

Dear Swimmer & Parents:

The 2009-2010 Season is about to begin. We hope you are looking forward to the new school year, and another exciting swim season at the YMCA of Gloucester County Riptides Swim Team.

Enclosed you will find forms that will provide you with the following information:

Health Form	2009-2010 Practice Times
Payment Plan Request	Volunteer Request
Fall Warm-Up Information	Meet Only Form
Swim Team Brochure	

Please read through carefully, and if you have any questions, please do not hesitate to contact the Aquatic Department at 845-0720 or agodshall@ymcagloco.org. If any of the enclosed information would apply to other people you know, please forward the information and have them contact the Aquatic Department as well.

Please note the following forms that need to be completed PRIOR to the upcoming season:

- 2009-2010 Health Form (please include a working e-mail address for future distribution of information.)
- a copy of the swimmers birth certificate (returning swimmers should have one on file, if you're not sure, please call for verification.)
- Payment Plan request. If you wish to set up a payment plan, this form must be turned in by October 4, 2009 with the first payment to avoid late payments.
- Volunteer form. We ask everyone to help participate in the swim team, from driving to meets, to helping out with the snack table at home meets. With everyone's help, our meets, fundraisers and other events will be successful.

This season we would like to welcome Andy Green as head coach and our two new assistant coaches, Rachele Van Arsdale and Anna Rose Elson.

Anna recently graduated from Allegheny College in Meadville, PA with a BA in Communication Arts. Anna swam for the Varsity Swim team at Allegheny College all four years and taught swim lessons in the local community. Anna was the Assistant Swim Coach of the University Swim Team in Piscataway, NJ. for three summers before she moved to Clementon, NJ. Anna has been swimming since she was 4 years old for various swim teams including University, the Highland Park Y Stingrays, the East Brunswick Y Riptide and the Allegheny Gators. Anna is a certified lifeguard and YMCA swim lesson instructor. Anna has been teaching swimming lessons since she was 15 years old. Anna is very excited to begin working with the Gloucester County YMCA Riptides Swim team.

Rachele says it very simply, "I love to swim and I love to teach others how to swim". Rachele participated in Varsity Swimming in High School, as well as, the U.S. Team Suffolk. Anna attended Stonybrook training camp for competitive swimmers. Rachele just recently moved here from New York to attend Rutgers School of Law. While living in New York she coached at an YJCC Swim Team, the Dolphins, which went on to win the championships this past season. Anna is also a certified NYSED Teacher (elementary) and a Special Olympics Swim Coach.

Please feel free to contact me if you have any questions pertaining to any of these forms or with Swim Team related stuff.

Respectfully,

Andrea Godshall
Aquatic Director