

CBR YMCA 2024-25 Swim Team Senior Group

Faster, Smarter, Stronger - Together



What it means to be a CBR YMCA Barracuda

You are part of a community, through the sport of swimming, focused on promoting a healthy lifestyle and social responsibility that helps individuals reach their full potential in spirit, mind and body.

The CBR YMCA Swim Team Program is guided by its Core Values:

Core Values

- **Caring** - Open hearts, open minds.
- **Honesty** - Show me, don't tell me.
- **Integrity** - No Fear.
- **Respect** - Treat others as you want to be treated.
- **Responsibility** - Get Better Today.
- **Positivity** - Believe in Belief.

CBR 2024-25 Coaching Staff

**Kevin
Murray**
Lead
Pre-Senior
Coach

**Assistant Coaches -
Pre-Seniors**
Emily Reiner
Sarah Staudenmeier
Gretchen Booth
Heather Worby

John Foff
Head Coach
Lead Senior
Coach

Strength Coaches
Kymm Phibbs
Alek Dinesen

**Assistant Coaches -
Seniors**
Sarah Staudenmeier
Kevin McCann
Dale Johnson

**Mary
Catherine**
Lead
Juniors &
Academy
Coach

**Assistant Coaches -
Juniors & Academy**
Eve Zucker
Jean Culler
Kris Moyer
Tanya Durant

**Chip
McElrath**
Lead Juniors
& Academy
Coach

Program Overview

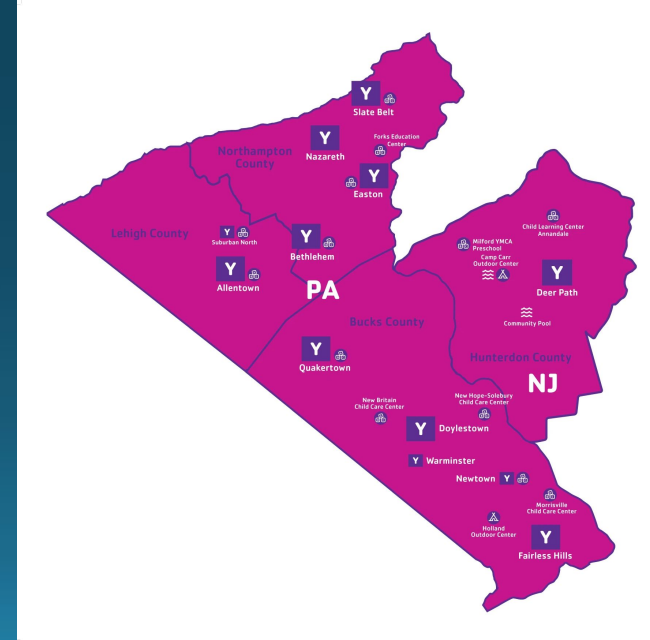
Year Long Program (11.5 Month Program)

- Fall/Winter - Short Course Sept. to March
 - High School Dec. to Feb/Mar.
- Spring/Summer
 - Long Course - Competitive April to August
 - Clinic - Short Course April to July
- Recovery & Prepare - August



River Crossing YMCA - YMCA Association

- Bucks County
 - Doylestown (CBR Washington)
 - Quakertown & Fairless Hills (CBR Madison)
- Hunterdon County, NJ
 - Deer Path (HCY)
- Greater Valley
 - Bethlehem (BTY)
 - Nazareth/Easton (NEYS)



Membership & Meet Fees

YMCA Team Membership

- YMCA Membership Fee
- Registration Fee - \$100
- Swim Team Monthly Fee - Seniors \$209
 - High School Swimmers do not pay Dec. to Feb/Mar. if participating on High School Team
- All fees charged to Credit Card on File with YMCA Membership

USA Swimming Registration

- Annual Fee Registration Opens Sept. 1
- Our USA Code is CBR-MA

Meet Fees

- YMCA Dual Meet Fees No Fees
- YMCA Invitationals - Pay Meet Fees per event set by host team
- USA Meets - Pay Meet Fees per event set by host team
- All fees charged to Credit Card on File with YMCA Membership

Upcoming Schedule

Sept. 4th & 5th

Age Group Level Meetings

Location:

Studio 3, Doylestown Y

Wed, Sept. 4th 3:30 to 5 pm

ALL 15 & Older Swimmers

Thurs, Sept. 5th 4 to 5 pm

ALL 13-14 Aged Swimmers

Sept. 6th

First In Water Practice
Following Fall Schedule

Deadline to Register for
UDAC Rocktoberfest

Sept. 7th & 8th

Sat., Sept. 7th 3:30 to 6 pm
Team Kickoff Party at
Doylestown YMCA

Sun., Sept. 8th - No
Practice

Sept. 9th

First Week of Practice
Following Fall Schedule

VROOM

VROOM,

Let's Cook!!!

CBR Fall and Winter - Short Course

- September to End of March
- YMCA PennDel Washington Division
 - 4 Dual Meets - Oct. to Jan.
 - Boys & Girls Seperate
 - Required to attend 3 YMCA meets to compete in Championship meets
 - No Practice Sunday after meet
- **USA Sanctioned Meets: 4-5 Meets**
 - Encouraged to attend at least 3
 - YMCA - Raritan Bay & Stingray Splash
 - USA Distance Meets
- **Mid-Season USA Qualifying* Meet:** December
- **Championship Meets**
 - End of January through March - Qualifiers



What we train for

Mid-Season
USA Meet*

PennDel
Division
Champs

CH Silver
Champs

PA Eastern
Districts

PA YMCA
States

YMCA
Nationals

Events Selection for Competitions

USA or YMCA Invitationals

- Athlete chooses events
- We do not encourage scratching unless sick or injured

YMCA Dual Meets

- Athlete can choose up to 3 individual events
- Coaches have final decision on line-ups

Dual Meet & Championship Relays

- Coaches select based on the following criteria
 - Times
 - Student-Athlete availability
 - Commitment to the season/team
 - Provide opportunity for more individuals to compete

Spring & Summer - Long Course

- April to August
 - Long Course
 - Must be USA Registered
 - 4 USA Meets /YMCA-USA Sanctioned Meets
 - No Dual Meet Competitions
 - Opportunity to train in Long Course pool
 - USA Mid-Atlantic Championship Meets
 - YMCA Long Course Nationals
 - Clinic
 - Not focused on Long Course competition
 - Maintain skills
 - Option to compete in non-USA meets
 - Open Water Competitions



What we train for

Long Course
Meets &
Invitationals

Junior
Champs

Silver
Champs

Senior
Champs

Zones

Futures

YMCA
Nationals

Senior Level Equipment

Practice Equipment

- Mandatory - Water Bottle, Goggles, Training Suits & Team Suit
- Required - Equipment Bag, Kick Board, Fins, Paddles, Pull Buoy
- Recommended - Snorkel, Parachutes, Tempo Trainer, Drag Sox (PB40), Mesh Drag Suit (Boys)



Meet Equipment

- Mandatory - Team Suit, Goggles, Team Cap, Water Bottle, Healthy Snacks
- Recommended - Deck Chairs, Deck Shoes, Parka,



Team Suits

- Boys Jammers or Race Briefs can be purchased through Personal Best
- Girls Jolyn through PVC or Team Suit through Personal Best



Personal Best onsite on Saturday, September 7th @ 3:30 pm

Student-Athlete Expectations

S	→	Sportsmanship
W	→	Work hard
I	→	Integrity
M	→	Motivation
M	→	Mindfulness
E	→	Empathy
R	→	Responsibility

- Be present
- Respect Coaches, parents, volunteers & officials
- Welcome Competition do not Fear it
- Pick your events
- Set your Goals
- Support younger teammates
- You are Student-Athletes
- It is your success, no one else's
- Communicate with coaches
- Shake Hands after races
- If your mouths are moving you're not listening

Competition Rules & Guidelines

Cell Phone Use

- No Cell phone use on pool deck
- No videotaping in locker rooms

Competition Suits

- Team Suits - Dual Meets & USA Invitational Meets
- Tech Suits - Championship & MidSeason Meets

Away Meets

- Follow Meet Hosts Rules
- Clean up team space

Officials & Volunteers

- Thank Officials & Volunteers
- Abide by rules
- Do not argue or engage in negative way

Nutrition

- Natural Foods
- No Pre-Workout



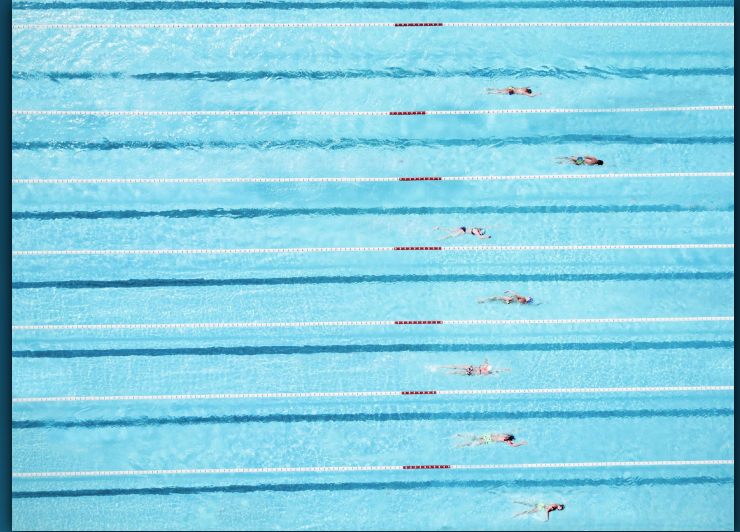
Swim Parent Expectations

P	→	Positive
A	→	Awareness
R	→	Responsibility
E	→	Empower
N	→	Nourish
T	→	Teamwork
S	→	Support

- We represent of our families, our community, the sport of swimming, and the CBR YMCA Swim Team
- Communicate when you can volunteer
- Understand training is a process
- Respect Coaches, parents, volunteers & officials
- Support your student athletes and help them love the sport and see their success
- Reach out to Coach John or Members of the PVC with concerns or questions

Parent Volunteer Community

- Our Team PVC Members:
 - Sherry Petrakis (PVC Lead)
 - Stephanie Downey
 - Sheri Bozzacco
 - Jess Martin
 - Aryana Hendrawan
 - Chrissy Higgins
 - Christy Hollingsworth
- Key Responsibilities
 - Volunteer coordination for all meets
 - Concession support
 - Team spirit wear
 - Community Service
 - Fundraising in collaboration with the Coaches for team equipment
 - Social Events for the team and the parents



Volunteer Positions

Training and Certification Required

- Deck Referees
- Meet Director
- Starters
- Stroke and Turn Officials
- Administrative Officials
- Computer Operator

No Training or Certification Required

- Snack Bar Support
 - -Donations
 - -Set Up & Clean Up
 - -Concession sales
- Timers
- Runners
- Lane Organizers
- NO DECK PARENTS :)

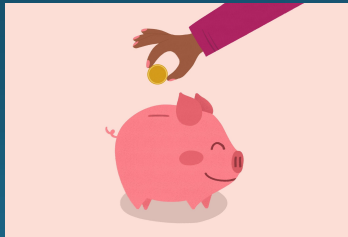
PVC Activities

Spirit Wear

- ❑ Optional, but highly recommended
- ❑ T-shirts, sweatshirts, hoodies, hats, pj pants & more!
- ❑ Details provided in TeamUnify for ordering starting September 3rd
- ❑ Only Open until September 17th
- ❑ Family T-shirts
- ❑ Contact the PVC @ DoylestownPVC@ymcabhc.org

Fundraising

- ❑ Dine & Donate events
- ❑ Concession sales
- ❑ Car Wash
- ❑ Spring flower sale
- ❑ March Madness pool



Social & Service Events

- ❑ Kick off team party- 9/7
- ❑ Holiday night at Peddler's Village
- ❑ Movie Night(s)
- ❑ Parents' Night Out
- ❑ Food drive
- ❑ Pasta parties
- ❑ End of Season celebration



Communication Hub



- **Team Unify - vehicle for all communications**

- <https://www.teamunify.com/team/macbfy/page/home>
- Necessary for declaring for events & meets
- Important Information - practice schedule, equipment needs & qualifying times

- On Deck - Mobile App for Team Unify

- **A weekly communication is emailed each Sunday night/Monday morning**

- All the news you need for the week

- **Parent Handbook**

- Penn DelYMCA Swim League
 - [Penn-DelYMCA Swim League Home \(teamunify.com\)](https://www.teamunify.com/team/macbfy/page/home)
- Meet Mobile (subscription required)
 - Follow your swimmer's times/results
- USA Swim
 - <https://www.usaswimming.org>



Thank you for attending!



S



Sportsmanship

W



Work hard

I



Integrity

M



Motivation

M



Mindfulness

E



Empathy

R



Responsibility

