

Welcome to the 2025-26 CBR YMCA Swim Team Academy Level



CBR Proprietary & Confidential

Sept. 2, 2025

Agenda

1. Team Goals & Values
2. Coaching Staff
3. Academy Overview
4. CBR Program 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.



YMCA 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



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
Alek Dinesen

John Foff

Head Coach
Lead Senior
Coach

Mary

Catherine
Lead Juniors
& Academy
Coach

Assistant Coaches - Pre-Seniors

Kevin McCann
Jacyn 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

CBR Academy Overview

What is the Academy Level?

- Part of CBR Swim Team
- Introduction to Competitive Swimming
- Practices 3 Days of the week
- Able to compete at YMCA Meets
- 11 months of the year

What are Academy Level Goals?

- Enjoy the sport of swimming
- Have Fundamental understanding of all 4 strokes
- Learn to compete
- Learn how to train with others

CBR Academy Overview

Practices

- No Required Minimum Attendance
- 3 Offered per week
- No Equipment required
- Show up 10 minutes early
- Meet on pool deck wait for coaches

YMCA CBR Barracudas Fall 2025 Training Schedule							
Academy Swim Training - Doylestown Sept. 8 to Nov. 17							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Academy		5:15 - 6:15 pm		5:15 - 6:15 pm	5:30 - 6:30 WaterPark pool		

CBR Academy Overview

Meets

- **YMCA Meets Only (No USA Meets)**
- **Available meets**
 - CBR Time Trial Meet
 - Dual Meets (4)
 - HCY Autumn Fest (Pay)
 - River Crossing Dual Meet
 - League Champs
 - CBR Super Bowl Splash
 - Charlie Hartley (Time Qualify)
 - YMCA Districts (Time Qualify)
 - YMCA States (Meet Qualifying)

CBR Academy Overview

Upcoming Important Dates

- Sept. 6th - Team Kickoff Event
- Sept. 8th - First Day of Practice
- Oct. 4th - First Meet

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

Program Overview

Year Long Program

- 11.5 Month Program
- Fall/Winter
 - Short Course Sept. to March
- Spring/Summer
 - Long Course - Competitive April to August
 - USA Swimming Required
 - Clinic - Short Course April to July
- Recovery & Prepare - August



Program Overview

Training Levels

- **Academy**
 - Introductory Level to competitive swimming -3 Practices a week
 - Goal is to teach individuals the fundamentals of strokes
 - No Meet attendance is required
- **Junior**
 - Competitive level of team where starts, turns and training techs introduced
 - Swimmers aged 12&Under; 4 practices a week
 - YMCA Meet attendance is expected
- **Pre-Senior**
 - Competitive level of team where regular competitive training is introduced
 - Swimmers aged 10 to 14 who have demonstrated skills; 5 practices a week
 - YMCA Meet attendance is expected
- **Senior**
 - Competitive level of team
 - Swimmers aged 13&O following proper training cycles; practices 6 days a week
 - YMCA Meet attendance is expected USA Swimming strongly encouraged

Student-Athlete Expectations

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

- Have fun working hard
- Respect Coaches, parents, volunteers & officials
- Be excited to race
- Athletes help pick your events
- Set your goals
- Support your teammates
- Student-Athletes
- 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

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
- 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>

