

St. Charles County Family YMCA
Stingrays Swim Team
Handbook
2020- 2021



2020- 2021 Family Handbook

CONGRATULATIONS! You are beginning a wonderful new experience with the SCCY Stingrays. Competitive swimming can be rewarding both physically and mentally and the benefit can last a lifetime. This handbook has been put together to help you navigate the coming season of practices, meets and hopefully lots of fun. Additional information will be shared throughout the season but if you have questions don't hesitate to ask a coach, SCCY staff or a parent representative.

ST. CHARLES COUNTY FAMILY YMCA MISSION STATEMENT "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

STINGRAYS MOTTO "It's not how much you gave, it's how much you gave after you gave it your all."

To keep up to date with the team visit our Facebook page **SCCY Parent Board-Stingrays/Manta Rays Swim Team (@SCCYStingrays)**

TEAM OVERVIEW

About the Team

Our team is a year round competitive swim team running from early September through mid-March. We offer high quality coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice and summer swimmer to high school / club team competitor.

All of our coaches are certified in the YMCA Competitive Swimming program and have access to a very comprehensive training and certification program. These certifications provide assurances that the time children spend on the swim team will be quality time. Our head coach is also USA Swimming certified.

The focus of the coaching staff is to develop swimmers with proper stroke techniques and provide opportunities to help them meet their full competitive potential, while emphasizing the core principles of the YMCA: Caring, Honesty, Respect, & Responsibility.

Team Eligibility

Stingray swimmers must be between the ages of 5-21 years. Swimmers must demonstrate the ability to swim one length of the pool without stopping and to the satisfaction of the coaches. All swimmers are invited to participate in all meets and participation in meets is encouraged of all team members.

Team Affiliation

The National YMCA Competitive Swimming and Diving Committee governs YMCA swimming and teams are grouped into local leagues and regional fields. The SCCY Stingrays participate in Heartland Area YMCA Swimming as well as Ozark Swimming (USA Swimming). Our team acronym is **SCCY**-you will see this at all meets.

Facility

The St. Charles County Family YMCA pool is a six lane 25 meter pool.

Who's Who

Head Coach:	Ari Deterding 636-928-1928 deterari@hotmail.com
Aquatics Director:	C.J. Loehner 636-928-1928 christian.loehner@gwrymca.org
Executive Director:	Renee Tillman 636-928-1928 renee.tillman@gwrymca.org
Parent Board President:	Kristin Williams kwilliams2203@yahoo.com

SWIM TEAM EXPECTATIONS

Swimmer Expectations

Practice

- Be on time
- Be prepared-have your suit, goggles and equipment ready
 - Due to COVID-19, students will not be allowed to use the locker rooms. Please arrive in your swimsuit, check in at the front desk, and proceed directly to the pool deck.
 - Y policy currently requires face coverings except while exercising for everyone 9 and up. Please have swimmers wear masks onto the pool deck until practice begins.
- Listen to your coaches
- Try your hardest and ask for help when you need it
- Respect the pool and YMCA rules
- Have fun

Meets

- Arrive on time for warm ups
- Listen to the officials and follow the rules
- Show respect for other teams
- Cheer on your team mates
- Remain in team area between events
- Check in with coaches after your event
- Pay attention to the bullpen and get there when your event is called
- Swim hard

Parent Expectations

Practice/Meets

- If your swimmer is under 13 you must remain in the facility or parking lot during practice
 - Due to COVID-19, parents are not allowed on the pool deck or in the lobby. Parents with swimmers under 13 may use the fitness facilities or wait in the parking lot.
- Ask questions-coaching questions should be addressed to the coach, any others can be addressed to the Parent Board
- Encourage your swimmer to learn the strokes and to dive from the blocks
- Motivate your swimmer to give their all
- Make sure young swimmers arrive on time for practice and meets
- Make sure your swimmer(s) is signed up or opted out by the deadline for swim meets
 - Swimmer(s) can request which events they would like to swim at meets, but the final selection of events and the lineup is the Coach's decision.

Volunteering

- **All** parents are required to volunteer during meets
- Without volunteers meets can not run and swimmers can not compete
- For Away Meets we will be required to supply several timers and at least one official

- It is important that *all parents* take a turn at these jobs so as not to burden the same parents repeatedly
- For Home Meets each family is required to provide a minimum of one adult volunteer
 - Families are expected to participate in at least one home Meet.
 - Families must provide a volunteer for each session that your swimmer participates in. Families must also help with either set up or clean up at the home meet.
- Volunteer positions
 - **Officials**--Positions (referee/starter/stroke & turn) must be certified under YMCA and/or USA Swimming. Training class plus several sessions of apprenticeship required for certification. Information at www.usaswimming.org
Stroke Judge: Work in pairs on each side of the pool with one member of a pair being from each team. Judges only rule on infractions on their side of the pool. They observe strokes, turns, and finishes to see that swimmers comply with requirements for that stroke.
 - **Timer**--Operates stopwatch and records swimmer times. Must attend Timers mtg 15-20 min before the start of session. 2 timers per lane.
 - **Awards**--Affixes award labels generated from computer operator on appropriate ribbon/medal and places them in their respective team "awards bag."
 - **Hospitality**--Helps with organization, food prep, & setup of meals for coaches and meet staff (at Home Meets only). Distributes drinks & snacks to volunteers, coaches & officials on deck.
 - **Runner**--Responsible for obtaining the completed event cards for each race from the timers and delivering them to the scoring table.
 - **Bullpen**--Responsible for lining up the swimmers by event, heat and lane and getting them to the starting blocks in the correct order and on time.

PRACTICE

There are 4 practice levels for the SCCY Stingrays. All swimmers must be evaluated by a swim coach and will be placed in group levels according to age and ability.

Throughout the season swimmers may be moved up by the coach. Swimmers can also request to move up and a final decision will be made by the coach.

Due to COVID-19, practices will be scheduled for swimmers and lanes will be assigned. Lane capacity will be limited according to current recommendations.

Level	Description
1	Can do 1 lap without stopping
2	Knows the strokes-needs refinement on technique
3	Strokes well established but still need refinement; stamina building
4	Strokes well established; stamina building

Prior to practice:

- Swimmers need to come dressed ready to swim. Locker rooms will not be available
- Enter through main entrance and must have a mask on
- Scan card at front desk
- Enter pool through Red door to the left of the desk

During practice

- Swimmers will be assigned lanes
- Swimmers should limit gathering as a group on the deck
- Bring everything needed for practice when you enter the pool
- If swimmers are gathered together for any group coaching on the deck masks should be worn

After practice

- Swimmers will leave through the far entrance of the pool and leave the building through the doors at the end of the hallway
- Parents should park on the far side of the parking lot closest to the exit so swimmers don't have to cross the parking lot to find their car.

Current swim practice times & days:

Level 1: Tuesday and Thursday 6:00-7:00pm

Level 2: Either Monday & Wednesday or Tuesday & Thursday 6:00-7:00pm

Level 3&4: Either Monday & Wednesday or Tuesday & Thursday 7:15-8:55pm

Fridays 6:00-7:00pm or (if needed) 7:15-8:15pm

Dry land will be offered to swimmers for non-swim days Monday through Thursday.

MEETS

The SCCY Stingrays participate in Heartland Area YMCA Swimming and compete against other area YMCA teams as well as Ozark Swimming and compete against other USA Swimming teams. Sign-ups and meet information will be online via the team website www.sccystingrays.com. You can also download the TeamUnify “On Deck” app for mobile devices.

Age Groups--While swimmers practice according to levels, they compete in age groups. The swimmer's age on **the first date of the meet** shall determine the age group in which the swimmer will compete for that meet. The age groups are:

- 6 & Under
- 8 & Under
- 10 & Under
- 9-10
- 11-12
- 13-14
- 15 & over

Dual/Tri Meets--These are smaller meets with one or two other Y teams with limited events and typically last less than 5 hours.

Invitational Meets--These meets are larger and more formal. These are conducted in multiple sessions over the span of a day or weekend. Invitational meets vary in format and events offered. The type and number of events an athlete can enter in a given session or meet are limited. Payments for invitational meets are due prior to the meet. Once the commitment deadline has passed, families will be responsible for payment for that meet.

Home Meets--The Stingrays host the Gobbler Games (invitational) in November. This meet is our primary fundraiser and requires help to run from all parents. Swimmers are expected to participate in this meet and parent volunteer help is mandatory.

SWIM TEAM FEES & EXPENSES

YMCA Membership--All swimmers must have a current Family Membership to the YMCA.

Registration--A non-refundable one-time registration fee of \$50 is charged for each swimmer each year (\$100 maximum per family). This fee includes a team t-shirt and swim cap.

Monthly fees--Monthly swim team fees vary by group level and number of siblings. Please reach out to the Aquatics Director for the current monthly rate.

Meet fees--Invitational meet fees are (most often) per race and average \$5-7 per race with most kids swimming 4-6 races per meet. There are no fees for Home, Dual or Tri meets. Swimmers are responsible for covering any fees for Invitational meets.

Scholarship Information--Scholarships for fees are available. Individuals wishing scholarship information or special payment schedules should contact Aquatics Director, C.J. Loehner at (636) 928-1928 or christian.loehner@gwymca.org.

Equipment List

All swimmers should arrive at each practice with a water bottle that is filled with water.

Team Suit--The team suit is a black speedo endurance suit with the embroidered stingray logo. The suit is available through B&B Aquatics. The suit should fit very tightly. Store personnel can help determine the correct size.

Swim caps--Caps are optional for practice but mandatory for meets. Each swimmer will be provided a team cap and is encouraged to wear these at meets as it helps the coach and fellow swimmers easily identify our team.

Additional equipment

Level 1

Practice swimsuit (swimmer's choice)

Goggles - 2 pairs

Water Bottle

Mesh Bag

Level 2

Level 1 equipment plus...

Fins

Hand Paddles

Pull Buoy

Level 3 & 4

Level 1 & 2 equipment plus...

Kick Board (optional)

Competitive Swimmer Snorkel (optional)

We are a Speedo Sponsored Team. Please purchase Speedo products whenever possible.

SWIM MEETS FAQs

WHAT TO BRING

- Team Swim Suit!!!
- Towels
- Cap and goggles (2 pairs)
- Folding chairs (if allowed)
- Food and drinks (if allowed or bring \$ for snack bar)
- Cards, books or games for down time between races
- A robe or blanket to help your swimmer stay warm-the AC can be chilly for wet swimmers
- Sharpie pen
- Smile on your face (you are going to have fun!)
- Don't forget to label all your belongings – you won't believe how often your child will lose his/her cap during the day!

CHECK-IN

- Please check in all swimmers with the coach
- There will be sheets available that will spell out what races your swimmer is entered in.
 - Use your Sharpie to write your races on their arms (or legs if they prefer)
 - Do this early and let it dry or it will smear and be a mess-seems obvious but we have all had this happen
 - You'll want to list:
 - Event #
 - Heat #
 - Lane #
 - Stroke
 - Length (optional)
- Parents must check-in with the Parent Coordinator. If you do not have a job, please be prepared to volunteer. Please listen to announcements and be on time when your shift starts

BULLPEN

- The Bullpen is the area where the swimmers get organized and wait just before their race
- Once the meet begins, listen for announcements telling which event number should report to the Bullpen
- When your child's event number is called they can go to the Bullpen alone or you can escort them
- Once there, swimmers should check in with a meet volunteer who will place them where they need to be in order to swim in correct race/heat/lane
- They will "move up" on the benches until directed to walk to the pool deck

HOW A MEET WORKS

- Each participating team will have a designated area in the holding space. This is where parents and swimmers will wait between races and usually also where you can find any concessions. Look for SCCY.
- After warm-ups, you and your child should return to the team area for a pep talk from Coach.
- Once the meet begins pay attention to what races are being called to the Bullpen-sometimes there will be announcements, others you'll have to just watch as they post numbers.
- Swimmers are placed in heats and lanes (seeded) according to their seed time, or best time to date. The better the seed time the later the heat and closer to the middle of the pool they will swim.
- Once it is time to race and they are at the starting blocks, the Starter will direct your child to "step up on the blocks", "take your mark" and "beep" the race will begin!
- Many pools will have touchpads and you can see the swimmers' times on the board. All swim meets also have manual timers as well. If a swimmer misses the touchpad or touches it late the time will be evaluated against the manual times collected.
- At the end of the race to show good sportsmanship, swimmers should stay in the pool until everyone in their heat has finished.
- Most meets will run "fly-over" starts. In these cases, the swimmers all remain in the pool as the next race dives off the blocks. Only then do swimmers exit the pool.
- Once a swimmer has exited the pool they can ask the timers what their time was if they are interested and all swimmers should check in with coach for feedback.

SWIM TEAM GLOSSARY

Age Group: All swimmers are separated into age groups for meets according to the age they currently are (on the first date of the meet).

Bullpen area: A place where swimmers report at meets before their event to receive their entry cards and to be arranged into their heat and lane assignments.

Circle swim: Swimmers swim on one side of the lane going down the pool, and the other side of the lane coming back.

Deck: The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized USA member" may be on the deck during a swim competition.

Deck seeding: Heat and lane assignments are determined for the swimmers at the beginning of each meet session, after scratches are taken out.

DQ-Disqualification: A swimmer is usually disqualified when he performs a stroke, touch or turn incorrectly or when he enters the water before the start (false start).

Dropped Time: When a swimmer goes faster than the previous performance they have "dropped their time".

Dryland: The exercises and various strength programs swimmers do out of the water.

Dual Meet: Meets conducted between two teams, usually with a limitation on the number of entrants from each team.

Entry: An Individual, Relay team, or Team's event list into a swim competition.

Event: Any race or series of races in a given stroke and distance.

False Start: When a swimmer enters the water before a race or moves during the start, he may be charged with a false start.

Fins: Large rubber fin type devices that fit on a swimmer's feet. Used in swim practice, not competition.

Flags: Pennants suspended over the width of each end of the pool approximately 15 feet from the wall.

Fly-over start: When the swimmers that are on the blocks dive (or fly) over the swimmers that have just finished. This helps to keep the meet moving along and save time.

Freestyle Relay: Four swimmers on each team, each swimming 1/4 of the distance.

Hand Paddle: Devices worn on the swimmer's hands during swim practice.

Heat: A division of an event into a series of races. Each race is one heat. Heats are needed when more swimmers enter a race than there lanes available in pool.

Heat Award/Ribbon: A ribbon or coupon given to the winner of a single heat at an age group swim meet.

Heat sheets: A list of what swimmers are entered in each event.

IM-Individual Medley: The event where a swimmer swims butterfly, backstroke, breaststroke, and any other stroke in that order.

Invitational Meet: A meet consisting of several teams that are invited to compete.

Kick Board: A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.

Lane: The specific area in which a swimmer is assigned to swim. (i.e. Lane 1 or Lane 2). Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 8).

Lane Lines: Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.

Leg: The part of a relay event swum by a single team member. A single stroke in the IM.

Mark: The command to take your starting position. This command is just before the beep to start the race.

Medley Relay: Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, and freestyle.

NT: No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.

Pull Buoy: A flotation device used for pulling by swimmers in practice.

Pentathlon: A type of swim meet in which swimmers swim all five events and the one with the lowest combined five-event time is declared the meet winner.

Scratch: The withdrawal of entry from competition.

Seed Times: The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmer's heat and lane assignment in a meet.

Seeding: The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats.

Split: The time a swimmer achieves in one or more laps of his race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yds in a 100 yd race is the swimmer's 50-yd split.

Stand-up: The command given by the Starter or Referee to release the swimmers from their starting position.

Step-Down: The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication that everything is not right for the race to start.

Starter: The swimming official responsible for starting each heat and calling the swimmers to the blocks.

Straight seeding: Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

Stroke: There are four official racing strokes – Butterfly, backstroke, breaststroke and freestyle

Stroke and Turn Judge: A swimming official, who determines the legality of swimmers' strokes, turns and finishes and disqualifies those who do not conform to USA/YMCA rules.

Taper/Tapering: The practice of reducing exercise in the days just before an important competition.

Warm-up: The practice and loosening session a swimmer does before the meet or their event is swum.

STINGRAY PARENT ASSOCIATION

Every Parent of a Stingray swimmer is a member of the Parent Association. The Stingray Parent Association was originally formed during the 1982/83 swim season. Since then, it has grown into a strong, involved group of parents whose goal is to help the team succeed.

The purpose of the Association is to support the team by:

- Planning, organizing and running Home Meets
- Raising funds to support team activities
- Hosting an annual awards dinner
- Planning and hosting team activities.

In order to achieve these goals, time and money are required. Team fees cover many of the expenses but parent participation is crucial. If you are interested in helping or just have a great idea please reach out to the coach, YMCA staff or Parent Board member.

The Parent Board consists of elected members of the Parent Association. Each position serves a two year term and board meetings are held monthly.

Current Board Members:

President	Kristin Williams kwilliams2203@yahoo.com
Treasurer	Kristin Williams kwilliams2203@yahoo.com
Volunteer Coordinator	Abigail Beckerle acbeckerle@gmail.com
Concessions Chair	Tara Albert tara.albert76@gmail.com
Member at Large	Stephanie Hildenbrand skhildenbrand@gmail.com
Team Administrator	Carrie Ziolkowski cziolk@gmail.com



St. Charles County Family YMCA
Stingrays Swim Team
Release Form

I understand by taking part in the swim team program, activities, special events, or meetings, there is a possibility of injury or sickness to my child(ren). Therefore, with this knowledge, I give my permission for my child(ren) to participate in these events with the St. Charles County Family YMCA Stingrays. I further understand that accidents may occur while my child(ren) participates in the swim team program and that participation in such activity may result in serious personal injuries and/or property damage. Knowing the risks involved in such activities, I hereby agree to assume those risks, to release and hold harmless the St. Charles County Family YMCA, its staff and Parent Board Members from any liability to me or my heirs or my assigns for damages.

Furthermore, in case of needed emergency medical attention, I authorize St. Charles County Family YMCA, coaching staff, Parent Board Members, or other adults acting in an official capacity with the team to act for me according to their best judgement and ability.

I acknowledge that a Stingrays or YMCA representative may photograph my child(ren) while he/she is involved in swim team activities. These photographs may be used in all forms and media for promotion, marketing, and any other lawful purposes.

PLEASE LIST ALL MINOR CHILDREN BELOW:

Name	DOB
_____	_____
_____	_____
_____	_____
_____	_____

Parent/Guardian Name

Street Address

City, State, Zip

(Parent/Guardian Signature)

(Date)

St. Charles YMCA Swim Team

Athlete Code of Conduct Agreement

I am a member of the St. Charles YMCA Stingray Swim Team. As a member of this team, I recognize our motto as, "It's not how much you gave, it's how much you gave after you gave it your all." As a Stingray swimmer, I also agree to abide by these guidelines and expectations:

1. I will respect everyone: teammates, coaches, parents, volunteers, staff, and officials.
2. I will respect all property including: my personal equipment, YMCA equipment, other pool's property, and clean up after myself in every situation.
3. I will be honest: with coaches, staff, and my parents.
4. I will be kind to all those around me, by building them up and being positive.
5. I will be responsible for: my personal equipment to and from swim, tasks given to me, and for my attitude, actions, and words.
6. I will work hard to improve both my swimming abilities and the world around me- both on the pool deck and off the pool deck.
7. When I see something wrong, hurtful, or don't believe it's right, I will talk to my parents, coach, or YMCA staff.
8. I will try my best, always pushing to learn and build strength, no matter how hard, so I can better myself for my life now and in the future.
9. I will have FUN and make great memories on the team.

I, as a YMCA Stingray team member, agree to all of these statements

Print Name _____

Sign Name _____

Date _____

Parent Sign _____

Date _____