



Team Brochure

Patriot Aquatics

Patriot Aquatics is a competitive swimming program located in Seminole County, Florida. The team was formed in October of 1980 by Clay Parnell, and since that time has become one of the strongest swimming programs in the state.

Over the past ten years, Patriot Aquatics swimmers have achieved the following:

- Age Group Top 10 National Swimmers
- State Age Group and Senior Record Holders
- Florida Junior Olympic Championship
- Top three finish at the Junior Nationals
- State High School and Individuals State Champions
- High –School All-Americans
- Junior National Finalist & Champions
- Senior National Top 10 & Champion
- Olympic Trial Qualifiers & Finalist
- Olympic Trial Qualifiers & Finalist
- Olympic Festival Contestants
- U.S. National Team Members
- College Scholarship Athletes



We take pride in the outstanding accomplishments of some of our past swimmers. However, we continue to strive to help our athletes achieve more in the present and future.

Team History

Patriot Aquatics was founded by its head coach Clay Parnell in 1980 as Parnell's Barracudas. With a dozen swimmers and some enthusiastic parents the group has to first raise over \$11,000.00 to pay for a heating system for the Westmonte pool in Altamonte Springs. With that done, the team rapidly expanded not only in numbers but in performance to become one of three top age group programs in the state.

In 1985 Parnell built a fitness and Aquatic Club with a 25 yard 8 lane pool for the team and the public. Although the team made some fantastic strides at both the age group and senior level, the fitness business left a lot to be desired and the club went out of business in 1988.

About the same time Parnell's Fitness & Aquatic Club was built, the team became the Stars of Central Florida. During this time numerous age group state records were set and out senior swimmers made inroads to national competition. Two of our swimmers broke Jr. National Records and our girls finished 3rd at the long course Jr. National meet, the **Best** finish of any Central Florida Team **Ever!!**

During this same time the Lake Brantley girls High School team began their domination of high school swimming in the State, winning or finishing Runner- up in the state in the State 8 times in 9 years with 4 straight wins.

Our team then moved to the Longwood Aquatic Center until that was condemned in 1990 at which time we moved back to where we began, the Westmonte Aquatic Center.

During the next 3 years, Parnell was instrumental in assisting the LBHS Booster club in building the new athletic complex for the school. In the 1994 the new complex was opened and our team had finally found a permanent home.

Patriot Aquatics and Lake Brantley Coaching Staff

Clay Parnell

Head Coach Clay Parnell coaches Senior 1 & 2 and one of the Age Group training groups and oversees all aspects of Patriot Aquatics. With over **28** years of **coaching experience** and over 15 more of competitive experience as a swimmer, Clay is able to draw from a wealth of background in relation to swimmers of all ages.

Over the years Coach Parnell has kept this program going under circumstances that would have ended the career of most coaches. Under the most limiting of circumstances he was able to continue to produce outstanding performances from the state record holders to **nationally ranked competitors**.

Coach Parnell is originally from Ft. Myers, FL and attended the Bolles School in Jacksonville for six years before earning a scholarship to Auburn University. Coach Parnell graduated from the University of Central Florida with a B.S. in Business Management.

Coach Parnell draws from his experience as a swimmer under many prestigious coaches including Randy and Eddie Reese of the University of Florida & Texas, both Olympic Coaches.

Over the years Coach Parnell has received the Florida Swimming Senior Coach of the Year, Florida High School Coach of the year, Southeast coach of the year and 1990 was nominated with 7 others for the National High School Coach of the year. Coach Parnell has served as the President of the Florida Swim Coaches Association and on the Florida Swimming Board of Directors.

Coach Scott Caron

Scott, a native of Largo, Florida, comes to us from the North Central Florida YMCA, where he was the Aquatic's Director and head swim coach. With his 12 years coaching experience he has gained an American Swim Coach Association (ASCA) Level 4 certification and is a past president of the Florida Swim Coaches Association (FSCA). In 2001 Scott was USA Swimming select distance camp assistant coach and in 2002 received the ASCA Award of Excellence. In 2003 he was as speaker at the Eastern Coaches Clinic.

Some of the achievements of Scott's swimmers include: 4th place girls finish at the YMCA national championships, 7 USA Swimming Academic All-Americans, over 20 college swimmers, 7 high school All-Americans, 2 Florida Swimmers of the Year, 12 Junior National Qualifiers, State Record Holders, YMCA National Record Holder in 5 events, and 2004 Olympic Trial Qualifier.

Scott coaches our Blue and Gold groups with an emphasis on creating a competitive training environment with a keen eye on stroke technique. He is married to Thuy with 1 child, Grace.

Coach Mike Hermes

Mike comes to us from Illinois where he competed for many years. Mike graduated from Valparaiso in Indiana, where he swam, with a teaching degree. He is a long time Swim America Instructor with 3 years of competitive coaching experience. Mike and his wife Cara have a toddler named Dream. Mike works with the White and Blue swimmers with an emphasis on stroke and turn technique and moving his swimmers toward a more challenging training environment.

Coach Amy Lo

Amy started coaching the Age Group 2 group in May of 2006. Prior to that, Amy was finishing her masters degree at FSU and coaching at a local age group team in Tallahassee.

Amy swam with PA for over 10 years and was a stand out swimmer for Lk Brantley, holding the team record in the 500 free. Amy was a member of the FSU Swim Team for four years. She is a second grade teacher at Wolf Lake Elementary.

Coach Shea Davis

Shea works with the Stars and Stripes swimmers teaching strokes, starts and turns. He will introduce training procedures and racing to our newest team members.

Shea swam competitively for 6-8 years and is part of our Swim America Lesson program.

Team Structure

Age Group

The Patriot Aquatic Age Group program's focus is to teach our team members to become commitment oriented, punctual, open to instruction, instilling within each member the value of hard work and its relationship to achievement and success. We do this in an atmosphere that is both positive and fun.

As an added benefit, our program will give each child the opportunity to develop those ideals of sportsmanship, self-esteem, and pride that will serve them throughout their life.

The team is separated into two groups. The Age Group team is made up of swimmers age 6-14 and Senior Team is made up of swimmers ages 14 and older. Within each group there are separations according to speed and commitment level. This is done within each practice by grouping the swimmers into different lanes.

Competitive swimming is a sport which develops a positive work ethic, self-discipline, and encourages goal-setting. For a truly successful experience, family involvement is important. As part of the team, we encourage you to become involved in making Patriot Aquatics the best. We can't spell SUCCESS without yoU!

See Time and Fee Schedule on Page 9.

Seniors

As a Patriot Aquatic swimmer you can expect to be challenged to be the best that you can. We believe in doing what it takes to achieve the highest level of success according to each individual's desire based upon their talent level, commitment and experience.

In working to achieve these goals our training regimen is performance based. That is, we do not work out for the sake of training but for the purpose of obtaining special performance related results. To that end we believe in doing what it takes to achieve these goals.

Our training is demanding, but we believe in keeping it fun within a disciplined structure. However, we also believe it is necessary for our athletes to participate in alternate activities offered within their communities, churches and families.

See Time and Fee Schedule on Page 9.

Stars and Stripes

This group is for new team members and beginning swimmers. This level is especially good for swimmers graduating from our lesson program, creating a smooth integration into the team. The purpose of this group is to teach the 4 competitive strokes, learn how to do starts and turns in

every event, learn the rules to competing, learn how to use the pace clock for practice purposes, and to learn what Patriot Aquatics and United States Swimming is all about. Within this program we will also be doing some fun type activities and viewing swimming videos. This phase of the swim team is meant to be a limited time phase, 1-6 months, and prior to moving to the next level.

Mon.-Fri. 1 Hour per day

Red

Ages 6 & Up with limited swimming experience. An emphasis on stroke instruction and learning the basics of competitive swimming. Swimmers begin attending meets at this level. Practice attendance is voluntary, but at least 2-3 times a week is encouraged.

Mon.-Fri. 1 Hour & 15 Minutes per day

White

Age Group 3 is for children who have learned the rules of competitive swimming, the basics of stroke technique, and are at least 9 years old. Stroke work and speed is stressed at this level, while having fun. Children at this level practice at least 3 x per week and attend meets approximately once a month in the Orlando Area.

1 ½ Hours per day 6 days per week. (See Time and Fee Schedule on Page 9)

Blue

This group is primarily for swimmers ages 8 & up. This is for swimmers who have shown the ability to excel in practices. Stroke work is still stressed as the work level is more advanced. Practice attendance is encouraged at least 3 times a week. Practices are 1 ½ hours per session. Six practices per week are offered. Practice sessions are 2,500-3,500 yards.

1 ½ Hours per day 5 times per week

1 ½ Hours Saturday (See Time and Fee Schedule on Page 9)

Gold

Coach Caron is responsible for overseeing the practices for this group. This group is for swimmers ages 11 & up who make a commitment to attend at least 5 practices per week. This group is for swimmers who are able to meet the vigorous training demands of a pre-senior type program. Summer training programs may increase to 2 a day practices 3 times per week. Stroke work is still focused on although not as much as with groups 1-4. Practices offered per week- 8. Dry land training and running may also a big part of the training regimen of this group.

½ Hour of dry land training/running

1 ½ Hours per practice 5,000 + per practice

2 ½ Hours on Saturdays (See Time and Fee Schedule on Page 9)

Senior 1

This level is for High School swimmers either just starting out or those wishing to train with a minimum commitment toward training. Practices are offered 5 days per week for 2 ½ hours per practice. Swim meets are voluntary. This program also serves as the conditioning program for our water polo players.

(See Time and Fee Schedule on Page 9)

Senior 2

This level is for the swimmer who has specific achievement goals and has made a commitment to train in order to accomplish those goals. The athlete must have the necessary training background in order to participate. This group is specifically for the swimmer who has the desire and ability to compete on a national level. Practice attendance is mandatory. Seasonal meet schedules must also be adhered to. 9 practices per week are scheduled during non summer months, 14 per week during the summer. Average practice yardage depends on group. Sprint and mid distance average 6,500 per day during non-summer and 9-11,000 during the summer. Distance swimmers- 7,000 per day non-summer and 11,000-14,000 during the summer. Weights are 3 times per week. Dry land 2 times per week during the non summers.

- As swimmers improve and age up from one age group to another they will be moved up as long as they meet the training demands of that group.
- It must be a mutual decision between the coaches and swimmer as to whether the athlete will move up to a group with minimum training requirements.
- Most competitions are local, however when a swimmer progresses to higher and higher levels of competition they may travel out of the area occasionally. Meet schedules for each group are chosen by the coaches.

Location & Training Facilities

Patriot Aquatics enjoys the **most ideal training** situation in the state. Our program has **two locations** the Lake Brantley Aquatic Center located on the Lake Brantley High School campus in Altamonte Springs, and the Longwood Aquatic club pool located off Markham Woods Road in Longwood.

The Lake Brantley Aquatic Center (LBAC) facility is 25 yards by 50 meters and has 2 stainless steal bulkheads as well as all of the competitive equipment necessary to train swimmers and host meets at all levels. Weight training takes place in Lake Brantley's new weight room adjacent to the pool as our dry land training is also right next door at the school's stadium and track. The pool is heated to 82 degrees in the winter and cooled to 80 degrees in the summer. Not only does the Patriot Aquatics have the use of this facility but we also manage the entire operation of the

aquatic center. Our team is totally computerized, using all of the Hytek swimming programs as well as the System 5 Colorado timing system.

For senior swimmers we offer more **continuity of training** than any other program. Our swimmers who attend Lake Brantley High School are coached by the same coach as they are for club swimming. This eliminates a number of conflicts that usually arise when these programs are different coaches. This is another reason why we encourage all of our swimmers to live in the Lake Brantley High school district. Lake Brantley has long been recognized as one of the top high schools both academically and athletically in the State of Florida.

Outstanding swimming programs, unbeatable facilities, and a great education makes for a fantastic situation for all of our athletes.

Other Patriot Aquatic Programs

Swim America- Learn to swim program, Water Polo, Diving, Masters swimming



Pro Rated Fees

Fees are only pro-rated for the first month of swimming if appropriate. Under no circumstances are fees for ongoing monthly programs pro-rated due to sickness, vacation or to other missed practices. If for some reason (vacation or dropping out of the program), you will not be in the program for any on calendar month or more period, **written notice must be given prior to the beginning of the month** in order to clear any charges that may come due.

Vacation Time

Practices will be offered year 'round, however, our senior swimmers will have specific 2 week break periods following each of the 3 seasons during the year.

Meet Entry Fees

Meet entry fees range from \$10.00 to \$20.00 per swimmer per meet. Upon "signing up" for a meet, a swimmer is liable for those entry fees regardless of whether or not the swimmer attends the meet.

Swim Meet Entry Procedure

In order to enter a meet a swimmer must sign up for the meet on the sign-up sheet provided. In signing up for a meet, please print your name, age, and the days to compete (i.e. Saturday only or ALL). After a new swimmer has practiced for 4-6 weeks, they usually are ready to compete. Talk to the coach about this first meet. A \$45.00 deposit is necessary for each family upon signing up for the first meet. These funds are used to pay for meet entry fees in advance of attending the meet.

EMAIL/WEBSITE

We use email communications to inform team members of important things going on with the team, or changes in practice and meet schedules. If you would like to sign up to receive our weekly newsletter, please speak to Coach Caron to be added to the e-mail list. Please check your email periodically or check out our website at patriotaquatics.com.

Age Group Awards Program

An awards program is currently in place for your Age Group swimmers.

1. Best Time Ribbons- a swimmer achieving a best time in an event at a meet will receive a "Best Time Ribbon"
2. Swimmer of the Month- Every month a swimmer will be chosen as the "Swimmer of the Month". Swimmers will receive this recognition based on practice attendance, hard work, and good attitude. This swimmer will receive a special "Swimmer of the Month" cap, a certificate and have their name in the monthly newsletter.
3. Other awards- Patriot Aquatics has implemented other awards as incentives for our swimmers to excel to be the best they can be. All of these programs can be found in the information folder when joining our program.

Patriot Aquatics Team Support

Team Support is our financial support fund for Patriot Aquatics. Every year funding is needed to support the activities of the team.

Training equipment, pace clocks, tents, awards, special events and coach's travel and education are all paid for through PA Team Support.



Over \$20,000.00 per year is raised for this purpose.

A monthly fee of \$10.00 per family is charged for team support. In addition Patriot Aquatics hosts several events per year at Lake Brantley Aquatics Center.

Families can further add to the Team Support fund while helping themselves by participating in fundraisers throughout the year. ½ of all funds raised by each family through their participation in fundraising projects will be deposited in their own meet entry fee account. These funds may then be used to help pay for meet entry fees or travel expenses.

TEAM SUPPORT POLICIES

- \$10.00 per month per family
- ½ of all funds raised through a family’s participation in PA fundraisers will be deposited in their Meet Entry Fee Account to be used to help pay for meet entry fees.
- A family may be reimbursed for meet travel expenses by turning in receipts for these expenses.
- Specific purpose fundraisers do not apply to the 50% split
- Maximum reimbursement per year per family - \$1,000.00

Practice Schedule-Patriot Aquatics

Seniors (Fall/Winter/Spring)

3:00 p.m.-5:30 p.m.	Monday-Friday	Swim
5:30 a.m.-6:45 a.m.	Mon-Wed-Fri	Weights*
8:00 a.m.-9:00 a.m.	Saturday	Dry land*
9:00 a.m.-11:30a.m.	Saturday	Swim
2:30 p.m.-3:00 p.m.	Wednesday	Dry land0

*senior 2 members

*13-14 year old Age Group swimmers may also lift weights.

Age Group Practice Schedules

Stars and Stripes

Monday- Thursday 5:30- 6:30 pm

Red

Monday- Friday 5:30- 6:45 pm

White

Monday- Friday 5:30- 7:00 pm
Saturday 9:15- 10:45 am

Blue

Monday, Wednesday, Friday 5:30- 7:00 pm
Tuesday & Thursday 5:00- 7:00 pm
Saturday 8:00- 10:30 am

Gold

Monday- Friday 5:00- 7:00 pm
Saturday 8:00- 10:30 am

Age Group (Fall/Winter/Spring) - 1 ½ Hour swimmers

5:00 p.m.-5:30p.m.	Monday-Friday	Dry land
5:30 p.m.-7:00 p.m.	Monday-Friday	Swim
8:30 a.m.-10:30 a.m.	Saturday	Swim

Fee Information-Patriot Aquatics

Groups:	Stars and Stripes	Red	White	Blue	Gold
	\$49	\$59	\$69	\$79	\$89

\$49 per month- second family member

\$39 per month- each additional family member

Senior:	1	2	Team Support \$10.00 per month per family
	\$79	\$129	

Registration

A registration fee of \$60.00 per swimmer is charged upon joining the team. Each new swimmer will receive a team T-shirt upon registration. In subsequent years the annual registration fee shall be \$52.00 per swimmer. A copy of each swimmer's **birth certificate** is also needed if this is the **first time** that a swimmer is **registering** with the team. This fee registers each swimmer with Florida Swimming and U.S Swimming if necessary.

Fee Payment

All **fees** are due by the **first of each month** in advance of services rendered, and, if not paid by the 10th of the month, are deemed late. Fees not paid by the 10th of the month will have a **late fee of \$11.00** added to the bill. PA will then **automatically charge** your credit card for the **total amount owed**. Fees are billed usually by the 25th of each month.

Patriot Aquatics/Lake Brantley Hall Of Fame

A Hall of Fame has been established for outstanding members of Patriot Aquatics and Lake Brantley High School. It is located on the conference room adjacent to the pool office.

Parents are invited to use the conference room/ Hall of Fame as a lounge during practice hours. **Athletes are not allowed in the room unless accompanied by a Coach.**

Please visit our Hall of Fame as we recognize our High School State Champions, record Holder, and All Americans as well as our Junior National, Senior National, and Olympic Trial Qualifiers, Finalist, and Champions. Also, we have added to our resume a 1996 Olympic Gold Medalist (Brad Bridgewater 200m Backstroke). We want all of our team members to develop a sense of Pride in knowing that they are part of a great tradition.

Parents:

Remember you can always be the difference, get involve in our team throughout the different committees. For more information contact Clay at (407) 862-2207.

Your help is always appreciated.