

Welcome to the 2025-26 CBR YMCA Swim Team Pre-Senior Level



CBR Proprietary & Confidential

Sept. 2, 2025

Agenda

1. Team Goals & Values
2. Coaching Staff
3. CBR Program Overview
4. Senior Level Overview
5. End of Season Awards
6. Athlete & Parent Expectations
7. Parent Support
8. Resources & Contacts



Team Goals & Values

What it means to be part of CBR Y Swim Team

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

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



Program Goals

1. Promote the benefits & enjoyment of youth sports through competitive swimming
2. Develop a strong swim program where student-athletes reach the highest levels of competitive swimming
3. Create environment where members can find their own success
4. Develop strong, confident, hard working & honest individuals
5. Challenge members to go beyond current capabilities
6. Help members achieve their goals
7. Grow CBR Program through a positive approach



CBR 2025-26 Coaching Staff

**Kevin
Murray**

Lead
Pre-Senior
Coach

Strength Coaches

Kymm Phibbs
Aleks Dinesen

John Foff

Head Coach
Lead Senior
Coach

Mary

Catherine

Lead Juniors
& Academy
Coach

Assistant Coaches - Pre-Seniors

Kevin McCann
Jaclyn Dietsch
Heather Worby

Assistant Coaches Seniors

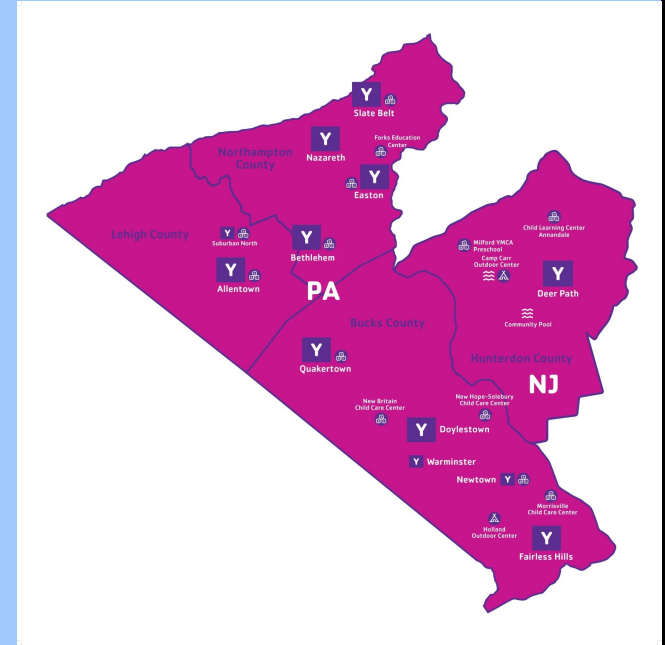
Sarah Staud
Tanya Durant
Brian Santangelo
Charlie Hoffman
Michele Heims

Assistant Coaches Juniors & Academy

Eve Zucker
Jean Culler
Kris Moyer
Kristin Carpenter
Gretchen Booth

River Crossing YMCA

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



Program Overview



- 12 Month Competitive Swim Program
 - Fall/Winter (Short Course) - Sept. to March
 - Sprint/Summer (Long Course) - April to August
- Part of YMCA and USA Swimming
 - YMCA - PA & PennDel Swim League
 - USA - Middle Atlantic Swimming



CBR Fall and Winter - Short Course

- September to End of March
- YMCA Meets
 - PennDel 3-4 Dual Meets - Nov. to Jan.
 - YMCA Invitational Meets
 - 3 YMCA meets to compete in Champs
- USA Sanctioned Meets
 - Attend 4-5 Meets
 - USA Distance Meets
- Mid-Season USA Qualifying* Meet
 - December 11 to 15
- 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

CBR Spring/Summer - Long Course/Stay in Shape

- April to August
 - 50 meter pool training (Seniors & Pre-Seniors)
 - 25 meter pool (All Levels)
- USA Sanctioned Meets
 - Attend 4-5 during season
 - Must attend meets to participate in Long Course Training
- Championship Meets
 - Junior Champs
 - Silver Champs
 - USA Zones



LONG **2025** COURSE

What we train for

Invitational
Meets

Silver
Champs

Junior
Champs

Senior
Champs

YMCA
Nationals

Summer
Junior
Nationals

CBR Pre-Senior Level Overview

Structure

- Pre-Senior 1 & 2
 - Pre-Senior 1 is designed for more advanced swimmers
 - Follows Training Cycle
 - Pre-Senior 2 is designed to build skills & Competitive Swim knowledge to reach high levels of competitive swimming

How we Train

- Everyone matters
- Compete and learn its okay to be uncomfortable
- IM & 200 Focused Training
- Get out what you put in

CBR Pre-Senior Level Overview

Commitment

- Offer a 12 Month Program
 - Short Course, School Year or Full Year (LC Training Offered)
- Required to attend YMCA Dual Meets and League Champ Meets
- USA Swimming
- Attend Practice regularly
- Attend YMCA Districts, States & Nationals if you qualify
- USA Swimming

CBR Pre-Senior Level Overview

Competitions

Wear CBR Apparel to Meets

- Team Jacket Available
- Team Store Open

USA or YMCA Invitationals

- Athlete chooses events
- We do not encourage scratching unless sick, injured or coaches decision
- Coaches will ask swimmers to pick certain events to swim

YMCA Dual Meets

- Athlete can choose up to 2 individual events
- Coaches have final decision on line-ups
- Swim hard learn to compete
- NO Tech Suits

CBR Pre-Senior Level Overview

Major Meets to attend

- YMCA Dual Meets
- UDAC Rocktoberfest
- HCY Autumn Fest
- Winterfest or LAC
- Washington League Champs
- YMCA Districts (If you qualify)
- YMCA States (If you qualify)
- USA Zones
- USA Junior Champs & Silver Champs

CBR Pre-Senior Level Overview

Relays

- Coaches select based on the following criteria
 - Most Recent Top Times
 - Commitment to the season/team
 - Student-Athlete availability
 - Provide opportunity for individuals who have demonstrated commitment & level of ability to compete
 - Coaching decision based on performance at meet

CBR Pre-Senior Level Overview

Important dates

- Sept. 6th - Team Kickoff Party
- Sept. 8th - First Day of Practice
 - All Seniors meet at Doylestown YMCA bring dryland clothes
- Sept. 10th - UDAC Meet Registration
- Oct. 4th - Time Trial Meet
- Dec. 11 to 15th - Midseason meet
- Mar. 20-22 - YMCA States @ Morgantown, WV
- Mar. 30 to Apr. 3 - YMCA SC Nationals @ Greensboro, NC

CBR Pre-Senior Level Overview

Equipment

Mandatory

2 Pairs of Goggles
Water Bottles
Equipment Bag
Fins
Paddles
Drag Sox
Snorkel
Kickboard

Highly Recommended

Jump Rope
Tempo Trainer
Parachute
Training Swimsuit
Pull Buoy

End of Season Recognitions

Fall/Winter Season

- **High Point**
 - Each Gender, Age Group & Location
- **Most Improved**
 - Each Gender, Age Group & Location
- **Clubs Recognitions**
 - 100, 200 & 3,550 Club
- **CBR Team Awards**
 - Betsy McCormick Dolphin
 - Betsy McCormick Spirit
 - Coaches Age Group Award

Spring/Summer Season

- **High Point**
 - Each Gender & Age Group
- **Most Improved**
 - Each Gender & Age Group

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

Dress Appropriately

- Deck Shoes
- Warm Clothes



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
- No communication with Officials in unofficial capacity
- No communication with athletes on deck when volunteering

Parent Volunteer Community

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

Current CBR PVC

- Sherry Petrakis (PVC Lead)
- Stephanie Downey
- Sheri Bozzacco
- Aryana Hendrawan
- Christy Hollingsworth
- Sue Nagel
- Mariana Moraca

Volunteer Positions

Training and Certification Required

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

No Training or Certification Required

- Timers
- Runners
- Lane Organizers

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 posted on Team Page & emailed**
 - All the news you need for the week
- **GroupMe** - Communication App we will use for USA and Championship meets
- **Parent Handbooks**
- Penn Del YMCA Swim League
 - [Penn-Del YMCA Swim League Home \(teamunify.com\)](https://www.teamunify.com)
- Meet Mobile (subscription required)
 - Follow your swimmer's times/results
- USA Swim
 - <https://www.usaswimming.org>
- Swimcloud

