

YMCA of Bucks County

TRI-HAMPTON YMCA SWIM TEAM

2020 - 2021 Season Team Handbook

Welcome!

As a member, you will be prepared for the complexities and promises of the world of competitive swimming.

The swimmer who stays with the program is one in whom you can take pride. The swimmer has learned to budget their time, to set goals, to deal with failure without making excuses or giving up. They develop self-esteem and learn how to handle themselves.

Aligned with the YMCA common core values of being a caring, honest, respectful, and responsible athlete, you will also find:

- Excellence in professional coaching and programs to develop individuals to the best of their abilities to compete at the highest levels;
- An atmosphere that inspires swimmers to achieve their maximum potential through good sportsmanship, a strong work ethic, discipline, self-motivation and perseverance;
- Team unity where everyone encourages and takes pride in each other at all levels of competition;
- Instilling a life-long love of swimming through enjoyment and accomplishment at all levels of swimming.

MISSION STATEMENT

Every day we strive to provide an environment where personal excellence, honesty and commitment are expected. We will create the opportunity for swimmers of all levels to develop mind, body, character and spirit and achieve the highest levels of personal growth as well as achievement in the sport.



TEAM PHILOSOPHY

THY creates an environment which enables all of our swimmers, from novice to senior level, to have equal opportunity to:

- Learn and improve at the fastest rate possible
- Fulfill their maximum potential as competitors
- Develop their highest character as individuals

Together, we revolve around the idea of developing good technical habits while maintaining a high level of interest.

ROLES AND EXPECTATIONS

COACHES:

1. Coaching staff is experienced
2. Positive, Creative, Caring, Responsive, Empathetic, Hard Workers, Involved
3. Meets the needs of all swimmers
4. Make every opportunity a teaching/learning experience
5. Have 3 interactions with each swimmer a practice
6. Refrain from showing or yelling anger
7. When angry, find positivity & motivation
8. Don't take things personally
9. Make the experience fun!
10. Put BELIEF in swimmers that they CAN swim fast

PARENTS:

1. Make sure swimmer is at practice or meets on time and ready to swim
2. Check email and team website on regular basis – this is our main form of communication
3. Fundraisers, volunteering at swim meets
4. Most important role: to offer POSITIVE ENCOURAGEMENT
 - a. Your swimmer works hard at practices and meets. It is important to make sure you let them know that their efforts are noticed and appreciated



SWIMMERS:

1. Be at practice and meets on time and ready to swim
 - a. This includes changing into uniform before practice or meet begins
2. Be prepared with all equipment necessary for each practice and meet
 - a. This includes, but is not limited to suit, cap, equipment, goggles, towel, etc.
3. Take part in fundraising and volunteer opportunities
4. Show good sportsmanship to all team members and competitors
5. Have FUN!

PARENT GROUP:

All THY families are a part of the parent's group with the Board consisting of elected heads of the Board and Committees. Responsibilities of the elected Board include communicating with the coaches on related swim team activities and issues. They should support and assist the coaching staff by forming committees as needed, organizing volunteers for swim meets and displaying a positive role model for the team and swimmers.

The Board will be comprised of:

1. **President** – Responsible for leadership of the Swim Team Parents Board, conducts Board and Parent meetings and appoints committees
2. **Vice President** – Work with President and acts for them in their absence, works with coaches on parent orientation and education
3. **Secretary** – Records minutes of the Swim Team Parents Board, generates correspondences, and may arrange team lodging reservations for travel meets
4. **Team Building Chair** – Coordinates out-of-pool team events, such as volunteering holiday parties, travel meet team dinners, pasta parties, pancake breakfasts, etc.



5. **Team Spirit Chair** – Responsible for selection and of team apparel, pictures, awards, incentives

PARENT EXPECTATIONS:

Practice Philosophy

- The YMCA Swim Team is built on a developmental coaching philosophy therefore the training program is tailored to the physical and emotional development of the swimmer and incorporates a variety of techniques. The approach is a highly motivational one that focuses on individual improvement.
- We follow a cycle-training approach that is designed around a macro (seasonal) and micro (weekly) template. The design of both is to best position each swimmer to achieve maximum results for our taper meets.

Practice Assignments

- Decisions are made daily by the coaches. Practice assignments are based on the age and capacity of each child to handle a given amount of work. Please confer with the coach for any question, variation or exception regarding your swimmer's practice routine.

Practice Groups

Senior:

- Senior Level is a high-level workout program for the established competitive swimmer. This level is designed to prepare the swimmer to effectively compete in highly competitive YMCA and USA Meets, including YMCA Nationals, and USA Sectionals, Junior and Senior Nationals. Swimmers in this level must be committed to year-round swimming and demonstrate commitment levels through practice and meet attendance. The objective of this program is to bring each participant to their swimming potential through training, stroke analysis, and conditioning exercises and nutritional planning.
- Alongside the dedication required to practice and competition aspect of this group, Senior members also take on the responsibility of being our leaders on the team. Duties may include, but are not limited to, leading team bonding activities, assist the coaches in leading dryland, reading and completing assigned leadership material and tasks provided by the coaches, and participate in any meetings the coaches may organize.



Age Group 2:

- This group is for swimmers who have demonstrated proficiency in all four competitive strokes, a competitive drive, a commitment to the sport of swimming and a strong team spirit. Swimmers placed in this group are ready to begin preparing to be in the Senior Group. A focus is placed on technique refinement with a higher emphasis placed on conditioning. Challenging aerobic and anaerobic training cycles are incorporated in this level. Swimmers in this practice group are encouraged to set goals which include USA Silver Champs and Junior Olympics, YMCA Districts and States and the long-term goals of YMCA Nationals, USA Sectionals, Junior and Senior Nationals. Selection for this level will be based on the individual's ability to maintain time standards and consistent practices as well as the swimmer's drive, determination and leadership towards the team. Swimmers in this level must be committed to year-round swimming and demonstrate commitment levels through practice and meet attendance. The objective of this program is to bring each participant to their swimming potential through training, stroke analysis, and conditioning exercises and nutritional planning.

Age Group 1:

- This group is for swimmers who have demonstrated proficiency in all four competitive strokes, a competitive drive, a commitment to the sport of swimming and a strong team spirit. Swimmers place in this group show more need towards technique refinement. A higher emphasis will also be placed on conditioning. Challenging aerobic and anaerobic training cycles are incorporated in this level. Swimmers in this practice group are encouraged to set goals which include USA Silver Champs and Junior Olympics, YMCA Districts and States. Selection for this level will be based on the individual's ability to maintain time standards and consistent practices as well as the swimmer's drive, determination and leadership towards the team. Swimmers in this level must be committed to year-round swimming and demonstrate commitment levels through practice and meet attendance. The objective of this program is to bring each participant to their swimming potential through training, stroke analysis, and conditioning exercises and nutritional planning.



Pre-Age Group:

- This is a developmental group that teaches all four competitive strokes and prepares swimmers for competition. A large emphasis is placed on proper body position, stroke technique, kicking, starts, and turns. Swimmers will compete in YMCA and USA meets, as appropriate.

Academy:

- This is a developmental group that teaches all four competitive strokes and prepares swimmers for competition. A large emphasis is placed on proper body position, stroke technique, kicking, starts, and turns. Swimmers in this group do not compete in any meets.

High School Swimming

- In the winter season, once high school Varsity season begins, a cooperative practice agreement will be worked out for Senior Swimmers participating on their High School teams as well. The senior program relies upon a cooperative effort between the YMCA coaching staff, the swimmer, the HS coach and the swimmer's parent/guardians.

GENERAL POLICIES

ATTENDANCE:

General Attendance

- Although there is not a mandatory attendance requirement, attendance is important. Our training philosophy is based upon a high percentage of attendance. As an athlete ages up and matures there is a direct correlation between consistent attendance/effort and realizing personal goals and capabilities. There is also a direct correlation between consistent practice attendance and injury prevention. Swimmers are encouraged to attend at least 85% of all practices offered to maintain the necessary training level and to proactively prevent injuries.
- If you know ahead of time that you will be unable to attend an extended amount of practice days due to vacation or sickness, please be responsible and inform the swim coaches as soon as possible.



Getting Out Early

- If there is a valid reason a swimmer needs to leave practice early (dentist, doctor, etc.), the coaches request that advance notice, by email or text, be made by a parent. The coaches are responsible for your child at the assigned practice time and want to make sure they will be released with your knowledge and into your care.

Arriving Late

- Every effort must be made to have the swimmer arrive for practice on time. The swimmers need to be ready to start dryland and/or dive in the water at the scheduled time. This is very important to the continuity of practice. Coaches must be notified if there is some reason the swimmer will be late. Likewise, parents, please be prompt when picking up your child after practice.

TEAMMATES:

This is your team; make it enjoyable for everyone. Offer encouragement to at least one other swimmer each day. The better your teammates are the better your team will be. A “good swim” or “nice set” helps make the practice time shorter. Supporting teammates and giving positive encouragement is a good way to illustrate leadership and demonstrate team spirit.

USE OF FACILITIES:

Whether home or away, at practice or at a meet, you are a representative of our YMCA TEAM. Your behavior directly affects our team’s image. We are a respected group and will respect others. Please conduct yourselves appropriately in all areas, including those outside the pool deck – i.e., hallways, locker rooms, and restaurants. SWIMMERS PLEASE REMEMBER TO CLEAN UP AFTER YOURSELF AT PRACTICES AND SWIM MEETS 😊

LET THE COACH, COACH:

Parents are welcome to observe workouts at the YMCA: however, they are not allowed on the pool deck during practice time. Keep in mind that a coach carefully prepares a season plan that should yield a peak performance by the conclusion of the swim season. The coaches appreciate the opportunity to talk with you, but PLEASE, do this before or after practice and not during. If it is difficult to meet with a coach at those times, a phone call, email, or a note will work.



FINANCIAL OBLIGATIONS:

All fees associated with being a THY Swim Team Member are posted on the team website and is updated regularly by season. The following memberships are required for participations on THY Swim Team:

1. YMCA of Bucks County Membership
2. Swim Team Program Membership

What's included with your swim team package?

1. Membership to the YMCA
2. YMCA swim team practices and dual meets

THY is a USA Swimming program in addition to a YMCA program. This means that if a swimmer chooses, they can participate in USA Sanctioned Swim meets as well as YMCA Sanctioned meets. This requires a separate membership in which more information can be found on the team website.

SUIT & OTHER SWIM TEAM EQUIPMENT:

Our team has chosen a team suit a team cap, using the team colors. The purchase of a team suit and cap is strongly recommended.

All swimmers must have a mesh bag containing each of the following items. Please be sure to label all items with the swimmer's name!!

Seniors: Fins, hand paddles, training snorkel, pull buoy, and kick board

Age Group: Fins, hand paddles, training snorkel, pull buoy, and kick board

Pre-Age Group/Academy: Fins, pull buoy, and kick board

*** THY has a Team Store with SwimOutlet.com. You can support Tri-Hampton YMCA Swim Team by shopping at our store. Essentially, you get regular SwimOutlet pricing, including any sales or promotions they may be running, but a portion of all proceeds goes back to Tri-Hampton YMCA Swim Team. The link to the store can be found on the team website.

MEETS:

Meets are usually held on the weekends, most often on Saturdays and Sundays. We do participate in multiple travel meets which are a further distance than most of our other meets. More information about the meets offered each season can be found on the team website.



HEALTH AND NUTRITION:

- Swimmers are generally healthy, but if you don't take simple precautions and take care of your health, it might mean no swimming for a week or more.
- Cramps can be kept to a minimum by giving your swimmer fresh fruit (especially bananas), water, and reducing salt intake.
- Proper everyday nutrition is basic for first rate athletic performance. Avoid fried, greasy, high-fat foods and junk food. Be sure to eat the right amount of servings from the five food groups each day. A special word about processed sugar – NO! Instead of candy and soft drinks, substitute honey, raisins, fruit and things made from them, along with non-carbonated drinks.
- One to two days before the meet: start increasing carbohydrates and maintaining a healthy balance of fats and proteins. Foods such as pasta, breads, and grains are high in carbohydrates.
- On the day of the meet, breakfast should not be too heavy, and the food should be easy to digest. Breakfast foods such as pancakes, dry cereal, bagels, muffins, oranges, bananas, juice, or water are fast digesting foods to eat.
- During the meet, it is important to replenish the body with good foods to sustain energy. Granola, dry cereal, bagels, juice, Gatorade, raisins, carrots, celery sticks, crackers, oranges, bananas, watermelon, and plenty of water are great to pack for a meet.
- On swim meet days, try to avoid junk food, soda, fried or fast foods, popcorn, fruit roll ups, sugarcoated cereal and sugary pastries. These foods are slower to digest and can affect the swimmers' performance in a negative way.

A FEW LAST WORDS:

- Competitive training is **only part** of a swimmer's job. It's also the extra time spent in personalization and self-discipline. It's a good give and take relationship with teammates. It's knowing how to accept defeat with your head held high and being able to win with grace. It's the setting of goals and working toward them. It's learning your own capabilities. It's meeting and making new friends. It's developing self-poise and confidence. It's also just plain having fun. These are some of the values we hope to see develop in each and every team member.



THY 2020 – 2021 COACHING STAFF

Taylor Byers – Head Coach

Keith Torok – Assistant Coach

Bob Pilotti – Assistant Coach

Rachel Samson – Assistant Coach

Zack Woltman – Assistant Coach

Tim Ryan – Regional Director of Competitive Aquatics

CONTACT INFORMATION 2015 – 2016

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**YMCA of Bucks County
Tri-Hampton YMCA Swim Team
2020 – 2021 Season
Team Handbook Acknowledgement Form**

I have read, understand and will accept the complete THY swim team handbook. I will abide by all the rules and procedures set forth by the team and the YMCA of Bucks County.

Swimmer Signature: _____ Date: _____

Parent Signature: _____ Date: _____



**YMCA of Bucks County
Tri-Hampton YMCA Swim Team
2020 – 2021 Season Team Handbook
Media Release Acknowledgement Form**

As part of Tri-Hampton YMCA Swim Team's communication process, the team maintains a website, Facebook, Instagram and newsletters. This form documents your consent of using your swimmer's information on these outlets.

Please read each statement and sign below to agree to the usages of team media.

1. I hereby authorize the use of still photographs taken at swim practices, meets or other swim team functions. I recognize these photos may be posted on the team website, Facebook, Instagram or in the team newsletters.
2. I understand that no personal demographic information will be posted on the team website or media outlets in conjunction with these photos.
3. I hereby grant permission to post swimming-related statistics and information on the team website, the team newsletter or the team's media outlets.
4. I understand that neither my swimmer nor I will receive payment or other compensation for use of such photos or statistics.
5. I hereby release THY from any and all liability in connection with the above said uses and purposes.

Swimmer's Name _____

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date: _____

