



## WINTER 2025-2026

### FREQUENTLY ASKED QUESTIONS

#### WHAT ARE THE REQUIREMENTS TO BE ON THE SWIM TEAM?

##### AGE

- The KJAY swim team is open to anyone between the ages of 5 and 18. Swimmers must be 5 as of September 2<sup>nd</sup>.

##### PLACEMENTS & EVALUATIONS

- All **NEW** swimmers are required to attend an evaluation with our Regional Director of Aquatics, Kelly Burk, and Associate Head Coach, Jake McDermott, and their staff.
  - Placements will be held from 4:30-7:00pm on four different evenings. More detailed information can be found here:
    - ♦ <https://www.signupgenius.com/go/20F0C4FAAAF2EAB9-57355429-kjay#/>
  - If you cannot attend one of these nights, please contact Coach Kelly at [kburk@ymcagbw.org](mailto:kburk@ymcagbw.org) or Coach Jake at [jmcdermott@ymcagbw.org](mailto:jmcdermott@ymcagbw.org) to schedule an evaluation.
  - We will not do any evaluation before July 24<sup>th</sup> or after August 20<sup>th</sup>.
  - Swimmers can come to either location for an evaluation. You will be asked at the evaluation where your swimmer would like to practice at. If a date at your "home branch" does not fit your schedule, you can have your swimmer evaluated at the other branch.
  - If your swimmer swam somewhere else over the winter or summer of 2025 – please email Coach Kelly the following: (1) swimmer's name (2) date of birth (3) team they swam on. Coach Kelly will then follow up requesting times in certain events depending on their age, and you may not have to bring your swimmer to an assessment.
- Please double-check which branch you are signed up for.
- Please note, there is a chance that we may have to begin a waiting list after the first week of evaluations. We will still conduct evaluations after the first week, but please be aware there is a chance we may have to place your swimmer on the wait list if certain groups have reached maximum capacity.
- Swimmers will be evaluated on their abilities to determine whether they meet the requirements to be on the Winter Team or in the Stroke and Conditioning.
- All **RETURNING** swimmers (this includes past Winter, Spring & Summer swimmers) need to sign up on GoMotion to let the coaching staff know by August 16, 2025, if they are returning.
  - Coach Kelly will have an event for each branch, and you will choose which branch you would like as your "home branch".
  - After August 20<sup>th</sup>, your swimmer will not be guaranteed a spot on the team or in Stroke/Conditioning.
- Practice groups will be emailed out by August 23, 2025, and registration will begin on August 25, 2025.



## SWIMMING

- The winter team is a bit more difficult than the summer team to be placed on the team.
- Please keep in mind that this is a swim team not lessons.
- Please see each specific practice group for their requirements.
- At minimum, swimmers on the TEAM. If your swimmers do not meet the below requirements, check our Stroke/Conditioning information: [Kennett & Jennersville Area YMCAs – Stroke/Conditioning \(teamunify.com\)](https://www.teamunify.com)
  - 10 & under:
    - ♦ Must be able to swim 25 yards of below without stopping:
      - freestyle with rotary breathing,
      - backstroke,
    - ♦ Attempt 25 yards of breast and butterfly,
    - ♦ Dive from the side.
  - 11 & over:
    - ♦ Must be able to swim 50 yards of below without stopping:
      - freestyle with rotary breathing,
      - backstroke,
      - breast,
      - butterfly,
    - ♦ Dive from the starting block.
    - ♦ Knowledge of a flip turn.
- The coaching staff will have the final decision as to whether the swimmer has completed their lengths safely and legally.

## MEMBERSHIP

- Does my swimmer have to be a member of both the Kennett Area YMCA and Jennersville YMCAs?
  - No, you do not. You have to be a member at the branch where your swimmer practices.
  - If your swimmer would like to change your “home” branch, please contact Coach Kelly at [kburk@ymcagbw.org](mailto:kburk@ymcagbw.org).

## COMPETITION

- Does my swimmer have to compete if they are on the Swim Team?
  - Yes, every swimmer will be required to swim in two dual meets to be a part of our Winter Swim Team.
- If you feel your swimmer is not ready to compete, please see the information on our Stroke and Conditioning.
- Swimmers that do not compete in two dual meets will not receive a team gift and maybe moved to Stroke and Conditioning the next winter season.

## HOW LONG IS THE WINTER SEASON?

THE WINTER SEASON IS 24 WEEKS LONG FOR EVERYONE WHO DOES NOT QUALIFY FOR CHARLIE HARTLEY, DISTRICTS, STATES OR NATIONALS. SWIMMERS WHO QUALIFY FOR THOSE MEETS WILL CONTINUE ON TO EACH POST SEASON MEET THEY QUALIFY FOR.

## WHAT IS YEAR ROUND SWIMMING?

YEAR ROUND IS SPLIT INTO 2 SEASONS – THE WINTER SHORT COURSE SEASON AND THE SPRING/SUMMER LONG COURSE SEASON.

- WINTER SEASON – SHORT COURSE SEASON
  - The short course season runs from the beginning of September through the YMCA Pennsylvania State Championships OR Nationals in late March for those who qualify.
  - It is 24 weeks long for those who do not qualify for Charlie Hartley, Districts, or States.
  - Those who do not qualify for the upper-level meets will have the month of March off.
  - During this time, competitions are held in short-course pools, either 25 yards or meters.
  - The short course season begins with practices in September, concentrating on stroke technique, and progressing through various training phases as the season progresses.
  - Beginning in late October/ early November, KJAY Swimming typically begins its competitive schedule of dual meets and invitational meets.

- **SPRING/SUMMER – LONG COURSE SEASON**
  - Swimmers 10 and under:
    - **SPRING**
      - The Spring season is 7–8 weeks long. Swimmers will go back to the basics. This training is heavily stroke technique-based in preparation for the summer season.
    - **SUMMER**
      - The Summer season is also 7–8 weeks long. Swimmers will compete in dual meets over this period and cap it off at the BSL Championships.
  - Swimmers 11 and over:
    - This season, for those interested, starts in April and runs through YMCA Long Course Nationals in late July/early August.
    - Long Course is an Olympic-sized pool that is double the length the swimmers are used to because it is 50 meters.
    - Swimmers 11 & over as of 5/1 will have opportunities to race in the 50m pool.
    - We have limited access to 50m pools and meets.
    - If a swimmer qualifies for LC Nationals, we will work to find time to practice at a LC facility at least once a week once school ends. This may require driving to a location over an hour away very early in the AM.
- After the BSL Championships and YMCA Long Course Nationals, the program takes a break until the next winter season that begins in September.

## DO YEAR ROUND SWIMMERS HAVE A BREAK?

### YES.

- **WINTER BREAK**
  - Non Charlie Hartley, District, State, and National Qualifiers
    - Will have the month of March off.
  - Other swimmers will continue to their qualifying meet.
  - Once they have reached their highest level, they will be asked to take at least two weeks off before starting in the spring.
- **SUMMER BREAK**
  - Non National Qualifiers
    - Will have off from the BSL Championships to the Tuesday after Labor Day.
  - National Qualifiers
    - Will have off from the Long Course National Championships to the Tuesday after Labor Day.
- We do this to allow the swimmers' bodies to heal and lessen burnout.

## WHAT ARE THE SWIM TEAM FEES?

### NON-REFUNDABLE REGISTRATION FEE

- This non-refundable registration fee helps offset the costs of team caps, t-shirts, team gift, and the end of the season banquet. Once this fee is collected, it is NOT refundable.
- This fee will be collected when you register on GoMotion.
- The fee for one swimmer is \$110, two swimmers is \$170 and for three or more swimmers it is \$260.

### WHAT OPTIONS ARE THERE FOR THE PROGRAM FEES?

- You may either pay the year-round price (fall/winter, spring, & summer) or just the winter season.
- This upcoming fall/winter season, we need to have two (2) registration periods due to a change in the YMCA of the GBW membership & program fee database.
- As in the past, there will be different pricing options for the program fees based on your membership.
  - If you have a family membership, there will be a discounted price. You may either pay the year-round price (fall/winter, spring, & summer) or just the winter season.
- **ACTIVENET REGISTRATION**
  - The Activenet ("initial") registration will be from August 25<sup>th</sup> through September 9<sup>th</sup>, through Activenet & GoMotion, as it has been in the past.
  - This initial registration will cover the program fee from September 2<sup>nd</sup> to December 31<sup>st</sup>.
  - Your program fee in one payment or 4 payments.

- **TRACTION REC REGISTRATION**
  - In mid-November, when the YMCA of the GBW switches from Activenet to Traction Rec, there will be a 2<sup>nd</sup> registration. This will just be done through Traction Rec.
  - This 2<sup>nd</sup> registration will cover the program fee from January to February 14<sup>th</sup> for Winter only swimmers and January through July for Year Round Swimmers.
  - Winter Only swimmers: You will have your final payment pulled from Traction Rec in January.
  - Year Round swimmers: You will have the choice to either pay the January through July program fee in full or in 4 payments starting in January.
  - More information on the Traction Rec registration will be emailed out in late October.
- The program fees can be found here: [KJAY Swim Team Program Fees 2025-2026](#)
- **YEAR-ROUND PROGRAM FEE**
  - This price includes Winter Swim Team, Spring Clinic & our Summer Swim Team.
  - If you have a family membership this fee will be discounted.
  - **TIME FRAME:**
    - If your swimmer does not qualify for Districts, States or Nationals they will have off the month of March. Swimmers will also have off the month of August.
  - Competitive Year-Round Swimmers will also have priority in choosing their Spring Clinic schedule. Those 10 & under receive two days a week for the Spring Clinic in this fee. Those 11 & over receive three days a week for the Spring Clinic in this fee. Any additional days must be paid at the Front Desk in March.
  - **CANCELLATION POLICY for YEAR-ROUND:**
    - If you wish to cancel within the first four weeks of the season, your fee will be pro-rated for any reason. The Year-Round fee will only be pro-rated for cancellation during weeks 5-24 of the winter season for medical reasons (with a doctor's note) or for family relocation.
    - Your fees will NOT be prorated after week 24, since this is already a discounted fee.
    - If your swimmer is placed into the Senior group for the Spring Clinic and our Summer Swim Team, they must compete for KJAY on our Summer Team.
    - Swimmers may not sign up for Year-Round after September 9<sup>th</sup>.
    - Year-round fees can be paid through 8 payments with the first payment due at the time of registration; the additional payments will be processed via an automatic credit card draft.
    - There are no refunds or make-up practices for Acts of God (thunderstorms, snowstorms, etc.) or pool maintenance caused by something out of the control of the YMCA (pool closures for bodily fluid incidents) or emergency maintenance. We will do our best to shift practices to the other branch. If the pool is down for longer than 7 days, we will then give a prorate for those practices missed during those 7 days)
      - ♦ Example: Silver within that 7 days would have only practiced 3 times during that period, we will prorate it just for those 3 practices.

#### WINTER SWIM TEAM PROGRAM FEE

- This payment option is for just our Winter Swim Team program that runs from September through the end of February (24 weeks). The Senior group runs 26 weeks.
- If you have a family membership, this fee will be discounted.
- **CANCELLATION POLICY:**
  - If you wish to cancel within the first four weeks of the season, your fee will be prorated for any reason. The winter-only fee will only be prorated for cancellation after week four for medical reasons (with a doctor's note) or for family relocation.
  - Please note that the winter season is more strenuous and time-consuming than Stroke/Conditioning and our Summer program. please know that swimmers are committing to a 24-week program.
  - Winter Only fees can be paid through 4 payments, with the first payment due at the time of registration; the additional payments will be processed via an automatic credit card draft.
  - There are no refunds or make-up practices for Acts of God (thunderstorms, snowstorms, etc.) or pool maintenance caused by something out of the control of the YMCA (pool closures for bodily fluid incidents) or emergency maintenance. We will do our best to shift practices to the other branch. If the pool is down for longer than 7 days, we will then give a prorate for those practices missed during those 7 days)
    - ♦ Example: Silver within that 7 days would have only practiced 3 times during that period, we will prorate it just for those 3 practices.

#### USA SWIMMING FEE

- Registering for USA Swimming is optional for everyone except the Senior 2 groups.
  - Our recommendation for swimmers is for those 13 & over who are interested in swimming in college.



- Other swimmers do not need this registration as they will get many opportunities to swim within our Y meet schedule.
- **We are still waiting for the 2026 fee, but last year the fee was \$90.** All swimmers must sign up directly for USA Swimming through their website.
- Families will be paying the fee directly to USA Swimming
- Swimmers who choose to swim Long Course meets during the Spring and Summer **MUST** have current Y memberships during that period in order to swim for KJAY over the Spring and Summer.

## MEET INVITATIONAL FEES & SURCHARGES

- **MEET INVITATIONAL FEES:**
  - Some meet invitationals have additional fees. These fees will be listed on GoMotion, and Coach Kelly will send out a fee report before GoMotion is charged.
    - Each event could cost between \$5-\$25 per event depending on the meet host.
  - Families are responsible for these entry fees.
  - The team will cover relay fees through our fundraising account.
- **MEET INVITATIONAL SURCHARGES:**
  - In addition, there will also be a surcharge for all invitationals to help offset the cost of travel for coaches. This fee will also be paid through GoMotion.
- Once we send the entries to the host team and they are accepted, GoMotion will be charged. Once GoMotion is charged, you will not be refunded the entry fees if you decide that your swimmer not to attend the meet.
- Please see the chart below:

Meet Type	Surcharge
YMCA/USA National Level Travel Invitational	minimum of \$60.00
YMCA/USA Travel Invitational (coach overnight stay)	\$ 35.00
YMCA/USA Local Invitational (no overnight stay)	\$ 25.00
Penn-Del Dual Meet	\$ -
Summer League Dual Meet or Invitational	\$ -

## ARE THERE DISCOUNTS AVAILABLE FOR THE PROGRAM FEES?

- There is a 5% discount for siblings who are swimming Winter Only, Year-Round, All 4 sessions of Stroke/Conditioning or All 4 session of Stroke/Conditioning + Summer Team.
- The first swimmer will be at the full price and then each additional swimmer will receive a 5% discount.
- There is NO sibling discount for swimmers who are swimming in Stroke/Conditioning session by session.

## WHAT ARE THE PRACTICE GROUPS?

- **VERY IMPORTANT: PLEASE NOTE THAT THESE GROUPS COULD BE ALTERED BASED ON THE CURRENT DEMOGRAPHIC OF THE TEAM AFTER EVALUATIONS AND FORMER SWIMMER COMMITMENTS. THE DESCRIPTIONS ARE JUST GUIDELINES OF WHAT THE GROUPS COULD BE.**
- The groups' increase in practice time and intensity as the swimmers' progress. We try to increase slowly as they get older in an effort to decrease burnout in them.
- Group placement is based on an objective formula that takes into consideration age and times, as well as based on input from the coaching staff. A chart with this information will be emailed out with placements, so everyone can see the times/ages of swimmers in the groups based on the current demographic of the team.
- Kennett Branch information: <https://www.teamunify.com/team/makay/page/winter-team/practice-group-info>
- Jennersville Branch Information: <https://www.teamunify.com/team/makay/page/winter-team/jy-branch-practice-group-info>

## SILVER GROUP

- The SILVER group is for swimmers age 7–10 who have limited experience in competitive swimming.
- This group's focus is on learning all four competitive strokes.
- Swimmers will have opportunities to swim in dual meets and invitationals.
- The Silver Group will practice 1.75 hours a week with in-water instruction.
- It is recommended that the Silver swimmers attend 2 of the 3 practices a week.
- Swimmers should be able to:
  - Swim 50 yards (2 lengths) of freestyle (with rotary breathing) without stopping with their face in the water safely
  - Swim 50 yard (2 lengths) of backstroke
  - Must attempt a length of breaststroke and butterfly. The swimmer must know what breaststroke and butterfly are when asked. It does not need to be legal but the swimmer must have knowledge of both strokes when asked to swim a length of each and it must look almost like both strokes.
  - All swimmers will be expected to attempt to dive from the starting blocks during practices and meets.

## GREEN

- The GREEN group is for swimmers ages 9–12 who typically have some competitive swimming experience and are interested in continuing to develop proper stroke technique for all four competitive strokes.
- Instruction and training focus on continuing to refine strokes, and build endurance in freestyle, backstroke, breaststroke, and butterfly.
  - The GREEN GROUPS PRACTICE 3.25 HOURS A WEEK.
  - IT IS RECOMMENDED THAT THE GREEN SEA TURTLES ATTEND 2 OF THE 3 DAYS A WEEK.
  - Swimmers should be able to:
    - ♦ swim 100–200 yards of freestyle with rotary breathing in good form (face in water)
    - ♦ swim 50–100 yards of backstroke in good form
    - ♦ swim 25 yards of butterfly and breaststroke.
    - ♦ must be able to dive off of the starting block
    - ♦ must be able to do flip turn

## TEAL

- The TEAL group is designed for the young swimming enthusiast ages 9–14 who have competitive swimming experience.
- These swimmers are interested in refining stroke technique, building endurance in freestyle, backstroke, breaststroke and butterfly and learning basic racing skills.
- Practice consists primarily of stroke drills and increasing endurance as swimmers work toward swimming 4+ continuous lengths (100 yards).
  - THESE SWIMMERS PRACTICE 4.25 HOURS A WEEK.
  - It is recommended that the TEAL swimmers attend 2 of the 3 practices a week.
  - Swimmers should be able to:
    - ♦ swim 200 yards of freestyle with rotary breathing in good form;
    - ♦ swim 100 yards of backstroke in good form
    - ♦ swim 50 yards of rudimentary breaststroke and butterfly
    - ♦ demonstrate proper racing starts & flip turn
  - THIS GROUP IS SPLIT INTO TWO SUB GROUPS – LEVEL TEAL 1 & LEVEL TEAL 2.
    - ♦ TEAL 1
      - TEAL 1 IS DESIGNATED FOR THOSE SWIMMERS WHO HAVE SEVERAL YEARS OF COMPETITIVE EXPERIENCE AND ARE PROFICIENT IN ALL 4 COMPETITIVE STROKES.
      - THESE SWIMMERS ARE WITHIN 2% OF THE CHARLIE HARTLEY QUALIFYING TIMES.
    - ♦ TEAL 2
      - Teal 2 is for more experienced swimmers who are moving up to a more competitive, training-focused group and ARE PROFICIENT IN ALL 4 COMPETITIVE STROKES.
      - THESE SWIMMERS ARE WITHIN 1% OF THE CHARLIE HARTLEY QUALIFYING TIMES OR HAVE QUALIFIED FOR DISTRICTS.
      - THESE SWIMMERS WILL BE REQUIRED TO GET EQUIPMENT: SHORT FINIS, FINIS AGILITY PADDLES, AND AN EQUIPMENT BAG.

## BLUE

- The BLUE group is for swimmers who are ages 11–16 and have previous competitive experience.
- The BLUE group will focus on refining stroke technique while increasing endurance and speed.
- Practices will be less focused on direct stroke instruction and more intense to prepare swimmers for higher levels of competition. This group will also focus on racing technique and strategy.
- Dryland training will be introduced in this level. It is highly encouraged for those that have the goal of qualifying for YMCA District and States sign up for dryland.
- The Blue group will have 6.75 hours of swim practice time a week with the option of Dryland.
- **THESE SWIMMERS WILL BE REQUIRED TO GET EQUIPMENT: SNORKEL, SHORT FINS, FINIS AGILITY PADDLES AND AN EQUIPMENT BAG.**
- Dryland (optional) will also be utilized to help build strength.
- **THIS GROUP IS DESIGNATED FOR THOSE SWIMMERS WHO HAVE SEVERAL YEARS OF COMPETITIVE EXPERIENCE AND ARE PROFICIENT IN ALL 4 COMPETITIVE STROKES.**
- These swimmers have qualified for Charlie Hartley and are within 1% of District Qualifying times OR have qualified for Districts in multiple events and have the possibility to also qualify for States.

## SENIORS

- This group is for swimmers who aspire to swim at a higher level and represent our YMCA in district, state and national competitions, ages 13–19.
- Stroke mechanics, conditioning, and goal setting are emphasized.
- Attendance will be taken for the Senior group. Swimmers should be attending 4 of the 5 practices each week. If your swimmer cannot commit to this, please let the coaching staff know and they will be moved to either a Blue group or the Stroke & Conditioning group.
- Swimmers in the Senior groups are ages 13 and older and are capable of competing at the YMCA District, State and National level.
- Serious commitment is expected in terms of attendance and practice intensity. Swimmers will also be asked to attend dryland.
- **SWIMMERS ARE ALSO REQUIRED TO PURCHASE ADDITIONAL TRAINING EQUIPMENT: SHORT FINS, FINIS AGILITY PADDLES, SNORKEL AND EQUIPMENT BAG. SENIOR 2 GROUP MEMBERS MUST REGISTER FOR USA SWIMMING.**
- The Senior Groups emphasis is on refining stroke technique, perfecting race strategy, and improving speed and endurance with the ultimate goal of qualifying for YMCA States and Nationals, as well as, higher level USA meets.
- This group is for swimmers who inspire to swim at a higher level and represent our YMCA in district, state and national competitions, ages 13–19.
- Stroke mechanics, conditioning, and goal setting are emphasized. Attendance will be taken for the Senior group. Swimmers should be attending 4 of the 5 practices each week. If your swimmer cannot commit to this, please let the coaching staff know and they will be moved to either a Blue group or the Stroke & Conditioning group.
- Swimmers in the Senior groups are ages 13 and older and are capable of competing at the YMCA District, State and National level. Serious commitment is expected in terms of attendance and practice intensity. Swimmers will also be asked to attend dryland. **SWIMMERS ARE ALSO REQUIRED TO PURCHASE ADDITIONAL TRAINING EQUIPMENT: SHORT FINS, FINIS AGILITY PADDLES, SNORKEL AND EQUIPMENT BAG. SENIOR 2 GROUP MEMBERS MUST REGISTER FOR USA SWIMMING.**
- **THIS GROUP IS SPLIT INTO TWO SUB GROUPS – SENIOR 1 & SENIOR 2.**
  - **SENIOR 1**
    - ♦ **DESIGNATED FOR THOSE SWIMMERS WHO HAVE SEVERAL YEARS OF COMPETITIVE EXPERIENCE AND ARE PROFICIENT IN ALL 4 COMPETITIVE STROKES.**
    - ♦ **THIS GROUP PRACTICES 9.5 HOURS A WEEK.**
    - ♦ These swimmers have qualified for Charlie Hartley and Districts
  - **SENIOR 2**
    - ♦ These swimmers have qualified for Districts in multiple events and have the possibility to also qualify for States and have either qualified for Nationals or is close to qualifying for Nationals.
    - ♦ **THIS GROUP PRACTICES 11.5 HOURS A WEEK.**
    - ♦ It is required that the SENIOR 2 swimmers to attend 4 of 5 practices a week beginning October 16<sup>th</sup>. If your swimmer cannot commit to this please let the coaching staff know and they will be moved to Senior 1.

## PRACTICES AND ATTENDANCE

### WHEN ARE PRACTICES?

- Times
  - Please see this link for practice times:
    - [Kennett Area YMCA – Practice Schedule \(teamunify.com\)](https://teamunify.com/KennettAreaYMCA/Practices)
    - [Jennersville YMCA – Practice Schedule \(teamunify.com\)](https://teamunify.com/JennersvilleYMCA/Practices)

### DOES MY SWIMMER HAVE TO ATTEND ALL OF THE PRACTICES ON THEIR SCHEDULE?

- No, the schedule is set up so there is an extra practice in each group's schedule.
- Please see the practice group descriptions to see what the recommended practice days are for your swimmer.

### CAN MY SWIMMER BOUNCE BETWEEN DIFFERENT BRANCH PRACTICES?

- Swimmers may practice with their group (color or Senior) at either branch. Please do not overload your swimmer by having them try and do more than the scheduled number of practices at a branch.
  - Example: Silvers have 3 scheduled practices a week, therefore they should only be practicing a total of three times in one week.
- We will be having joint practices once a week on the weekends to help with team unity.
  - We understand that Sundays may not be an ideal day for some families, but unfortunately, that is the only day when we can utilize 7 lanes of the pool to accommodate both branches.

### ARE THERE "MAKE UP PRACTICES" IF A PRACTICE IS CANCELLED?

- No, there are no refunds or make-up practices for Acts of God (thunderstorms, snowstorms, etc.) or pool maintenance caused by something out of the control of the YMCA (pool closures for bodily fluid incidents) or emergency maintenance.
- We will do our best to shift practices to the other branch.
- If the pool is down for longer than 7 days, we will then give a prorated amount for those practices missed during those 7 days)
  - Example: Silver within that 7 days would have only practiced 3 times during that period, we will prorate it just for those 3 practices.

### WHAT DO THE SWIMMERS NEED FOR PRACTICE?

- For daily practices, each swimmer should wear a practice suit (preferably one that has secure straps or ties), and a swim cap for girls and goggles.
- Caps are required for all swimmers who have longer hair, and it can get in their eyes or get stuck in the lane line.
- Goggles are also required, as it is near impossible to perfect head and body position without goggles on.
- Swimmers should also bring a towel and a water bottle to prevent dehydration (you may not feel it, but your body does sweat even in the pool)!

### CAN MY SWIMMER BE LATE FOR PRACTICE?

- Swimmers who are more than 10 minutes late (in the water) for a 45–60 minute practice will be turned away from practice.
- Swimmers who are more than 15 minutes late (in the water) for a practice that is 60 minutes or more will also be turned away from practice.
- Late swimmers interrupt the flow of practice. Many times, lane assignments are given prior to the start of practice and must be reassigned for late arrivals.

### CAN MY SWIMMER LEAVE PRACTICE EARLY?

- Swimmers who need to leave more than 10 minutes early for a 45–60 minute practice are asked NOT to attend practice.
- Swimmers who need to leave more than 15 minutes early for a practice that is 61 minutes or more are also asked to NOT attend practice.
- Swimmers leaving early distract others in their practice.
- If swimmers tell a coach that they need to leave practice too early for their practice group, they will be turned away from practice.
- Swimmers must tell their coach at the beginning of practice if they need to leave early.

## ARE PARENTS ALLOWED ON DECK DURING PRACTICE?

- PARENTS MAY NOT BE ON DECK at any time.
- Parents should not interrupt or talk to coaches or their swimmers on deck during the practice. It is very distracting to the swimmers who are practicing.
- Parents may sit in the mezzanine (KAY & JY) or along the windows outside the pool area (KAY ONLY).
- The best form of communicating with the coaches is via email, and then the communication can evolve from there.
- Parents cannot record practice from the mezzanine or windows. This is an Association rule. Please also do not take pictures during practice as there are other members using the pool.
- You may also work out at the Y during your swimmer's practice if you are also a member of the YMCA of the GBW.

## DOES MY SWIMMER NEED EQUIPMENT?

- Required standard equipment for all groups includes a swimsuit (any make, any color), goggles, and a swim cap (REQUIRED FOR ANYONE WITH HAIR THAT CAN FALL IN EYES OR GET CAUGHT IN LANE LINES). Please make sure swimmers have extra caps and goggles in their bags since they cannot borrow items from their teammates at this time.
- Fins, snorkels, and paddles are required for swimmers if they are in Teal 2, Blue or the Senior Groups. Swimmers must have an equipment bag and bring it to and from their practice.
- Swimmers in those groups will be emailed what equipment they need right after they receive their placement.
- We also have locked cages on deck to store their equipment, if you do not want them bringing their equipment back and forth.

## CAN I TAKE PICTURES OR RECORD MY SWIMMERS DURING PRACTICE?

- In order to preserve the rights and privacy of our members, program participants and guests – video recorders, cameras, or any other visual recording devices are not allowed within the YMCA with the exception of public events where a family member is participating: (i.e., swim meets, youth sports activities, Healthy Kids Day, etc.)
- Visual recording devices are NOT PERMITTED in YMCA restrooms, locker rooms or changing areas. Parents may NOT video tape or take pictures of their swimmers during swim team practice. Video recording and picture taking during meets is acceptable.
- Anyone caught taking pictures of another person without their permission and knowledge will be prosecuted to the full extent of the law by the YMCA and may lead to the termination of their membership.

## WHAT WINTER SWIM LEAGUE ARE WE IN?

- The KJAY Swim Team swims in the Penn Del Swim League. More information regarding the Penn-Del League can be found [Penn-Del YMCA Swim League Home \(teamunify.com\)](http://Penn-Del YMCA Swim League Home (teamunify.com))
- This upcoming season, we will be swimming as one team in the Adams Division.

## TYPES OF MEETS

### DUAL MEETS

- **What is a dual meet?**
  - Dual meets are when we swim one other team.
- **When are dual swim meets, and how long are they?**
  - Winter swim meets are generally on Saturday afternoons. The boys usually are first, and the girls follow them.
  - Dual meets can be between 2–3 hours, depending on the sizes of the two teams competing.
  - Our first dual meet may be in October this season, and in the past, we have had 4–5 of them through to January.
  - We will post the dual meet schedule on GoMotion once we receive it. We usually do not receive it until mid-September.
- **What if I can't make a swim meet?**
  - Sign in or out on GoMotion
  - If you are unable to participate in a swim meet, please sign-out under the Events page on GoMotion.



- If there is an emergency the day of the meet, please contact Coach Kelly or Coach Jake via email at [kburk@ymcagbw.org](mailto:kburk@ymcagbw.org) and [jmcdermott@ymcagbw.org](mailto:jmcdermott@ymcagbw.org).
- **What does my swimmer need to bring to swim meets?**
  - Please make sure that your swimmer(s) brings their team suit, several towels, 2 caps, 2 pairs of goggles, sweatshirt or sweatpants, some activities to keep themselves busy at their towels during the meets.
  - Meets can run 2.5–3.5 hours.
  - There are snack bars at most meets to purchase snacks for your swimmer(s).
- **Do I need to do anything during the swim meets?**
  - **YES!!!!!!**
    - We cannot run swim meets without the help of our parents. Parents act as officials, timers, snack-bar workers to name but a few of the jobs to be done at every meet.
    - Volunteers sign up on GoMotion. When you sign up your child for a meet, also sign up for a volunteer role. You will be able to pick your preferred job. If you are unable to volunteer at a meet your child is swimming, there will be an option to sign-out as a volunteer. This will ensure you are not assigned a job for the meet.
    - When the meet sign-up closes, any unfilled roles will be assigned to families who have a swimmer in the meet who did not choose their volunteer role.
    - It is expected that at least one parent from each family will volunteer at least once during the winter swim program. In practice we find that once parents start volunteering and become familiar with their roles, they volunteer many times.
    - When you arrive at the meet, please check in with the volunteer coordinator at each meet to ensure all roles are covered.
    - As well as being essential to running our competitions, volunteering is a great way to be involved in your child's activity and get to know coaches, swimmers and other parents.
  - **How to Volunteer...**
    - Sign-ups will be on GoMotion under the Events page for each meet.
    - How to sign up:
      - ♦ Click on Event tab.
      - ♦ Click on Meet you would like to Volunteer at
      - ♦ Click on Job
    - Every family must volunteer at minimum for one dual meet.
  - **Home meets**
    - Officials (Starter, Referee, Stroke & Turn)
    - Announcer
    - Computer Operator/Scorer – Administrative Official
    - Console Operator
    - Place Judge
    - 9 timers
    - 1 runner
    - 4 Snack Bar Sales
  - **Away Meets**
    - Officials (2 Stroke & Turn)
    - Place Judge
    - 6 timers
  - **Encourage swimmers to stay with team and cheer for their teammates.**
- **What does each of the jobs entail?**
  - **Announcer:** Like to talk? Want to be close to the action? Being the meet announcer could be your thing!
  - **Place Judge:** Can you write down the numbers 1 through 6 or 8? If so, you can do this job. You will sit at the finish line and write down the order (by lane number) of each finisher. Only hazard to the job is getting splashed!
  - **Timers:** Easy job, and best view of the swimmers! Press the button on the stopwatch at the start, press it again when the swimmer in your lane finishes, and write the time down.
  - **Back Up Timer:** Yup, this is another job with a stop-watch. You start the watch just like the other timers but are there only if somebody goofs up – then you hand your watch over to them. Easy, right?
  - **Runner:** No, you don't actually run, you walk quickly. This person gets the event cards from the head timer and takes them to the scorer's table. Another job where you can be close to the swimmers!

- **Snack Bar Workers:** Report to the snack bar before the meet starts to see when you need to work. If there are enough volunteers, you don't have to work the whole meet. You will ALWAYS get to break away to see your swimmer compete!
- **Snack Bar Set-Up:** Report to the snack bar after dropping off your swimmer. You'll help set out the food and get everything ready for the hungry hordes.
- **Snack Bar Break-Down:** Does your swimmer take forever to get out of the locker room? Well, then, might as well be productive and help take down the snack bar while you wait!
- **Officials:** Contact Ken Burk for more information at [kburk@dasd.org](mailto:kburk@dasd.org)
- **Do all swimmers participate in dual meets?**
  - Yes, every swimmer will be required to swim in two dual meets in order to be a part of our Winter Swim Team.
  - If you feel your swimmer is not ready to compete, please see the information on our new program called the Stroke and Conditioning.
  - The coaches will put everyone in the meet that they can, however, league rules allow that only the first heat of each event counts for scoring purposes.
  - We are also allowed a limited number of exhibition heats. Exhibition heats, although they are not scoring heats, are very important for the coaches to decide who will swim relays and events in future meets.
  - Each swimmer is allowed a total of 3 events. It can be a combination of:
    - ♦ 1 individual event & 2 relays
    - OR
    - ♦ 2 individual events & 1 relay
    - OR
    - ♦ 3 individual events & NO relays
- **What are exhibition swimmers?**
  - In the Penn Del League only 3 swimmers (in 6 lane pool) and 4 swimmers (in 8 lane pool) can be considered LIVE to score in the meet. These swimmers are usually in the first heat of each race.
  - All other swimmers are then considered exhibition. Their times still count, but they cannot score.
  - The coaches try not to focus on what place a swimmer has achieved, but on what their time was and what went right in the race, and what they can work on.
  - This is also why we do not hand out ribbons in the winter like we do in the summer for dual meets. Sometimes an exhibition swimmer (especially with a swimmer entered with a NT – no time) could actually win a race, but in the league's eyes, cannot win the race because of being exhibition.
- **Why is my swimmer listed as exhibition?**
  - Our computer system "seeds" the meet based on time. The top 3 times will become the "live" swimmers, and the remaining swimmers will become exhibition.
- **Do swimmers receive ribbons for winter dual meets?**
  - No, swimmers do not receive ribbons for Dual Meets in the winter.

## INVITATIONALS

- **Are there any meets in addition to the Dual Meets?**
  - Yes, they are called invitationals.
- **What is an invitational?**
  - An invitational is a large, sometimes multi-day, meet. Several teams from throughout the league or region will compete against each other at one time. Swimmers can pick their own events (encouraged to discuss with the coaches) for an invitational meet from the events offered by the host team. Meet announcements are posted to the website and emailed to the team.
  - Swimmers must sign up through the website to attend an invitational (often many weeks prior to the meet).
  - Invitational meets carry additional costs, which will be paid through GoMotion.
  - The YMCA competes in various kinds of invitational meets. Some require swimmers to be under a certain age (mini-meets), some require swimmers to either be faster than a certain qualifying time or to be slower than a cut-off time. Swimmers are encouraged to attend as many invitational meets as possible to expand their competitive arena. These are fun meets that offer a variety of experiences.
- All information regarding these meets will be posted under the Events tab on the website as they become available.

- **Types of Invitationals**
  - **USA Meets**
    - ♦ Swimmers must register with USA swimming in addition to the YMCA team registration. We recommend only swimmers 13 & over sign up for USA Swimming if they are interested in swimming in college.
    - ♦ During the winter, KJAY attends 5–8 invitationals that are USA approved and those times will not only go into the Y SWIMS database, but also USA Swimming’s database.
    - ♦ During the summer, all of our Long Course meets are USA approved and we attend 1 USA ONLY meet at Franklin & Marshall.
  - **Mini Meets**
    - ♦ Meets usually just for swimmers 9 & Under. The swimmers usually earn ribbons for their efforts.
  - **YMCA Invitationals (these are all USA approved meets)**
    - ♦ WCAY Monster Mash
    - ♦ Shell-A-Bration
    - ♦ Ridley Winter Classic
  - **Penn Del League Championships:**
    - ♦ Please see Post-Season information on the website for additional information
  - **Charlie Hartley:**
    - ♦ Please see Post-Season information on the website for additional information.
  - **YMCA Championship Meets with Qualifying Standards:** Please see Post-Season information on the website for additional information
    - ♦ YMCA Districts
    - ♦ YMCA States
    - ♦ YMCA Nationals
  - Please go here: [SwimMeet Progression \(teamunify.com\)](https://teamunify.com/SwimMeet/Progression) for breakdown of types of meets and progression on YMCA Championship level meets.
- There will be invitational surcharges to attend these type of meets. Please see the information at the top of page 5 of the FAQs.

## HOW ARE RELAYS DETERMINED?

### DUAL MEETS & PENN DEL DIVISIONAL CHAMPIONSHIPS

- Dual Meet relays will be based on the swimmer’s signed into the meet. We will do our best to try and get everyone into a relay if there are enough swimmers to do so.

### POST SEASON MEETS – DISTRICT, STATE AND NATIONALS

- KJAY will field one relay per age group for District, State & Nationals.
- Please see the Post-Season information for how relays will be determined.
  - [Kennett & Jennersville Area YMCAs - Post Season \(teamunify.com\)](https://teamunify.com/Kennett%20Jennersville%20Area%20YMCAs%20Post%20Season)

## DO WE HAVE TEAM RECORDS?

### YES, WE WILL HAVE THREE SETS OF RECORDS. ONE FOR EACH BRANCH AND THEN A THIRD ONE OF MERGED TEAM RECORDS.

- **WINTER:**
  - The winter merged team records can be found on GoMotion and at the KAY branch indoor pool in the Montessori hallway.
- **SUMMER:**
  - The summer merged team records can be found on GoMotion and at the JY branch outdoor pool in between the locker rooms.
- The branch records can be found on GoMotion.
- All swimmers who break a record will receive a certificate at the end of the season banquet.



## HOW CAN WE FIND OUT THE LATEST NEWS ABOUT THE SWIM TEAM?

PLEASE MAKE SURE YOU CHECK YOUR EMAIL AND GOMOTION FOR SWIM TEAM INFORMATION. COACH KELLY WILL SEND OUT A WEEKLY EMAIL ON SATURDAY OR SUNDAY EACH WEEK TO GIVE YOU A BREAKDOWN OF THE UPCOMING WEEK. PLEASE READ THE ENTIRE EMAIL EACH WEEK.

## WHERE CAN WE FIND A TEAM CALENDAR?

A TENTATIVE SCHEDULE WILL BE POSTED TO GOMOTION ONCE WE HAVE IT. YOU CAN LOCATE MEETS, SOCIAL EVENTS UNDER THE EVENTS TAB ON GOMOTION.

USUALLY IN THE WEEKLY EMAIL – COACH KELLY OR JAKE WILL LET EVERYONE KNOW WHAT IS HAPPENING THAT WEEK.

## IS THERE AN END OF SEASON BANQUET?

YES. THE STPC WILL MEET TO DETERMINE WHERE AND WHEN THE BANQUET WILL TAKE PLACE. MORE INFORMATION WILL BE POSTED UNDER THE EVENTS TAB ON GOMOTION ONCE WE HAVE THEM.

## DO WE HAVE TEAM GEAR?

YES! AT THE BEGINNING OF EACH SEASON SWIMMERS WILL RECEIVE A T-SHIRT AND LATEX CAP AS PART OF THEIR NON-REFUNDABLE REGISTRATION FEE.

- Additional latex caps and t-shirts can be purchased at an additional cost.
- Plain silicone caps can also be purchased at an additional cost.
- Parents will also be given the opportunity to purchase our team t-shirts and other gear through Tuttle.

## PERSONALIZED CAPS

- In September, there will be an event to purchase personalized latex and silicone caps with their swimmer's last name on them. These are completely optional.

## TEAM SUITS

- Team suits are mandatory for the winter season. Information regarding the suit name and color will be posted here: <https://www.teamunify.com/team/makay/page/team-gear> once it is chosen.
- Please note that racing suits should be tight on your swimmer. Try not to purchase one that is baggy, it will fill up with water and make their racing more difficult.

