

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ankeny Family YMCA

ANKENY AQUAHAWKS

Summer 2017

SWIM TEAM
HANDBOOK

www.aquahawks.com

Dear Parents:

The YMCA mission is: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCA strives to build character in all who participate in YMCA programming. The character values of caring, honesty, respect, and responsibility are part of every program the YMCA offers.

The swim team seeks to encourage and motivate each swimmer to develop his or her individual skills and to enhance a strong and healthy sense of sportsmanship, character and self image. Swim team at the Y is a program to create better general life skills, not just produce a great swimmer. The team can only accomplish this through the active involvement of each swimmer and his/her family. We encourage families to be involved in the swim team activities. You may choose to attend a competition as a spectator or volunteer at home swim meets, but know that your involvement at any level is meaningful to your swimmer. Everyone involved in the coordination of the swim team: the administration, aquatics personnel, swim team parent group, coaches, volunteers and more, pledge to make this an experience that will positively shape your child. Thank you in advance for your involvement and commitment to this program. **We look forward to a fantastic swim season!**

Sincerely Submitted,

Your YMCA Directors and Coaches

Key Contacts:

Bob Bredice	Head Swim Coach	robert.bredice@dmymca.org
Gwen Sorensen	USA Swim Coach	gwendolynrsorensen@gmail.com
Kraig Vry	Executive Director	kraig.vry@dmymca.org
Ankeny Family YMCA	Phone: (515) 965-8800	

Minimum Swimming Requirements

To participate on the swim team, each swimmer must meet the following minimum swim requirements without stopping and unassisted:

For swimmers 8 and younger:

- 25 yards of freestyle (with face in the water and side breathing)
- 25 yards of backstroke

For swimmers age 9-12:

- 50 yards of a freestyle
- 50 yards of backstroke

For swimmers 13 and older:

- 100 yards of freestyle
- 100 yards of backstroke

25 yards = one length of the pool

The goal of the swim team is to place children in appropriate levels to maximize instruction and to create a quality learning/practice environment. Placement of swimmers will be decided by the Ankeny YMCA coaching staff.

Practice Schedule:

Non-USA Swimmers: June 5-July 21 & USA Swimmers: June 5-July 26

Practice Groups	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Senior & Senior	6:45-9:00am (8:15-9am dryland)	6:45-9:00am (8:15-9am dryland)	6:45-9:00am (8:15-9am dryland)	6:45-9:00am (8:15-9am dryland)	6:45-9:00am (8:15-9am dryland)
Gold	9:50-11:00am	9:50-11:00am	9:50-11:00am	9:50-11:00am	9:50-11:00am
Silver	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am

Evening Practice (for those who absolutely cannot make morning practices only):

	Monday	Tuesday	Wednesday	Thursday	
Silver	6:30-7:30pm	5:30-6:30pm	6:30-7:30pm	5:30-6:30pm	
Gold	6:30-7:30pm	5:30-6:30pm	6:30-7:30pm	5:30-6:30pm	
Pre-Senior & Senior	6:45-8:45pm (6:45-7:15pm dryland)	6:30-7:45pm	7:30-9:00pm	5:45-7:45pm (5:45-6:15pm dryland)	

*No practice on July 4th

Practice Groups:

ALL Practice groups are based on skill level and not by age. Below is a GENERAL guideline on practice groups:

Senior: This is the highest competitive level practice group offered on our swim team.

Pre-Senior: Practice group for those who are committed to swimming and competing in high levels of competition. Swimmers are able to demonstrate the ability to handle an increased workload & reach the attendance expectation.

Gold: Practice group for those who are able to master all four competitive strokes and turns. This is a competitive training group aimed at continuing to develop strong technical stroke skills and endurance.

Silver: generally ages 11 & Under and NEW swimmers

Previous Aquahawk swimmers will practice in the same group as their previous swim team season. After the first week of practices, if coaches feel a swimmer needs to be moved to a different practice group then the swimmer will be notified.

New swimmers will be evaluated by coaches on New Swimmer Evaluation Night to determine which practice group they will attend.

Most new swimmers with no previous competitive swim team experience are placed in the Silver group.

YMCA Swim Meet Schedule:

Y Meet Dates:	Location:
Tues. June 13	Away@ Marshalltown Y
Tues. June 20	Away@ Walnut Creek Y
Tues. June 27	HOME@ Ankeny Y
<i>Tues. July 4</i>	<i>NO MEET</i>
Tues. July 11	Away @ Knoxville
Tues. July 18	HOME @ Ankeny Y
Sat. July 22	CONFERENCE at Marshalltown Y

USA Swim Meet Schedule:

USA Meet Dates:	Location:
May 19-21@Univ. of Iowa	Iowa City
June 2-4 @Univ. of Iowa	Iowa City
June 16-18 @Birdland Pool	Des Moines
June 23-25 @Mason City Pool	Mason City
July 7-9 @ Grinnell College	Grinnell
July 22-23 8&U Champs/ISI Regionals	Valley H.S.
July 27-30 ISI Champs @Univ. of Iowa	Iowa City

YMCA Swim Meets on Tuesday evenings typically begin at 6:00pm with warm-ups around 5:00pm for Home Meets and 5:30pm for Away Meets. Once we receive the meet information from the host team, then we will post it on our team website. Swimmers are encouraged to participate in as many swim meets as possible. You must be a registered USA swimmers as of April 17, to compete in USA swim meets.

Swim Team Fees Required at Registration:

You do not have to be a YMCA member to participate on the Aquahawks swim team for the summer. This is required for the winter season only. **Two separate payments are due in order to complete the registration in-person at the front desk:**

***YMCA Program Fee:** NON-USA SWIMMERS: \$150 for ymca members or \$190 for non-members

USA SWIMMERS: \$160 for ymca members & \$200 for non-members

***Aquahawk Team Fee:** \$10 per family (separate payment made to: Ankeny Aquahawks – cash or check only)

Communication

We use a variety of different ways to communicate information to our swim team families that are listed below:

- Our team website is www.aquahawks.com. This is our primary source for information. Please make sure you check our team website for informational flyers, schedules, meet locations, meet sign-ups, announcements, etc.
- Join our Ankeny Aquahawks Facebook page.
- For coach, swimmer & parent communication purposes we use e-mail as the primary source of communication. You will receive e-mails from the Executive Director, Aquatics Director, Head Coach and team website. ALL e-mails listed by parents on the registration packet will be used to contact for the season. A brand new e-mail list is put together every season to contact parents. PLEASE notify the Aquatic Director if you change your email address during the season.
- Throughout the swim season, family file folders are located in the pool area near the main entrance of the pool. The file folders will be used to distribute printed information (as needed) and swim meet awards.
- If you have any questions, please talk with coaches during a non-practice time (before or after practice), or set up a time that is convenient for everyone. Please do not talk to the coaches when they are running practices.

Swim Team Practices

- Swimmers need to attend at least three practices a week. Please remember that skills will be best developed by regular practice attendance.
- We have practices offered to attend either in the morning or evening for your assigned practice group. Most swimmers typically will attend the morning practice time. If your swimmer has a conflict with a morning practice, then they can attend the evening practice time.
- Dryland practices will be held either outside or in our Y facility. Swimmers will need to wear appropriate clothes for dryland workouts. Scheduled dryland practice times for assigned groups are required to attend.
- If your swimmer has a medical condition or injury that limits them from doing certain exercises, PLEASE make sure this information is filled out on the registration form and NOTIFY THE HEAD COACH.
- If necessary due to numbers, some practices may be adjusted by the head coach/aquatic director.
- Parents will be notified by email if there are any changes to the normal practice schedule. We will also post practice cancellations on our team website. There will NOT be practice on the Fourth of July holiday.
- No make-up practices will be scheduled due to cancellations, holidays, etc. If coaches are able to schedule a make-up practice, then an e-mail will be sent to parents. No refunds or credits will be issued because of cancelled or missed practices.

Swimmers Should:

- Have a **water bottle for every practice available on the pool deck by the lane you are practicing in.**
- Have equipment available and goggles adjusted before every practice. Always have an extra set of goggles and an extra swim suit with you in your bag available for practices and swim meets.
- Put belongings in the locker rooms or bleacher area of the pool. It is highly recommended to bring a lock and lock your belongings in a locker during practice, but you may not leave belongings locked overnight.
- Quietly wait on the pool deck next to the bleachers until practice begins with directions given from a coach.
- Begin each workout set on time and finish each set with a legal swim stroke finish all the way to the wall.
- MAINTAIN proper spacing between swimmers for workouts. You need to watch the pace clock before you leave the wall & have at least 5 seconds of spacing between you and the swimmer in front of you.
- Swimmers will circle swim in the lane. If a swimmer needs to pass another swimmer, lightly touch the swimmer's foot in front of you when attempting to pass (do not pull, yank or hit swimmer). DO NOT stop while swimming in the lane to let the swimmer pass. If needed, stop at the wall to let the swimmer pass.
- Treat others with respect and do not interfere with the ability of other swimmers to complete their workout.
- Listen and follow directions from coaches with no talking during instructions & head above the water.
- Follow all pool and facility rules. (Do NOT play with Y equipment/pool toys and please stay off lane lines)
- Any equipment used by direction from a coach, needs to be put back in its proper place by the swimmer.
- NO swimmers allowed in the pool office. YMCA staff only are allowed in the pool office.
- **Uphold the YMCA mission statement, philosophy, and character values.**

The following progressive discipline steps will be taken if deemed necessary:

1. Verbal warning to swimmer.
2. Swimmer sits out for 5 – 10 minutes.
3. Swimmer will be asked to leave the activity or event for the day. A report will be filed by a coach.
4. If more than 3 behavior reports, swimmer may be asked not to participate for an extended period in team activities or expelled from the team. This action will be communicated by the Head Coach or Aquatics Director to the parent and swimmer.
 - If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of the repair or replacement.
 - Progressive discipline strategies will vary for different age groups.

Parent Responsibilities

- Volunteer to help us run our home swim meets and other assigned meets.
- Encourage your child to plan, set, strive and achieve their goals.
- Be uplifting, supportive and patient. Each swimmer progresses at a different pace.
- Make sure your swimmer is on-time & has good attendance to the scheduled practices for their group.

YMCA Locker Room Etiquette- When swim team is in the locker rooms, there are a lot of youth in one area. Our locker rooms are used by all members/patrons at the Y. Please remind your swimmers to be respectful while using the Y facility and pick up any trash or Y towels left in the locker rooms.

Swimmers need to bring their own towels for practices. If a YMCA towel is used, swimmers **MUST** put it in the proper towel bin after use.

YMCA Check-In Policy

It is very important to the Ankeny Family YMCA that we account for all members and participants in our facility. Each participant on the swim team will check in at the welcome center by using their issued YMCA membership card. If you are a program member, please check in with your information.

Lap Swim Policy

1. Lap Swim is designed to be a workout.
2. We ask swimmers to share lanes and circle swim during their workout.
3. Lanes are first come, first serve.
4. **ADULTS GET PRIORITY DURING LAP SWIM**
5. Swimmers must be doing CONTINUOUS LAPS during lap swim times

It is also the policy of the YMCA of Greater Des Moines that private instruction can **not** be conducted in our pools, unless they are registered for our YMCA private swim lesson program during the dates/times offered. Private lessons are for those beginner swimmers who need more one on one individualized attention in swim lessons.

Diving/Starting Blocks: Diving is not allowed at the Ankeny YMCA pool, unless it is during a scheduled Y program time with a current Ankeny Y certified Swim Instructor or Coach. Diving/starting blocks may NOT be used by anyone at any other times.

YMCA Media Policy

The YMCA of Greater Des Moines can utilize the local media to communicate its mission and programs. In order to assure the most effective use of media, all public relations activities should be coordinated through branch staff and Media Relations. When you have identified a potential story idea or the media contacts branch staff about a story, after a story has been written, it must be approved through the branch staff and media relations director.

AQUAHAWK TEAM WEBSITE LOG-IN INFORMATION

On our team website, www.aquahawks.com, parents will “sign in” using an email and password to have access to certain features on our website. These features include being able to sign up for swim meets and volunteer positions. You will also be able to view meet results, team records & find your swimmers best times.

How to create a “sign-in” account with e-mail and password for our team website (first time users):

An automated email will be sent from our team website to new parents when the season begins with instructions on how to set up a “sign in” account & create your own password. Please follow these instructions and click on the link given in the email for you to create your own password with your email account. The automated email with instructions will be sent to the PRIMARY E-MAIL ADDRESS THAT YOU LISTED ON YOUR SWIM TEAM REGISTRATION FORM. If you would like to use a different email than what you listed, please contact the Aquatic Director. Only ONE e-mail for each family may be used for a “sign-in” account.

Steps to follow after you “Sign In” to your account on the team website:

1. Sign In to your account through the “Sign In” button on our team website home page.
2. After you are logged in (using your email and new password) please click on My Account button;
3. Review/Change the visible account information for accuracy then click;
4. Save Account Changes button in the lower right of this entry window
5. Review Members Under This Account box at the bottom of the General Info window. Clicking on the member name will bring you to the Member Profile page where you can edit the information for changes.
6. If a change is made please, click on Save Changes.

How to sign up (online) for SWIM MEET EVENTS:

1. Please “Sign-In” to your account on our team website. Then, click “Meet Sign Up” OR click “Meet Sign-Up & Parent Volunteer Sign-Up”. Either one of these links will take you to the Meet Sign-Up page with the dates of each meet listed.
2. Then find the meet date you want to sign-up your swimmer up for and click on “Attend/Decline” or “edit commitment” button for that meet date.
3. Then on the Athlete Signup page, click on your swimmers name (also known as Member Name). Then it will take you to Athlete Event Signup page where you will choose the *Declaration by clicking on the – SELECT-- scroll down menu and then click on your *Declaration: ‘Yes, please sign [swimmer] up for this event’ **OR** ‘No, thanks [swimmer] not attending’. On this Athlete Event Signup page, you may also add any notes for the coach to be aware of when doing the entries. For example, if your swimmer may be late to the meet then you will want to type in the notes section this information. Then, click **SAVE CHANGES**.
4. The events your swimmer is allowed to compete in for their age group will be listed. Then you will choose the individual event races you want to sign up your swimmer up for to compete in by clicking the check mark box next to those events. The head coach will sign swimmers up for relays. Then, **CLICK SAVE CHANGES** located at the bottom of the page.

YMCA Swim Meet Sign-Ups are DUE by THURSDAY before a Tuesday meet!!!

Deadlines for USA swim meet sign-ups will be emailed to USA parents

- Swimmers and parents are responsible for signing up online for each swim meet you would like to compete in. Please choose 2 or 3 individual events for your swimmer to compete in at the meet. **Any late meet sign-ups may result in not being entered on a relay or entered in the swim meet.**
- **For Y meets, a swimmer is allowed to swim in 4 events total, BUT no more than 3 individual events and no more than 2 relays.** (2 individual events & 2 relays OR 3 individual events & 1 relay)
- **All swimmers are expected to participate in the relay(s).** Not every swimmer will be on a relay, but coaches will do their best to place everyone on at least one relay.
- Relays will be determined by the coaches and will be primarily based on individual times. But coaches will also consider previous relay performances, practice attendance & work ethics at practices.
- **If you be late to a meet or leaving early, you must type this information in the notes section when signing up online.** (this is important to help the head coach when deciding on relays.)
- For swim meets, a coach may move a swimmer up one age group **for relay purposes only.**
- Swimming in exhibition events will only be allowed by the hosting team’s approval & coach’s approval. Exhibition events will not be allowed for Conference.
- To view meet entries, you can log-in on the team website & see your swimmers entries/events (Meet Sign-Up page). Please notify the head coach/director of any corrections, however corrections cannot be guaranteed to be made to entries if it is past the team entry deadline set by the host team.

Swim Meet Information

Away Swim Meet information is available on the team website, click on meet sign-up and then click on the meet date & name (blue link) Away Swim Meet information is available on the team website. Go to the Meet Sign-Up page and then click on the Meet Name & Location of the meet you are wanting information on. Then you will find Form/Documents that have flyers listed as links to click on for meet information. Away meet information will be posted on our team website as soon as it becomes available from the host team. You can also find the meet information flyer link available on the Swim Meet Schedule page listed on our team website.

Participation in swim meets is encouraged.

For YMCA swim meets, swimmer's age on **June 1 (for the summer season)** and December 1 (for the winter season) of the current season, is the age they will compete at for the duration of the season.

Central Iowa Summer Conference age groups swimmers will compete in at swim meets are as follows:
8 & Under, 9-10, 11-12, 13-14, 15-18

Warm-Ups for Swim Meets

- It is required that ALL swimmers warm-up at our assigned team time (unless approved by a coach). Warm-ups give swimmers the chance to not only loosen and warm-up their bodies; it also allows them to get familiar with a "new" pool and practice starts off the block and turns since not all pools are the same.
- Please arrive at meet sites at least 15 minutes prior to warm-up times.
- Final meet entries that are e-mailed to parents will have the event# and event name that each swimmer signed up for and is competing in. Each swimmer is responsible for knowing the event's they are entered in prior to the meet. It is recommended to write each event #/event name on your swimmer's hand prior to the meet. Swim Meet programs are available to purchase at the meet. The programs will have all of your swimmers events with their assigned heat and lane that they will compete in for each event.

General Swim Meet Information

Participation in swim meets is strongly encouraged.

- Swimmers need talk to a coach before AND after each race.
- Swimmers are required to be wearing shoes/sandals and warm clothing between events. Facility temperatures vary and waiting areas often times will be cool. Bring a couple of towels. Use one during the meet and save the other so you will have a dry one AFTER the meet.
- Regular Schedule Meets (non-championship meets) can take anywhere from 3 to 4 hours, depending on the number of swimmers present and how efficiently the meet is ran in having enough parent volunteers.
- It is expected that swimmers engage in restful activities in designated team areas (crash area) or cheer on their teammates between events.
- We ask that all parents & swimmers stay out of computer results areas to avoid distractions and meet delays. Please do not contact the hosting team with your concerns. The head coach needs to be notified and will address your concern with the hosting team. Please remember that you are representing your family, coaches, town and YMCA. Please represent us well.
- Pool depth should be at least 5 feet at any end of the pool where racing dives will be performed. If the pool water depth at the starting end of the pool is less than 5 feet, all swimmers must start their races in the water, even if starting blocks are available (this will usually be done for 8 & under relays).

Meet Transportation

Parents are responsible for driving their swimmer to and from any away meet. Carpooling is encouraged, but not facilitated by the YMCA. Coaches are not permitted to be involved in transportation due to YMCA insurance limitations. **Driving Directions to swim meets can be found on the swim team website.**

Meet Cancellations/Change of Location

If a meet must be canceled or changed due to inclement weather or other reasons then an email will be sent to parents right away.

Central Iowa Conference Championship Meet

The Conference Meet is **not** a meet where swimmers must have a qualifying time to be able to compete in. **Any** Aquahawk swimmer can compete at the Conference Meet. There will be 9 teams total competing at Conference. Each swimmer is allowed to swim 4 events total, BUT no more than 3 individual events and no more than 2 relays for the Conference Meet (same as regular meets).

Placing/Awards for Swim Meets

Regular meets are not scored. The Central Iowa Conference Championship meet will be scored through 8th place for both relay and individual events.

Regular Dual/Tri (Tuesday) Meets

Individuals and relays will receive ribbons 1st through 6th place. Participant ribbons are **optional** for host teams.

Conference Championship Meet

Individual and relays will receive medals 1st-3rd and ribbons 4th-8th place. Participant ribbons will not be given.

Where to Pick Up Swim Meet Awards:

Awards (ribbons/medals) achieved by swimmers that competed in swim meets, will be available to pick up in your swim team family file folder located on the pool deck at the Ankeny Y. Awards might not be available in your file folder for at least 2 days to a week after the meet depending on the meet host.

Swim Meet Results:

Results at our home meets will be posted in the hallway between the middle school and Ankeny YMCA. The results will have places and final times for each event by each age group/gender. The final results will also be posted on our team website as soon as possible following the meet. **Parents MUST be logged in to their account on our Aquahawk website in order to be able to view the meet results.**

Apps:

Parents can download the Meet Mobile app by Active.com to get live results from some meets where the host team has this program available (not all meets have this available). There is a small fee to be able to download and use this app. Also, some results on the app that you can view right away following the race may not have any DQ's listed until later. Another app available to download and use is OnDeck Parent. You can view swim meet entries, results and other information.

Swim Meet Terms:

Team Crash Area/Team Camps: a designated team area where swimmers will rest in between events and wait for their event to be called/posted. The crash area does get cold so please bring blankets and warm clothes for your swimmer(s). The crash area at our Y home meets is located in the middle school balcony gym behind the bleachers.

Clerk of Course:

- This is the area where swimmers report before a race once their event is called/posted in the crash area.
- **It is EACH swimmers responsibility for being at the clerk of course at the proper times.**
- Swimmers must stay quiet and listen to the volunteers for instructions in the clerk of course.
- Volunteers will organize the swimmers into the proper events and heats.
- Wear shoes and bring a towel and an extra pair of goggles with you.

The clerk of course at our home meets is located in the middle school next to the team crash area/team camps.

Disqualifications (DQ): means the swimmer isn't eligible for a ribbon and the time will not be valid. DQs can happen for a number of reasons; it happens to everyone at least once! Reasons for a DQ may include: improper stroke technique, false start, improper turn, or other rule infraction. If a swimmer is disqualified, Officials at the meet will fill out a DQ form that will be given to the coach. Swimmers will be notified by a coach of a DQ if possible or the form may be put in your family file folder. **Please ask any coach if you have any questions on your disqualification so you can correct this at practice.**

Parent/Family Volunteer Requirements for Swim Meets:

The assistance of all families is needed to conduct home meets. **Volunteering for home meets or other assigned meets is REQUIRED of ALL Aquahawk families.** There are many opportunities for involvement, ranging from timing to concessions, that requires no previous swim meet experience.

Parents must sign-up for a volunteer position on our team website for ALL Home Swim Meets by June 23rd

To sign- up online, parents must “sign-in” on our Aquahawk website and then click “Meet Sign-Up”. Then, once you find the Home Meet Name/Date you are needing to sign-up for, then you will click on the “Job Signup” button. (“Job Signup” button is located to the right of the “Attend/Decline” button used for swimmer sign-ups for meets.)

Volunteer Positions at Swim Meets

Following is a list of jobs that need to be filled by supporting parents of the swim team program. Your participation ensures the meet runs smoothly as well as demonstrates the commitment to your child's success.

- * Any parent can do this job
- ** Experience with swim team necessary
- *** Experience or a strong willingness to learn is necessary, training required.

Awards* (located in the Family Changing Room on the pool deck)

Awards involve sorting and labeling the ribbons or medals that are being presented to swimmers. Away team awards sorted by team and given to coach. Ankeny's awards are placed individually in family file folders. Generally the job begins a little later than most and ends when the final awards have been printed.

Meet Entries/Results Computer *** (located in the Aquatics Office)

Swim meet software experience needed for this job or willing to learn. Those in this area will enter all of the meet results into the computer. You will also print the award labels and results to be distributed to the proper area. Plan to stay the duration of the meet.

Electronic Timing Computer/Operators***

This involves setting up & running the electronic timing system at our meet. These individuals will sit at the north end of the pool to run the timing system. Plan to stay the duration of the meet please. Basic software learning needed.

Officials * (certification required)**

All officials at our meets are required to receive the YMCA Swim Officials certification. The officials are responsible for starting and judging each event in the meet. Trainings are relatively easy and certifications are good for 3 years.

Runners* (pool deck)

A runner collects & organizes lane sheets from each lane timer as well as collects DQ slips from the Swim Officials that will be taken to the results computer room.

Timers*

Each of our lanes will be required to have two timers who will record the swimmers time after each event. Timers will operate hand held stopwatches/plungers and write down the times on the lane sheets. This job begins 15-30 minutes prior to the start of the meet with a timer's meeting prior to the meet on how to perform the duties of this position.

Set up AND Tear down*

Consists of setting up equipment prior to the meet (touch pads, lane ropes, etc.) AND cleaning up after the meet. This requires no skill, but is a very integral part of our duties. Set up for the home meets will begin 30 min. prior to warm-ups.

Clerk of Course * (located in Northview Middle School next to the swimmer's crash area)

The clerk of course organizes the swimmers before each event by heat and lane assignments. Then the swimmers are lead in the assigned order to the pool deck to go behind the blocks of their assigned lane to get ready for their race..

Concessions * (located outside the main pool entrance)

Handles setting up, selling, and tearing down for the concession stand.

YMCA Swim Officials Training

Please feel free to go online to www.iowaymcaswimming.org to find information on any YMCA Officials trainings .

Summer 2017 Swim Team Season Schedule/Due Dates:

May	5 th	-Returning Aquahawk Swimmer Registration Begins
	17 th	-New Swimmer Evaluation/Registration Night from 5:30-6:30pm
	19 th	-Team Swim Cap Orders DUE online (or in the store) with Elsmore Swim Shop
	<i>May 27th until June 4th Ankeny Y POOL CLOSED for required annual draining/cleaning (re-opens on June 5th)</i>	
June	5 th	- Practices Begin
	8 th	- Meet entries due for Away meet at Marshalltown Y on June 13 th
	13 th	- Away Meet at Marshalltown Y
	15 th	- Meet entries due for Away meet at Walnut Creek Y on June 20 th
	20 th	- Away Meet at Walnut Creek Y (Des Moines)
	26 th	- Deadline for volunteer sign-up online for parents for ALL home meets & Conference meet
	22 nd	- Meet entries due for Home meet at Ankeny Y on June 27 th
	27 th	- Home Meet at Ankeny Y– Warm-ups around 5pm, Meet Begins at 6pm
July	4 th	- NO practice for all groups-HOLIDAY
	6 th	- Meet entries due for Away meet at Knoxville on July 11 th
	11 th	- Away Meet at Knoxville
	13 th	- Meet entries due for Home meet on July 18 th
	13 th	- Meet entries due for Conference Meet at Marshalltown Y on Saturday, July 22 nd
	18 th	- Home Meet at Ankeny Y – Warm-ups around 5pm, Meet Begins at 6pm
	22 nd	-Central Iowa Conference Swim Meet at Marshalltown Y
August 1st	-End of Season Swim Team party 6:15-7:15pm at Prairie Trail Elementary playground & 7:15- 8:15pm at Cascade Falls outdoor pool	

TEAM SWIM SUIT and TEAM SWIM CAP:

Our team swim suits are optional to order. They have our Aquahawk team logo and Y logo on them. You may order a team suit at any time with Elsmore Swim Shop either online or in their store. We do recommend swimmers do not use the same competition suit for practices due to wear and tear that will occur. Instead you may want to purchase suits that are much cheaper and more easily replaced. Elsmore Swim Shop is located at 3029 100th Street in Urbandale. Phone: (515) 223-4100. You can also shop other sports stores for swim suits and other equipment.

Elsmore Swim Shop online order link: <http://www.elsmoreswim.com/index/php?tid=140>

One piece swim suits will be required for females to wear for practices and meets. Male swimmers will need to wear either a jammer or brief style swim suit (no board shorts swim trunks). All swimmers will need to wear goggles for practices and meets. Swim caps (Aquahawk team or non-team caps) are optional to wear for practices, but strongly encouraged. For those with long hair will be required to wear swim caps.

Aquahawk Team Swim Cap Orders are DUE MAY 19. Orders are placed online or in the store with Elsmore Swim Shop. Please click on the Elsmore Swim Shop link on our team website (located under the Swim Team Info tab) to order a team cap online. We are ONLY able to place one large order for our team on May 19 and will NOT be able to order any caps after the deadline for our summer season.

* silicone team swim cap custom with team logo & Y logo: \$12.50 per cap

* silicone team swim cap custom with our team logo/Y logo AND PERSONALIZED with SWIMMERS NAME: \$32 for set of 2 caps. Must order at least 2 caps for personalized caps. Typically swimmers will get their last name printed.

Aquahawk swim team apparel (shirts, sweatshirts, etc.): can be order online at anytime at <http://justqmagine.qbstudios.com/aquahawks/Products>

Optional Fees: \$25 Aquahawk Yard Sign

\$25 donation for pool filtration system to improve air quality
(payment made to: Ankeny Aquahawks – cash or check only)