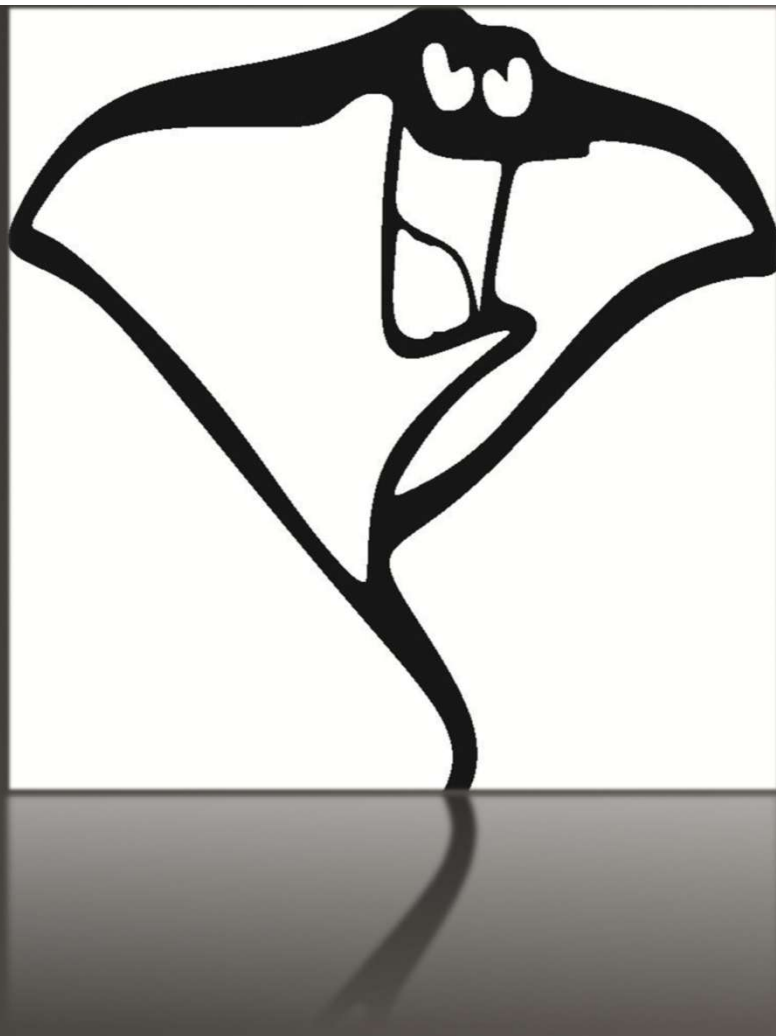




Ridley Area YMCA Swimming



A Guide to most things RAYS Swimming

<https://www.gomotionapp.com/team/marays/page/about/coaches1>

Coaching Staff

Fees & Membership

https://www.gomotionapp.com/marays/UserFiles/Image/QuickUpload/fees-and-membership_001040.pdf

Fees

The RAYS program is broken into 3 sessions:

- Fall/Winter (September-February)
 - This guide is mainly for the Fall/Winter session.
- Spring (April-May)
- Summer (June-July)

YMCA Membership

All swimmers must be a Full Member of the Community YMCA of Eastern Delaware County (Lansdowne, Ridley or Springfield).

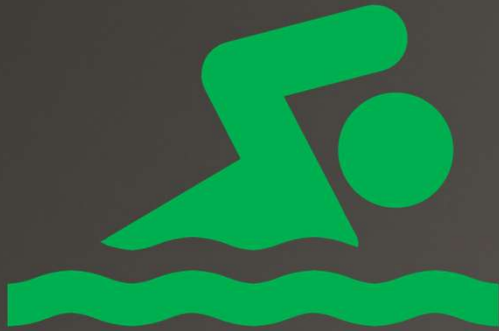
If you are a Member of another YMCA Association, you must also become a member of our Association.

Registration Fee

- \$100 Registration Fee will cover:
 - Team T-Shirt – as long as you update your size in your SportsEngine Motion account
 - 2 Team Soft Silicone Caps
 - If you would like 2 latex caps with your name on it instead of the soft silicone caps, please email Coach Erik.
 - Team Gift (for those swimmers attending 3 or more meets, evals in July do not count)
 - Portion of your Banquet Cost
 - Team Awards
 - Portion of our Fundraising
 - Donations for all hosted Meets
 - Some of the Post Season Entry Fees:
 - Champs, Charlie Hartley, Y Districts, Y States, & Y Nationals

USA Swimming

<https://www.gomotionapp.com/team/marays/page/usa-swimming>



- \$90.00 yearly membership cost
 - USA Swimming is an additional cost for all swimmers in Levels 3-7, Bronze, Silver, Gold, & Platinum
 - You cannot register for the 2025-2026 Season until after September 2, 2025
- \$10.00 transfer for swimmers coming from other USA clubs
- If you are a 9 and Over swimmer in Green, Orange, Level 1 or Level 2 please contact Coach Erik prior to registering.

Group/Level Placement

Group/Level Placement

- Placement in the group/levels of the program is based off the swimmers returning from the previous season, the new swimmers looking to join the RAYS program and trying to put together groups of swimmers that would train well together. This is not an exact science, but we do our best to give each swimmer an opportunity to improve – any questions about your child's place positive or negative please address with Coach Erik.

Dual Meet Team Placement

Adams Dual Meet Team

- We offer both a Girls & Boys team
 - They compete separately
- Placement on the team is about space:
- In each age group
 - Number of swimmers who are returning
- Not all swimmers who choose to be evaluated for the Dual Meet team can be accommodated.

Non-Competitive Swimmers

Non-competitive swimmers means you are NOT on the YMCA Dual Meet Teams (Girls & Boys Adams)

You can swim in any YMCA invitational meets that are offered if you meet the meet criteria (age and if there is a qualifying time)

If you are age 9 and over and not in Level 3 & Up and are interested in USA Swimming – ask Coach Erik for more information

Practice Schedule

For the Fall/Winter Season we will have 3 schedules, plus a Holiday Schedule and a Post Season Schedule.

White Boxes are at Ridley Area YMCA

Green Boxes are at Ridley High School

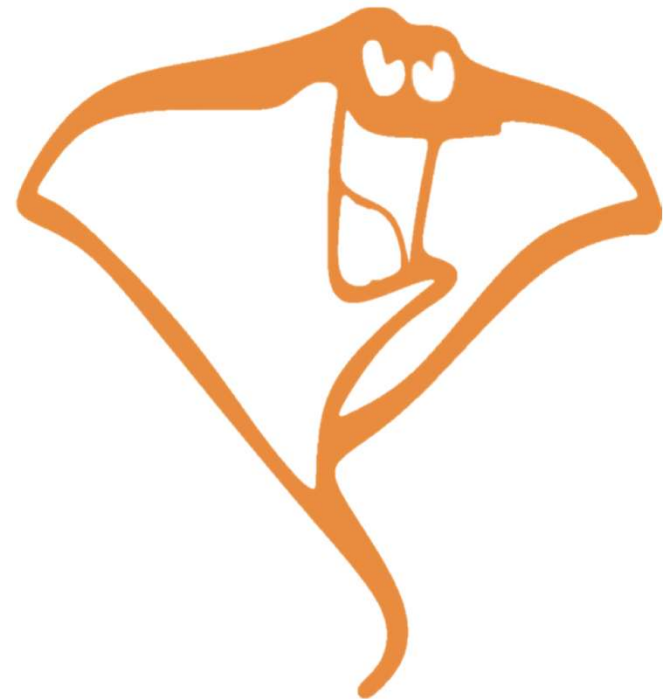
Blue Boxes are at Springfield YMCA

If they do not have practice is says OFF

<https://www.gomotionapp.com/team/marays/page/practice-schedule->

Practice Info

- Appropriate Attire at each practice
 - Caps, Goggles, and Correct Style of bathing suit
- Swimmers can only practice at their assigned group/level
 - If you are going on vacation during the season, please notify Coach Erik
 - If you are just missing a practice you don't need to notify the staff
- We take attendance at all levels, but it is really the choice of each family to get what they can get out of the RAYS program



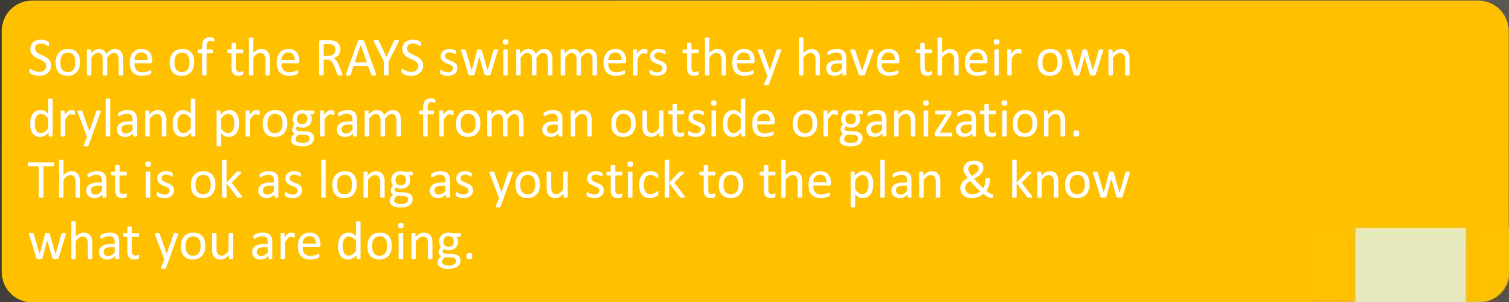
Practice Info continued

- Parents
 - At the YMCA – we ask you to wait in the lobby during your child's practice time. Walking them into practice to make sure they are there on time is not a problem but once we get started, please head back to the lobby until practice is over
 - At RHS – please use the bleacher area and not the deck if you decide to stay and watch practice

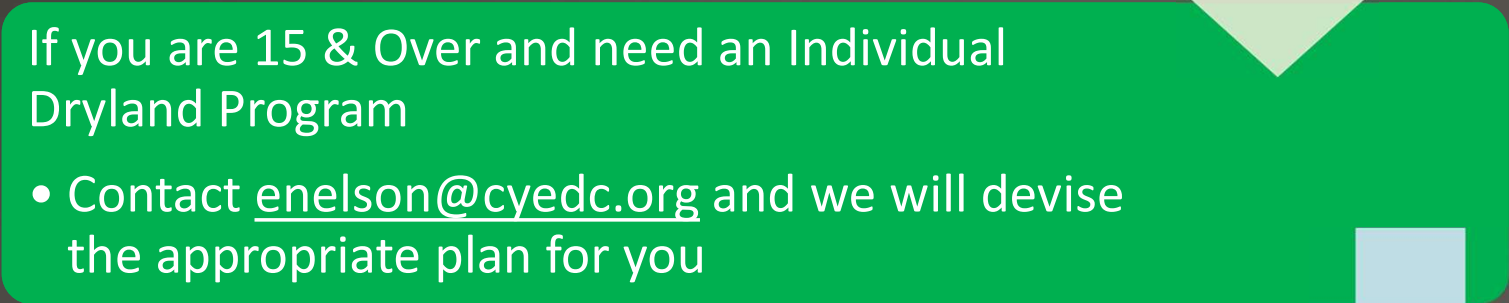


Dryland Training

Some of the RAYS swimmers they have their own dryland program from an outside organization. That is ok as long as you stick to the plan & know what you are doing.

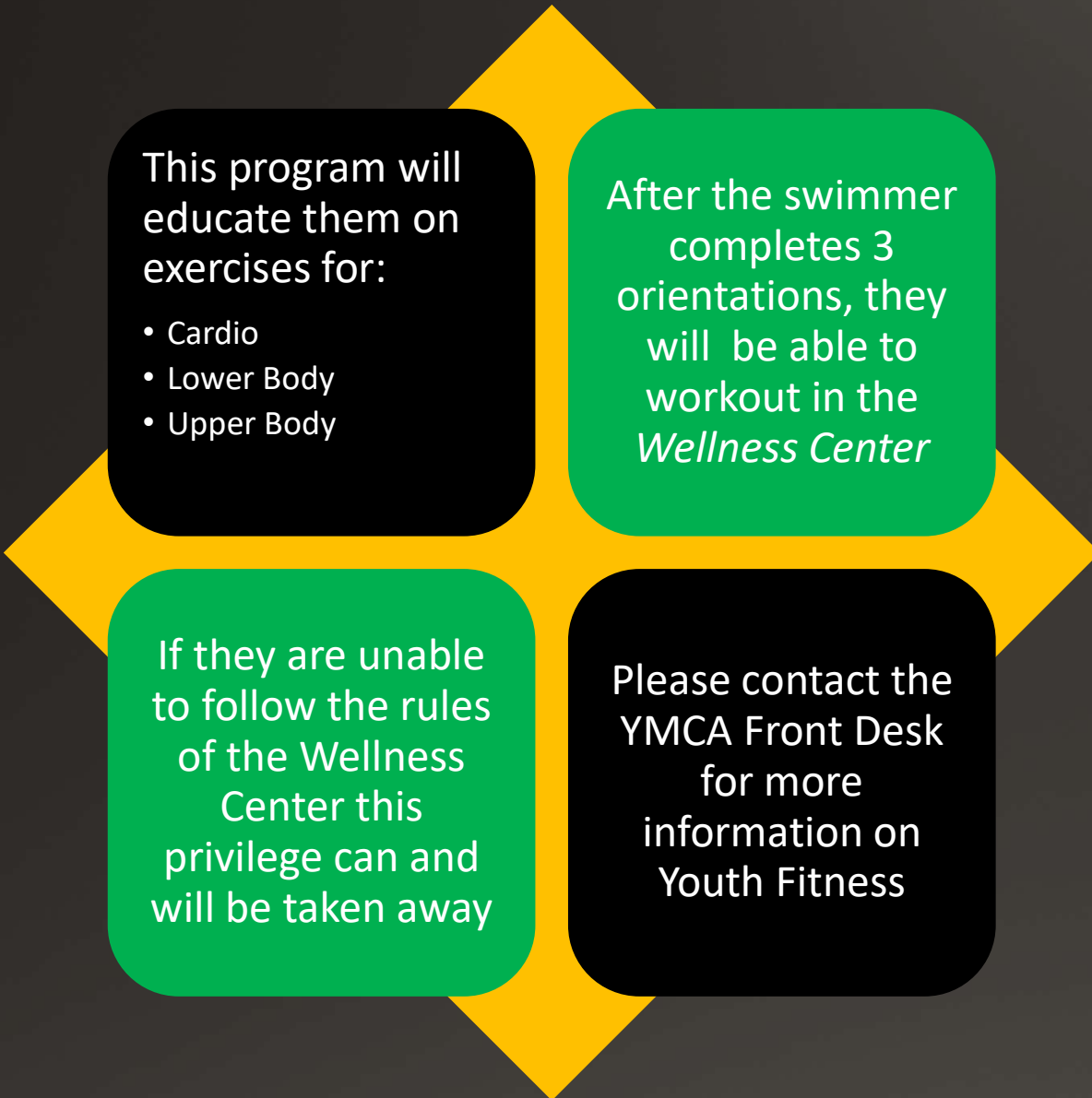
A yellow rectangular box with rounded corners containing text. A large, light green arrow points downwards from the bottom right corner of this box to the top right corner of the box below it.

If you are 15 & Over and need an Individual Dryland Program

- Contact enelson@cyedc.org and we will devise the appropriate plan for you
- 
- A green rectangular box with rounded corners containing text and a bulleted list. A large, light blue arrow points downwards from the bottom right corner of this box to the top right corner of the box below it.

Those 12-14 you can do the YMCA Youth Fitness Program

A black rectangular box with rounded corners containing text.



This program will educate them on exercises for:

- Cardio
- Lower Body
- Upper Body

After the swimmer completes 3 orientations, they will be able to workout in the *Wellness Center*

If they are unable to follow the rules of the Wellness Center this privilege can and will be taken away

Please contact the YMCA Front Desk for more information on Youth Fitness

YMCA Youth Fitness – 12-14 Yr. Olds

Penn-Del Swim League

- Participation in this league
 - Continues to provide a fun environment for the swimmers and parents – like summer league swimming
 - We have been awarded the sportsmanship banner many times over the years, and this is a proud tradition of this program
 - Everyone makes the league champ meet, if you participate in 2 Penn-Del Swim League dual meets
- www.penndelswim.org is the League Website

Penn-Del Swim League

- Some notes about the meets
 - Boys swim against boys and girls swim against girls in YMCA Dual meets.
 - Teach our swimmers about sportsmanship
 - Congratulating other swimmers after races
 - Cheer on your teammates
 - Shaking hands with the other team at the end of the meet
 - All swimmers stay at the meet until the end unless you have posted a note when declaring. You don't leave a soccer game when you get subbed out, or a music concert after your part is complete.
 - Bring a chair (won't use at all meets but helpful to have)
 - Multiple Towels
 - Label your items

YMCA Dual Meet Info Adams Swimmers Only



YMCA Dual Meets

Cost is included in your program fees

4 meet dates

- October 11, 2025
- November 1 & 22, 2025
- January 3, 2026

Every swimmer will swim at least 3 events



We will be using SportsEngine Motion to notify the coaches of who is attending dual meets – you must click “Yes I’m attending” to be entered into the meet. Please do this by the Wednesday before the meet.

YMCA League Championships for Adams Swimmers Only

Event Cost is included in your program fees

Swimmer Surcharge you will have to pay to swim in the meet

Champs will be broken into sessions – we don't know the session info yet and will post once we do around Jan. 1.

Must attend 2 Penn-Del Swim League dual meets to participate in champs

You will choose up to 3 events you wish to participate in

Coaches will determine relays

Max total events is 4

YMCA League Distance Championships for Adams Swimmers Only

You must pay for each event entered

Swimmer Surcharge you will have to pay to swim in the meet

Champs will be broken into sessions – we don't know the session info yet and will post once we do around Jan. 1.

Must attend 2 Penn-Del Swim League dual meets to participate in champs

You will choose appropriate events to participate in

No relays

Max total events is 3

YMCA Postseason Swimming 2026



Charlie Hartley Memorial Silver Championship Meet

February 21 @ GCIT in Sewell, NJ
Must achieve qualifying time
RAYS are hosting this meet in 2026



YMCA PA East Districts

March 6-8 @ GCIT in Sewell, NJ
Must achieve qualifying time
RAYS are Tri Hosting this meet with UMLY & WCAY



YMCA PA State Championships

March 20-22 @ West Virginia University
Must attend District Meet to compete at States



YMCA Nationals – Spring

March 30 - April 3
Greensboro, North Carolina
Must achieve qualifying time & be at least 12 yrs. Old



YMCA Nationals – Summer

July 28-August 1
Ocala, Florida
Must achieve qualifying time & be at least 12 yrs. Old

YMCA Invitational Meets

Additional meet opportunities

you must pay entry fees per each event you enter

For all swimmers if you meet age and time qualifications

Harvest Fest

- October 4
- All Ages
- Location: Ridley High School

Marlin Mash

- October 18-19
- All Ages
- Location: West Chester Area YMCA

Boyertown Boo

- October 25-26
- All Ages
- Location: Boyertown YMCA

Shellabration

- November 8-9
- All Ages
- Location: Kennett Area YMCA

Turkey Trot

- November 16
- 12 and under
- Location: Phoenixville YMCA

Winter Classic

- December 12-14
- All Ages
- Location: Swarthmore College

YMCA Invitational Meets

Additional meet opportunities

you must pay entry fees per each event you enter

For all swimmers if you meet age and time qualifications

Randy Keinard Memorial

- January 4
- 11 & Under
- Location:
Reading
YMCA

Hot Cocoa Mini Meet

- January 11
- 11 & Under
- Location:
Lionville
YMCA

Winterfest

- January 16,
17 & 18
- All Ages w/
qualifying
times
- Location:
University of
Maryland

Frost Fest

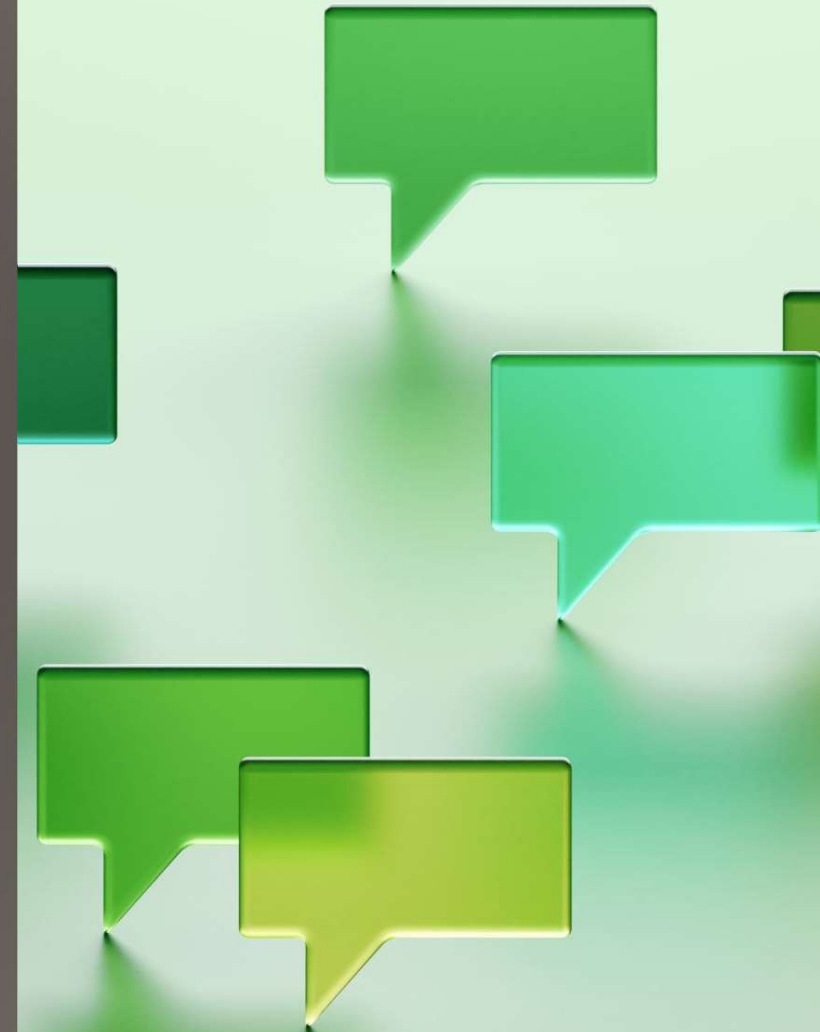
- February
2026
- All Ages
- Location:
Ridley High
School

Michelle Deasey Meet

- March 1
- 10 and under
- Location:
Upper Main
Line YMCA

SportsEngine Motion Meet Entry

- Our Website:
<https://www.gomotionapp.com/team/marays/page/home>
- At this point, you should have a username and password to access the site. If not, please contact enelson@cyedc.org.
- All meet registration will go thru this website
- Please if you have questions ask
- Volunteer Sign Up will also be done via the SportsEngine Motion site
 - Click on Job Signup to see what help is needed



Mobile App

SportsEngine Motion

- You can use the App, but we recommend using the website over the App especially for new families
- RAYS Team Alias: MARAYS
- You can enter meets
 - Must hit the blue bar to see events/days/sessions
 - Hit save after you enter
- You can sign up to volunteer
- You can see attendance tracking
- The app does not go in date order so you must scroll to see all events.

USA Swimming

- PDR November Meet @ Kroc Center Philly
 - Friday-Sunday, November 14-16
- MSA December Meet @ Malvern Prep School
 - Saturday & Sunday, December 6-7
- ❖ Entries should be turned in and paid for as soon as packets are posted to guarantee entry
- ❖ Entries will not be turned into the meet host without payment
- ❖ Deadline we post does not matter to guarantee entry, please enter early
- ❖ If you enter and cannot attend, please don't expect a refund
- ❖ IMX/IMR is swimming all events in your age group – please look to spread out your events between USA and YMCA Approved USA Meets
- ❖ We are looking for parents who are YMCA Officials to become USA Officials as well

<https://www.gomotionapp.com/team/marays/page/usa-swimming>

Approved USA Meets

YMCA's have many of their meets approved by USA swimming, below is a list of meets that should be on the approved list for the upcoming season

Harvest Fest
@ RHS

Marlin Mash @
West Chester
Area YMCA

Boyertown Boo
@ Boyertown
YMCA

Shellabration
@ Kennett
Area YMCA

Winter Classic
@ Swarthmore
College

Winterfest @
the University
of Maryland

Randy Keinard
Memorial @
Reading YMCA

Hot Cocoa Mini
Meet @
Lionville YMCA

Frost Fest
@ RHS

Approved USA Meets

YMCAs have many of their meets approved by USA swimming, below is a list of meets that should be on the approved list for the upcoming season

Penn-Del Swim
League
Championships

Charlie Hartley
Memorial Silver
Championship @
GCIT

YMCA PA East
Districts

YMCA PA State
Meet

YMCA Spring
Nationals

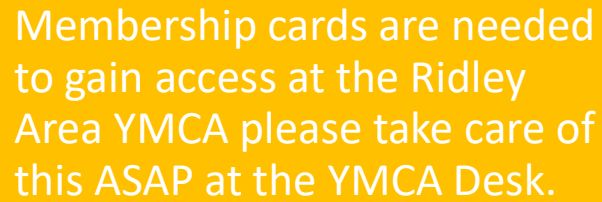
RAYS LC Meet
@ GCIT

Cameron Evans
LC Meet @
Upper Main Line
YMCA

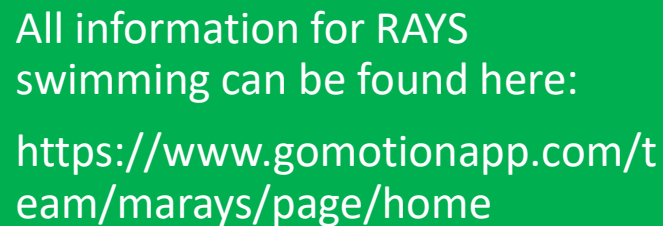
YMCA Summer
Nationals

YMCA information you should know...

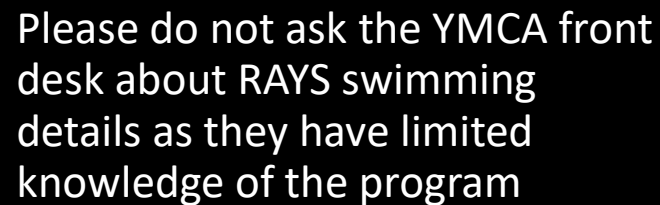
Membership cards are needed to gain access at the Ridley Area YMCA please take care of this ASAP at the YMCA Desk.



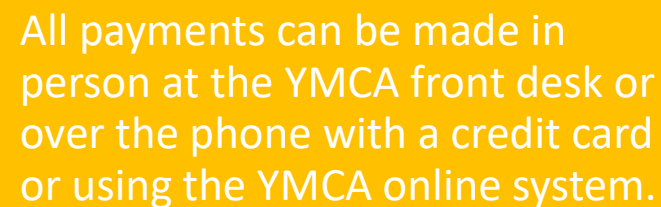
All information for RAYS swimming can be found here:
<https://www.gomotionapp.com/team/marays/page/home>



Please do not ask the YMCA front desk about RAYS swimming details as they have limited knowledge of the program



All payments can be made in person at the YMCA front desk or over the phone with a credit card or using the YMCA online system.



Volunteering

Volunteers running our events is needed to assist us in running a successful program and keeping costs down.

We turn in volunteer hours to the National YMCA and the swim team is the biggest volunteer group the Y has.

Great chance for swimmers to get hours for our scholarship we offer or for school or youth organizations.

<https://www.gomotionapp.com/team/marays/page/about/custom-page>

Volunteer Process

There is a process to follow; see below

- All volunteers 18+ for the upcoming season please follow the instructions below:
- Go to one of the YMCA Front Desks (Lansdowne, Ridley or Springfield) with a valid government issued ID and ask for a Desk employee to Raptor you, Raptor is our screening process and will take a couple of minutes to complete.

Then please fill out the Goggle Doc on the link below

- <https://forms.gle/LVuzyjqcwFSQNUrk8>

Parent Representation

League Rep - Mark Fisher

- At Large Member to the Penn-Del Swim League Board
- League Meet Director for the Charlie Hartley Meet

Team Reps

- Girls Adams – Jen Reno & Robin Headley
- Boys Adams – Megan McPeak

Officials Coordinator

- Steve Talley

[https://www.gomotionapp.com/team/marays/page/about/
custom-page](https://www.gomotionapp.com/team/marays/page/about/custom-page)

Parent Participation to run successful meets

- Announcer – for home meets
- Computer Operator/Scorer
- Console Operator – for home meets
- Administrative Official
 - Must be certified to be an AO – see class link below
- Timers – for all meets
 - 6 for away meets
 - 13 for home meets
 - 8 for away meets in 8 lane pools
- Officials – for all meets [see officials clinic info below]
 - must be a YMCA Level I Official to be a Stroke & Turn Judge – 2 at each meet
 - must be a YMCA Level II Official to be a Starter/Referee
 - must take a yearly Penn-Del Swim League Referee class to be a Referee at RAYS dual meets
 - <https://www.gomotionapp.com/team/marays/page/about/custom-page>
- Place Judge – for all YMCA dual meets
- Social Media Coordinator – one for each team & for invitational meets
- Set Up and Breakdown of all home meets
- Food Table – for all meets we host

Becoming a YMCA Official

All costs will once again be paid by the RAYS this season

- Once you take and pass the test we will reimburse you the cost of the course
- Please email rystofficials@cyedc.org to register

RAYs will be hosting the following trainings:

- Level I Official – Tuesday, 10/8- YMCA 6pm-9pm
 - If you wish to be a stroke and turn official
- Level II Officials Clinic – Tuesday, 10/15- YMCA- 6pm-9pm
- Referee Clinic- Tuesday, 10/15- YMCA- 8pm-9pm
- Admin Officials – Tuesday, 10/22- YMCA- 6pm-8pm
 - Running the Computers & Meet Operators

Fundraising



We don't have any mandatory fundraising for the RAYS program



Running meets is our primary means of fundraising for the program so supporting the meets we host is the best and easiest way to give back to the program



We may offer additional fundraising opportunities throughout the season – stay tuned for more info to follow

Meets we host

Winter Classic – we will be running for the 14th time a qualifying meet for those swimmers who are close to the entry times for the Winterfest Invitational meet. This will be the last chance to qualify for Winterfest.

Charlie Hartley Memorial Silver Championship – more info to follow on this meet. Silver Championship Meet after the league champs and a last chance to qualify for YMCA Districts. We will need the help of the entire team to run this meet. Last year's meet was over 1000 swimmers, and it is expected to grow again this year.

Frost Fest – we will be running again this season. Should be the third Friday in February. This meet will be a last chance qualifier for Charlie Hartley and Y Districts.

WAYS Spring LC Meet – this meet is for those who decide to stay in the water after the season. We offer all events short and long for those swimmers looking to get Q times for meets for the upcoming season or to try new/different events. Many personal best times come from this meet.

Anyone interested in helping run any of these meets please contact Coach Erik at enelson@cyedc.org

Team Bathing Suits



- Our fitting will be held on Friday, October 3 at the Ridley Area YMCA from 3:45-6PM
- You will pay Metro directly for any suits or gear purchased, no money goes to the YMCA.
- Regular practice schedule at the YMCA
- NO practice at RHS those levels are OFF
- Team Suit Options
 - https://www.gomotionapp.com/marays/_even_tform_/1458644_ebbd26e2-37ad-40bc-8fa6-6af1ab43562a.pdf
- If you miss you can use the RAYS Portal thru www.metroswimship.com to order your suits or scan the QR Code. You can also call Metro at 1.800.526.8788

Practice Suit & More



Again, this season we are offering a practice suit for purchase the same day as the team suit. Metro has an abundance of these suits in stock so to decrease their inventory they are offering these suits to us at a reduced rate



Purchasing thru the Team Portal on the Metro Swim Shop website will allow you to skip any lines



The Portal also has the items for the Sr. Group & Sr. Group Black Equipment Bags and Championship Suits at a reduced rate

Team T-Shirts & Caps

If you would like to receive the FREE Team T-Shirt, please update your child's profile to the correct size in SportsEngine Motion

- Please use the link on our Team Apparel Page to purchase all RAYS items.
- <https://www.gomotionapp.com/team/marays/page/team-apparel>

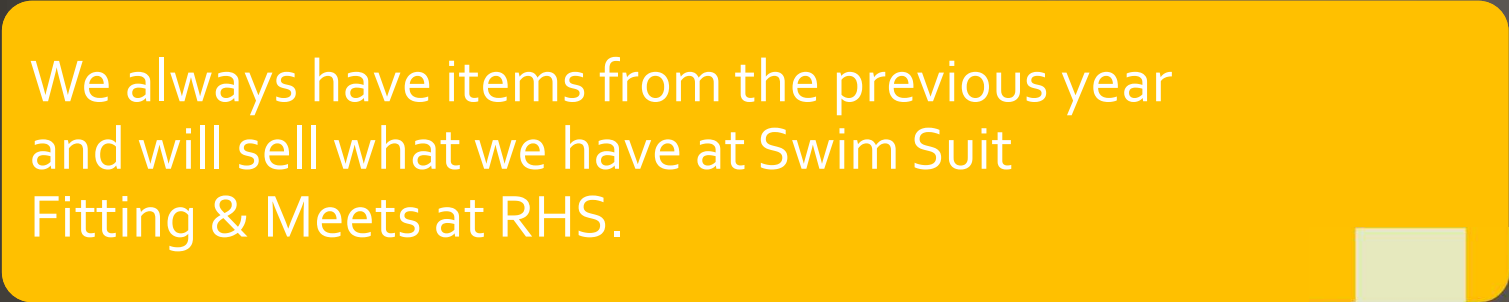
Soft Silicone
Team Caps

- Soft Silicone Caps are included in your Registration Fee.
- Please double check the Cap List that will be posted on our Team Apparel Page
- If you wish to order the Latex Caps, please email enelson@cyedc.org
- You receive 2 caps with your name on them.

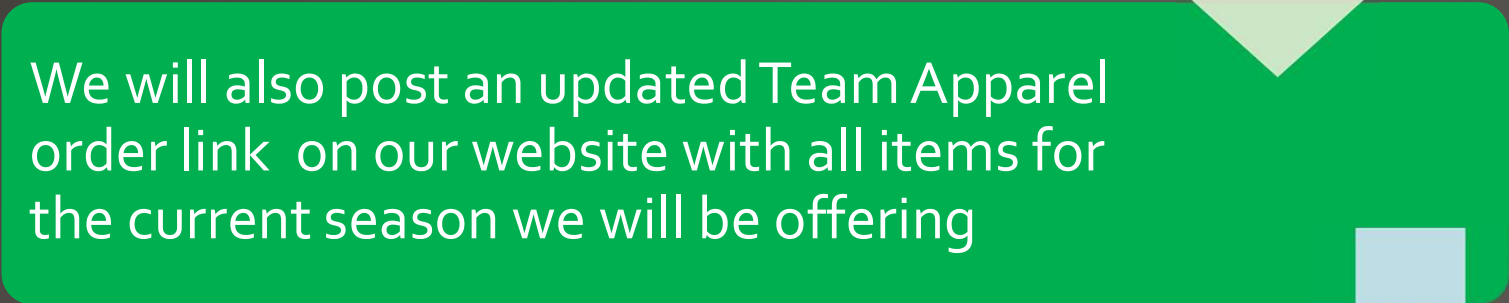
Team Apparel

<https://www.gomotionapp.com/team/marays/page/team-appareal>

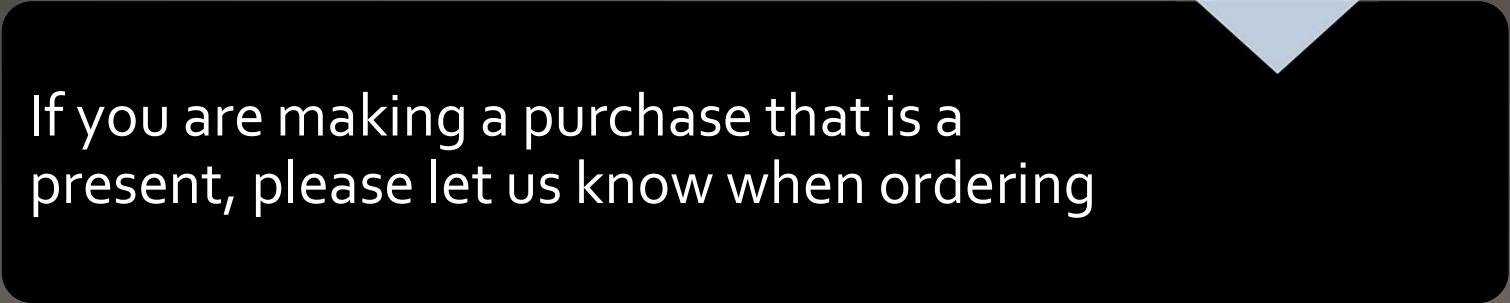
We always have items from the previous year and will sell what we have at Swim Suit Fitting & Meets at RHS.



We will also post an updated Team Apparel order link on our website with all items for the current season we will be offering



If you are making a purchase that is a present, please let us know when ordering



Equipment Bags for Level 5-7

Again, this season we are
looking for swimmers to
invest in their own
equipment bag



Items to consider:

Snorkel	Nose Plug if needed for Snorkel	Paddles	Pool Bouy	Fins	Mesh Bag for the equipment so you can bring it to each workout
---------	---------------------------------------	---------	-----------	------	---

Equipment Bag for Bronze, Silver, Gold, & Platinum

Again, this season we are
looking for swimmers to
invest in their own
equipment bag



Items to consider:

Snorkel	Nose Plug if needed for Snorkel	Paddles	Pool Bouy	Fins	Booties for Fins	Mesh Bag for the equipment so you can bring it to each workout	Stretch Band for stretching prior to practice or when needed
---------	---------------------------------------	---------	-----------	------	---------------------	--	--

Branding

- If you haven't noticed the Y has a specific look – with this look comes some guidelines
 - If you are getting anything embroidered, please go to Coach Erik so they can put it in the correct font style and coloring
 - Please do not make up any RAYS Gear that is not sold or given to you from the YMCA.

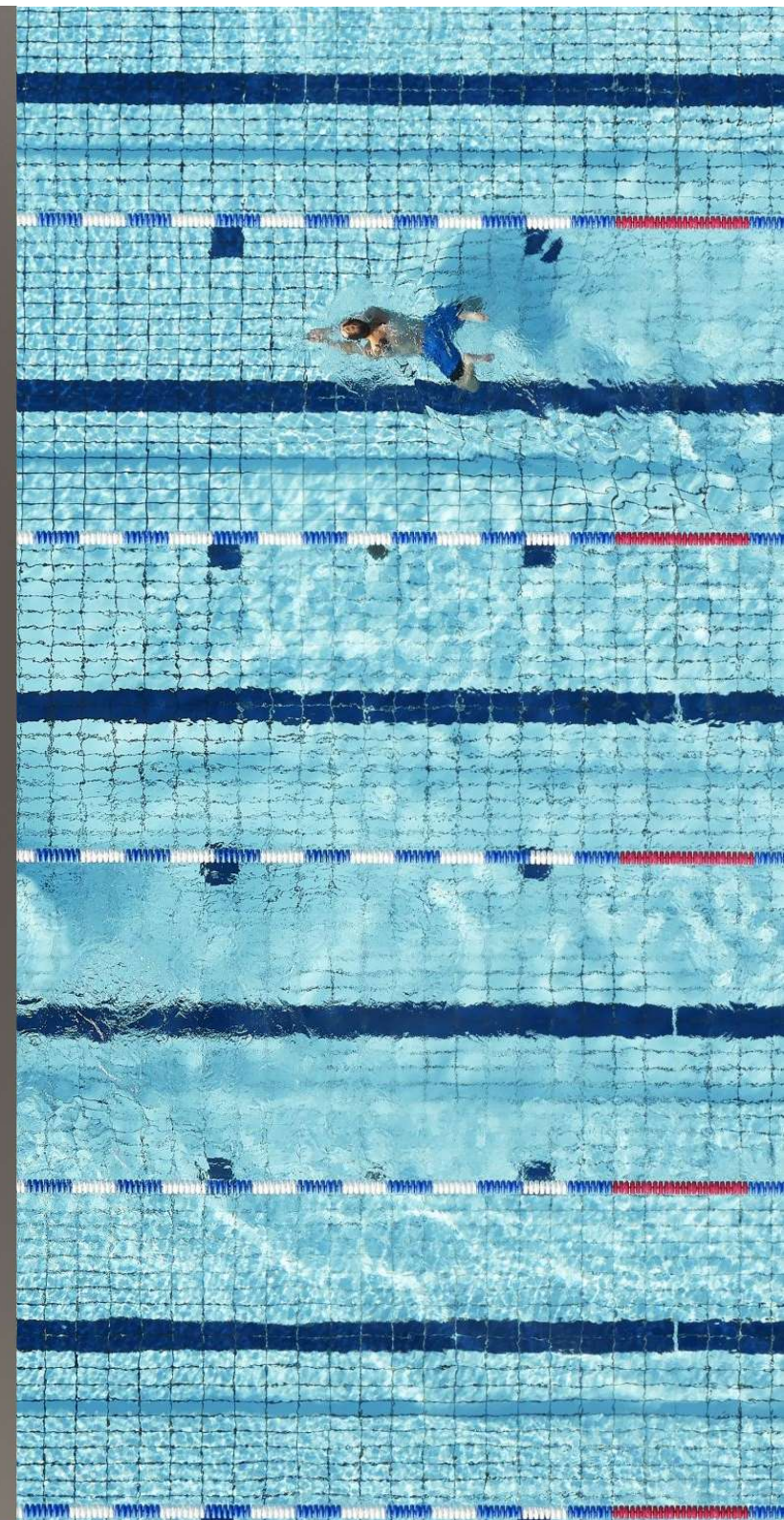
Any questions please ask

Spring Swimming

- We offer multi different training options
 - Green/Orange/YMCA Swim Lessons
 - Level 1
 - Level 2-3
 - Level 4-5
 - Level 6-7-Bronze, & HS Only Swimmers
 - Silver, Gold, & Platinum

Summer Training

- For 11 & Over we will offer
 - Long Course Training at Briarcliffe Swim Club
 - Must be a member of USA swimming to register for this program
 - Contact Coach Erik prior to registering to make sure this program is ideal for your child.
- USA and YMCA invitational meets are also available



Lost & Found

- Ridley Area YMCA
 - Could be behind the front desk
 - Could be in their folder in the Aquatics Office
 - Could be on the ledge behind the lifeguard (mostly water bottles)
 - Could be in the bin that is against the wall past the Girls lockerroom but before the Boys lockerroom
- Ridley High School
 - Could be still on the deck
 - Could be in the Office on the right side where the lifeguards use and has the black fridge.
- Facebook
 - After meets we post pictures and let you know where items will be and how to pick up
- Please label your child's stuff and if you are not using a lock, I would keep your stuff on the bleachers at the Y and around the deck at RHS.

Mailbox Folder @ the Ridley Area YMCA



FILE FOLDERS W/ LAST NAME FOR EACH
FAMILY - IN THE AQUATIC OFFICE AT THE
RIDLEY AREA YMCA



AWARDS & BAG TAGS FROM MEETS WILL
BE PLACED IN THESE FILE FOLDERS, AS
WILL SOME LOST AND FOUND ITEMS

Contact Information for RAYS Swimming



<https://www.gomotionapp.com/team/marays/page/home>



enelson@cyedc.org



rays.swimming



Ridley Area YMCA
Swimming

You must ask to join
it is private page so
posting of pictures is
secure



610.544.1080 x2205