

A photograph of a swimming pool with several swimmers in motion. The water is a vibrant blue, and white lane lines with blue floats divide the pool into lanes. Swimmers are visible in the lower left, center, and upper right, creating splashes and ripples in the water. A large, dark blue curved shape overlays the bottom right portion of the image, serving as a background for the text.

Antioch Aces Parent Meeting

April 24, 2025

A swimmer in an orange cap and black goggles is captured mid-stroke in a swimming pool. The water is a vibrant blue, and lane lines with blue and white floats are visible. The background is a solid blue gradient.

Meet the Coaches

Coach Madison-Head Coach

Coach Josslyne-Assistant Coach

Other coach TBD if needed

We are affiliated with James River Aquatic Club (JRAC)

[Link to JRAC Website](#)



Meet your Parent Resources

Deanna Harding-Antioch Swim Team Parent Rep

Amanda Dean-Wilson-JRAC Rep/Antioch Referee

Jake Poarch-Antioch Referee

Katherine Poarch-Antioch Treasurer



Swim Season is starting
early this year!!!



Swimmer Evals at the Chickahominy YMCA Indoor Pool

Monday, May 12 and Tuesday, May 13 from 4:30p-5:30p

-All new swimmers, attend when able during the timeframe,
ONLY attend one day, waiver to be done on arrival at YMCA

What to expect? Swimmer to swim one length of the pool in less than 3 minutes. OK to pause and briefly hold the lane line if needed.

A photograph of a swimmer in a pool, viewed from above. The swimmer is wearing an orange cap and is in the middle of a stroke, creating a splash. The pool has lane lines visible. The background of the entire slide is a solid blue color.

Dryland Team Practice at Antioch Pool

All Ages

Wednesday, May 14 and Thursday, May 15 at 5:30- 6:30 p.m.

What to expect?

Swimmers to begin core training and get to know their teammates! Bring a towel! Bathing suits not needed yet. Wear athletic clothes and athletic shoes.

A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool. The water is a vibrant blue, and a lane line with alternating white and blue floats is visible in the foreground. The swimmer's head is above water, and their arms are extended forward.

Practice Schedule May 19 through July 5

Monday, Tuesday, Wednesday and Thursday Evenings

- Ages 8 & under 5:00-6:00p
- Ages 9-10 6:00-7:00p
- Ages 11-18 7:00-8:00p

Friday Evenings-all ages at 6p-7p

- includes Awards once Meets begin in June

Saturday Mornings-all ages at 9a-10a

A swimmer in a pool, viewed from above, with lane lines visible. The swimmer is wearing a blue cap and is in the middle of a stroke, creating a splash. The water is a clear blue.

Starting June 9 - July 7 Morning practices offered in addition to practices on previous slide

Monday, Wednesday, Thursday, Friday Mornings:

- 11-18 years old: 8-9a
- 10 years and younger: 9-10a
- No morning practice Tuesday mornings because Monday meets can run late

Saturday Mornings-all ages at 9a-10a

A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool, with lane lines visible. The background is a solid blue color.

CHAMPS Practice Schedule July 8-July 16

Practice only for those swimming at CHAMPS (July 16)

- Qualifying times are posted at the pool and linked here: [CHAMPS](#)
- Practice times will be determined by the number of qualifiers but typically follows similar morning and evening practice times.

Saturday JULY 12-CHAMPS Qualifiers Celebration

- Practice 9a-10a followed by CHAMPS Breakfast (hosted by parents)

A swimmer in an orange cap and swimmer's cap is swimming in a pool, creating a splash. The pool has lane lines. The background of the slide is a solid blue color.

Important Notes about Practice

- Please leave coaches to coach during practice time.
- Your swimmer may attend as many practices as you would like.
- There is no swim practice on Tuesday mornings after swim meets.
- If a swim meet is postponed due to weather:
 - Tuesday morning practice would take place at normal morning times and there would be no morning practice after the rescheduled meet.

A swimmer in an orange cap and black goggles is swimming in a pool, creating a splash. Lane lines are visible in the water.

Important Notes About Weather

Summer weather can greatly affect outdoor summer swim!

Thunder and/or Lightning means we are out of the pool and off the pool deck for 30 minutes from the MOST RECENT occurrence.

The coaches will determine safety and whether to wait it out, move to dryland practice or cancel practice. Swim meet delays or cancels are decided by coaches and swim team reps. Please do not assume practice or meets are cancelled. Announcements will be communicated via the Team Remind App.



Remind App -

**our primary way to
communicate team
info, weather delays
and cancellations**

**To Join:
Text this message**

@acessw

To 81010

Apparel

Swimsuits: [Link to Antioch Aces Store on Swim Outlet](#)

- You can wear your suit from last year.
- You do not have to wear the team suit, but you cannot wear a suit with another team logo on it or with ties.

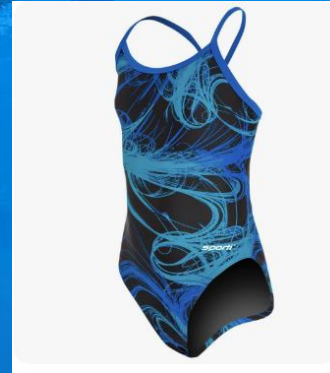
Swim Caps: We will provide 1 swim cap per swimmer.

- You cannot wear another team's cap nor any design during swim meets. Those are fine for practice though!

Sweatshirts, sweatpants, tanks, shorts, and shirts are all available from SwimOutlet link above!

- The customization will take longer to create and ship, so order early for timely delivery.

- Link will remain open to order throughout the season!



A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool, with lane lines visible in the background. The image is partially obscured by a blue overlay containing text.

Important Dates

- No Practice: May 26 and July 4
- Weather delays/cancellations will be communicated via Remind App
- Team Pictures & Individuals Pictures: TBD
- CHAMPS: Wednesday, July 16 at Swim RVA
- End of the Season Banquet
Thursday, July 17 at Antioch: 5:00 pm,
(Rain date will be Friday, July 18 at 5:00pm)

A background image of a swimmer in a pool, with lane lines visible. The swimmer is wearing an orange cap and is in motion, creating a splash. The water is blue, and the lane lines are white with blue and yellow floats.

Meet Schedule

(Also on JRAC website)

- **Monday, June 2 – AWAY-Antioch at Ginter Park**
- **Monday, June 9 – HOME-Sandston at Antioch**
- **Monday, June 16 – HOME-Richmond Country Club at Antioch**
- **Monday, June 23 –AWAY-Antioch at Swim RVA NORTH (301)**
- **Monday, June 30 – HOME-Honey Meadows at Antioch (SR Night)**
- **Monday, July 7 – AWAY-Antioch at Anirav**
- **Wednesday, July 16-CHAMPS at Swim RVA (if qualify)**



Meet start times are 6:30p, but your swimmer will need to be present and checked in at least 2 hours prior to the start of the meet to ensure events and relays are correct and to warm up.

If your swimmer is not checked in on time, they could be scratched from all of their events for the meet.

A swimmer in a pool, viewed from above, with lane lines visible. The swimmer is in the middle of a stroke, creating a splash.

How Meets and Meet Entries Work

- Meet Entries will be posted Saturday before a Monday meet.
- Swimmers can swim a maximum of 3 individual events and one relay.
- Novice stroke each week allows additional swimmer entries in that stroke.
- Time standards are posted at the pool and here: [JRAC Time Standards](#)
- Antioch is a meter length pool.
- The coaches are balancing what is best for the team and what is best for the swimmer.

Girls 8 & Under					
	XX	X	R	QUA	N
25 Free	18.54	19.88	23.59	28.14	
25 Back	22.43	24.05	27.60	32.75	
25 Breast	24.60	26.70	29.95	35.36	
25 Fly	21.37	23.44	27.63	33.78	

A photograph of a swimmer in a pool, viewed from above, with their head and arms visible above water. The pool has lane lines. The image is partially obscured by a blue gradient overlay.

Missing a Swim Meet?

- It is very important we have this information in order to have accurate meet entries each week. Swimmers are often in relays and missing a swimmer disqualifies the entire relay.
- Please let us know if you will be missing a swim meet by communicating it to Coach Madison via the Remind app by midnight the night before a meet.
- If you already know of a vacation- please inform Coach Madison via the Remind app.
- If there is a last minute health change, please inform Coach Madison asap via the Remind app.

A photograph of a swimmer in a pool, viewed from above, with lane lines visible. The image is partially obscured by a blue gradient overlay that contains the title and list.

Volunteer Requirements

- We need YOU!! Swim meets are run completely by volunteers!
- We need ~60 volunteers for home meets and ~40 volunteers for away meets.
- It is expected that you volunteer $\frac{1}{2}$ of each meet for each swimmer you have on the team.
- There are many positions that require no previous experience and can be learned on the spot.
- Volunteering will be tracked and any family that doesn't sign up will be assigned to vacant positions.
- A sign-up Genius will be sent out prior to each meet to select your preferred positions. This includes non-certified and certified positions.

Certified Volunteer Positions

2025 Swim Training Schedule

Clinics will be offered in-person on **Sunday, May 18th** and virtual this year.

All in-Person Trainings will be held at

GP - Lewis Ginter (Ginter Park Pool) Recreation Association

3421 Hawthorne Ave.

Richmond, 23222

Thank you to Ginter Park for hosting our in-person clinics. We are very grateful!

All training will last one hour.

Important League Training Information

- **Referee Training** - Needs yearly S&T training or have USS S&T and must attend an annual JRAC training
- **Strokes and Turns** - must be a USS S&T, attend a yearly JRAC training, or complete an online quiz.
- **Starter Training** - must be a USS Starter or attend training. If a JRAC-certified starter has served in that capacity for a minimum of the previous three consecutive years may take online training/ test and pass with an 80%
- **Clerk of Course**: This worker must attend yearly training. However, any Clerk of Course worker who has worked for the previous three consecutive years need not attend the annual training.
- **Head Table** - must attend a yearly training. Any Head Table Worker who has worked the previous three consecutive years need not attend the annual training.
- **Computer Training** - Courtesy training. It is not required.
- **Head Timer** - must complete online training/test and pass with an 80%. Head Timer who has worked the previous three consecutive years need not complete the Head Timer on-line training.
- **Online Training** - This opens **May 1** and closes on **May 18** (Starter & Head Timer).
- **Virtual Trainings** - Registration for all virtual classes must be done for participants to get a Zoom link.

We are looking for parents of our younger swimmers to consider certified positions for the continuity of our team's success! If you would like to shadow a position to see what's involved, let us know. You will be GREAT!

Certified Volunteer Positions

- Certified Position Training is being offered by JRAC in May. There are online and in-person trainings. Please train now for adequate coverage of our certified positions.
- [Click link to see JRAC Training Clinics](#)
- Thank you in advance for your willingness to support the team and your swimmer(s). This is a great way to get a front row seat to the action! Any questions- please reach out to Deanna Harding





Sportsmanship

Conduct Unbecoming of a Swimmer – This was a New Rule started in the 2023 Season

If a swimmer is deemed to be exhibiting conduct unbecoming of a JRAC athlete, which may include but is not limited to being under the influence of illicit drugs or alcohol, use of inappropriate language, bullying and/or taunting, inappropriate and/or unwelcome sexual advances or harassment at a JRAC sanctioned event, this behavior may result in disqualification from one or more events during the event in question, or removal from that meet, to a suspension for the remainder of the JRAC season, which could or could not include the Championship Meet.

Any DQ, or removal from the meet, will be decided on by the following: **Head Coach of both teams, one parent rep from each team, and the Meet Referee** immediately after any of these individuals are made aware of the conduct and any of these individuals feel it rises to the level that requires a conversation. Simple majority of these five individuals is required to levy the punishment. An incident report including the names of the five individuals involved in the decision making, the circumstances surrounding any such DQ or removal from the meet, must be delivered to the VP of Swim within 24 hours of the decision being made. The Executive Board will determine future eligibility of said individual regarding this infraction and any other infractions related to this individual.

It is up to each club to communicate this rule to the swimmers and the parents, etc.

This also applies to any adult/spectator who is deemed to be exhibiting conduct unbecoming of a spectator. The adult may be asked to leave the Meet even if their swimmer continues to compete. Exact wording of the rule to be available before the first Meet. It's not yet available online, but the swimmer language is in the JRAC waiver.

A photograph of a swimmer in a pool, viewed from above, with lane lines visible. The image is partially obscured by a blue gradient overlay.

JRAC Waiver

The following waiver is required to be completed for each individual swimmer prior to them being allowed to participate in a swim meet.

[Link to JRAC Waiver 2025](#)

Please complete ASAP.

- Select ANTIOCH. Select SWIM. Select NEXT.
- Then complete the form and submit.



Communication

- Email: ararecpool@gmail.com

- Facebook

Antioch Aces Page:

<https://www.facebook.com/antiochaces/>

Antioch Aces Group:

<https://www.facebook.com/groups/146783644205856/?ref=share>

- Remind app: Text this message

@accessw

to

81010

- Follow us on Instragram [@antiochaces](#)

A swimmer in an orange cap and black goggles is captured mid-stroke in a swimming pool. The water is a vibrant blue, and lane lines with blue and white floats are visible. The swimmer is positioned in the upper left quadrant of the frame. The background is a solid dark blue gradient.

Important Links

- [Link to JRAC Website](#)
- [Link to JRAC Training Clinics](#)
- [Link to JRAC Waiver 2025](#)
- [Link to JRAC Time Standards-CHAMPS](#)
- [Link to Antioch Aces Store on Swim Outlet](#)



Questions?