

NEW
PROVIDENCE

PALISADIUM



JERSEY AQUATIC CLUB



The Jersey Aquatic Center Vision

The Jersey Aquatic Center provides opportunities for swimmers regardless of race, gender, or creed to reach their highest personal potential as individuals, scholar athletes, and teammates. Success is more than one's place at the finish of a race. We strive to create an environment where scholar-athletes can explore their many talents and grow in character, physical development, and skill set through the sport of swimming.



Founded in 2023 and Home to the...

2025 #38 ASCA Age Group Medium Sized
(200-400 swimmers) Program Nationally

Virtual Club Championships Rankings

2024 #215

2025 #112

2025 SCY NJ Junior Olympics- 2nd Overall Men's
TEAM

2025 SCY NJ Junior Olympics- 3rd Overall
Women's TEAM

2025 Speedo Sectionals- 7th Overall Women's
TEAM

2025 USA Swimming Futures- 7th Overall
Women's TEAM

1 Olympic Trials Qualifier

4 Junior National Qualifiers

14 Futures Qualifiers

30 Seconal Qualifiers

24 Eastern Zone Age Group Qualifiers

117 NJ State Champs Qualifiers

MEET the Coaches

GRADES 2-5

Carolina Dougher
Stephanie Judge
Marlene Curtis
Patrick Savidge
Laura Riddell
Kathleen Miskiewicz

GRADES 6-7

Carolina Dougher
Walter Mager
Laura Riddell

DRYLAND

Dave Kessell

GRADES 8-9

Dave Kessell
Sylent Crawford
Marlene Curtis

GRADES 10-12

Peter Barry
Dan Dougher
Aytug Akar
Laura Riddell
Steve Husch

SWIMPOWER VELOCITY

Steve Husch



MEET the Out of the Water team

ADMINISTRATION

Elissa Ryan

VOLUNTEERS

Anita Sternberg
Dan Dougher

OFFICIALS

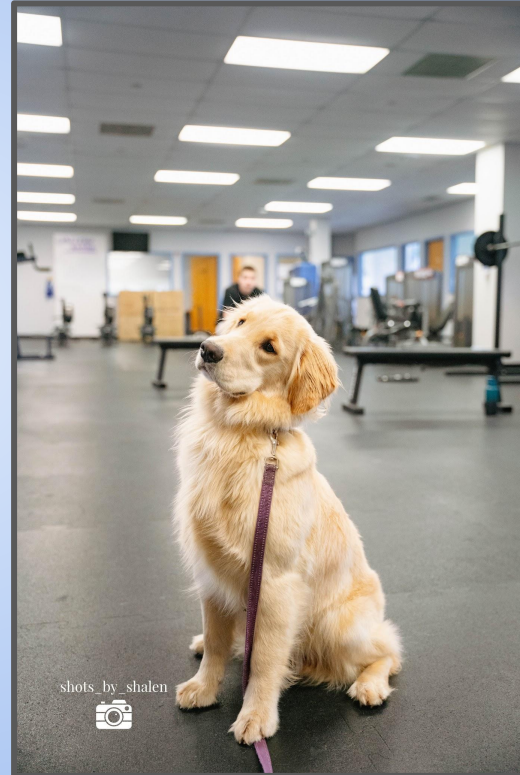
Jim O'Day
Chris Barry
Tamara Cooper

SOCIAL MEDIA

Dan Dougher

EMOTIONAL SUPPORT

Raya



MEET the Everything Else team

STINGRAYS

Aytug Akar
Patti Moulton
Sylent Crawford

SEA STARS

FLEX

SWIM SCHOOL

Ameen King

SWIM TUTOR

CAMPS AND CLINICS

Aytug Akar

TRIATHLON

Aytug Akar

WATER POLO



HOW to communicate

REGISTRATION & BILLING

Elissa Ryan (Remote in Virginia)

E.Ryan@jerseyaquaticcenter.com

Wet Side

On deck coaches, (before or after practices)
and/or Peter Barry

Before/after practice. Never during.

Preference is for coaches to communicate directly
with the swimmer.

Parents parent. Coaches coach.

Dry Side

Elissa Ryan (Remote in Virginia)

Anita Sternberg

swimteamjac@gmail.com



ATTENDANCE

Please alert group lead coaches of absences,
late arrivals, early departures Email to
JacAttendance@gmail.com

INFO to know

Volunteering Opportunities for High School Swimmers:

10th - 12th Grade Swimmers - 6 Hours appreciated, more welcomed!

Younger swimmers look up to our older athletes! We want to encourage our older, wiser swimmers to work, with and mentor our younger athletes.

Many opportunities are available in and around our facility:

- Help out at family events
- Help at 12/under meets

EQUIPMENT

- List on JAC Website
- Online Sales Through California Beach Hut until 9/19/2025
- Logo Suits will not be offered again until 9/2026

ATTENDANCE

Please alert group lead coaches of absences, late arrivals, early departures Email to JacAttendance@gmail.com



Volunteering meets and more!

*Check Your Email
every day prior to
a meet!*

Volunteers are an essential part of ALL meets!

35+ volunteers required to run a single session: Timers, officials, marshalls, runners, hospitality

No Experience Necessary for most jobs (except for Officials)

If your child is entered in a meet, expect to volunteer...

Sign up early to secure the role you want! Prefer families to signup when it works for them, before being assigned.

JAC Team Hosted Meets: (Approximately 1 per season (Fall, Winter, Spring, Summer))

- All hands on deck, ALL families with swimmers entered are expected to volunteer in some way.
- Job Signups will go live at least 1 week prior, and close Wednesday prior
- Open spots will be assigned on Thursday: # of swimmers, past volunteerism, meet/session needs

Once job signups are closed or ASSIGNED, it is the family's responsibility to fulfill or find a replacement, Great reason to get to know your fellow swim families!

NO SHOWS HAVE BEEN PROBLEMATIC! Make every effort to find a replacement AND communicate with Volunteer Coordinator, Coaches focus on swimmers, not chasing down volunteers!!

ALL JAC Families Expected to Volunteer 10 hours Per Swimmer

Swimmers Qualifying for higher level championships: Parents can expect to time more often

Volunteering

meets and more

Help shape the future of JAC and join our Family Engagement Team!

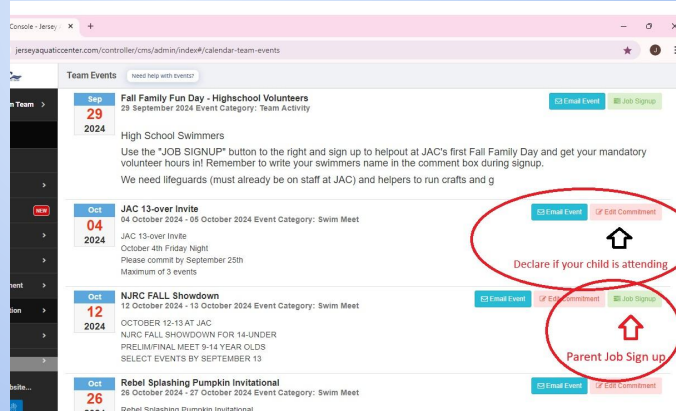
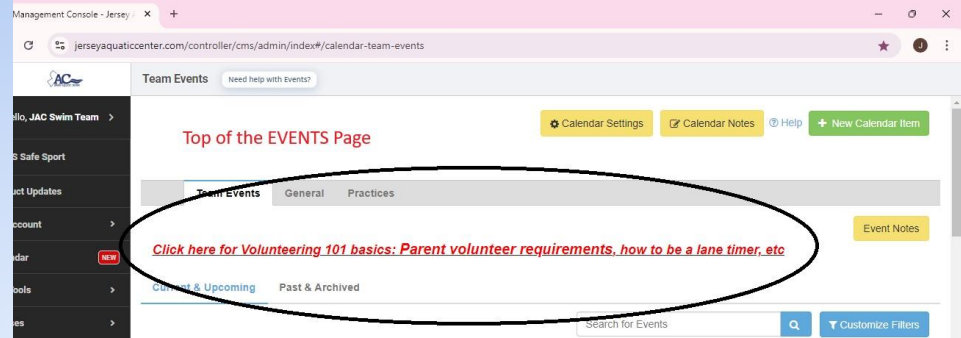
- Social Events
- Apparel Sales
- Communications and Social Media
- Age Group Parents

Plan a single event or head up a committee, all are welcome!

Suggestions or Questions?
Email us
swimteamJAC@gmail.com

Become a USA Official

Email Chris Barry accebarry@verizon.net or Tamara Cooper tamara.araujo85@gmail.com



USE THE WEBSITE

The Odeck App shows limited details!

COMMUNITY **volunteering and more**

Fostering a sense of belonging for swimmers and parents!

Tentative Social Calendar!

September

9/13 Family Open House

Picture Day

October

Senior Media Day

12/u age group events

November

11/22 (Tentative) Parent Social

11/29 Relay Carnival

December

Holiday Parties

12/21 - Ages 13/under

TBD - Ages 14/over

Doubles Week Breakfasts

March

Travel Meets

April

4/23 (tent.) Team Banquet

June

Beach Day?



Events Can't Happen Without Parents!
Help organize an event of your choice!

Email swimteamJAC@gmail.com

MEETS

Entry Procedure/Scratching

We will be operating an "Opt-in" entry policy whereby we will:

- Email meet information with "commit" or decline deadline
- Families Must OPT IN for each meet
- Information emailed as soon as it is received. May be a very short registration period.
- Permit families to select their swimmer's events (retaining coaches final approval or changes!)
- We will ONLY enter swimmers who have "committed" to attend the specific meet
- Once the deadline passes, NO REFUNDS CAN BE GIVEN
- Meets may be invoiced prior to competition.

Meets are "optional" and there are no guarantees that our entries will be "accepted" at all meets...regardless of best efforts...

“Scratching”: Your child is sick, or for whatever reason, cannot attend a meet they registered for.

Please Email:

swimteamjac@gmail.com

No Refunds After Reg. Deadline

MEETS

SHORT COURSE SEASON SEPTEMBER - MARCH

LONG COURSE SEASON APRIL - JULY

BLOCK PARTY

TYPICALLY FRIDAY NIGHTS. TWO HOUR MEETS WHERE SWIMMERS RACE IN MULTIPLE EVENTS AGAINST OTHER INVITED TEAMS (THINK DUAL MEETS) TIMES GO INTO THE SWIMS DATABASE AND CURRENTLY CAN BE USED FOR ALL BUT USA OME ENTERED MEETS (SECTIONALS AND HIGHER)

INVITES

TYPICALLY WEEKENDS. THREE HOUR HOUR SESSIONS WHERE SWIMMERS RACE IN MULTIPLE EVENTS AGAINST OTHER TEAMS

CHAMPIONSHIPS

TYPICALLY WEEKENDS. FOUR HOUR SESSIONS WHERE SWIMMERS RACE IN MULTIPLE EVENTS QUALIFIED AGAINST OTHER NJ TEAMS AT THE END OF EACH SEASON



MEETS

SHORT COURSE SEASON SEPTEMBER - MARCH

LONG COURSE SEASON APRIL - JULY

RACING OPPORTUNITIES

OUR FACILITY ALLOWS JAC SWIMMERS LIMITLESS OPPORTUNITES! THE FACILITY PLAYS HOST TO MEETS NEARLY EVERY WEEKEND!! WE BELIEVE THIS ALLOWS OUR TEAM THE ADVANTAGE TO RACE OFTEN (PRACTICE, PRACTICE, PRACTICE) AND AVAILS FAMILIES THE FLEXIBILITY TO DETERMINE THEIR OWN CALENDAR

LIMITS (THERE ARE NONE!?)

VARIABLES BY AGE AND PROGRESSION, WE EXPECT JAC SWIMMERS TO RACE ONCE PER MONTH AND PARTICIPATE IN CHAMPIONSHIP MEETS THAT THEY QUALIFY

HOW TO ENTER

EMAILS ARE SENT WITH REMINDERS; SWIMMERS SELECT EVENTS, COACHES HAVE FINAL SAY!!

WHAT TO ENTER

CONSULT WITH YOUR SWIMMER AND COACHES. UNSURE? SEND A NOTE!



MEETS Tentative

SHORT COURSE SEASON SEPTEMBER - MARCH

OCTOBER

October 3rd JAC Invite 50s (530pm-800pm) JAC Block Party

October 10th JAC Invite 100s (530pm-800pm) JAC Block Party

October 11th - 12th NJRC Fall Showdown JAC

October 17th JAC Invite 200s (530pm-800pm) JAC Block Party (200 Free Breast IM)

October 18th - 19th STORM Champions Classic JAC (Closed Y Competition)

October 19th - EEX Invite RU (15-over)

October 24th JAC Invite 200s (530p-830p) JAC Block Party (200 Back Fly IM)

October 25th - 26th REBEL Splashing Pumpkin JAC



NOVEMBER

November 2nd FSPY First Frost JAC (Closed Y competition)

November 7th JAC Invite 500s 1000s 1650s (530pm-800pm) JAC Block Party

November 8th - 9th EEX Invite JAC (Saturday P/F, Sunday T/F)

November 15th-16th Fall Fest hosted by JAC

November 17th High School Season Begins!

November 29th - JAC Alumin Meet JAC

MEETS Tentative

SHORT COURSE SEASON SEPTEMBER -MARCH

DECEMBER

December 6 - 7 STORM Candy Cane Classic JAC

December 13 - 14 REBEL SILVER BELLS CLASSIC JAC

December 10 - 13 WINTER JUNIORS INDY

December 19 - 21 EEX HOLIDAY CLASSIC Open Weekend at JAC

December 26-January 1st Winter Training



MEETS Tentative

SHORT COURSE SEASON SEPTEMBER -MARCH (CONTINUED)

JANUARY

January 3rd - 4th NJRC NY Splash JAC

January 9 JAC 8-under Invite (530pm-800pm) JAC Block Party

January 10th - 11th REBEL DREAM CHAMPIONSHIP JAC

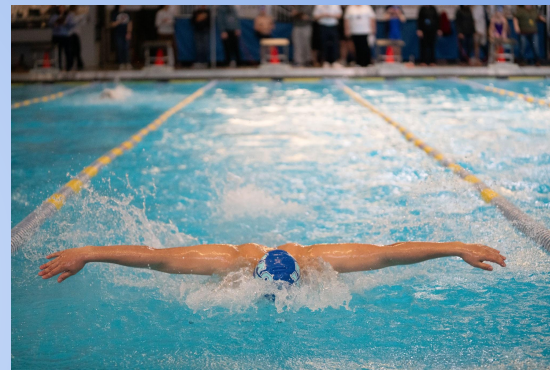
January 17th - 18TH JAC 13-UNDER PRELIM/FINAL JAC (short prelim long final?)

January 19th Essex County Champs JAC (Closed High School Competition)

January 24th DEI Meet JAC

January 25th Union County Champs JAC (Closed High School Competition)

January 31st - February 1st NJS Junior States SCY prelim LCM finals



FEBRUARY

February 7th Rebel Mini Last Chance Wayne Community Center

February 7th-8th YMCA Bronze (Closed Y Competition) JAC

February 13th - 15th YMCA Silvers (Closed YMCA Competition) JAC

February 20th NJSIAA MOC Tournament Wild Card JAC

February 21st - 22nd JAC Hosted Senior States 14-over (Time Standards) JAC

February 20th - 22nd NJS 12-under Silver/Bronze offsite (PU?)

February 27 - March 1 NJS Distance Champs JAC (500s Friday, 1000s Saturday, 1650s Sunday)

MEETS Tentative

SHORT COURSE SEASON SEPTEMBER -MARCH (CONTINUED)

MARCH

March 6th - 8th Rebel Garden StatesChamps (12-under) JAC

March 7th-8th NJS 13-OVER SILVER CHAMPS (Time Standards)

March 14th - 15th 10-under Champs Madison YMCA

March 14th-16th NJ S Gold Champs (Time Standards) ??

March 26th-29TH USA Sectionals (Time Standards) ??

April 1st-4th AGE GROUP ZONES Buffalo, NY

April 1st-5th ISCA INTERNATIONAL 14-under Elite CHAMPIONSHIP MEET ST PETERSBURG, FL
(Time Standards)



MARCH 23RD - APRIL 5TH JAC SPRING BREAK!! (NO SWIM PRACTICE!!)

LONG COURSE SEASON

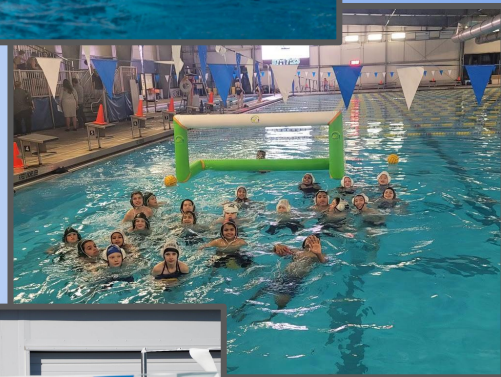
APRIL-JULY

SUGGESTIONS and more

Suggestions or Questions about volunteering, social events, apparel, meet etiquette, and general questions:

Contact: swimteamjac@gmail.com

If we can't answer we'll direct you to the right source.



GO JAC!

Wishing you all a great season!

Swim fast, have fun!

