

WASHINGTON WATER SHARKS SWIM TEAM



FAMILY/SWIMMER HANDBOOK 2018/2019

Sponsored By "The Y's Men & Women's Club"

Dear Swim Team Families –

The Washington Water Sharks Swim team strives to fulfill the mission of the YMCA: to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCA strives to build character in all who participate in YMCA programming. The 3 focus areas are:

- 1.) Youth Development
- 2.) Healthy Living
- 3.) Social Responsibility

Swim team seeks to encourage and motivate each swimmer to develop his or her individual skills and to enhance self-esteem and build confidence. The team can only accomplish this through the active involvement of each swimmer and his/her family. Everyone is involved in the successful coordination of the swim team: administration, aquatics personnel, Water SHARKS Shiver and coaches. Together, they pledge to make this an experience that will positively shape your child.

We thank you in advance for your involvement and commitment to this program and we look forward to a fantastic swim season!

Swim Strong! Swim Fast! Swim Determined!

Nivia Patterson, (Aquatics Director) - 319-321-9882
aquatics@washingtontony.org

Samantha Van Houten, Head Coach – 319-461-5060
swimteam@washingtontony.org

Kathy Dolan, Coach – 319-548-0240
kdolan92102@gmail.com

Water SHARKS Shiver, Family Booster Group

Participation Requirements:

To participate on the swim team:

- Swimmers are required to be YMCA members (see swim team fees, below).
- 8 and under swimmers must be able to swim 25 yards (one length) continuously, without assistance or floatation.
- 9 and up swimmers must be able to swim 50 yards (2 lengths) continuously, without assistance or floatation using 2 of the 4 competitive strokes (freestyle, backstroke, breaststroke, or butterfly).

Swimmers will be grouped using the age of the swimmer as of December 1.

Participation Supplies:

- **TEAM SUIT/SWIM CAP:** A one piece suit for girls is required. Jammers are preferred for boys. Team suits are available for purchase, but are **not required**. Team swim caps are strongly encouraged for swim meets by Iowa YMCA Competitive Swimming organization (available for purchase from the Water SHARKS Shiver) but are not required. Swimmers 10 & under will not be allowed to wear "tech" suits.
- **CLOTHING/APPAREL:** Each swimmer will receive a swim team t-shirt. **Optional** apparel orders for team spirit wear are coordinated by the Water SHARKS Shiver. Order forms will be available in early November and items should be back in time for the first swim meet.

Fees:

Y memberships and dues must be paid 30 days prior to a swimmer's participation in their first swim meet. The first meet of the season is November 17th, so dues and fees will be due on or before October 15th. ***All memberships and dues are payable to the Washington Community Y.***

All swimmers must have a **Washington Community Y Membership**. The following memberships may be obtained by swimmers and/or their families:

- \$75.00 – 1 year Youth Membership
- \$204.00 – 1 year Teen Membership
- \$636 – 1 year Family Membership

Swim Team Season Dues: \$150 per swimmer. Swim team dues specifically cover the cost of participating in swim team and cover all expenses incurred by the Y to conduct swim team: coaching and coaches travel expenses; registration, promotion and printing; meet registration fees; scheduling and submissions; lifeguards.

Practice Times:

	Monday	Tuesday	Thursday
8 & Under	4:15-5:00 pm	No Practice	4:15-5:00 pm
9 & 10 year olds	5:00-5:45 pm	No Practice	5:00-5:45 pm
11 & 12 year olds	5:45-6:45 pm	No Practice	5:45-6:45 pm
13 - 18 year olds	7:00-8:15 pm	7:00-8:30 pm	7:00-8:15 pm

- **ONLY new swimmers may swim on a trial period, without paying any fees, at regular practice times on Monday October 8th and Thursday October 11th.**
- Returning swimmers start October 15th. The regular swim practice schedule is effective up until the sectional meet. Regular practice times may change for swimmers who qualify for state or regional meets.
- There are **no practices** when Washington Community School District cancels classes due to inclement weather.
- No Practice Dates: November 22nd, December 24th, 25th, and 31st, January 1st, February 11th, and March 4th.

Weight Room: 13 years and older

The use of the weight room will be under supervision of the weight room staff. Weight lifting and training is not required, but highly encouraged. Assistance will be available with the staff during the week. Swimmers may use the weight room Monday – Friday, as long as they check in with staff upon arrival.

Early Out and Winter Break Clinics:

Information will be posted on the team website and will be emailed if a clinic is planned.

Swim Meets:

We encourage swimmers to participate in each swim meet; however, it is not mandatory to do so. Each swimmer must compete in **THREE** YMCA meets to participate in the Sectionals/State meet.

Swim Meets: Signups

Swimmers may swim a total of five events per meet – three individual and two relays. There are four competitive strokes. Coaching staff will make up the relay teams. It is the swimmer/parent/guardian's responsibility to sign up for individual events prior to the deadline for the meet (usually Monday of the week of the scheduled meet).

Swim meet signups will be done using the Team Unify website. An email for specific swim meet signups will be sent to parents/guardians. Swimmers can sign up for meets indicating specific events they want to swim, or just stating "yes" or "no" for attendance. Swimmers and families can also sign up for meets using the laptop computer in the aquatics office during swim practice times. Water SHARKS Shiver volunteers will be available to help swimmers and parents/guardians sign up during most practice times.

Swim Meets: Travel

Parents/guardians are responsible for driving swimmers to and from meets. Carpooling is encouraged but not facilitated by the Washington Community Y. Please contact a coach or Water SHARKS Shiver member if your child needs transportation.

Swim Meets: Day of the Meet

- If you are unable to attend the meet, call your coach as soon as possible. This is very important so the coaches can re-adjust relays if needed.
- Arrive at least 15 minutes before warm-up.
- Check in with volunteer or coaches to receive event numbers.
- All swimmers are required to warm up at our assigned team time unless approved by a coach.

Swim Meets: What to Bring

Swim meets can last four hours or longer depending on the number of swimmers competing. **Please label all your equipment and clothing items!!** Things to bring:

- Competition swimsuit.
- Goggles (extra pair if one breaks or is lost).
- Swim Cap (extra cap if one rips).
- 2-3 Towels (these will get wet).
- Warm clothes, sweats, robe, etc.
- Flip flops or sandals.
- Sleeping bag or blanket to sit on.
- Snacks and drinks.
- Cards/games/books/magazines, etc. – **NO BALLS!**
- Change of clothes to wear home as well as underwear.

Swim Meets: At the Meet

- Swimmers should stay in the team holding area when not competing (unless cheering for teammates).
- Conserve energy, save it for your races.
- Eat properly and drink lots of water.
- Cheer for your teammates.
- Display sportsmanship. Please remember, you are representing yourself, your family, coaches, town and the YMCA.
- Help clean up the team holding area before leaving.
- **We encourage you to leave your electronic devices at home or with a family member while you are swimming. The Y and the swim team are not responsible for lost or stolen devices.**

Swim Meets: Clerk of Course

- This is the area where swimmers report before a race. Volunteers will organize the swimmer into the proper events and heats. It is each swimmer's responsibility to be at the clerk of course at the proper time.
- Stay quiet and listen to the volunteers for instructions.
- Always wear shoes and bring a towel, goggles and swim cap with you.

Swim Team Rules:

- Parents and family members will not be allowed on the pool deck during practice. They may wait in the lobby area or the pool observation area. Parents or family members may use other programs and facilities at the Washington Community Y with their own paid Y membership.
- Always scan your YMCA membership card at the front desk when you arrive.
- Be on time and ready to swim. That means on the deck with equipment ready when your workout begins, not talking in the bathroom or hanging out in the locker room.
- Work hard and try your best.
- Listen and follow directions from coaches.
- Demonstrate proper sportsmanship. Treat your coaches and teammates with respect. Swimmers are expected to be on their best behavior at any meet, whether home or away.
- Appropriate language will be used in the Y or when on the road.
- Appropriate behavior will be used in the pool or locker rooms.

Communications:

Team email: swimteam@washingtoney.org

Team website: www.teamunify.com/ymca-2229 or through the link on the Washington Community Y webpage, www.washingtoney.org, under the programs/aquatics tab.

Mobile App: OnDeck (iOS, Android)

Facebook: www.facebook.com/watersharksswimteam

Water SHARKS Shiver ("booster" group): watersharksshiver@gmail.com

- **TEAM UNIFY:** This year we will be using Team Unify again for all swim team and Water SHARKS Shiver communications. The website will use email and SMS text messaging to communicate with swim team families. Coaches' contact information will be available on the website. The Team Unify website has a calendar with all meets and events, including addresses of meet locations and information about meet start times, warm ups, etc. Water SHARKS Shiver will also use the website to post information about swimsuit/apparel orders, volunteer signups and other activities.

Each family will have an account to track their swimmers' times, meet signups, practice times and other information. You will receive an email to set up your account after we have updated your contact information through registration. Team Unify can be accessed online via the website or on your mobile phone through the app.

- **BULLETIN BOARD:** Information is also posted on the swim team bulletin board located on the wall next to the hallway that leads to the pool.
- **COACHES COMMUNICATION:** If you need to talk to the coaching staff, please do so before or after practice, by phone or e-mail, or by using the website. ***Please do not try to talk to coaches during practice or when they are busy at a meet.*** We appreciate your support with this! A Water SHARKS Shiver volunteer will also be available at many swim practice times to answer questions about meets, website/communications and other swim team questions – ask them before asking a coach.
- **CANCELLATIONS:** If a practice or meet must be canceled because of inclement weather, the cancellation will be posted to the KCII cancellations page and Facebook, as well as sent by email and text message.

Family Responsibilities:

The single most important thing that families can do to help their child is to instill in their swimmer a strong and healthy sense of sportsmanship, character and self-image. In addition, parents and guardians can do the following to help their swimmer have the best possible experience with swim team:

- Keep yourself abreast of your child's swim team activities.
- Volunteer to time, at away meets, if necessary, and help with team activities.
- Be uplifting and supportive of your child throughout the season.
- Help your child plan, set, strive and achieve their goals.
- Be patient. Each swimmer progresses at a different pace.
- Speak with coaches directly about swimmer and officials concerns in a respectful manner; do so at an appropriate time and place, and **not during meets or during practice.**
- Much of swimming is an individual sport, it's important to remember that each swimmer plays a vital role on the **TEAM.**

Water SHARKS Shiver

Family involvement is critical to the success of the swim team. The Water SHARKS Shiver (the swim team advisory group) helps to coordinate family involvement in swim team.

The organization's name stands for "**Swimming Hard And Raising Kids Strong.**" Furthermore, a "shiver" is the name for a group of sharks. So, Water SHARKS Shiver's mission is to provide support to the Washington Water Sharks Swim Team and to coordinate the volunteer activities of swimmers' families. Shiver will encourage sportsmanship, social participation and etiquette among participants, members and families in addition to supporting the Washington YMCA mission.

If you have a swimmer, you are a member of Shiver!

Many opportunities exist to help a little or to help a lot. It's a great way to meet other swim families and get involved in your child's swim team experience.

Official's Training (with help of coaches):

Officials are also provided by each swim team for the sectional, state and regional meets. Parents/guardians are encouraged to volunteer to become administrative, level 1 or level 2 officials. Once certified, officials certifications need to be renewed periodically. Shiver pays for the cost of the officials trainings, so all you need is a little time.

Available officials trainings are listed at the Iowa YMCA Competitive Swimming website (www.teamunify.com/iysec, under the events tab). ***The next local officials training will be held in Muscatine at the Muscatine Community YMCA on November 3rd and 4th for Level 1 (November 3 from 8-12:30), Level 2 (November 3rd from 1-5:30), and Administrative (November 4th from 12-4:30).***

Maintaining the Swim Team Website, Facebook and Bulletin Board

With the Team Unify web-based swim team software, Shiver will be assisting the swim team in maintaining the new website. Please make sure that you provide accurate contact information when you register so that you can obtain timely information from the swim team website. If you don't already have one, you will be asked to set up a new account in Team Unify and will use that account to sign in to the website or into the mobile app where you can access all things swim team. Contact a coach or Shiver member if you have any questions about Team Unify.

Shiver will also help to coordinate the Washington Water Sharks Facebook page and will update the bulletin board outside the pool corridor.

Swimsuit/Apparel Orders :

Shiver helps to coordinate swimsuit and apparel/spiritwear orders and other apparel related activities.

- **SWIMSUITS:** Swimsuit orders will be coordinated through Elsmore Swim Shop. A try-on kit will be available to swimmers on October 18th. Orders will be placed online through our team store at Elsmore.com and will ship directly to the purchaser's home. All suits are provided at bulk-order discount prices, are priced much lower than retail cost and are offered as a convenience to swimmers and their families. The team suit is NOT REQUIRED for participation in swim team.
- **CLOTHING/APPAREL ORDERS:** Look for order forms for apparel and spirit wear on the bulletin board and on the website in mid-October. Orders should arrive prior to the first meet of the season.
- **TEAM STORES:** "Team Stores" have been set up both at elsmore.com and swimoutlet.com for Water Sharks purchases. Use the Water Sharks team account link when shopping for your swimming supplies (swimsuits, caps, goggles, bags, towels) on these websites (send grandma the link too!). Shiver will receive a portion of the sales price of Water Sharks team store purchases. Links will also be included on the Washington YMCA website under the programs/aquatics tab.
- **"SHIVER SWAP":** This will be an opportunity to sell gently-used Water Sharks apparel and swimsuits that no longer fit your swimmer or are no longer needed. Shiver will maintain a "Shiver Swap" file that will list items available for sale. The "Shiver Swap" file will be posted on the bulletin board as well as on the Shiver website. Please contact Diana Wubbena to add or remove an item to the swap list.

Sectional, State and Regional Meet Activities

Ask the kids and they'll tell you how fun it is to get a "goodie bag" before a meet! Shiver helps to coordinate the following meet items and activities:

- "Goodie bags" for sectional, state and regional meets.
- Parade theme accessories and t-shirts for the state meet.
- Pasta dinners for state and regional swimmers.
- Posters for swimmers.
- Volunteers for the sectional, state and regional meetings (including officials and timers).

It is so much fun to see the "extras" provided by Shiver put a smile on our swimmer's faces! There are many ways for families to get involved: helping to stuff goodie bags, providing items for dinners and volunteering at a meet. Watch for signup lists on the website and bulletin board.

Spook-A-Thon (Swim-a-Thon)

Shiver will conduct its 2nd annual **Swim-a-Thon** this year! This year we will have the event at the end of October with a Spooky theme! The event will be held on Sunday October 28th. This will be Shiver's ***largest fundraiser***! Last year we raised over \$2500 for swim team. We look forward to another successful year. Look for more information as this date nears.

****We strongly encourage all swimmers to participate in this fun swim event and urge you to invite friends and family to participate as well.***

Year-end Banquet and Awards

It is always fun to get together at the end of the year and celebrate the success of our swimmers! Helping with the year-end banquet involves selecting year-end awards and gifts, working with coaches to prepare swimmer "packets" with all the swimmer's awards, certificates and best times, and coordinating the pot luck dinner.

Y's Men's Concessions Volunteers at the Washington County Fair (coordinator, Nicole Kitchen).

Swim team families help to staff the Y's Men's Food booth at the Washington County Fair, along with other Y organizations and families. Please consider a two hour time slot to help support swim team. It is fun and a great opportunity to meet swim team families, new and old, who volunteer to help support the Y and swim team. In exchange for our help, The Y Men's and Women's Group contributes a portion of the profits from the fair food booth to the swim team.

Please Join Us!

Shiver is always looking for new board members and at large members. It's a great way to meet new swim team families. Contact us if you would like to assist with any of the above activities, or if you would like to be on our board. We don't hold monthly meetings, but do conduct before, mid and post season meetings (3 meetings per year). We know everyone has work and personal commitments, and we can work around your schedule.

Shiver Board Members

Nicole Kitchen, Co-President, 319-471-0458, nicolekitchen717@gmail.com

Misty Hinson, Co-President, 641-373-2690, misty.hinson@yahoo.com

Anne Goebel, Secretary, annabelltime@gmail.com

Cindy Johnson, Treasurer, 319-461-1102, timothyandlucinda@yahoo.com

Diana Wubben, at large member, 319-461-9555, dgwubben@gmail.com

Kim Renoux, at large member, 319-653-8124, kimmermoore73@gmail.com

Bobbie Wulf, at large member, bwulf@co.washington.ia.us

Meet Our Coaches

Samantha Van Houten – I have lived in Washington most of my life. I have 4 crazy kids with my fiancé Lance, one of which is going on her 3rd year of swim team. I joined swim team when I was 8 or 9 and continued to swim until about 16. My dad was a coach when my sisters and I swam, so I think it is kind of neat to have the chance to coach as well. While on swim team I made it to state as well as regionals in breaststroke, which is my personal favorite! I think my favorite thing about swimming is the fact that there are always new goals that a person can set. I look forward to helping everyone improve their swimming skills, set some goals, and make it a great season!

Kathy Dolan – I live in Washington with my husband and 2 daughters, Kyleigh, 14 & Ryann, 10. My love of swimming began in childhood. Growing up in Chicago, summers were spent swimming in our backyard pool or at a beach. I swam on my High School swim team for 2 years, where I swam breaststroke (it is my favorite too!). In 2008, when my family and I moved to Washington, my older daughter continued her swim lessons at the Y. She started swim team in 2009 and we have been involved with the program ever since. During the 10 years we have been involved, I have served on the parent board, became a Certified Level 1 Swim Official for 2 years and continued that training too to be a Certified Level 2 Official for the past 4 years. This will be my 4th year coaching the Water Sharks. I enjoy watching the kids improve their swimming skills, reaching their goals and knowing that I had a part of it. I am looking forward to a great year!

Washington Community Y Water Sharks Swim Team 2017-2018 Schedule

October 8 & 11	Try-out practice times (new swimmers only)
October 15	First day of practice for all swimmers. Y Membership/Swim Team Dues must be paid for all swimmers
October 18	Swimsuit try-on
October 29	Swimsuit and apparel orders due
October 28	Spook-A-Thon (swim-a-thon)
November 3 & 4	Officials Training Course - Muscatine
November 17	@ Muscatine (3 teams)
November 22	No practice – Thanksgiving break
December	Team Pictures – Date/time TBA
December 1	@ Ottumwa (6 teams)
December 8	@ Burlington (5 teams)
December 24, 25	No practice – Christmas break
December 31	No practice – New Year’s Eve
January 1	No practice, New Year’s break
January 5	@ MACR (4 teams)
January 12	@ Muscatine (3 teams)
January 19	@ Burlington (5 teams)
January 26	@ Wellmark (9 teams)
February 2	@ Muscatine (4 teams)
February 9 & 10	Sectional Meet Weekend@ TBA (only one day)
February 28	State Dinner, Y Men’s Room 6:00 pm

March 2	State – Girls @ Marshalltown
March 3	State – Boys @ Marshalltown
March 4	No practice
March 11	Regional Swimmer Dinner time TBA
March 16 & 17	Y Regional @ Wellmark YMCA, Des Moines, IA
March 23 & 24	MYAS Regionals, University of Minnesota Aquatics Center, Minneapolis, MN
April 7	Year-end Banquet 5:30 pm, Marr Park Conservation Room

Championship Meets

*****NEW CHANGES THIS YEAR*****

***Swimmers will now be able to qualify for the 2019 YMCA State Swim Meet during any YMCA Closed Season Meet within the current season. Times from HS meets can be used as Q times.** Swimmers will still need to meet the three meet criteria to be able to attend.

***Sectionals will be optional to attend if State Q times have already been met.** There will be no 'Auto-Advance' option for the winner of an event at the sectional swim meet. Swimmers will need to meet the Q time.

Sectional Meet: To be eligible to compete, each swimmer must swim in three YMCA meets prior to this meet. The swim team will pay the registration fees for this meet.

State Meet: To qualify for this meet, the swimmer must equal or better the state qualifying times *AT ANY MEET*. Coaches will also select alternates for relays.

Y Regional Meet: (YMCA meet): The swimmer must meet qualifying times at *ANY MEET DURING THE SEASON*. A list of events and qualifying times will be posted on the bulletin board and the website.

Midwest Regional Meet (non YMCA meet): The swimmer must meet qualifying times at *ANY MEET DURING THE SEASON*. A list of events and qualifying times will be posted on the bulletin board and the website. There is an additional fee for this meet, which is the responsibility of the swimmer/parent.