



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO THE SHARKS!

SWIMMER EXPERIENCE AND FAMILY ENGAGEMENT
MACR SHARKS

October 28, 2018



SHARKS MISSION

The Mission of the MACR Sharks is to provide members an opportunity to realize their potential both in and out of the pool, while displaying the YMCA Core Values of Caring, Honesty, Respect and Responsibility.



TODAY'S AGENDA

1. COACH INTRODUCTIONS
2. WEBSITE WALK THROUGH
3. SETTING YOUR SWIMMER UP FOR SUCCESS
4. PREP FOR YOUR FIRST SWIM MEET
5. PREP FOR END OF SEASON MEETS
6. GET CONNECTED!
- 7. EXPERIENCE & ENGAGEMENT**
8. FUND-RAISING OPPORTUNITIES
9. APPAREL ORDERS
10. FAMILY FUN AWAY FROM THE POOL

COACH INTROS:

MACR Sharks Coaching Team

Donald Pirrie	– MACR Head Coach
Bailey Strausser	– Monticello Head Coach
Jill Flynn	– Monticello Coach
Paul Brown	– Aquatic Director/Team Administrator
Mike Jones	– MACR Coach
Joe Biram	– MACR Coach
Sam Weiland	– MACR Coach
Laurel Cruse	– MACR Coach

(Visit Coaches Tab on website for additional info)



WEBSITE



www.sharksswimming.org

Adding/Editing Information

Contacting other swimmers

Signing up for a Meet

Checking Results



A SUCCESSFUL SEASON

Swimmers progress at their own rate.

They swim, we coach, you cheer 😊

Don't be too focused on their times early/mid season.

Helpful reminders prior to practice (listen with your eyes)

Help your swimmer set realistic goals



Celebrations along the way....

After meets we will often recognize a swimmer or two that stood out in their performance. This can be time based or achievement based.

New for 2018 – recognize swimmers that complete ALL events in their age group over a season. Sub-Min Club – swimmers that break 1:00 in any 100 Yard Event

YOUR FIRST SWIM MEET

The first meet can be a little overwhelming for first time parents. Please refer to our handout for what to do at a swim meet.

KEY TIPS:

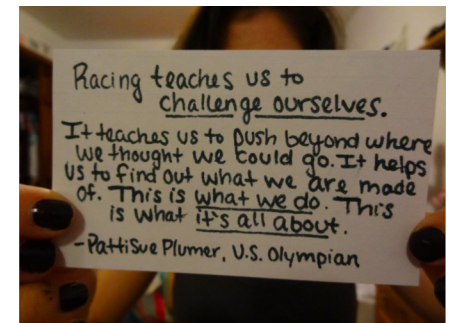
Have your swimmer pack their bag the night before

Gather everything you need for the meet the night before

Have your swimmer visualize their races/desired outcomes

They Swim. We Coach. You Cheer.

Enjoy the experience and let your swimmer have fun competing 😊



CHAMPIONSHIP SEASON

At the end of the SCY season there are several YMCA and USA Championship Swim Meets.

YMCA

Sectional, State, Regional, National

New for 2018 (YMCA State Qualifying)

State Q times can be obtained at any YMCA Swim Meet.

Sectional Meet is now an optional meet.

Fees covered for sectional or state entry for volunteer commitment

Regional Meet

Can qualify at any YMCA/USA/HS/Other Swim Meet

Swimmers can swim in up to 7 individual plus 4 relay events



CHAMPIONSHIP SEASON

USA

USA Silver and USA State

Can qualify at any USA or USA Observed Swim Meet.

Q times for Silver are easier to obtain than state

Hotel Information

YMCA State – Holiday Inn, Marshalltown

YMCA Regional – Downtown Hilton, Des Moines



GET CONNECTED!



There are many ways that we will be able to communicate with you

EMAIL:

The tried and tested favorite. We'll try to keep messages short and to the point. Early season emails occasionally do get long winded.

FACEBOOK:

Two Sites. Public Site and Private Site

SWIMMER CRATES:

Located on the pool deck of the HGN. Used for ribbons, order forms, payments

TEAM FEED:

Part of our website. Used to celebrate the small successes and fun of being a part of the team

**SWIMMER
EXPERIENCE**

&

**FAMILY
ENGAGEMENT**

PURPOSE

We want Sharks Swimmers and Sharks Families to feel **connected with the team** and have a **sense of pride in swimming for the Sharks.**

We strive for a strong sense of engagement from our kids, families and coaches by providing support, communication, and a sense of inclusiveness while having fun AND working hard.

- ❖ **IMPROVE SWIMMING SKILLS**
 - ❖ **BUILD A STRONG TEAM**
 - ❖ **ACHIEVE SUCCESS**

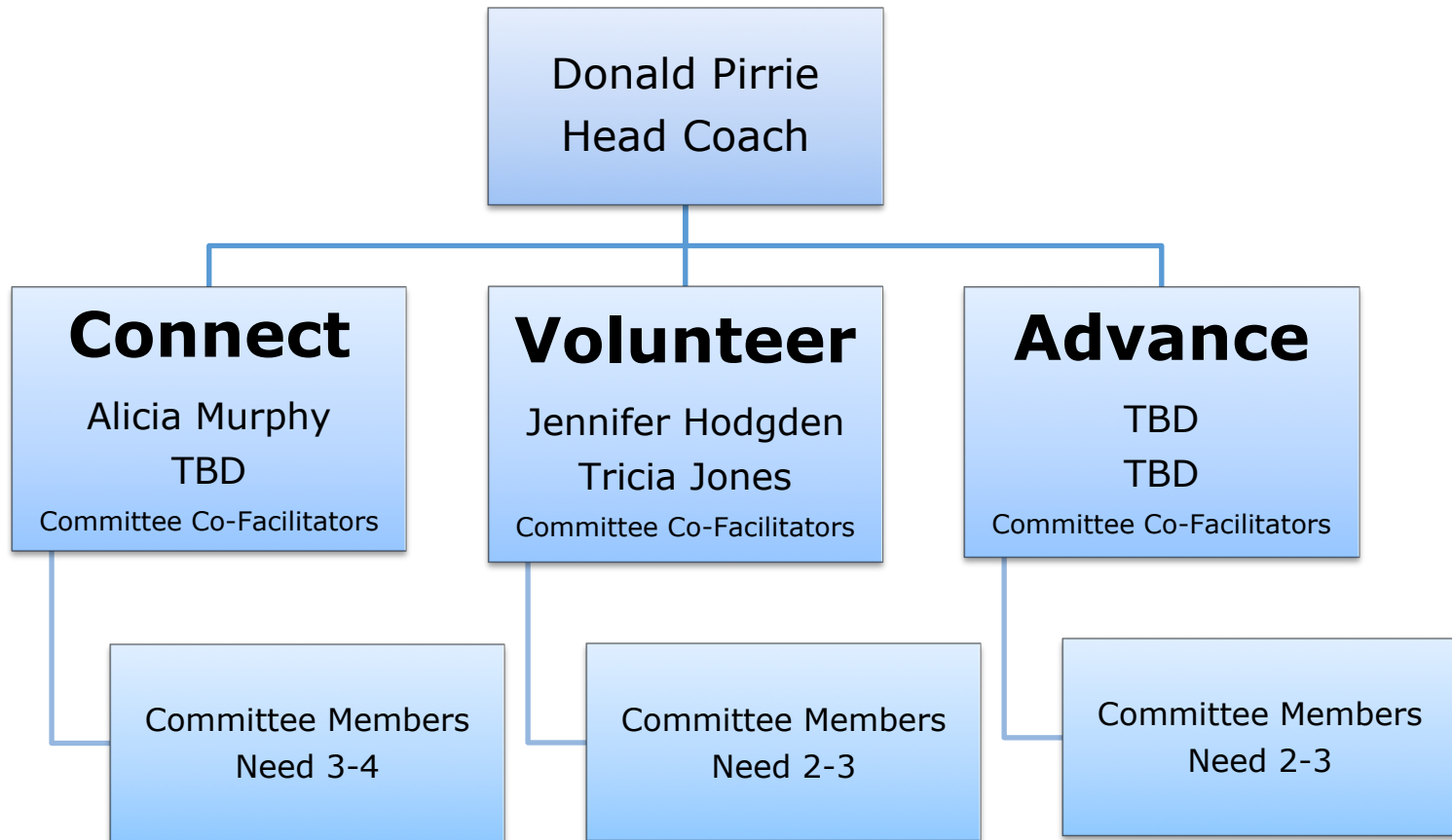
THE FRAMEWORK

CONNECT  VOLUNTEER  ADVANCE



LET'S GET ORGANIZED...

COMMITTEE STRUCTURE TO SUPPORT STRATEGY & FRAMEWORK



COMMITTEES



CONNECT

- **Develop ways to create a strong sense of team unity**
- **Organize swimmer & family team building events**
- **Promote connection with swimmers and families**
- **Support strong communication among the team**





VOLUNTEER

- **Organize Volunteers needed for Meets**
- **Organize Donations needed for Meets**
- **Manage Inventory of Supplies & Materials needed for Meets**
- **Facilitate all Volunteer Activities for Meet Days**





ADVANCE

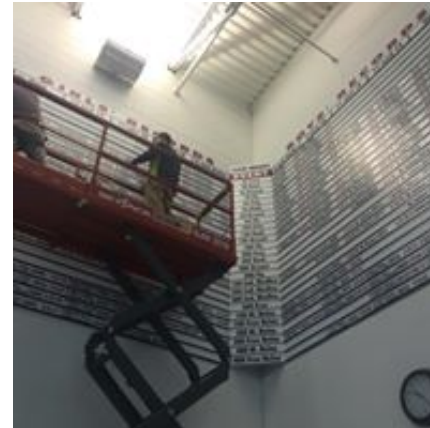
- **Organize and create small fundraising events during the season for swimmers and families to participate in.**
- **Work with coaches and team administrators to understand swim team needs and create annual fundraising goals.**
- **Partner with coach to understand and facilitate club recognition programs – application and documentation of activities to support criteria for all levels of recognition.**

Current Team Needs

Timing System Repair & Upgrade
New Starting Blocks

Future Fundraising Ideas

Visual Branding of team around YMCA
New Lane Ropes
Upgraded swim equipment/technology





FUNDRAISING

- **MACR One-Hour Swim-Raiser**

The Swim-Raiser will be held during one of our scheduled practices at the HGN YMCA. This will be an event for the whole family with some on-deck activities, music and a pot luck.

Swimmers will be given a pledge form to ask friends/family to pledge a donation amount or an amount per length completed.

Prizes will be awarded for most \$ raised and the most pledges made regardless of total \$ amount

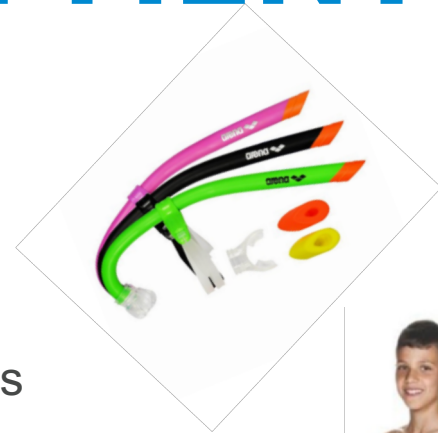


APPAREL & EQUIPMENT

Order forms are due November 5!

SUITS & CAPS:

- Refer to Suit Guide for differences in suits
- Note Tech Suit recommendations for season meets
- Team Caps ONLY permitted in Sharks Competition



CLOTHING:

- Each Swimmer will receive a free team T-Shirt
- Additional Items available but not required



EQUIPMENT:

Certain pieces of equipment are required for each group. Please refer to the guide and purchase accordingly through us or with your choice of retailer.



CONNECT

Activities for the 2018/19 Season

- **Family Potluck & Parent Kick Off Night (Sunday, October 28)**
- **AirFX Trampoline Park (Sunday, November 25)**
- **Bowling Night (Saturday, February 2)**
- **Team Dinner before Sectionals (Friday, February 9)**
- **State Poster Making (Wednesday, February 28)**
- **Regionals Dinner (Saturday, March 16)**
- **Year –End Party (TBD)**

Mark your Calendars!



QUESTIONS?

MACR SHARKS SWIM TEAM

YMCA OF THE USA

319-366-6421

iowayswimming@gmail.com