

MONROE COUNTY YMCA – HTC CENTER

HTCY SEADOGS



SWIM TEAM HANDBOOK

GATEWAY REGION YMCA



Swim Team Handbook Outline

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SECTION 1: YMCA MISSION, CAUSE, CORE VALUES

THE YMCA'S MISSION:

"To put Christian principles into practice through programs that build a healthy spirit, mind and body for all."

OUR CAUSE DEFINES US:

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening communities is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR CAUSE THROUGH SWIM TEAM:

We focus on the following areas:

- **Youth Development:** We believe that all kids deserve the opportunity to discover who they are and what they can achieve.
- **Healthy Living:** In communities across the nation, the Y is a leading voice on health and well-being.
- **Social Responsibility:** Giving back and providing support to our communities we serve.

Our YMCA Swim Team goal is to maximize every swimmer's knowledge, technique, strength, and conditioning in order to empower each swimmer in reaching his/her potential and personal goals. That is why upholding the core values of the YMCA of **Caring, Honesty, Respect, and Responsibility** are important each day.

Caring: Be concerned for others; never intentionally injure or engage in reckless behavior that may cause harm to yourself or others. Help promote teammates, coaches and the program through positive talk, feedback and encouragement; reporting any unhealthy or dangerous situations or conduct.

Honesty: Demonstrate integrity; live up to high ideals of ethics and sportsmanship and do what is right. Be honest. Be reliable; on time to swim meets, competitions and meetings. Be loyal; put the team above personal glory

Respect: Treat all people with respect at all times and behave appropriately toward yourself in and out of the pool. Be a good sport; gracious in victory and defeat; compliment performances and be sincerely mindful of others feelings. Not engage in offensive remarks or any actions that demean individuals or the sport. Abide by officials' rulings.

Responsibility: Comply and conform to all federal, state and local laws and to all team rules and regulations. Exercise self-control. Live a healthy lifestyle.

SECTION 2: Team Contact information:

Location: Monroe County YMCA – HTC Center, 618-281-9622

9514 Caring Way, Columbia, IL 62236

Executive Director: Kris Fulford, kris.fulford@gwrymca.org

Aquatics Director: Megan Ingram, megan.ingram@gwrymca.org

Head Coach: Makenzie (Pate) Hemmer, makenziep99@gmail.com

Gold Elite Coach: Ryan Ebeler, rwebeler@gmail.com

Assistant Coach: Allyson Nold, allyson.nold@gmail.com

SECTION 3: TEAM WEBSITE AND SOCIAL MEDIA

Team Website: <https://www.gomotionapp.com/team/ymca-1746/page/home>

Team Photos: <https://makpatephotography.pixieset.com/seadogsswimteam/>

Team Spiritwear: <https://www.creationstationdesigns.com/htcyseadogs>

SECTION 4: RULES THAT GOVERN YMCA SWIM TEAM

YMCA Swimming program is guided by the following documents:

1. Rules that Govern YMCA Competitive Sports
 - a. <http://www.ymcaswimminganddiving.org>
2. Illinois/Missouri Area Swimming By-laws and Rules
 - a. <http://65.214.79.39/ilswimy/>

SECTION 5: TEAM AFFILIATIONS - HEARTLAND AREA SWIMMING

Heartland Area

Our team is a member of YMCA Heartland Area that consists of 25 teams and approximately 4,000 swimmers.

WEST REGION

Boonslick Heartland YMCA (BOOY)
757 3rd Street
Boonville, MO 65233
660-882-8500

Jefferson City AREA YMCA (JCAY)
424 Stadium Blvd
Jefferson City, MO 65101
573-761-9531

Monett Area YMCA (MWT)
115 S. Lincoln Ave #2367
Monett, MO 65708
417-235-8213

Seymour YMCA (SEYY)
315 E Center Ave
Seymour, MO 65746
417-935-2177

YMCA of Greater Kansas City (KWST)
3100 Broadway Blvd #1020
Kansas City, MO 64111
816-561-9622

Fair Acres Family YMCA (FAFY)
2600 Grand Ave
Carthage, MO 64836
417-358-1070

Mexico Family YMCA (MEXY)
1127 Adams St.
Mexico, MO 65265
573-581-1540

Osage Prairie YMCA (OPY)
500 W Highland Ave.
Nevada, MO 64772
417-667-9622

Pat Jones Family YMCA (PJFY)
1901 E Republic Road
Springfield, MO 65804
417-881-1599

YMCA of Callaway County (YOCC)
1715 Wood Street
Fulton, MO 65251
573-642-1065

CENTRAL REGION

Chesterfield Family YMCA (WWFY)
16464 Burkhardt Pl.
Chesterfield, MO 63017
636-532-3100

Four Rivers Family YMCA (FRAY)
400 Grand Avenue
Washington, MO 63090
636-239-5704

Kirkwood Family YMCA (KWBK)
325 N. Taylor Ave.
Kirkwood, MO 63122
314-965-9622

O'Fallon Park Recreational Complex (OPFY)
4343 W. Florissant Ave
St. Louis, MO 63115
314-932-423

South County Family YMCA (SCY)
12736 Southfork Road
St. Louis, MO 63128
314-849-9622

Twin Pike Family YMCA (TPFY)
614 Kelly Lane
Louisiana, MO 63353
573-754-4497

YMCA of O'Fallon Missouri (YOFM)
3451 Pheasant Meadow Drive
O'Fallon, MO 63368
636-379-0092

Edward Jones Family YMCA (EJFY)
12521 Marine Ave.
Maryland Heights, MO 63146
314-439-9622

Hannibal YMCA (HHST)
1 YMCA Drive
Hannibal, MO 63401
573-221-0586

Mid-County Family YMCA (MCFY)
1900 Urban Drive
Brentwood, MO 63144
314-962-9450

South City Family YMCA (SCTY)
3150 Sublette Ave
St. Louis, MO 63139
314-644-3100

St. Charles Family YMCA (SCCY)
3900 Shady Springs Lane
St. Peters, MO 63376
636-928-1928

Wildwood Family YMCA (WWFY)
2641 MO-109
Wildwood, MO 63040
636-458-6636

EAST REGION

Centralia Recreational Complex Fayette
County YMCA (CRCY)
115 E 2nd Street
Centralia, IL 62801
618-532-14

Monroe County YMCA - HTC Center (HTCY)
9514 Caring Way
Columbia, IL 62236
618-281-9622

Collinsville Maryville Troy YMCA (CMTY)
1 Town Center Drive
Maryville, IL 62062
618-346-5600

YMCA of Southwest Illinois (YOSI)
2627 Carlyle Avenue
Belleville, IL 63221
618-236-9983

SECTION 6: AGE REQUIREMENTS FOR THE BUILDING (PRACTICES & SWIM MEETS)

Program Ages: **5** to **21** years; Swimmers must not have reached their 22nd birthday as of April 1, of the current swim season to compete in YMCA Swimming.

Children ages **12 and under** must be accompanied by a parent or guardian in the building 18 years of age or older. Parent or guardian must remain on premise while the child is on site.

Children **13 and older** are permitted to enter the building without an adult.

Parent Representative: Families can select a single or multiple parent representative(s) to be set forth by the parents to represent the parents/guardians of that particular swim group. Parent Rep(s) is to be designated by the team families and information must be on file.

A sign in sheet is required for all children 12 and under to be checked into practice and out of practice due to the new accreditation of Praesidium and current child abuse prevention guidelines.

All swimmers and accompanied parents/guardians are required to scan into the building. No scan, no entry.

SECTION 7: YMCA MEMBERSHIP REQUIREMENTS

All team members are required to become YMCA members before registration of the swim team. Swimmers must remain YMCA members for the duration of the time spent swimming for the team. No exceptions.

Swimmers must compete for the YMCA in which they enroll for the membership or designates at the time of enrollment the YMCA for which they will be competing. Swimmers must declare for which team they are swimming for by November 1st of the current swimming season.

Some swim teams are USA Swim affiliated. Please talk to your coaches regarding registration for USA Swimming affiliation.

Swimmers 12 and under must be on a Household Membership to participate on the swim team.

Failure to maintain membership may be in violation of the membership rules as described in the "Rules that Govern YMCA Swimming". Penalty for this violation is that the swimmer will be deemed ineligible for the following season and their results for the current season will be voided.

USA Swimming Membership Requirements

All swimmers practicing with a member club or competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming. Athlete members must meet the rules of eligibility contained in Article 303. No swimmer alleged to be ineligible shall be denied the right to register and compete without being afforded the opportunity to refute the allegations relating to possible ineligibility, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual.

SECTION 8: TEAM REGISTRATIONS

YMCA of the USA:

Team registration with YMCA of the USA is due **December 1st** of the current season through Team Unify.

Swimmers must also be a full YMCA member and a registered YMCA Swim Team member by November 30 of the current season.

Heartland Area Swimming:

BOTH the Roster File and the Roster Invoice must be submitted prior to December 1 of the current swim year. There is a \$100 fine for failing to do so prior to the deadline.

Also, each team is required to provide proof of your team's National registration AND proof of one coach's certification submission (at minimum) to our National Regional Representative by **December 1** of the current swim year. There is a \$100 fine per offense for failing to do so prior to the deadline.

Roster File and Roster Invoice Found [Here](#)

SECTION 9: VOLUNTEER OPPORTUNITIES

Volunteers - Timers

Families are responsible for providing volunteer timers for all swim meets unless officiating. Teams are required to provide timers at swim meets.

Volunteers - Officials

Families can opt into taking an officials training to become officials at swim meets. Teams are required to provide officials at swim meets.

Volunteers - Parent Board

Board consists of parent volunteers in the following positions:

President: Utilizes the various board positions to fully execute the duties and responsibilities required for effective operation of the team.

Parent Representative: Represents the parents of the swimmers on the team.

Treasurer: Responsible for the accurate bookkeeping of all team accounts, payment of monies owed and receipt of team funds.

Fundraising Coordinator: Responsible for organizing and overseeing all fundraising activities.

Website Coordinator: Responsible for organizing and updating team websites and social media.

Spiritwear: Responsible for coordinating all set ups for spirit wear.

Officials Coordinator: Responsible for coordination of all home meets.

Volunteer Coordinator: Responsible for coordinating and assisting with assigning all volunteers for meets.

SECTION 10: RESPONSIBILITIES

The **Aquatics Director** or Program Manager or Program Registrar is responsible for processing all seasonal and meet fees to the families registered.

Aquatics Director or Program Manager is responsible for attending the two Heartland Meetings: One in April (Virtual Option) and one in August.

Coaches are responsible for coaching the swim teams at both practices and swim meets. Responsible for communication to parents. They are responsible for attending the Heartland AREA Swim Committee meetings both in April and August and are the voting representatives for the swim team.

If a team sends a swimmer to a meet, the team must set forth a **designated coach** (one from its own team or Aquatics Director/Manager or other designated coach) to represent the swimmer.

The **number of coaches attending a meet** will be based on the number of swimmers attending the meet as well as the location of the meet. The number of coaches on duty at a time will be determined at the aquatic director's discretion.

The **Parent Board** is responsible for all volunteer coordination and events planning.

SECTION 11: SWIM TEAM COMMUNICATIONS

Team communications is the responsibility of the coach.

Coach will communicate with parents, the Parent Board, and with the Aquatics Director.

Parents will communicate with the Parent Board and or the Coach.

SECTION 12: SWIMMER EVALUATIONS

Minimum Requirements: Successful completion of YMCA Swim Lessons Stage 5: Stroke Development (or equivalent).

- **Bronze Group:** Must have an understanding of all competitive swim strokes and must be able to swim at least 25 yards, using good freestyle technique without stopping.
- **Silver Group:** Must have an understanding of all competitive swim strokes, and must be able to demonstrate proper technique for each. Must be able to swim at least 50 yards of strong freestyle without stopping.
- **Gold Group:** Must be proficient in all swim strokes and must be able to swim at least 100 yards of strong freestyle without stopping.
- **Gold Elite Group:** Must be approved by the Gold Elite coach. Must be proficient in all swim strokes and must be able to swim at least 100 yards of strong freestyle without stopping.

Racing starts evaluations

All swimmers must be dive certified for all racing starts in a pool of 9 feet or greater to participate in starts at pools less than 9 feet deep.

Forward starts:

1. Sitting
2. Kneeling
3. Compact
4. Stride
5. Shallow start
6. Diving Block

Backstroke starts:

1. Water level or bar grip (with ledge)
2. Water level or bar grip (without ledge)

[YMCA Certification Sheet](#)

[USA Swim Certification Sheet](#)

SECTION 13: GROUPS FOR PRACTICES

Bronze Group

For competitive beginners - those who are strong swimmers that can swim at least 25 yards (one end of the pool to the other) without stopping and who have at least a basic understanding of each of the four competitive strokes. All four strokes will be used during practices, which are twice per week (schedule in Section 17).

Silver Group

For intermediate competitive swimmers who can demonstrate proper technique in each of the four competitive strokes and who can swim at least 50 yards of strong freestyle without stopping. This group practices three days per week (schedule in Section 17).

Gold Group

For advanced swimmers who are proficient in all four swim strokes and who can swim at least 100 yards of strong freestyle without stopping. This group practices four days per week (schedule in Section 17).

Gold Elite Group

For advanced swimmers, approved by the Gold Elite coach, who plan to swim beyond high school. Gold Elite swimmers must at least be able to demonstrate the requirements for the Gold group to qualify (schedule in Section 17).

SECTION 14: PRACTICE CANCELLATIONS / INCLEMENT WEATHER POLICY

In the event of thunder or lightning, the pool must be closed for safety. Swim practice may be canceled in the case of thunder or lightning. Other cancellations may occur due to snowstorm, power outages, etc. We will do our best to notify every family by email and or phone call as quickly as possible.

SECTION 15: SWIM PRACTICE EXPECTATIONS

1. Maximum number of kids to a lane in practice is 8 swimmers to a lane.
2. Attend the appropriate amount of practice per week for the age group based on team structure.
3. Strongly recommended that all swimmers have their own equipment.
4. Dryland training is also a vital element to goal achievement, as is attendance at as many practices as possible.
5. Bring a water bottle with your swimmer's name on it to every practice – any dehydration will hurt your swimmer's performance in practice.
6. Have a bottle of Gatorade, All Sport or PowerAde or Chocolate Milk within thirty minutes after practice to resupply the glycogen in the muscles. Studies have shown that to wait longer than thirty minutes may delay glycogen replacement up to 24 hours.
7. Have two pairs of goggles with your name and "team code" (ex. KWB or FRAY) on them at every practice (one is a back-up pair). Not having goggles at practice can cause serious problems.
8. Bring your equipment to every practice with your name on them, preferably in an equipment bag.

ILLNESS: Children should refrain from attending practice for the same reasons they refrain from going to school: fever, lack of energy, deep cough, vomiting, diarrhea, and a sore throat with white spots present & in the back of the throat; these are all reasons to refrain from practice. 24 hours after vomiting, diarrhea, and fever subsides, a swimmer may return to practice.

INJURED SWIMMERS: Injuries that affect swimming ability for more than 1 week require a doctor's note if workouts can be modified for the swimmer

SECTION 16: SWIM PRACTICE EQUIPMENT

For **practice**, swimmers should wear **athletic swimwear** and should bring competitive **swim goggles** and a **towel**. We will provide other equipment needed.

For **swim meets**, we will have **team suits and swim caps** available for purchase. Though it's not mandatory, we highly recommend **Speedo Vanquisher goggles** for meets.

SECTION 17: PRACTICE SCHEDULE

Bronze Group

Tuesday: 5:00pm-5:45pm

Thursday: 5:00pm-5:45pm

Silver Group

Tuesday: 5:45pm-6:30pm

Wednesday: 5:00pm-5:45pm

Thursday: 5:45pm-6:30pm

Gold Group

Monday: 6:00pm-7:00pm

Tuesday: 6:30pm-7:30pm

Wednesday: 6:00pm-7:00pm

Thursday: 6:30pm-7:30pm

Gold Elite Group

9/3-10/18/2024:

Monday: 6:00pm-7:00pm

Tuesday: 6:30pm-7:30pm

Wednesday: 6:00pm-7:00pm

Thursday: 6:30pm-7:30pm

Saturday: 8:00am-9:00am

10/21-3/20/2024:

Monday: 6:00pm-7:30pm

Tuesday: 3:30pm-5:00pm

Wednesday: 6:00pm-7:30pm

Thursday: 3:30pm-5:00pm

Saturday: 7:30am-9:00am

SECTION 18: FEES - FOR TEAM & FOR MEETS

For Team:

- Bronze: \$50/month or \$290 for the season
- Silver: \$65/month or \$395 for the season
- Gold: \$80/month or \$500 for the season
- Gold Elite: \$95/month or \$600 for the season

For Meets:

At the discretion of the hosting team. Refer to the hosting team Swim Meet Packet.

SECTION 19: SWIM MEET REQUIREMENTS: Do you have to go to meets?

Regionals Swim Meet:

Regionals swim meet is set for the first or second weekend of March. Swimmers must have attended a minimum of two sanctioned swim meets during the current season to participate in Regionals.

AREA Swim Meet:

AREA swim meet is set for the third weekend in March.

Swimmers must have attended a minimum of three sanctioned swim meets during the current season AND must have met a qualifying time for the event they are to swim at AREA. Regionals count as one of the minimum meet requirements.

For each qualifying time, a swimmer is allowed one bonus swim, not to exceed the maximum allowed events in a day.

Swimmers may be "called up" to swim an event at AREA based on the Heartland AREA Swim Committee call ups.

SECTION 20: HOW TO REGISTER FOR MEETS

Team Unify and Hy-Tek (meet manager)

Teams using **TeamUnify** will have parents declare swimmers for a swim meet through the website. Some teams will ask parents to declare yes or no for a meet and some teams allow for parents to select the specific events a swimmer will swim at a swim meet. Please see your coach for details.

Teams using Hy-Tek (Meet Manager) - Coaches will communicate with parents to declare swimmers for the swim meets and what events said swimmers will participate in.

Coaches are responsible for submitting swimmers' declarations for each swim meet to the hosting team.

SECTION 21: WHAT TO EXPECT AT A MEET

General Meet Information

The **HTCY SEADOGS** Swim Team participates in the Heartland Area League. Sign ups for meets and information pertaining to the meet will be on-line through the team website. The coaching staff will determine the events the athletes will swim at the meet.

We attend different type of meets during the season, below is a basic description of each:

Dual Meets

These are small meets with one or two other teams with limited events and typically last no more than 4 hours. Typically, these meets have no entry fees associated with them.

Invitational Meets

Invitational meets are larger, more formal swim meets. These meets are conducted in multiple sessions that can span an entire weekend. Invitational meets vary in format and events offered. For example, some invitational meets are held in pentathlon format, where each athlete swims freestyle, breaststroke, butterfly, backstroke, and an individual relay event. Some invitational meets are relay meets, where most events offered are relay events. Other invitational meets offer a combination of sprint events and distance events. The type and number of events that an athlete can enter in a given session, on a given day or during the entire meet are limited. Meet invitations specify the format, entry requirements, and cost. Invitational meets can be found on the FRAY Penguins website.

Nearly all invitational meets require athletes to complete an advance entry process. Specific entry cut-off dates are stated in meet invitations. Information pertaining to entry fees of these meets are stated in the meet information packet.

Payments for invitationals are due during the advanced entry process. Payments will be taken out of a credit card on account. If a swimmer registers for a meet and cannot attend the meet, there will be no reimbursement.

Does my child have to participate in warm ups?

There is a good chance that your child will warm up an hour or so before their first race. But It is beneficial for swimmers to participate in warm ups. All of the pools are different. Warm ups allow your swimmer to get used to the pool, have several chances to dive off the blocks, and practice a few turns.

Age of Swimmer Category at Meet

The age of the swimmer for the meet is based on the age of the swimmer the first day of the swim meet.

Volunteers - Timers

Families are responsible for providing volunteer timers for all swim meets unless officiating. Teams are required to provide timers at swim meets.

Volunteers - Officials

Families can opt into taking an officials training to become officials at swim meets. Teams are required to provide officials at swim meets.

Reading Heat Sheets

Swimmers should be aware of their event numbers, heat of the event, and lane they are swimming in for each event. Many swimmers mark their arms or legs in the following format regarding what they are swimming:

#(event number)/H (heat)/L (lane)

Equipment Needed at swim meet

1. Team swim suit
2. Practice swim suit (one piece- 100% polyester)
3. Goggles
4. Swim cap

What to Bring to Meets

1. Healthy snacks, such as fruit, cheese and crackers, water, sports drink
2. Spending money for food, snacks or equipment replacement (ie. goggles, caps)
3. Blankets for relaxing between meets
4. Camping chairs
5. Sweats
6. Books, music, video games for entertainment.
7. Extra towels and equipment

Vendors

Some meets have vendors available to sell basic equipment like suits and goggles.

Concessions

Concessions are provided unless otherwise specified.

Crash Area

Crash Area is typically set up in the gymnasium or other adjacent areas specified by the location.

Away Meets:

Food - Concessions are provided at most meets, parents are responsible for breakfast, lunch, and dinner for their swimmers.

Lodging - Parents are responsible for lodging at swim meets. Some teams have a coordinator who assists with the booking of lodging for families.

Travel - travel is the responsibility of the parents/guardians

SECTION 22: MEET SCHEDULE

The meet schedule for the season will be posted on TeamUnify and meet information will be sent to parents through that site. The HTCY Seadogs typically attend 1-2 meet(s) per month.

SWIM MEETS FOR THE 2024-2025 SEASON:

- September 29, 2024 - SQUIDS Invitational @ South County Y
- October 19 & 20, 2024 - YOSI Halloween Invitational @ East Belleville Y
- November 22-24, 2024 - SCCY Gobbler Games @ St. Charles Y
- December 6-8, 2024 - CRCY Christmas Classic @ Centralia Rec Complex
- *January 19, 2025 - CMTY Kings of the Pool Meet (tbd)*
- January 26, 2025 - SQUIDS Go the Distance Meet @ South County Y
- February 8, 2025 - CRCY Heartbreaker Meet @ Centralia Rec Complex
- February 16, 2025 - KWBY Last Chance Meet @ Monroe County Y
- March 7-9, 2025 - East Regionals Meet @ Centralia Rec Complex
- March 21-23, 2025 - AREA Championships Meet @ tbd

SECTION 23: TEAM SUITS

Our team uses B&B Aquatics. The coaches will provide detailed information through TeamUnify.

SECTION 24: FUNDRAISERS

Any and all fundraising activities the team participates in is the responsibility of the Parent Board.

All funds raised must be turned into the Aquatics Director to process into the Swim Team's treasury account.

Fundraisers should be approved by the philanthropy department before the fundraiser takes place.

No fundraising for the swim team will occur during the black out period of the YMCA for United Way (months).

SECTION 25: SWIM TEAM BANQUET AND CELEBRATION

It is the responsibility of the **Parent Board** to work with the **Coach** and **Aquatics Director** to reserve and set up any team banquet or celebration. The team banquet usually takes place at the end of the season after the AREA swim meet.

SECTION 26: SWIMMER CODE OF CONDUCT

It is the goal of the Gateway Region YMCA to guide children in becoming caring, honest, responsible and cooperative participants in our programs. It is important for participants to grow to respect themselves as well as the rights and feelings of others. Swim team members must follow all practice etiquette as follows:

Be on the deck and ready to swim at scheduled practice times.

Wait for your coach on deck before getting into the water.

Always swim from wall to wall- No stopping or walking on the bottom of the pool.

Walk on the pool deck.

If you know how to do flip turns on backstroke and freestyle- you are expected to do them all the time

We circle swim at practice. Circle swim rules are as follows: Swim down the right side of the lane and back on the right side. (The right side would be the side to your right from which every end of the pool you are looking at.)

Follow all facility rules and directions from the meet officials and coaches. Officials are the final authority on how the meet is run.

Understand that if I fail to follow the officials' directions, it could result in the team being disqualified.

Immediately after getting out of the water, I will report to the coaches on the pool deck (swimmers must meet with the coaches on the pool deck after each event)

I understand that horseplay is not tolerated in water, on the pool deck, locker rooms, crash areas or bullpens.

I will keep my hands to myself, I will be respectful to my teammates and other swimmers.

We expect all swimmers to be caring, honest, respectful, and responsible at all times.

When you are at the wall, keep your head above water and your eyes on the coach.
Attend the required number of practices and meets required for the practice group.

I agree and understand all swim team policies.

Swimmer Sign

Date

SECTION 27: PARENT CONTRACT & RULES OF CONDUCT

We ask that parents use the following etiquette:

Please stress to your swimmer that they are expected to conduct themselves properly on the grounds, in the building, and especially in the locker rooms. Any swimmers who do not act accordingly may be asked to leave the program. We follow the same rules that are in place at the YMCA. At the end of practice, after swimmers have cleared the deck, parents are responsible for seeing that a responsible adult picks up their swimmers.

We are a competitive team and want parents to encourage the success of their swimmers. However, the swimmer's success should be measured against the stopwatch rather than against any other swimmer.

Dues are to be paid in full each month that the swimmer is registered for the team, whether the child swims 1 day or 30 days.

It is the parents/guardians responsibility to email either coach regarding any conflicts (ex. Injury, extended vacation) that would allow suspension of monthly dues. I understand that I will continue to be charged until receipt in writing of my request.

Each family provides a minimum of one adult member to work as a volunteer during each home meet their swimmers participate.

Each family helps provide workers at away meets.

Parents must follow all posted rules from the host team.

Parents are not allowed on the pool deck during a meet unless volunteering (except for designated areas). (Parents may greet young swimmers at the locker room doors after an event.)

Parents should exhibit the following:

1. Adhere to all policies and procedures
2. Conduct themselves in accordance with the YMCA membership policies.
3. Be aware of and operate within the guidance and spirit of the YMCA Child Abuse Prevention Policies.

4. Parents will cooperate with coaches, team members, opponents, and officials at all times.
5. Volunteer at swim meets and other swim team functions
6. Provide support, care and encouragement for all members of the team.
7. Encourage sportsmanship by behaving in a respectful, kind and supportive way to all athletes, coaches, officials, and parents.

I agree and understand all swim team policies.

Parent Sign

Date

SECTION 28: GLOSSARY OF SWIM TERMS

The following is a glossary of those strange and wacky words we use in the sport of swimming. Parents! You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different from the ones listed in this Glossary. Relax and take your time reading.

American Swim Coaches Association (ASCA) - The national coaches association, they provide coaches education, training, safety information, and an annual clinic.

Anchor - The last leg of a relay team.

Backstroke (Back) - One of the four competitive strokes. Swimmers must remain on their back at all times during the race.

Barrel Seeding - Also known as circle, pyramid, or championship seeding, this is the seeding system used in prelims where the final three heats of an event are arranged so that the three fastest swimmers occupy the middle or fastest lane in their heat; the next three fastest swimmers occupy the next fastest lane, etc.

Beep - The start sound made by an electronic starting machine to begin each race.

Blocks - The starting platform swimmers dive off of to begin each race.

Breaststroke (Breast) - One of the four competitive strokes. Arms and legs move together and must stay in the water at all times.

Bullpen - Area adjacent to the Clerk of Course in which swimmers are assembled and assigned to a heat.

Butterfly (Fly) - One of the four competitive strokes. The arms move together and the legs must stay together at all times.

Championship Seeding - Also known as circle, barrel, or pyramid seeding, see barrel seeding.

Circle Seeding - Also known as pyramid, barrel, or championship seeding, see barrel seeding.

Clerk of Course - The person responsible for assigning heats and lanes to swimmers.

Converted Time - The changing of a time made in a meter pool into its equivalent in a yard pool and vice versa. Meters to yards = time X .901. Yards to meters = time/.901

Course Designated - distance over which the competition is conducted.

Cuts - Qualifying times for specific types of championship meets.

Deck Seeding - A procedure for assigning swimmers to the proper lanes and heats immediately before each event in the bullpen.

Disqualification (DQ) - Swimmers with improper form or technique are disqualified and told why. Swimmers should not be discouraged by a DQ, they should learn from them..

Dual Meet - Meets conducted with two teams. Dual meets usually have a limitation on the number of entrants per event from each team.

Event - A race or series of races in a given stroke and distance. Usually swimmers are entered in four individual events and one relay per day at meets.

False Start - An error when a swimmer leaves the starting platform too early and may be disqualified or receive a warning.

Finals - The session of a meet where qualifying rounds (prelims) were held previously to determine the finalists (usually 6-16 depending on pool size and whether or not consolation finals are conducted). Results of the finals determine the ultimate placements in a given event. Most "final" types of swim meets are at the championship level.

Flags - Backstroke flags placed 5 yards or 5 meters from either end of a competition pool.

Flip turns - Transitions done at the wall only for Freestyle and Backstroke which involve a somersault turn into the next lap.

Fly - See Butterfly.

Freestyle (Free) - One of the four competitive strokes. Any means of movement may be used except pulling on lane lines or walking on the bottom.

Freestyle Relay - Four swimmers on each team, each swimmer swims one fourth of the

distance using any desired stroke.

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 are lanes available in the pool.

Heat Sheet - A list of swimmers entered in each event with their entry times, heats, and lanes.

Individual Medley (IM) - In an IM all four of the competitive strokes are swum by one swimmer in the following order: butterfly, backstroke, breaststroke and freestyle.

Interval - Timed pace cycles in a practice set. An interval is a repeating window of time that a swimmer is allotted to swim a stroke and distance before repeating it.

Invitational Meet - A sanctioned meet sponsored by a team with two or more teams. invited to participate. Invitational meets are classified according to the level of competition...

Jump - An error in which a swimmer leaves the platform too soon in a relay race, before the incoming teammate touches the wall. The consequence when witnessed by officials is disqualification of that relay team.

Lap - One length of the pool

Logbook - A book designed so that each swimmer can keep records of their own times. This is an excellent way of keeping track of improvement. Logbooks may be purchased at most meets and sport and swim shops.

Medley Relay - A relay where the swimmers swim in the following order: back, breast, fly and free.

Meet Rules - All USA Swimming competitions must be conducted in accordance with the rules of USA Swimming published annually.

National Reportable Time (NRT) - A time that meets the criteria for reporting to USA Swimming for possible inclusion in that year's Top 16 list.

Pace Clock - Large clock used to check pace or maintain intervals in practice.

Prelims (Preliminary Heats) - In certain meets, the qualifying rounds are held for each event to determine the finalists.

Psych Sheet - A meet program usually available for sale before deck seeded meets.

The swimmers in each event are listed from fastest to slowest.

Pyramid Seeding - Also known as circle, barrel, or championship seeding, see barrel seeding.

Ready Bench - See bullpen.

Referee - The official who has authority over all other officials at a meet. He enforces all rules, decides all questions about conduct of the meet, and is responsible for the efficiency. running of the meet.

Relay - An event where four swimmers swim one after the other for a total time.

Sanction - Official or authorized approval from USA Swimming or YMCA Swimming to sponsor a meet.

Scratch - Withdrawing from an event.

Seeding - The process by which a swimmer is assigned a certain lane and heat in an event. Competitors in each heat are assigned to lanes based on their seedtime as follows:

6-lane pool - lane 3, 4, 2, 5, 1, 6 (fastest time in lane 3).

8-lane pool - lane 4, 5, 3, 6, 2, 7, 1, 8.

10-lane pool - lane 5,6,4,7,3,8,2,9,1,10.

Short Course - A competitive pool that measures 25 yards or 25 meters in length.

Split - A per lap time that coaches often track to help swimmers learn how to swim a race more efficiently.

Sprint - A short distance race in which all out speed is used to compete.

Starter - The official at a meet responsible for the proper, legal start of each race.

Streamline - The position used to gain maximum distance during starts, push-offs, and turns from the wall in which a swimmer's body is as tight and fully stretched out in length as it can be.

Strokes - There are four official racing strokes: fly, back, breast, and free.

Stroke Judge - A certified official who determines the legality of swimmer's strokes and

DQ's those who do not conform to the USS or YMCA rules.

Swimming World and Junior Swimmer - A monthly magazine with articles and stories about competitive swimming as well as some regional and all national meet results.

Taper - The final preparation phase of a practice prior to a major competition in which practice yardage is decreased.

Timed Finals - Competition in which individuals swim only one time. Final placements are determined by the times performed in all of the aggregate heats. Swimmers are seeded from the slowest to the fastest times.

Time Standards - Qualifying times which have been set up by the Y, ISI, and USA Swimming for all events in all levels of meets to insure that all competitors are of about the same speed.

Touch Pad - The part of an electronic timing system that rests in the water at the end of each lane. Swimmers' times are automatically recorded when the swimmer touches the pad.

Unattached - Swimmers must swim unattached when switching from one club to another. A swimmer will be unattached for 120 days.

USA Swimming The national governing body for amateur swimming in the United States, headquartered in Colorado Springs, CO.

Y Regional Meet - A meet conducted in late February or early March to determine the champion of our region.

Y Area Champs - Are conducted in mid-March to determine the Area Championship of Y swimming.

Y Nationals (Y Nationals short course) - Is held in April each year. The best Y swimmers from all over the country compete at the Greensboro Aquatic Center in Greensboro, NC. College coaches from all over the US are there looking to recruit swimmers to swim for them. Are they looking for you?

Y LC Nationals (Y nationals -long course) - Is held in August each year. The best Y swimmers from all over the country compete.

