

CHAMBERSBURG CHARGERS SWIM TEAM

Family Guide to the
Chambersburg Chargers Swim Team
2024-2025

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YMCA Mission: to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Charger Mission: to empower swimmers to grow spiritually, mentally, and physically through self-belief, daily goal setting, and the consistent practice of discipline, sacrifice, and accountability.

INTRODUCTION

Welcome to the Chambersburg YMCA Chargers swim team! We are very excited to have you and your family as a part of our program! This guide is your reference for basic information about the Charger team and the sport of swimming.

As a Chambersburg Charger, your child will quickly learn the Charger way: that is, each and every member of this team expects to succeed via self-improvement, while supporting his/her teammates through this process as well.

Your child will be placed in the practice group where he/she is best capable of growing and maturing as a swimmer, an athlete, and a person. Each swimmer will develop goals and expectations, which will be altered and adjusted as those goals are accomplished and exceeded.

We take the opportunity to foster the growth and development of each swimmer seriously, as well as the chance to provide an experience the swimmers will carry with them for a lifetime. Swimming, competition, and practice are meant to be challenging; but they are also meant to offer kids exposure to adversity, so that they may learn to cope with adverse situations, as all individuals on the path to success must learn to do. As individuals on the team grow, they grow together, and the shared experience of dealing with adversity; whether the outcome be positive or negative, is the glue that holds a swim team together, and the reason swimmers share a special bond that is unlike any I've seen in other sports.

As you will learn, or have already learned, being a member of a swim team is a commitment. The time, hard work, and dedication of each swimmer, and also of each family member, are the driving forces behind the success of a great team. The friendships formed between the parents, and between the swimmers, are some


of the deepest and most meaningful relationships that will be formed in this lifetime.

It is my hope that you as a parent embrace the commitment, and support your child through the ups and downs of such a challenging sport. As many of our senior level swimmers have learned, the disappointment we experience during those low moments pale in comparison to the satisfaction of accomplishing and exceeding our greatest expectations.

We'd like to make this experience as simple as possible for you. This family guide is aimed to help you understand your role as a Charger parent, and how you can best support your athlete and our team. A team is only as good as the members who make it up - parents, swimmers, and coaches - the holy triangle of the sport of swimming - and it will take all of us to make our team run well. Your investment in the team is also an investment in your child. The more you give to the team, the more it will give back to you and your family.

I'd like to thank you in advance; this swim team would not be what it is without the help and support of you, the parents!

All the best -

A handwritten signature in black ink, reading "Anthony Addlesberger". The signature is written in a cursive, flowing style with a long horizontal line extending from the end.

Coach Anthony Addlesberger

OVERVIEW

We are a YMCA and USA swim team, and are highly involved with both organizations. This differentiates us from most swim-teams in the country, as most programs operate only under the umbrella of USA Swimming.

As a YMCA swim team, we have the opportunity to compete in small local meets throughout the year. These are developmentally oriented and aim to provide our younger and less experienced swimmers opportunities for growth through racing. The sole purpose of these meets is for our swimmers to grow from competition, and get direct feedback through their results and their conversations with their coaches after their races. Because of this, we do not keep score.

We also have a championship meet format at the regional, state, and national level that is unique to YMCA swimming. Throughout the season, swimmers have the opportunity to qualify for YMCA Districts at any meet they participate in. Swimmers qualify by achieving the time standard in each event. At YMCA Districts, swimmers have the opportunity to qualify for YMCA States. If they place in the top six in an event at Districts, they automatically move on to States. There are approximately 1,000 swimmers who participate in each of the three districts, and of those 3,000 total swimmers, about 600 will qualify for YMCA States.

YMCA Nationals is the only national competition in YMCA or USA Swimming offered at the end of the short course season. This is always one of the fastest age group meets in the US. Swimmers qualify by achieving a YMCA National Qualifying Standard at any sanctioned USA Swimming or YMCA Swimming competition. They may qualify at High School meets that are USA observed. This is an open/senior competition, meaning there are no age groups, so the standards are challenging for high school aged athletes to make. Swimmers must be at least 12 to compete, although there are generally only 1-2 twelve year old athletes at the meet. Most swimmers end up qualifying after years of experience and hard work.

On our team, we have about 100 swimmers in total, ranging from ages 5-18. In general, most swim meets are organized by age and gender: 8 & under, 9-10, 11-12, 13-14, and 15 - 21.

A swimmer's age for YMCA Districts and States is determined as of December 1st.

USA Swimming:

With membership to USA Swimming, you become part of the most successful swimming organization in the world. USA swim meets open us up to a wider and

deeper range of competition. USA meets are almost always multi-day, and provide kids the opportunity to practice racing a multitude of strokes and distances, which is one of the most important elements of swimmer development.

Also, one of the best ways to help your swimmer develop is by exposing them to stronger competition, and giving them more opportunities to compete. There is a much greater time commitment with these meets, and they serve as a strong investment in your child's development.

We also use these USA meets throughout the season to help prepare your child for the end of season YMCA Championship meets, as the multi-day format and deeper competition help prepare your child for what they will face when they race in post-season competition.

The USA Swimming program is an additional fee that is charged by our local swimming committee (LSC), Mid Atlantic Swimming (MA). You pay that fee directly to Mid Atlantic Swimming. Age at USA swim meets is determined by age of the child on the first day of the meet.

GROUPS

Our team offers many different competitive swimming groups. For our younger and/or new swimmers, the **Novice Groups I and II** are a great place to start. The Novice Groups have shorter practice times, local swim meets, and reduced fees. For our more experienced swimmers, the **Junior I, Junior II, Senior I and Senior II** groups offer increased practice time and YMCA competition both regionally and nationally, and USA swimming membership and meet participation is encouraged.

School Year Practice Schedule *(subject to change, generally Sept - May)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	Su.
Novice II	6:30-7:30		6:30-7:30	6:30-7:30			
Novice I	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30			
Junior II	5:15-6:30	5:15-6:45	5:15-6:30	5:15-6:45	5:15-6:30		
Junior I	5:15-7:00	5:15-6:45	5:15-7:00	5:15-6:45	5:00-6:30	10-11:45 am	
Senior II	3:15-5:15	6-7:15 am 3:15-5:15	3:15-5:15	3:15-5:15	3:15-5:15	8-10am	
Senior I	3:15-5:15	6-7:15 am 3:15-5:15	3:15-5:15	6-7:15 am 3:15-5:15	3:15-5:15	8-10am	

The YMCA End of Season Meets

- **YSCAP** - The YMCA Swim Coaches Association of Pennsylvania (YSCAP) is a league made up of nine YMCAs in the greater area. At the end of the regular season there is a YSCAP meet with all of the nine teams to celebrate the year. This is one of the few meets that our entire team is able and encouraged to attend together. This serves as the championship meet for our Novice I, Novice II, and swimmers not yet qualified for YMCA Districts. This also serves as preparation for our swimmers for the championship season. This meet was held at the York YMCA last year. This is a prelim and final meet.
- **YMCA Districts** - YMCA teams are divided into three districts (East, Central, and West). The Chargers are in the Central District. Eligibility requirements for this meet include qualifying times and the participation in three YMCA meets during the regular season. This meet is held in mid-March and has been hosted by the York YMCA in recent years. This is a timed finals meet.
- **YMCA States** - The top six swimmers and top four relays from each event at Districts advance to compete against swimmers from the other two districts. This meet is held in late March. Last year this meet was held at Mylan Aquatic Center in West Virginia last year. This meet is a prelim and finals meet.
- **YMCA Nationals** - Eligibility requirements for this meet include qualifying times and the participation in three YMCA meets during the regular season. This is held at the end of the Short Course season (spring) and again at the end of the Long Course season (summer) This meet is a prelim and finals meet. This meet is typically held out of state.

Summer Practice Schedule *(subject to change, generally June - July)*

During summer break, we have historically switched from evening to morning practice times for all groups, with doubles for the Senior and Junior groups in the evenings. This schedule will be posted in the spring.

FINANCIALS

Below is what you can expect to pay this year:

- YMCA membership dues, monthly per child
- YMCA team dues, monthly per child
- Chambersburg YMCA Competitive Aquatics Parents Association (CYCAPA) fees
- Meet entry fees, between \$10-20 per event per child
- Swim for Chargers Fundraiser, voluntary donation to the team
- Food for hospitality and/or concessions at hosted meets, voluntary donation to the team

Other Expenses that vary by family may include travel to away meets, equipment, team spirit wear, Meet Mobile app, USA Swimming dues

The monthly program fees the YMCA collects go to pay coaches' salaries/wages, and operating costs of the facility. All other expenses are covered by CYCAPA, the majority of which are fundraised.

Financial assistance for those that may qualify is available through the YMCA. For more information, please reach out to the front desk staff members and/or the Chambersburg YMCA [website](#).

EQUIPMENT

Novice I & II

- suit to practice in
- team suit to use during meets (optional, but encouraged)
- 1-2 team caps (part of registration fee)
- 1-3 team shirts (part of registration fee)
- water bottle

TYR is the official outfitter of our team. Swimmers should wear TYR suits at competition, and must wear TYR tech suits when competing in a tech suit.

As part of our deal with TYR, we receive discounts on their team store. We also receive a kickback and a large stipend to spend with them if our team purchases from their store. Please consider shopping at the TYR store to receive the discount and help fundraise for our team.

TYR often runs promotional sales, and it is often the case that there are even greater discount codes that you can apply that will match or beat any price you can find on other sites. If you do find a better price on an item, please reach out to Coach Anthony or our team reps to see if we can get the item you're looking at further discounted pricing through our team store.

To obtain membership to the store and receive the initial 25 percent discount, please sign up for an account as follows:

Visit Your Team Store: [Teams.tyr.com](https://teams.tyr.com)

Create an account and use Access Code: CHARGE25

Once you create the account, you will have access to our team store. You will also receive promotional emails with additional discounted items periodically.

TYR sells all kinds of awesome equipment and apparel, including tech suits, racing suits, practice suits, goggles, kickboards, fins, pull buoys, sunglasses, ice-shaker water bottles, warm-up jackets and pants, shorts, parkas, running shoes, training

shoes, t-shirts, hoodies, backpacks, and personalized Charger spirit wear. Once you sign up using the access code, just remember to visit teams.tyr.com (different from tyr.com), log in, and you will automatically receive the 25% discount. Also keep an eye out for promo sales that will be emailed to your login email address periodically. This is a great time to stock up.

YMCA National Qualifiers receive one free tech suit, bag, warm-up, and t-shirt per year. Every additional tech suit is 40% off. To receive this deal, please email Coach Anthony and our TYR reps. Your purchases from TYR will almost certainly ensure the lowest price on tech suits, and come back to the team as a kickback to help fund our coach travel to nationals and coverage of YMCA National entry fees for your swimmers.

EXPECTATIONS *(for swimmers and parents)*

PRACTICE: Swimmers should be on deck and ready to swim 10-15 minutes before practice, if possible. Different groups have different attendance expectations. With Novice, our goal is to teach them the fundamental skills necessary to be successful, and instill within them a passion and love for the sport. Many swimmers in the Novice group are just getting introduced to the sport, and are also trying other sports and activities to find what they are passionate about. We do not expect them to attend every practice, but we do believe the more they attend, the more they will get out of the sport.

As swimmers advance through the program, they will end up making more of a commitment to ensure they see the results they are after. By the time swimmers reach the Senior I group, the expectation is they are at every practice. When absences occur, it is asked that the swimmer communicates with the coach and they work out a plan together, depending on the nature of the absence. If it's a swimmer's goal to reach the Senior I group, they are encouraged to build habits in the Junior and Senior II levels that will enable them to move into and be successful in the Senior I group.

We do encourage swimmers to pursue their passions, and understand there may be the need to balance swimming with another sport at certain times of the year. If you are balancing another sport or another commitment, please let your coach know. They will work with you on your specific schedule.

The pool deck area at the YMCA is relatively small, but there is a place for parents and families to sit and wait during practice if they wish. Parents may watch but it is preferred that parents do not communicate with swimmers during a practice. Practice is a time to swim, socialize with teammates, and for swimmers and coaches to work together.

During practice kids should plan to wear their team cap (if they wish to wear a cap). Any suit is fine during practice. A team suit should be worn during meets (or a tech suit - please talk to your coach about when it is appropriate).

SWIM MEETS: Coaches and swimmers will sit together as a team and should not plan to be in the stands with their families. Most meet rules state that swimmers are not permitted in the stands and, on our team, we encourage the swimmers to stay on deck. Coaches will run a team warm up and will help guide the younger/newer swimmers to get behind the blocks for their events on time. This is another reason why it is important for swimmers to stay on deck and not in the stands during the meet. After each race, swimmers will talk with their coaches, warm down, and get ready for their next event or cheer for their teammates.

Regular season YMCA dual meets are one day events and are one session, meaning everyone competes during the same time frame. Meets typically last three to four hours. Most USA meets are multiple days (usually Friday evening, Saturday, and Sunday). Most postseason YMCA meets are also multiple days. The highest level competition meets are prelims/finals. Prelims are typically swum in the morning and finals are in the evening. Most often, the swimmers who make the top 8-24 in prelims qualify for finals. If your swimmer qualifies for finals, it is expected they will come back in the evening to compete. The Meet Mobile app and/or your swimmer talking with their coach is the best way to know if your swimmer has made the finals. Swimmers should only scratch from finals if it is agreed upon between the swimmer and the coach, and must do so within 30 minutes of the posting of results for that particular event.

VOLUNTEERING: Your volunteer commitment is critical to the sustainability of our team. We understand that every family is different and their availability to volunteer may differ. We expect every family to volunteer as much as they are reasonably able. It is our collective effort that enables our team to perform at our best. Volunteer opportunities include working in hospitality, concessions, timing, safety marshall, etc. We are also always in need of officials. For this specific role, there is training involved. Please reach out to Amanda Addlesberger (contact below) if you are interested in learning more about becoming an official. Ultimately, if you are at a meet with your child (and you are able), you should plan to volunteer. A volunteer sign up sheet is emailed prior to each meet.

HELPFUL TOOLS

Team Unify and the **On Deck** app gives you access to our team account, events, financials etc. Please go to <https://www.teamunify.com/team/macc/page/home> (or download the OnDeck app). Register for an account or log-in to your existing

account. By clicking the various links, you will find information about upcoming events (e.g. swim meets) under "Events and Competition" and check your current balance due. Please note that there are some different features between the website and the app. For example, the OnDeck app shows your swimmer's best times under "Membership." For questions about Team Unify and the OnDeck app, please contact Adrian Fang (contact below).

The **Meet Mobile** app displays meet results in real time as Meet Manager receives data from the timer (one heat at a time). This app has the ability to display heat sheets, psych sheets, records, team scores, and time standards. This app is not free, but we highly suggest you consider downloading it as it will help keep you informed.

BOARD OF DIRECTORS / CYCAPA

Chambersburg YMCA Competitive Aquatics Parents Association

We are a non profit club, run by its elected Board of Directors which meets each month. In addition, we hold parent meetings each season. All members are welcome at these parent meetings and are encouraged to get involved with the day to day operations of helping to run a successful program.

Anthony Addlesberger - **Head Coach**, aaddlesberger@chbggy.org

Carla Christian - **YMCA Executive Director**, cchristian@chbggy.org

Erin Richardson - **President**, erinlears.richardson@gmail.com

Mike Breslin - **Vice President**, breslimj@gmail.com

Erika Barley - **Treasurer**, erika.barley1@hotmail.com

Drue Hoffman - **Secretary**, druehoffman@gmail.com

Adrian Fang - **Webmaster**, adfang@gmail.com

Amanda Addlesberger - **Volunteers & Officials**, aaddlesberger216@gmail.com

Sarah Strait - **Marketing & Communications**

Drue Hoffman - **Equipment**

Tasha White - **Fundraising**

Leah Price - **Fundraising**

Abby Dreyer - **Apparel**

Megan Boyer - **Records**

Brittany Wagner - **Social Events**

TO DOs

- ☐ Sign up for Team Unify / On Deck app
- ☐ Download Meet Mobile app (optional, but encouraged)
- ☐ Read and sign the Athlete Code of Conduct document
- ☐ Read and sign the Safe Sport document

Definitions and Some Tips We've Learned Along the Way

Short Course refers to pools that are 25 yards (or occasionally 25 meters). The "Short Course Season" is typically September - March. At the Chambersburg Y, we have both a short course 25 yard pool and a short course 25 meter pool. We host our short course season home meets in our 25 meter pool. **Long Course** refers to pools that are 50 meters. The "Long Course Season" is typically April - August. The Olympics are held in Long Course pools. For the past two years, we have rented long course space at Mercersburg Academy one to two times a week for a few weeks over the Spring and Summer as an option for our swimmers.

Helpful tip: Use a sharpie marker and write your child's Event # / Heat # / and Lane # on their hand for each of their events. It can be a quick reference for them, since heat sheets with this information are hard to come by (unless they have access to a phone with MeetMobile on it). Heats are usually organized slowest to fastest, with the top seed (fastest swimmer) in Lane 4. From there, it fans out until you get to Lane 8.

DQ means your swimmer has been disqualified. An official should be able to explain to your swimmer why they are disqualified after the race. Their time will not appear in MeetMobile and the race will not count towards the team points or for making finals. This happens to everyone at some point (even to Olympians)! It's a good learning opportunity.

Prelims are usually held in the morning and are the portion of a meet that determines which swimmers qualify for the finals in the events. **Finals** are usually held that evening and consist of the top 8-24 swimmers from prelims for each event.

Helpful tip: Pack healthy, nutrient dense snacks for your swimmers during meets! At some meets, you will not see your child until after the meet is over, so it is best for them to bring a bag of healthy snacks to keep them well fueled.