

APTOS CABRILLO SWIM CLUB

ACSC THUNDER

Welcome to the Aptos Cabrillo Swim Club, ACSC THUNDER! We are one of 120 swim clubs that make up Pacific Swimming which is the third largest regional association under our governing body, USA Swimming. All of our coaches are certified under USA Swimming, and attend annual seminars and workshops geared towards age group and senior swimming.

ACSC's mantra of "Building strong minds and healthy bodies," requires hard work and discipline. Traits that support a healthy attitude whether you come in first or last in a race. Fortunately, one of the side effects of working hard is swimming fast and having fun! Each child develops at different rates, but we adults, coaches and parents, can support this difference by following some basic recommendations below. Here at ACSC we strive to develop conscientious swimmers that are contributors to our team and to the community as a whole.

Requirements for membership, and recommendations to ensure a smooth transition into our club and the world of youth swimming:

- 1. To simplify and avoid any late penalties, ACSC highly recommends auto payment (ATM or credit card) to pay your monthly dues.**
- 2. Please read the required Parent Volunteer Obligation here, <https://www.teamunify.com/pcacsc/UserFiles/File/ACSC%20Volunteer%20Policy.pdf>. Unfulfilled obligations will result in a financial penalty at the end of the season.**
- 3. During a practice session, ACSC requires that all parents and non-swimming family members refrain from interacting with their swimmer, and their coach. If you need to talk to your swimmer's coach, please do so before or after their practice.**
- 4. There are designated areas for parents to sit during practice times. At the Cabrillo Pool, it is on the lawn that overlooks the pool. At the Simpkins pool, it is the bleachers or the picnic bench adjacent to the back entrance. At the Aptos High pool, it is the bleachers across from the coaches.**
- 5. At meets, please refrain from cheering on your swimmer too loudly and enthusiastically as this may be a distraction to other swimmers. An adult's voice, or a group of adults can be very intimidating, especially to young swimmers. However, we do encourage teammates to cheer for each other.**
- 6. If you have any questions or concerns, please contact your swimmer's coach, or Head Coach Jim Triplett. We are here to help.**

Wishing your swimmer a fun and fantastic experience!

Coach Jim Triplett
Head Coach, Senior, Pre-senior Group, Cabrillo

Coach James Lamb
Junior Group, Pre-comp, Aptos

Coach Matt Nauman
Junior Group, Pre-comp, Simpkins

Coach Kylie Krbec
Beginner Group, Pre-comp, Aptos

Coach Brandon Shilling
Beginner Group, Pre-comp, Simpkins

Coach Damon Williams
Assistant Coach, Pre-comp, Aptos,
Simpkins

Coach Stacy Palmer Henderson
Adaptive Aquatics, Aptos, Simpkins