



The best preparation for tomorrow is doing your best today.

H. Jackson Brown, Jr.

2025-26 Season

SECTION I- Coaching Staff

Head Coach-Kathy Coffin-Sheard kathy@gtbaymca.org

Central Age Group Coach- Chris Corrado chris@gtbayymca.org

Assistant Coaches:

- Matt Anderson Gold, SR, SRD M/W
- Julia Brunner Silver, Gold T/W/Th
- Megan Fryer SR, SRD T/W
- Aaron Patterson Silver, Gold W, SR/SRD beg Dec
- Kevin D'Allesandro Bronze W
- Ian McGill SR/SRD Dryland T/Th
- Asst. Age Group Coach-Ben Freundl Minis, Bronze, IT M/W/Th, Silver/Gold Tu
- Cris Ruitt IT, Th

SECTION II USA SAFESPORT: Kathy reviews Safesport topics & code of conduct-then swimmers go with coaches...

USA Safe Sport **requires** that all USA Swimming member clubs have the following policies in place. Focus is prevention and education.

- **Code of Conduct -waiver on team unify**
- **USA Safesport-coaches training**

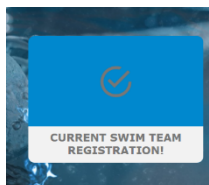
SECTION III-Parent Expectations/Communication-REACH OUT!

Parent Expectations :

- Parent objectives-WE ask that you support your swimmer and get them to practice even when they don't want to go! ***This is the day that they really need to be there!*** *Swimming is a tedious sport...Our objectives are to encourage; challenge & motivate your swimmers to understand it takes time to improve...and learn all the many nuances of swimming. Good ol' hard work pays off.*
- WE will take care of the coaching!🐼
- USA swim meets; no parents are allowed on deck/HOME meet allowed
- The tcbreakers.com website is hosted by Sports Engine -Very important for communication. Everyone MUST SIGN THEIR swimmer up each year, renew their team unify/sports engine account. (more below)

Communication - TCBREAKERS.COM & SportsEngine
(<https://www.gomotionapp.com/team/mitcsc/page/home>):

You will need to register your NEW and EXISTING swimmer at the website, click on



Scroll down and start the process. - do not do it on cellphone- you will struggle!!! You will not receive any communication if you do not register here. No costs attached. Needs to be done before September 15th -

Select Group for your swimmer(s) > update information > sign or review waivers > submit

Once you have completed online registration via computer, download the app



Billing and Membership-We swim thru JULY! There is a 15 day cancellation window for all programming changes- if you know your swimmer is NOT participating during part of this 11 mth journey- plz do below:

1. Form at the front desk of the Y or on the website under For Parents>Parent Information
2. Must turn in the form 15 days prior to cancellation date **AND** email Kathy
3. **Several families did not cancel prior last year-** this MUST Be communicated to receive a refund, or it will be assessed as a CREDIT to be used later.

Section IV-MEETS &meet schedule

1. How do I know my swimmer is ready for a meet? For a travel meet?
2. What is Short Course? (25 yd. pool) Long Course? (50 Meters)
3. **Choosing Events?** Sign up – You will receive emails from me and /or just sign up on **tcbreakers.com** Follow prompts- Meet fees range vary- but the average is \$5 per **swim**. Leave events blank if you want coach to choose. There is a MI swim surcharge and facility surcharge per facility that we have no control. Ranges \$5-\$12.00
4. Once entries have been accepted-you are required to pay all fees and ½ the coach costs
5. Meet surcharge per swimmer for all meets to cover our coaching staff wages/travel costs. This will vary upon meet size and the number of coaches that we need to travel. In season meets between \$30-\$50 This also fluctuates based on distance to travel/area etc.
6. Championship meets/prelims&finals meets-rates vary based on numbers of swimmers and coaches- ranges will vary \$100 and higher-depending on hotel/travel costs
7. Relays are determined by coaches and paid for by each member of the relay.
8. Some swim meets will only be available to certain groups, please refer to meet schedule.

CHAMPIONSHIP MEETS: NO YMCA champ meets again...

- GUPPY BOWL January 31 TBD swimmers 10 & under ONLY
- March USA REGIONS /USA 10 & U/USA 11-14 MAGS/OPEN USA-ULTRA in March

SECTION V. Fundraising and Volunteering-included in waivers on team unify

Fundraising- WE have one team fundraiser a year-**SWIM4FUNZ\$** (swim a thon in January) which supports:

- Awards/social events (banquet at Bluebridge, team awards night and main food dish, summer race nights and end of year night for ex.)
- General shared training gear (kickboards, dryland equipment, mats, fins, pull buoys) Record boards updates/meet support & equipment)
- Your family will be charged \$75 for **non-participation**
- BIG ITEM -our scoreboard is 12 yrs old. Showing errors on display with no parts to repair...more on that.
- **Volunteering**... it's what we do.... expected that you contribute time/supplies/food/meets, banquet etc. You sign up and we keep track with sign in
- Starting block SPONSORSHIPS at WEST pool- \$250 each side-(we have 2 open sides)...above and beyond shared training equipment for each pool (last year we purchased swim bridges)

(your name/business name visible on the block for a year...and on team website and displayed on special banner)

PRACTICE CANCELLATIONS:

- 9/18 at Central due to hs meet
- Oct 31 for Halloween
- Inclement weather? - WE ONLY cancel when the YMCA closes. Use your best judgement for travel when school closes.

SECTION VI Team Gear/Suits/Apparel

1. We are currently under a contract with **SPEEDO** for all suits/deck swim equipment/coaches' apparel
 - a. ELSMORE SWIM SHOP-updated on tcbreakers.com website/call them if you have questions
<https://elsmoreswim.com/collections/grand-traverse-bay-ymca>
tel:952.997.6255
 - b. Red girls /Black boys Speedo suits with GTBY logo
2. Each swimmer gets a customteam shirt and 1 custom silicone cap, replacement if rips at meet
3. Extra apparel on Elsmore site as well. Gray apparel for purchase for swimmers and parents.

Required GEAR

- Minis, Bronze, team suit*- goggles, (2 pair if possible), water bottle, snorkel (optional)
- Silver- team suit*, goggles (2 pr), snorkel, team shirt, shorts, running shoes for dryland, water bottle.
- Gold- team suit, goggles (2 pr), fins or borrow at pool, team shirt, running shoes for dryland.water bottle
- Senior and Sr. Devp. -Team suit, Gear bag, goggles (2 pr), fins -either Speedo DMC or Arena or Tritan. Price points vary based on quality of fin, parachute, team shirt, shorts, running shoes for dryland, water bottle

Note: *Girls have red suit option this year. Black for boys. If you have a suit from last year continue to use it. Otherwise please have a team suit for your swimmer. We will have a sizing kit at each pool within the first two weeks of practice.*

Where to purchase? It's easy and it's all online!! Elsmore swim shop – links on our website. They are our team dealers from WI. They discount all our gear and take care of all special orders. We are a SPEEDO promoted team, so please work through them.

Olympian Visits –This is a team event...PLZ make sure your swimmer(s) are there!!

9-12:00 13 & up

10:45 –1:30 12 & under

\$65 per swimmer (in water- and motivational talk/photos with medals!!!& ONE parent may be present for)

Q&A... Open floor- all questions are important!!