

# CCAC News

News from around the pool!  
7240 Sallie Mood Drive  
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Chatham County

March 2010

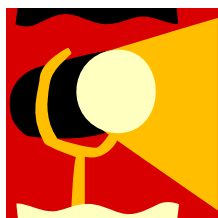
Volume 1, Issue 1



## “Lap Swimming Etiquette” by Kris Taylor

Experienced drivers know that roads are safer and more efficient when everyone observes a few common courtesies and basic rules. Such things are even more important when there are no explicit signs or signals to tell everyone what to do, and when law enforcement can't be omnipresent to actively manage every traffic situation.” (Art Hutchinson) The same applies to the pool when swimming laps. I will share a few guidelines here in a 3 part series entitled “Lap Swimming Etiquette” that will help swimmers make the most of their workout and to avoid injury.

### PART 1. ENTERING THE POOL



John Stockel is the Chatham County Aquatic Center's new Program Coordinator. As the newest member of the CCAC management team, he will be in charge of swimming lessons, water aerobics, in house

The CCAC has designated lanes as SLOW, MEDIUM and FAST. These begin with the open lap lane closest to the revolving door and moving towards the scoreboard respectively. If you are unsure of where these lanes begin, please ask a Deck Manager. Spend a few minutes observing and roughly timing the per-lap pace of swimmers in the pool and pick a lane with a pace as close as possible to what you expect to swim throughout your workout. **When entering a lane with only one swimmer**, the arriving swimmer should notify that swimmer of his/her presence before starting to swim, and explicitly agree with him/her on which format to use (circle or split). **A swim-**

**mer entering a lane being ‘split’ by two people** (each swimming up/back on their own side) should be sure *before* s/he begins to swim that s/he alerts *both* individuals to the need to change to a ‘circle’ format (everyone swimming counterclockwise\* on the right side of the lane). This is most commonly done by sitting at/on the edge of the pool, or waving a kickboard under water.

**Entering swimmers should allow incumbents** a few laps before expecting them to stop. Incumbent swimmers have an *initial* right-of-way, but not a right to ‘own’ the lane indefinitely or to insist on their own idiosyncratic rules. Continued in April.....

## CCAC Employee Spotlight John Stockel

swimming teams and special aquatic center events. Prior to his move to the Program Coordinator, John worked as a StarGuard certified lifeguard and an Aquatic Center Duty Manager. He also achieved

instructor status for both life guarding and swim instruction. In addition to this aquatic experience, John is a Georgia Certified art teacher with experience in Chatham County Public Schools.

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### Mark Your Calendar.....

- SST Divisional Swim Meet—March 27-28
- Spring Holiday Camp March 29– April 2



# StarFish Swim Team News by Coach Ted

Where should my child go after completing all of his/her swim lessons? What else does the CCAC offer? The quick answer: StarFish Swim Team. The StarFish Swim Team is a non-competitive swim team that prepares your child for a competitive swim team. StarFish gives your child the opportunity to meet other

children, learn flip turns, refine their strokes and prepare for swim meets.

The StarFish Swim Team practice is every Tuesday and Thursday from 6:00—7:00 PM. Tryout today for \$5.00. 10 practices for \$50



The CCAC is open from 6:00 AM to 8:00 PM Monday—Friday and 7:00 AM—6:00 PM on Saturday. The busiest AM hours are between 6:00—7:00 AM due to swim teams.

Noon offers a more relaxed lap swimming time which is perfect for those wanting to swim on their lunch break.

## Peak Pool Usage

Our busiest evening hours are between 4:00—6:00 PM, due to swim teams and swim lesson programs.

Saturday morning lap pool hours are busiest from 7:00—9:00 AM.

However lanes are always available in both the lap pool and recreation pool



4:00 to 6:00 PM is the busiest time of the day to lap swim!

## Please take note of the following closings and special events:

March 17—Sea Kayak  
1:00—4:00 (Rec Pool)

March 18—Special Olympic  
Swim Team ( Rec Pool)  
5:30—7:00 PM

March 20—Sea Kayak  
9:00—11:00(Rec Pool)

March 25—Special Olympic  
Swim Team( Rec Pool)  
5:30—7:00 PM

March 27—28 SST Swim  
Meet. Lap Pool will close at  
11:00 AM on Saturday to  
start the meet. Recreation  
pool will remain open.  
Mar. 29/April 2 Spring Camp