in attendance.***

If on the morning of a meet your child is sick, a phone number to contact the coaches that morning will be provided. Notifications should be made a minimum of 1 hour before the start of a meet.

Section 4

Swim Meets

Our team swims 5 dual meets in the Suburban Swim League of South Jersey. Swimmer’s age is determined by their age as of June 15th of the current season. The league age groups are primarily divided as follows:

- 8 and under
- 9 - 10 years old (sometimes 10 and under)
- 11 - 12 years old
- 13 - 14 years old
- 15 - 18 years old or 15 and over (or Open/Senior)

DUAL MEET FORMAT

A Dual Meet consists of two teams competing head-to-head with points being awarded in each event. However, not all events are counted towards the meet score as some events are considered unofficial events (such as 6&Under events).

Scoring

Scoring for events is as follows:

Individual Events*	1 st	5 points
	2 nd	3 points
	3 rd	1 point
Relay Events (Medley / Free)	1 st only	7 points

*NOTE: A team may not sweep all three places in an individual event. Should a sweep occur, 3rd place points will be awarded to the best time of the opposing team. The 3rd place ribbon will still be awarded to the swimmer who actually finished third.

Order of Finish

The official order of finish is determined as follows:

1. When the opposing place judges agree, their order of finish supersedes the result of the times.
2. When the place judges disagree, and official time matches one of the place judges, the official time will be used.
3. When one place judge rules a tie and the other does not, the official times shall dictate.
4. When one judge does not rule and the second judge and times match, the time shall dictate.
5. When one judge does not rule but the second judge and times do not match, the Referee shall decide.

The following table sums up the Order of Finish:

Place Judge 1	Place Judge 2	Official Times	Winner
3	3	Not checked	3
3	4	3	3
2	3	4	4
Tie	4	4	4
Tie	3	4	4
None	4	4	4
None	3	4	Referee Decides

EVENT LIST

Each swim meet will have the following events as set by our League by-laws. Additional heats and/or events may be added at the discretion of the team coaches but do not count in the scoring of the meet.

Peachwood Pirates Swim Team Parent Handbook

No.	Event	Order	No.	Event	Order	No.	Event	Order	No.	Event	Order	No.	Event	Order
1	Girls 9-10 100 M IM		15	Open 13-14 200 M MR		29	Boys 8 - U 25 M Back		43	Boys 11-12 50 M Breast		57	Boys 15-18 50 M Fly	
2	Boys 9-10 100 M IM		16	Girls 15-18 200 M MR		30	Girls 9-10 25 M Back		44	Girls 13-14 50 M Breast		58	Girls 8 - Under 100 M Free Relay	
3	Girls 11-12 100 M IM		17	Open 15-18 200 M MR		31	Boys 9-10 25 M Back		45	Boys 13-14 50 M Breast		59	Boys 8 - Under 100 M Free Relay	
4	Boys 11-12 100 M IM		18	Girls 8 - U 25 M Free		32	Girls 11-12 50 M Back		46	Girls 15-18 50 M Breast		60	Girls 9-10 200 M Free Relay	
5	Girls 13-14 100 M IM		19	Boys 8 - U 25 M Free		33	Boys 11-12 50 M Back		47	Boys 15-18 50 M Breast		61	Boys 9-10 200 M Free Relay	
6	Boys 13-14 100 M IM		20	Girls 9-10 50 M Free		34	Girls 13-14 50 M Back		48	Girls 8 - U 25 M Fly		62	Girls 11-12 200 M Free Relay	
7	Girls 15-18 100 M IM		21	Boys 9-10 50 M Free		35	Boys 13-14 50 M Back		49	Boys 8 - U 25 M Fly		63	Boys 11-12 200 M Free Relay	
8	Boys 15-18 100 M IM		22	Girls 11-12 50 M Free		36	Girls 15-18 50 M Back		50	Girls 9-10 25 M Fly		64	Girls 13-14 200 M Free Relay	
9	Open 8-Under 100 M MR		23	Boys 11-12 50 M Free		37	Boys 15-18 50 M Back		51	Boys 9-10 25 M Fly		65	Open 13-14 200 M Free Relay	
10	Girls 9-10 100 M MR		24	Girls 13-14 100 M Free		38	Girls 8 - Under 25 M Breast		52	Girls 11-12 50 M Fly		66	Girls 15-18 200 M Free Relay	
11	Boys 9-10 100 M MR		25	Boys 13-14 100 M Free		39	Boys 8 - Under 25 M Breast		53	Boys 11-12 50 M Fly		67	Open 15-18 200 M Free Relay	
12	Girls 11-12 200 M MR		26	Girls 15-18 100 M Free		40	Girls 9-10 25 M Breast		54	Girls 13-14 50 M Fly		IM Medley Relay	Order of Events	
13	Boys 11-12 200 M MR		27	Boys 15-18 100 M Free		41	Boys 9-10 25 M Breast		55	Boys 13-14 50 M Fly			BUTTERFLY	
14	Girls 13-14 200 M MR		28	Girls 8 - Under 25 M Back		42	Girls 11-12 50 M Breast		56	Girls 15-18 50 M Fly			BACK	
													BREAST	
													FREE	
													BACK	
													BREAST	
													BUTTERFLY	
													FREE	

MULTIPLE HEATS

OFFICIAL and UNOFFICIAL EVENTS

Swimmers are allowed to compete in four official events (3 individual and 1 relay OR 2 individual and 2 relays) plus the Individual Medley.

Important information that you need to remember regarding meets:

1. It is very important that you, as swimmers and parents, make every attempt to be at every meet. This is a team function. Roughly 25 adults are needed to run a HOME meet and 15 adults at an away meet. Your participation is required to ensure meets run smoothly.
2. Arrive for meets 1 hour before the meet's scheduled start time, or 15 minutes before we are to be in the water for warm-ups. Bring sweat suit or other warm clothing to wear in between swimming events in the event the weather is cooler.
3. Check in with the coaching staff upon arrival so they can make any last minute adjustments as needed.
4. Event assignments (Meet Sheets) for upcoming meets are begun one week before regular meets and two weeks before invitational meets. If a swimmer will not be able to attend an upcoming meet, it is imperative you notify the coaching staff as early as possible. The loss of an expected swimmer in a relay can cause three others to not be able to swim. Please be considerate of this fact.
5. Entry sheets will be posted on the website the night before meets and on the wall near the swimmers' staging area prior to the start of a meet. Please check the meet sheet when you arrive and if you notice a 'mistake', please notify the coaches immediately.
6. Team suits should be worn for all meets. Team caps may be available on a year to year basis. Please do not wear team suits to practice as they will only last one season.
7. At a meet, the swimmers are expected to stay in the team area. If you need to leave the team area, please let one of the staging volunteers know. We need to know where swimmers are at all times to be able to stage them for upcoming events. Expected time for a meet is 3 to 4 hours, depending on team sizes.
8. Support and encourage all swimmers, including those on the other team...before, during, and after all heats. Derogatory comments or actions will not be tolerated.
9. Scoring - All Lanes are Official in a 6 lane pool, 4 are official in a 4 or 5 lane pool. Swimmers placing 1st through 3rd score points for our team and will be awarded ribbons (for regular meets). Invitational meets may modify the awards.
10. Ribbons will be given out at the next practice or put in swimmers mail box.
11. At AWAY MEETS we are guests and need to pick-up TRASH in the team and parent areas so it is neat when we leave! *Please select a location to meet your swimmer in the event of a fire alarm or emergency!*

TIME TRIALS

Time Trials is a pre-season event where swimmers are timed in all events. The coaches then use these pre-season times as a baseline to determine event lineups for our regular season dual meets.

LEAGUE CHAMPIONSHIPS

The Suburban Swim League Championships are held on the weekend following the last regular season dual meet. The host club rotates each year throughout the league. The host club makes the decision to hold the meet at their home club or at GCIT or an equivalent indoor venue. The host club also determines the timing of the meet and can select to run events on any or all of Friday evening, all day Saturday and all day Sunday.

The schedule for host clubs is determined through 2010 and is as follows:

Year	Host Club
2009	Larchmont
2010	Peachwood

PEACHBOWL (Gloucester County Championships)

Gloucester County is home to eight swim clubs that participate in two leagues, the Suburban Swim League and the larger Tri-County Swim League. Each year, the eight county teams come together for a joint county-wide meet to determine the top swim team in the county. Many of the other teams are much larger than Peachwood with many more year round swimmers so this becomes more of a fun meet for Peachwood as well as a chance for our best swimmers to grab individual bragging rights. Hosting the meet is on a rotating basis between the eight county teams. Peachwood last hosted this meet in 2004. The meet is normally held on a Tuesday evening of the week prior to league championships.

PIRATE BOWL

The Pirate Bowl is a Peachwood only meet at which the 13-18 year old swimmers get to take the reins and handle the meet. The 12 & unders are divided between the red and the black teams, and coaches are determined from the senior swimmers. Event lineups, timers, starter and staging are all in the hands of the senior swimmers. This is a fun meet for the kids and an annual tradition at Peachwood. This meet is normally held mid to late season, often the week before the Peachbowl.

Section 5

Meet Officials and Volunteers

To have a successful swim team requires a significant volunteer effort by the parents and guardians of swim team members. Each team must supply a number of volunteers for each meet to be held and run efficiently. This section outlines the requirements for volunteers needed at meets.

Meet Volunteers

The table below outlines the volunteers needed to run a successful meet. Those listed in **BOLD** require league certification.

Position	Meet Duties
Referee	Has full authority over meet once it begins. Approves all DQ's. Ensures rules are applied fairly. Can override any other official. Signals Starter that course is clear before each event.
Starter	Upon signal from Referee, assumes control of swimmers until fair start achieved. Ensures swimmers are ready and set for legal start. May announce upcoming event if no Announcer is present. Sounds warning signal for races of 500 yards or more.
Stroke and/or Turn Judge	May be combined or separate. Stroke Judge observes swimmers within jurisdiction to ensure rules related to a particular stroke are followed. Turn Judge observes swimmers within jurisdiction to ensure start, turn and finish rules related to a particular stroke are followed.
Announcer	Announces upcoming events and optionally participants in the event by name and/or team.
Place Judge	Records the order of finish by lane number.
Head Timer (aka Chief Timer)	Responsible to check stopwatches, handle timer lane assignments and hand-out watches.
Head Lane Timer	Records the times of their watch and those of the other timers in their lane.
Lane Timer	One of three individuals per lane responsible for starting their watch on the start flash and stopping when swimmer touches the wall.
Runner	Collects cards from head timers and place judges, sorts in order by lane and turns them into the scorer table.
Clerk of Course (Staging Person)	Gathers swimmers and hands out cards to swimmers as their events come due.
Scorer	Works with recorder to identify places in each event and record on the official meet sheet. Two scorers are recommended, one from each team, doing parallel work as a check and balance.
Recorder	Works with Scorer to maintain the official meet score.
Ribbon Writer	Writes award ribbons based on results provided by Scorer/Recorder.

MEET VOLUNTEERS – MEET CHECKLIST

Each volunteer has a set of duties to ensure their position is prepared for the meet start. The table below is a checklist of requirements for each of the positions:

Position	Checklist
Referee	Day of meet, ensure pool is setup correctly for meet. Overhead flags are in place. Starting blocks are secure. Lane lines are straight. Pool area is clear and safe.
Starter	Day before home meet, ensure starting system is operating correctly and is being charged. Day of meet, setup starting system and test for correct operation.
Stroke and/or Turn Judge	Get DQ slips from scorer's table. Identify lane and heat of swimmer along with details on infractions when they occur.
Announcer	Ensure PA system is setup and operational.
Place Judge	Retrieve place slips from scorer's table. Identify order of finish by event and heat.
Head Timer (aka Chief Timer)	Get out all stopwatches. Check for correct operation. Hand out stopwatches to all timers. Time all events and heats in the event a lane timer needs assistance.
Head Lane Timer	Retrieve clipboard from scorer's table. Collect cards from all swimmers by event and heat. Verify swimmer name prior to start or upon exiting the pool at the conclusion of the event. Record three times per event. Circle MIDDLE time.
Lane Timer	Start watch for all events and heats at the strobe flash even when no swimmer is in your lane (nearby timers might need your watch). Stop watch when swimmer touches wall (not simply breaks plane – must touch). Report time to head timer.
Runner	Collect cards following each event and heat from timers and place judges. Sort cards by lane and deliver to scorer's table.
Clerk of Course (Staging Person)	Stage swimmers by event to report to lane prior to their events.
Scorer	Reviews cards as delivered from runner (or from recorder) to ensure accuracy. Records times and points for both teams. Passes cards to opposing team scorer.
Recorder	Reviews cards delivered by runner. Verifies middle time on each card and circles and/or corrects if necessary. Sorts cards by place and passes on to scorer.
Ribbon Writer	One from each team. Collects cards for their team and writes out ribbons as needed.

Official's Certification

Swim official's certification is needed for those who wish to be Stroke and Turn Judges, Starters and/or Referees. There are two major bodies that provide certification, USA Swimming and YMCA Swimming. There is little difference between the two and work is ongoing to merge into a single certification body. The main differences deal at the Referee level with how meets are scored. Because of this difference, any official working as a meet referee must be certified through SSA. SSA is working to recognize USA Swimming certification for non-referee officials providing a copy of the certification is provided to the league and is up-to-date. Until this becomes official, any volunteer must have completed an SSA certification class.

SSA Officials' clinics are held each year for those who are interested in attending a certification class. It is a great way to learn the rules and regulations of swimming. Information should be available once practice starts with the dates and locations each year.

Section 6

Fundraising Activities

Snack Bar

Throughout the season, the snack bar serves as our primary source of fund raising. Your help in our fundraiser is needed for a successful outcome. Monies raised support the team. Consistent help is always needed at the snack bar with set-up, selling, and clean-up.

PirateWear (Apparel)

Each year the team organizes an order for team logo'd apparel. Orders are usually place by June 1 to have items available for our regular meets. Order forms should be available on the website or from any swim committee member.

Team Sponsorships

The Pirates sell 4'x3' banners that are hung across the tennis court fence. First year sponsorships are \$250 and include the cost of the banner. Second and Third years with the same banner are \$150. The banners are displayed fulltime through Labor Day each season.

Section 7

Social Activities

Throughout the season a number of social activities are held based upon interest and participation. The swim committee determines the dates and appoints a sub-committee to organize each activity.

Participation is encouraged and needed for a successful outcome. Profits earned from the snack bar and other fundraising activities are used to support these social gatherings.

Some of the activities include:

- **Parent Meeting** – Held the first Tuesday following Memorial Day. Swimmers are invited to come along and swim, weather permitting. The coaching staff will be on hand to discuss the upcoming season and address any questions from the parents and swimmers.
- **Friday Pre-Meet Dinners** – held on the Friday nights before meets, typically from 6pm to 8pm. Dinners may be pasta dinners, pot-luck, etc. Details will be provided on a weekly basis.
- **Picture Day and Bagel Breakfast** - On the morning of team pictures, all swimmers will be expected to be at the pool in the same hour. Individual pictures will be taken before and after the team picture, weather permitting. Bagels and/or other breakfast food will be served.
- **End of Season Banquet** - This event is a gathering of all swimmers and their families for an end of the season party. The exact banquet date is set each year but is normally held either on the Sunday following league championships (when they are completed on Saturday) or the following Sunday when championships also run on Sunday. This event offers the opportunity to recognize swimmers for their accomplishments and parents for their participation and support throughout the season.

Section 8

Communications

Communication is key to ensure everyone is working together to make our team a success. Please check the locations listed below regularly to stay up on swim team information:

Website

The primary and most up-to-date resource for team communications is the team website. The team website can be accessed at <http://www.peachwoodrc.com>.

Meet Results and Statistics

Meet results along with up-to-date statistics will be posted on website typically within 24 hours of regular meets. Invitational meets may take longer as we must wait for the results to be made available from the host team (Peachwood does not typically enter invitational meets).

Email Distribution Alias

Each year a distribution alias is maintained for all swimmers and parents. You can have multiple emails on the list, to ensure different family members receive updates or to ensure email goes to, for instance, a work email as well as your personal email. You are automatically added to this distribution alias when you register. As a member of the distribution alias you are free to send emails into the distribution alias if you wish to contact everyone on the list. Details on how to send email to the list are provided each year via email.

Swim Team Bulletin Board

The swim team bulletin board is located on the wall between the entrances to the restrooms. Announcements, sign-ups, qualifying times, and various statistics can often be found on this board. Please note that this board may not always have the most up-to-date information and you should rely on the peachwoodrc.com website and team emails when in doubt.

Mail Folder Box

The Team Mail box is located on a table outside the men's restroom entrance, or may be found in the office. Each family will have a folder in the mail box and should regular check it for forms and announcements. Ribbons from the meets will be placed in the folders by Tuesday of each week, if not sooner.

Section 9

Directions to Away Meets

Gloucester County Institute of Technology (GCIT)

Tanyard Road, Sewell, NJ. 856-468-1445 (ext. 2664). Route 55 South to Exit for 47 North. Turn left at first light onto Bankridge Rd. Follow to next light and turn left onto Tanyard Rd. GCIT is on the left about 1/4 mile.

Haddon Twp (Crystal Lake Pool)

Route 295 North to Exit 29B (Rt 30 West). Follow Rt. 30 West to Kings Highway. Turn RIGHT on Kings Highway. Continue 2 BLOCKS and turn LEFT onto Crystal Lake Ave. Continue approximately 1 mile to Hardenbergh Recreation Center, Crystal Lake Pool on the right. Club phone number is (856) 854-9229.

Tarnsfield Swim Club

Route 295 North to Exit 45A. Go through the light at Irick Road. Continue past the community center and the pond on your left. Make the first LEFT after the pond onto Tallowood Drive. Continue on Tallowood Drive to the stop sign and turn RIGHT onto Greenwich Drive. Make the first RIGHT onto Tarnsfield Road. Pool will be ahead on the right.

Elmer Swim Club

Follow Route 40 East through Pole Tavern Circle into Elmer (about 3 miles past circle). Watch for Jay Fisher Pontiac on the left, then take right onto Garrison Road. About 1/2 mile to Elmer Swim Club on the left. Look for a blue and white one story building. Club sits back from the road a bit.

Oaklyn Swim Club

Take Rt. 295 North from Beckett. Merge onto I-76 North towards the Walt Whitman Bridge. Take exit 1D onto Rt. 130 North towards Collingswood. Go 1.5 miles and turn right onto Rt. 168 South (Black Horse Pike). Go about 1/4 mile and turn left onto Kendall Blvd. Go about 1/2 mile and turn left onto Clinton Ave. Another 1/4 mile to right on Manheim Ave. Pool club will be on the right. You will need to find parking on the side streets.

Gloucester City Swim Club

Take Rt. 295 North from Beckett. Merge onto I-76 North towards the Walt Whitman Bridge. Take exit 1D onto Rt. 130 North towards Collingswood. Turn left at first light off exit onto Klemm Ave. Follow Klemm around bend - it will turn into Johnson Blvd. Go past multiple sets of baseball/softball playing fields on the right. At end of Johnson bear left and pool will be immediately on the right.

Larchmont Swim Club

Rt. 295 North to Exit #40/Rt. 38/Mt. Holly. Follow Rt. 38 East about 1 mile to Hartford Road. Turn right onto Hartford Road. Continue about 1/2 mile and turn left onto Union Mill Road. Less than 1/2 mile turn left onto Larchmont Boulevard. Club will be on the left.