

# Gallatin Valley Y Brookies

## ~New Family Handbook~

Welcome to the Gallatin Valley Y Brookies! This handbook should answer most of the questions you may have about our team and about youth swimming in general. Much of this information is also available in other sections of our website, but we have attempted to consolidate the information relevant to the new swimmer or new GUYB family here. If you have further questions or concerns, please reach out to Head Coach Amy Mullen at [amy.mullen@gallatinvalleymca.org](mailto:amy.mullen@gallatinvalleymca.org) and/or post to [our team's BAND](#) site as this can always be useful to other parents as well with similar questions.

### SHORT COURSE PRACTICES SCHEDULES:

#### September through MID-November (once High School Season Starts)

Rookie	4:00-5:00PM Mon-Thu   4:00-5:00PM Fri
Intermediate 1	4:45-6:00PM Mon-Thu   4:00-5:00PM Fri
Intermediate 2	4:45-6:00PM Mon-Thu   4:00-5:00PM Fri
Advanced Prep	6:00-7:30PM Mon-Thu   4:00-5:30PM Fri
Advanced	6:00-8:00PM Mon-Thu   4:00-5:30PM Fri

#### MID-November through MID-February (once High School Ends)

Rookie	5:35PM-6:35PM Mon-Thu   TBA Fri
Intermediate 1	5:35PM-6:35PM Mon-Thu   TBA Fri
Intermediate 2	5:35PM-6:35PM Mon-Thu   TBA Fri
Advanced Prep	6:35PM-8:05PM Mon-Thu   TBA Fri
Advanced	6:35PM-8:35PM Mon-Thu   TBA Fri

#### MID-February through 1st Week March

Rookie	4:00-5:00PM Mon-Thu   4:00-5:00PM Fri
Intermediate 1	4:45-6:00PM Mon-Thu   4:00-5:00PM Fri
Intermediate 2	4:45-6:00PM Mon-Thu   4:00-5:00PM Fri
Advanced Prep	6:00-7:30PM Mon-Thu   4:00-5:30PM Fri
Advanced	6:00-8:00PM Mon-Thu   4:00-5:30PM Fri

**\*\*Long Course Season To Be Announced ~ we will know once City Hours announce their Summer Hours!**

#### TYPICAL QUESTIONS:

- ★ **Number of practices per week for new swimmers?** All swimmers may practice up to 5 times per week. However...Rookies typically come only 2-3. Intermediate 1 & 2 swimmers typically come only 3-4. Advanced Prep and Advanced are *encouraged* to come 4-5 to build on their confidence and not goals. There is no minimum number of practices a swimmer must attend, but swimmers are encouraged to swim as much as their individual situations allow in order to set themselves up for their optimum succession reaching their goals.
- ★ **Parents at practice?** Parents are always welcome to watch their child's practices as often as they would like. However, in order to not interfere with coaching, we ask that parents watch indoor practices from the bleachers only. If you would like to talk to your swimmer's coach, please email or phone them to arrange a time to speak to them rather than trying to talk to them on deck during practice as our staff is designed to be very individualized and energy focused on every unique swimmer in the water without distraction.

## DUES & FEES:

**\*\*STARTING SHORT COURSE 25-26: ALL Swimmers will also be required to be a part of the YMCA. This is a new registration fee that will be due every year as part of our team fees and will be a flat rate of \$150\*\***

**ANY SWIMMER WHO PLANS TO COMPETE IN ANY MEET MUST REGISTER AS PREMIUM**

- ★ **Annual USA Swimming Premium Athlete** dues of \$106 per swimmer. These fees cannot be prorated or refunded. Covers September 1, 2024- December 31, 2025. USA Swimming has an outreach program that reduces this. If you are on free or reduced lunch you may qualify. Contact Amy at [amy.mullen@gallatinvalleymca.org](mailto:amy.mullen@gallatinvalleymca.org) for more information.

**I. Monthly Dues for practice** A full month dues is charged in September through February. Dues will be charged for any month in which the swimmer swims at least one day in the month as we do not prorate.. There is a 5% discount for paying your dues in advance for the year. Dues vary by squad as follows:

### Rookies

\$90/month  
\$540 Whole Season

### Intermediate 1

\$110/month  
\$660 Whole Season

### Intermediate 2

\$120/month  
\$660 Whole Season

### Advanced Prep

\$130/month w/o Dryland  
\$140/month w Dryland  
\$840 Whole Season

### Advanced

\$150/month  
\$840 Whole Season

### Advanced High School

**ONLY 2/wk**  
\$87.50/mo

**\*High School Swimmer** - High School Only Swimmers only swim with the team September, October and half of November. They can choose to either swim up to 5 days/week at \$116/mo or they can choose to swim for only 2 days/week at \$87.50/month.

## II. Payments

**a) Payment method.** Invoices are generated electronically through our website. As part of the registration process, each family will enter payment information during the registration process.

**b) Due dates.** Payments for USA Swimming Registration will be announced to the team as a whole as there is usually some ironing out going on within the LSC system each year. Monthly dues are due on the 1st day of every month your swimmer swims and are set to be taken out automatically when you set up your account with us during registration time.

**c) Other charges.** Any meet entry fees, coaches fees for travel meets, team gear purchased directly through the team, etc all come out of your account in an accrued balance on the last day of the month.

**d) Cancellation.** You must inform Coach Amy and the YMCA a minimum of 30 days in advance before the month your swimmer wishes to take a break from the team so as to not be charged for the following month. This applies to those temporarily taking a break from swimming as well as those leaving the team permanently.

**e) Payment by check or cash.** Any GVYB payments not made electronically may be handed directly to a coach at the pool or to the Y in a sealed marked envelope with notation marked clearly and legibly for the **GVY Brookies** and **Attention: Coach Amy Mullen** on the front please.

**f) Questions?** In general you are always welcome to post to [our team's BAND](#) site as this can always be useful to other parents as well with similar questions. If they are direct concerns about GVYB dues, fees, charges, or payments, please reach out directly to Coach Amy Mullen at [amy.mullen@gallatinvalleymca.org](mailto:amy.mullen@gallatinvalleymca.org)

## MISCELLANEOUS:

### Communication

**I. GYB Website** <https://www.gomotionapp.com/team/mtbma/page/home> We are currently in the process of revamping it to change it over to be more in alignment with the YMCA standards and requirements so please be patient as this is happening, but we are trying our best to tackle this. Please contact Coach Amy Mullen [amy.mullen@gallatinvalleyymca.org](mailto:amy.mullen@gallatinvalleyymca.org) with any questions or concerns.

**II. BAND app.** GYB uses the BAND app extensively as the main source to communicate quickly, efficiently, and entirely with families. There will often be weekly updates, as well as last minute flash notice updates (ie-pool closures, meet schedule pivots, calendar updates, etc) from Coaches, the meet director of meets, and, as well as the long term projection of meet schedules to give one an idea of how the season will look in addition to our website.

**III. Emails.** Emails are still used as a general method to reach out to certain groups at times, or to individual parents on a daily basis, however the BAND app has become the major reliable focus as it is more of a textable tool to get immediate question answered by folks without having to wait days on end for a response sometimes.

**IV. Direct Coach communication to Swimmers or Parents.** Often the coaches will inform the swimmers of upcoming events, meets, etc. Please ask your swimmer regularly if there was anything important communicated to them during practice. Or sometimes a coach will grab a parent before leaving the building to fill them in on something of importance coming up on the horizon or something happening with their swimmer specifically.

### Facilities (City Pool & YMCA)

**I. Front desk staff, Lifeguards, Trainers.** Generally speaking, the staff at the front desk of the City Pool and the Y will not be able to answer questions regarding GYB, as we are a private swim team who rents space from the City Pool. We are newly owned by the YMCA, but they are still learning about our culture and identity and how we fit together within their culture and us into theirs. However, they should be able to assist you or your swimmer with concerns regarding the facility (the locker room, safety issues, lost and found, etc.). And at no time should any level of expectation less than that which Coach Amy expects at all times be shown from our culture and standards as a Brookie be shown to every staff member in both facilities be shown graciousness, kindness, compassion, courtesy and manners.

**II. Lost and Found.** The City Pool has a general lost and found area for any items that they are not able to identify as belonging to a GYB swimmer. There is also a GYB lost and found box in a box on top of our cabinet. If your swimmer has lost a piece of team gear, suits, goggles, etc., please have them check both lost and found areas.

**III. Valuables.** There have been theft issues at the Pool in the past. We urge your swimmer to bring and use a lock for their locker, especially if they have items of value with them. Lockers can be used on a daily basis for free, or rented for a fee. Please ask at the front desk if you are interested in renting a locker.

**\*\*Bottom line, if you don't want it stolen, don't leave it out in plain sight to be taken.**

## SWIM SUITS, EQUIPMENT AND APPAREL:

### I. Necessary items.

a). **Suit.** Swim suits should be one piece for girls, and jammers or “speedo” briefs for boys. Suits can be made of lycra, nylon, or polyester. Polyester is found to last far longer than the other materials and is recommended, if possible. As your swimmer progresses with the team, you may find it nice to have one suit for practice and one for meets, but this is not required. **Team suits will be available soon in the near future.**

b). **Goggles.** Goggles are needed by all swimmers to protect eyes from chlorine and to allow your child to see better in the water.

c). **Caps.** Caps should be worn by all swimmers with shoulder-length or longer hair. A team cap should be worn in meets and a latex cap or silicone cap will be provided to your swimmer when they first join the team- please ask their coach at their first meet if they have not yet received one. Your swimmer may find a silicone cap to be more comfortable, but they are more expensive than the latex caps.

II. **Team t-shirt.** Team shirts are worn for GVYB team pictures which are taken in the fall each year.

III. **Gear Bag & Gear.** (Advanced & Prep) -see attached list

IV. **Where to purchase.** The best source online is Swim Outlet. I will be updating our store on her shortly to reflect the gear I prefer mostly for our older crew to have on hand as well as better preferred quality (yet cost friendly) lasting practice suits, caps and goggles and that links directly to our swim outlet store specifically.

## TEAM PHOTO, TEAM FUN & FUNDRAISERS:

I. **Team Photos.** This year we will be taking a team photo. The location, date, and time will be announced at practices, by email, and on the GVYB website. Team, squad, and individual photos will be taken. Pictures may be purchased by individual families if they choose.

II. **Team activities organized by Squads, Parent Groups, Coaches, or Advisory Boards.** Each year a member of these groups can be responsible to organize team-building activities for all swimmers throughout the year. Activities may include pumpkin relays during Halloween, cookie-decorating during the holiday season, and bowling parties on non-school days. These activities will be announced on email, at practices, and on the GVYB website.

III. **Brookies-a-thon.** The Brookies Style Swim-a-thon is a fundraiser to be held in the fall. The entire team is encouraged to participate in the swim-a-thon, which is both an event where the swimmers come to the pool and swim as many laps as possible in 2 hours; and a fundraiser where they collect tax-deductible donations from friends and family to help support their team. The swim-a-thon is an important part of the GVYB budget and helps to keep monthly dues low and to purchase equipment used by the entire team. Prizes are given to all swimmers who raise money during the swim-a-thon. More information about the swim-a-thon and what its theme will be this year will be emailed and on the website soon!

IV. **Whisky & Wine Gala Event Fundraiser** - If time & Venue allows- event & description to be announced down the road.

V. **GVYB Awards Banquet.** The annual awards banquet is usually held in March and GVYB. All swimmers will be recognized with unique awards tailored specifically to them at the banquet, and every swimmer and their family is urged to attend. For fun, games, food, tons of laughter and a memorable time had by all!

## SWIM MEETS:

**I. Seasons.** The swimming year is divided into two seasons - Short Course and Long Course. Short course season begins in September and runs through the end of March; Long Course season begins in April and runs through August. "Short Course" refers to meets swam in a 25 yard pool. "Long Course" refers to meets swam in a 50 meter pool. Occasionally, there will be short course meets held during the long course season.

**II. Which meets to attend.** There are many meet opportunities available to new GVYB swimmers. Most "away meets" are at pools within 1-3 hours of Bozeman, although there are a few meets held at pools further away. We encourage each swimmer to attend at least one meet to witness at first to see the team bonding that occurs and the process, and then attempt the next meet that comes up in the list as their trial and error with short events to try at first (25s for 8&Unders or 50s for 9&Olders. Once they get the feel for meets, we encourage swimmers to try as many meets as is comfortable for the child and the family both physically and financially, although no meets are mandatory. The meet schedule for each season is posted on the GVYB website. A new swimmer is most encouraged to try any of the meets in Butte ~ especially the first one in October or the Teddy Bear in December.

**III. How to sign up for meets.** Sign-up for meets is done online on the GVYB website. Sign in to your GVYB account, and then click on the meet name under "Upcoming Events" on the right hand side of the screen. The next page will give you information about the meet regarding days, location, which type of meet it is, etc. You may then click on "Attend this Meet" to sign up for the meet or to decline to participate in it. If you choose to swim in the meet by clicking "commit to the meet", you will be given options for events to swim. If you are not comfortable choosing your child's events, feel free to leave this screen blank and a coach will sign your child up for specific swims.

Some meets have qualifying times, and your swimmer may or may not be eligible to swim in them. Specifically, the State, Regional, National Championship meets in February & March and may require at least Bor BB times. If you have any questions about the entries for these meets, please contact Coach Amy.

### IV. Attending a meet.

**I. What to bring.** Necessary items for swim meets are: Suit, goggles, team caps, towel, water bottle, and clothing to wear over suit while waiting for races (t-shirt, sweats, etc.) Items which are nice for the swimmer to have include: Blanket, chair, healthy snacks, activities to do between races (cards, games, books). Parents may find it helpful to bring a chair (depending on the pool - some pools do have bleachers), a highlighter to mark heat sheets, a pen or Sharpie to write events on your child's hand, cash for concessions and heat sheets, and activities to pass the time between races.

#### II. Procedures at meets.

**a) Warm-ups.** Warm-ups generally begin around one hour before the meet start-time. The times for warm-ups and meet start time will be in the meet info on our website and in the group chat created specifically for that meet in our Band app. Please have your swimmer check-in with a coach from our team 15 minutes prior to warm-ups as we start doing our head counts. Please try to have your child on deck in their suit, cap, and goggles at the start of warm-ups. Have them find their coach, who will instruct them as to what they should do for warm-up. Keep in mind that at some away meets, the coach present may not necessarily be their squad coach.

**b). Events/heat sheets.** At each meet, a "heat sheet" is published by the hosting team which lists all events and heats and which swimmer is swimming in each lane of each race. At larger meets, these heat sheets are available for sale, but they are also given to the coaches and posted for spectators to refer to. At smaller meets, the heat sheets are posted and given to the coaches. Your child may find out his or her events from the coach, but it is helpful if the parent looks up the information on the heat sheet as well. Most younger and new swimmers write their events on their hand so they can refer to them easily. Generally these heat sheets almost solely now on Meet Mobile which is an app that can be purchased for about \$5-10 per year. To best assist your swimmer in keeping track of their events for the day please make grid on their arm or leg, which ever they prefer and mark above the horizontal line with an E for Event Number, H for Heat Number, and L for Lane number - for example:

<u>E</u>	<u>H</u>	<u>L</u>	
1	2	5	25 free
7	1	8	25 back
13	2	2	50 breast

Try to touch base with your swimmer after warm-ups to assist them with writing their events on their hands. If you need help reading a heat sheet, please ask another parent - swim parents are always more than willing to assist newcomers.

**III. Checking In/Out Before & After the races.** Please make sure your swimmers are sent over to check in with a coach to check in with a coach before a race for any last words of reminder and immediately after the race is swum as well. The swimmer should report to the coach for feedback about their race. They should do this before they get dressed or come to see you. Coaches are usually sitting or standing at poolside watching each race.

**IV. Relays.** At many meets, relays will be swum in addition to individual races. The coach will let the swimmers know after warm-ups if they are on a relay. Please ask your swimmer if they will be part of a relay; if the answer is “no”, please have them ask their coach. Relays are often at the end of meets and it is important your swimmer not leave if they are assigned to a relay. If you must leave early, inform the coach so that they can place another swimmer on the relay.

**V. Meet etiquette.** Spectators are of course welcome and encouraged to cheer for their swimmers as loudly as possible during races. However, there are a few important “rules” to keep in mind.

**a). Photography.** Please do not use flash photography at the start of a race. The flash can not only bother the swimmers, but it can confuse the timers in each lane who are watching a strobe light which is activated by the starter to start their watches.

**b). Starts.** Please do not walk behind the starter and referee at the start of a race. You will know these people by their white shirts, blue pants, and, white badges and their position on the sides and at the ends of the pool. Before each race is started, an announcer will state the event number and heat number of the next race, and then turn it over to the referee by saying “Mr. Referee” or “Madame Referee.” The referee will raise his or her arm to the side. Once the starter has started the race, the referee will lower his or her arm. You may then pass behind them.

**c). Area behind blocks.** Only swimmers, coaches, timers, and officials are allowed in the area behind the blocks of the pool. Try to keep this area free for those people to avoid congestion. If your 9 year or older child is not comfortable going to their races by themselves, talk to the coach.

**d). Coaching.** Please try to leave the coaching to your child’s coach and to support their swimming with only positive comments after their races. I encourage all parents to refrain from using verbs of encouragement. For example, even with my own kiddo, I simply love telling her “I love watching you swim” instead of “I love when you win” or “I love when you go fast or beat others” or “You should do this or that or go faster” it fills them more to hear the kinder words of encouragement that you are there to simply enjoy watching them and their hard work. TRUST ME, we as their coaches give them PLENTY of the “VERBAL Encouragement” of Going Faster :)

**e). Timing.** At all away meets, and non-fundraising home meets, you will be asked to act as a timer. Timing is easy and very important for the operation of a meet. Timing shifts are usually no more than one or two hours. Please volunteer to take a shift timing at each away meet and at as many home meets as you can. It always makes our team look good to others if we have our team be one of the first to sign up first and not to have to be the ones called over the speaker all the time to be the one to step up for timing. It also doesn’t feel good when I see the same 2-3 parents signing up to do the timing over and over. Please spread that job duty and obligation. It’s a great seat to take on! And if another team wants to swap out with us, Let Them for a bit! Take the Break! (and vice versa of course!). Thank you in advance for helping with this!

**f). Away meets.** Directions to other pools are available on the GYVB website. GYVB families usually sit together at away meets, and early-arriving families will attempt to save spots in bleachers or on deck for chairs for other families. Look for parents and swimmers wearing GYVB apparel or a GYVB banner and feel free to bring your chairs and sit with the group.

**g). Overnight meets.** At some of our away meets, especially those further away which require families to stay overnight, there will be activities such as team dinners planned. These activities will be announced in email (or on BAND) to those families signed up for the meets. Also, there will be meets where blocks of rooms will be held for GYVB. You will be asked to call the hotel by a specific date and reserve the room with your own credit card. This allows families to stay at the same hotel as their teammates and to sometimes receive special rates for groups. Sometimes there’s even a fun night of Axe Throwing or Mini Gold involved!

## TIME STANDARDS AND CHAMPIONSHIP MEETS

**I. Time Standards.** For each age group, gender, and swimming event, there are various time standards which are used as qualifying standards for meets and other reasons. As your swimmer becomes more experienced, it may be motivating for them to work towards achieving these times. If you are interested, you may view the time standards at [Montana Swimming Time Standards](#) These times are calculated each year by the Local Swimming Committee (LSC); our LSC is Montana Swimming.

**a). C times.** There is no actual time standard for a C time - this refers to any time slower than a B time. This is why a new swimmer may always swim in any meet which is designated as a "C" meet.

**b). B times.** These are the first level of time standard which a swimmer may achieve. There will occasionally be meets where a "B time" must be achieved for the swimmer to qualify for the meet.

**c). BB times.** These are the second level of time standard which a swimmer must achieve at least ONE time in, in order to qualify to swim at the Montana State Swim Meet Championships (LSC Championships). This is considered a qualifying time standard and will be seen on a few meet contracts as a requirement time standard of achievement in order to participate in the meet.

**d). A times.** The next level of time standard above BB times.

**e). Age Group Sectional times.** The next level above A times. AGS times are the qualifying times for the Age Group Sectional meet held in Washington for the northwest portion of the country.

**f). AAA.** These are the time standards which a swimmer needs to achieve in order to compete and qualify for the Western Age Zones as a Montana Swimmer. This meet is organized as teams competing as states competing against each other as whole states against each other so you qualify for the Montana team and compete on the Montana team against other State Teams..

**g). Additional time standards.** There are additional time standards which you will become familiar with as your swimmer progresses.

### II. 2 LSC Championship meets - 1 Qualifying & 1 Non-Qualifying.

**a). Qualifying.** If your swimmer swims an BB time in a sanctioned meet during the course of the season, they will qualify in that event for the LSC championship meet.

During the short course season, the LSC hosts two championship meets - one for 10 & under swimmers and 11-21 year old swimmers; and one for any swimmer that didn't make a BB time standard that wants to have their end of season Championship Meet as well.

**b). Non-Qualifying.** If your swimmer did not achieve a BB time during their season they get to swim in a meet called the BC Championship Meet which is a fun swimmer focused championship meet focused on the majority of the kids in the state to wrap up their season in March!

## ATTENDING YOUR FIRST MEET:

### “Help! This is my child’s first meet! What do we do?”

Most of us have been in your situation, and other GYVB parents are always willing to help. In addition, here are a few tips about attending your first meet:

- Make sure your swimmer has at least the following items in their swim bag: suit, goggles, team cap (if you don’t have one, they will be available at the meet), towel (it’s nice to have 2 – one for during the meet and a dry one for after), shirt/shorts/sweats to wear over suit in between races, a water bottle, and snacks. For longer meets your swimmer might also want an activity to do between races (book, cards, electronic game, etc.), a chair or blanket, and more snacks! *\*Some format of music and headphones especially for the elders as Coach Amy trains the elders to tempo training to specific songs to specific races!*
- Parents - unless you plan on timing and being in the splash zone,, you might want to dress lightly, as it is very warm on deck. Leave the heavy sweaters at home! You may also want to bring a chair for yourself and a “sharpie” marker (see below.)
- Plan to arrive at the pool 15 minutes before warm ups start so your swimmer can be on deck ready to go when warm up begins. If your swimmer will miss part of warm up, please notify the coach well ahead of time - not during or after warmups have begun.
- Many younger and new swimmers prefer to sit at the meet with their families - it is up to them whether they want to sit with the other swimmers or with you. We encourage our swimmers to spend time with each other and bond with each other at meets. That they get to be with family and mom/dad at home all the time. Now is the time to cheer on your mates, be cheered on by your mates and get to know each other of all groups and ages!. You might want to coordinate with your child ahead of time to let them know where you will be sitting so they can at least check in and out with you.. Make sure they take their bag out on deck with them rather than leaving it in the locker room!!
- Once on deck, your swimmer should leave their bag where they (or you) will be sitting, put on cap and goggles, and find their coach to receive warm up instructions. Parents should not go into the competition area unless volunteering as a timer (see below.)
- Swim meets are organized by event, heat, and lane. The event is the age group, length, stroke of the race – ie 8 & under 25 yard Freestyle. If there are more than 8 swimmers in an event, the event will be separated into heats. Within each heat the swimmers have a lane assignment (some pools are 8 lanes [Lanes 1-8], some are 6 lanes, [Lanes 1-6].) The listing of all of this information is called a “heat sheet”, and will be posted at the meet on Meet Mobile App that is universally used at all meets now and costs between \$5-10 for an annual subscription. It’s often easier to look up which heat and lane your child is in for each event if you come to the meet with the event numbers – you can find this in the area where you signed up for the meet on the website.
- Most of the younger swimmers write their events with sharpie on their hand or arm in a grid (see below).The coaches or other swimmers can assist with this, but parents can help their child with it as well. Example:

<u>E</u>	<u>H</u>	<u>L</u>	
3	2	5	50 Free
7	1	2	50 Back
9	3	8	50 Breast

The top line reads, "Swimming the 50 Free in Event 3, Heat 2, Lane 5"

- Swimmers should get in the habit of checking in and out with their coach before they report to the blocks. ALL swimmers should see their coach after each swim for feedback about the race. Please help your child with this so that they know they should stop at the coaches’ table before they return to where they are sitting.
- There will be an announcer who will announce each event and heat before it starts. The information will also be listed on the scoreboard (although note that the scoreboard does not change to the new heat’s information until after the race starts.) Each race is started by an official who will blow one long whistle, signifying that the swimmers get up on the blocks (or beside the blocks if they are not yet comfortable diving off the blocks.) The starter then says “Take your marks” and the swimmer will get into starting position, then an electronic horn will signify the start of the race. Swimmers’ names, lane, time, and place are all on the scoreboard. Important!!! One of the “rules” of swim meets is that there is no flash photography at the start of each race. The flash is a distraction for the swimmers and/or causes interference for the timers. You are welcome to use a flash at any other time.
- Which brings us to....timing! In each lane, there will be two volunteer timers needed – so sixteen overall. This is something that is expected of us when we travel to other pools to swim in meets. Timing is easy, fun, and you’re right down in the action of the meet. We understand that sometimes parents are unable to help because they are the only adult from their family at the meet and they have younger children with them. But if this is not the case for you, please consider volunteering as a timer and learning to do this very important job.

**Welcome to the wonderful world of swim meets! If you have any questions, please feel free to reach out to any of our veteran parents on BAND. They have a plethora of useful guidance and information on there!**

**The GVV Brookies is divided into training levels in order to provide a structured and comprehensive program. All squads have practice Monday through Friday and families can choose which days they attend. The cost information listed below is for a per season swimmer.**

**★ ROOKIES - 11&U**

This group is for new swimmers who are new to competitive swimming and want to learn more about the sport. At this level, the athletes are introduced to the sport of competitive swimming. The primary objective of these groups is to teach the swimmer the four basic competitive strokes: butterfly, backstroke, breaststroke and freestyle. Swimmers also learn and practice starts, turns, drills, and games to develop additional skills needed for competition. Swimmers must be able to meet the necessary requirements to join the team. Emphasis will be placed on learning how to swim the competitive strokes properly, learning the rules of competition swimming, and building a cardio base. Rookie Brookie swimmers will also be introduced to swim meets, as all Brookies are recommended (but not required) to attend at least one meet per season.

**GROUP BEHAVIOR FOCUS** – Proficient in lane etiquette, begin passing guidelines, learn to encourage each other as well as be kind to each other. Work on listening on cue, examples being; I'm talking, ears above water, eyes on me, etc.

**AGE & TRAINING SCHEDULE:** range is 6-11. It is recommended that swimmers attend 2-3 days per week. Swimmers do not have to know how to do any of the competitive strokes to join, just be able to show they are comfortable in the water and can swim 25 meters unassisted.

**COST:** \$90 per month

**★ INTERMEDIATE 1 - 8-13**

This group is composed of swimmers who can complete training sets using Freestyle and Backstroke legally and are working on refining breaststroke and butterfly. Technique improvement will be highly emphasized on a daily basis. Developing and maintaining a strong cardio and leg-strength base is important at this level. Longer swims, such as 100s and maybe 200s, later in the season, will be introduced while maintaining perfect technique. Interval training will be introduced as well.

**GROUP BEHAVIOR FOCUS** – Listening when the coach is talking. Self-accountability means being present at practice, mindful swimming, counting your own laps and reps, staying on task, leaving problems at the door.

**AGE & TRAINING SCHEDULE:** range is 8-13. It is recommended that swimmers attend 3 days per week.

**COST:** \$110 per month

**★ INTERMEDIATE 2 - 9-14**

This group is composed of swimmers who can complete training sets using all four strokes (mostly) legally and are working on refining breaststroke. Technique improvement will be highly emphasized on a daily basis. Developing and maintaining a strong cardio and leg-strength base is important at this level. Longer swims, such as 100s and 200s will be introduced while maintaining perfect technique. Interval training will be focused as well.

**GROUP BEHAVIOR FOCUS** – Listening when the coach is talking. Self-accountability means being present at practice, mindful swimming, counting your own laps and reps, staying on task, leaving problems at the door and lane etiquette is a must.

**AGE & TRAINING SCHEDULE:** range is 9-14. It is recommended that swimmers attend 3-4 days per week.

**COST:** \$120 per month

**★ ADVANCED PREP - 10-14**

This group is composed of swimmers who are refining all their strokes & jumping into the next levels of endurance & proficiency in their swimming goals. Technique improvement will be highly emphasized on a daily basis. Advanced prep swimmers can complete sets using 200 yard swims as a base and are self proficient at following intervals and while paying attention respectfully in a lane and goofing around and distracting others during a set explanation. Goal setting will also be introduced at this level.

**GROUP BEHAVIOR FOCUS** - includes self accountability, setting and refining goals, becoming a team leader, leaving problems at the door, showing respect and proper lane etiquette at all times.

**AGE & TRAINING SCHEDULE:** General age range is 10-14. General attendance is 4-5 times per week.

**COST:** \$140 per month (\$130 per month if opting not to participate in dryland)

★ **ADVANCED - 13-21**

This group is for swimmers that have made the commitment to swimming for whatever their goals are. Group members must show the ability to train all strokes and distances and are experts at interval training.

The swimmers in this group have made the decision to start more intense training and are willing to strive toward the highest levels of competition.

Swimmers in this group join for various goals of achievements and have reached different levels of success including but not limited to Senior Zones.

**GROUP BEHAVIOR FOCUS** - Team leadership, mentorship, and role modeling is expected, leading team morale at meets, and helping set practice tone by actions and behaviors are a must. Lane etiquette and constant stoppage during sets preventing others is not tolerated in this group.

**AGE & TRAINING SCHEDULE:** General age range is 13-18. It is recommended that swimmers try to attend 4-5 practices per week.

**COST:** \$150 per month

★ **ADVANCED HIGH SCHOOL - 11&U**

Designed for High School Swimmers who want to prepare for their High School Season to get a leg up!

**AGE & TRAINING SCHEDULE:** High School Age and Training Varies depending on setup

**COST:** \$150 monthly

**COST:** \$87.50 for High School swimmers who only practice 2 days per week.