

USA Swimming Meets and Why Your Swimmer Should Participate

About Marauder Aquatic Club

Marauder Aquatic Club is first and foremost a USA Swimming club. We are the only club in Lancaster County where all swimmers are USA Swimming members and participate in dual meets. We do want our members to swim in all our dual meets and CPAL meets, but we would like swimmers to also choose USA meets to compete in.

What is USA Swimming? website: www.usaswimming.org

From the USA Swimming Website: As the National Governing Body for the sport of swimming in the United States, USA Swimming is a 300,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education.

Our membership is comprised of swimmers from the age group level to the Olympic Team, as well as coaches and volunteers. USA Swimming is responsible for selecting and training teams for international competition including the Olympic Games, and strives to serve the sport through its core objectives: Build the base, Promote the sport, Achieve competitive success.

See more at <http://usaswimming.org/DesktopDefault.aspx?TabId=1412&Alias=Rainbow&Lang=en>

Why Marauder Swimmers Should Participate

For the team: USA Swimming has recognition programs, and for Marauder Aquatic Club to be recognized, our team needs to have 50% or more of the team participate in 6 meets or more in a 12 month period. This gives more credibility to our growing program, which was started in 2007. Other area clubs have been recognized and have good turnouts at these meets. We believe in our program and are proud of it, and would like our team to get the recognition they deserve.

For the variety: Swimmers choose events to compete in, unlike dual meets where the coaches do the lineup. Invitationals offer many different events that are often not included in the dual meet format. Also, a swimmer may compete in events that they do not get to do at dual meets because they are needed elsewhere. This can also give coaches an idea of other events they are good at, which in turn helps with dual meet lineups.

For the competition: The meets offer great competition for swimmers, and they are able to race people from all different places. Sometimes at dual meets our swimmers face competition that doesn't quite match up with them, or even no competition at all. At USA meets, they are seeded according to time and have comparable opponents. At dual meets, we have a live heat that 3 swimmers can compete in, and the rest is exhibition. Swimmers who are in exhibition in dual meets frequently get a chance for better competition. Also, swimmers have more opportunities to work on racing strategies in a meet that's not on the line and is low-pressure. Swimmers who love competing get more opportunities to compete, and swimmers who are not as competitive can feel at ease with the relaxed atmosphere.

And finally... When you sign up for Marauder and pay the registration fee, you pay for USA Swimming membership. Don't let your money go to waste- take advantage of the great opportunities that USA Swimming has to offer!

What Kinds of Meets are Offered?

Most of our meets are within an hour and a half drive, and most are closer. We generally go to meets in the Harrisburg/Lancaster/Philadelphia metro areas, and some in NJ and DE. There are meets that require more travel and are more national, and are usually qualify-only. There are meets for everyone:

Mini Meets: For the 8 and unders, these meets are swim-your-own-age and very kid friendly. For instance, 7 year olds swim against only 7 year olds.

A/BB/C Meets: For 9 and up, these meets have no time requirements. Swimmers are ranked according to time, and times standards that make them A, BB, B, and C times. See motivational times on our website. It is extra incentive for kids to swim fast at these invitationals.

Senior Meets: Meets that have general time standards that must be met, and are “open” for the age group- i.e., a 13 year old who made the cut time might swim against an 18 year old who made the cut time.

How Do You Sign Up For Meets?

Online: This is the preferred method. On the meet schedule on the website are links with information for the meets and a sign up deadline. If you click on the deadline it brings up an online sign up form.

At the pool: Sign up sheets and meet info packets are posted on the bulletin board at the pool. Simply check the events you want.

Payment: Check the cost per event in the meet info packet. Payment must be made by the meet signup deadline. Checks should be made out to Kyle Almoney, and cash is ok. Place payment in either Coach Kyle's or Coach Jillian's mailbox.

How Many Meets Should You Do?

Swimmers ideally compete in at least one USA meet per month, especially Black, Gold, and HS.

For Lots of Information...

Please check out www.usaswimming.org

You can find:

- Time search: see your swimmer's times from all USA meets competed in!
 - Time standards
 - Parent resources
 - Nutrition and sports medicine information
 - Travel assistance
 - Up to date swimming news
- and much more!

Also see our LSC (Local Swimming Committee) webpage: www.maswim.org

Middle Atlantic (MA) is our LSC, basically our region. That's why you'll see "MARA-MA" for your child's team when listed in the meet program. The Middle Atlantic LSC includes New Jersey, south of Mercer and Monmouth Counties; Delaware; and Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford Counties. Middle Atlantic Swimming is part of the Eastern Zone of the US, which includes 11 other LSCs: Allegheny Mt. (Western PA); Niagara, Adirondack, and Metropolitan (NY); Maryland; Virginia; Potomac Valley; New Jersey; Connecticut; New England; and Maine. All four Zones (Eastern, Southern, Central, and Western) conduct All Star competitions and Sectional Meets for teams within their Zone. (from MA website)

You will find a meet schedule with results on the MA website.

Questions?

Please consult your child's coach if you're not sure what events he or she should swim, or what meets would be appropriate.