



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEST ESSEX YMCA RACERS SWIM TEAM

2023-2024 PARENT HANDBOOK & SWIM TEAM GUIDE



## TABLE OF CONTENTS

- Welcome to the West Essex Y Racers
- Philosophy
- Coaching Staff
- Tryout Procedures
- Team Organizational Structure
- Training Groups
- Practice & Attendance Policies
- Code of Conduct & Safety Policies
- Parent Expectations
- Apparel and Equipment
- Team Communications
- Meet Procedures and Meet Fees
- Types of Meets
- Practice & Meet Expectations
- Communication
- General Meet Information
- Goal Setting
- Attendance Policy
- General Training Plan
- Swim Glossary



# Introduction

Welcome to the West Essex YMCA Racers Swim Team, a professionally run program with a long-standing tradition of athletic success and personal development. The objectives of the program are not only to develop young athletes and maximize on their swimming talents, but to also develop self-confidence, promote healthy living, and build social responsibility. These aims are hallmarks of the YMCA Philosophy.

This handbook is designed to help parents and swimmers understand the expectations for swimmers, parents, and families throughout the season. As the season progresses, additional information will be distributed, such as meet schedules and fun team building events.

It is the responsibility of the parents and swimmers to read the handbook and understand the operation of the program. Many questions should be answered herein. Those that are not should be directed to the head coach.

## Our Team Philosophy

Here at the Racers program, we strongly believe in teaching the fundamental skills, encouraging lifetime involvement in physical activity, strengthening the values of fitness and health, self-respect, and respect for others are central themes in the YMCA's sports philosophy.

West Essex Y programs are based on the YMCA's four core values of caring, honesty, respect, and responsibility and are designed to achieve common objectives for the individuals and families involved. YMCA programs help all people to do the following:

- Develop self-esteem and character
- Support families
- Build relationships
- Appreciate the diversity of the community
- Promote leadership development through volunteerism
- Build life skills and fitness
- Develop responsibility
- Have fun!

## Coaching Staff

The West Essex YMCA Racer Swim Team coaching staff for the 2023-2024 season is led by our Competitive Aquatics Director, James Butcher. James has been a part of the YMCA staff since 2016 as a lifeguard, swim instructor and coach before stepping into his new role for the 2023 season. James competed as an NCAA Division 3 swimmer at Fairleigh Dickinson University, and brings a wealth of experience on the deck and in the pool to the WEY Racers program.

Please reference TeamUnify for additional Coaching Staff Biographies.

## Tryout Procedures

Formal Tryouts are offered during the summer months for the upcoming season for all new and interested swimmers. Swimmers will be required to demonstrate their competency in all four (4) strokes, diving from blocks, and flip turns during a typical practice set.

- Front Crawl (freestyle)
- Backstroke
- Breaststroke
- Butterfly

The team roster is finalized a few days after the final tryout. If there are still spaces available, there may be an additional tryout offered in September prior to the start of the season.

You do not have to try out for the Winter main season if you attend spring and summer training and your attendance is above 65% or higher. You may be asked to try out for Winter if you do not attend summer training.

## Team Organizational Structure

The West Essex YMCA participates in the Northern New Jersey YMCA Swim League and in USA Swimming Sanctioned Meets. YMCA Swimming is conducted under the rules and bi-laws of the Northern New Jersey YMCA Swim League.

TEAM	YMCA & USA AGE GROUPS	SEASON DATES	TRYOUT DATES
Winter Team	8 & under 9/10 years old <u>or</u> 10 & under	09/11/23-03/22/24	07/1/23, 07/15/23, 07/29/23, 08/12/23, 08/19/23
Winter Clinics	11/12 years old	09/05/23, 09/07/23	NA
Spring Team	13/14 years old	04/08/24-06/28/24	03/16/24
Spring Clinics	15/18 years old <u>or</u> 15 & over	04/02/24, 04/04/24	NA
Summer Training	Open/Senior	07/08/24-07/31/24 08/01/24-08/23/24	

### Age determination:

For YMCA meets, the age group for a swimmer to compete in is determined by the child's age as of December 1<sup>st</sup> of the current competition year. For USA Swimming meets, the swimmer's age is determined as of the first day of the meet.

## Training Groups & Practice Schedules

All swimmers on the team are required to have an active **YMCA Membership**. In addition, your program fees and registration will be processed through ActiveNET. This will be done either at the YMCA or on your own.

Each swimmer is assigned to one of the below listed **practice groups**, based primarily on the swimmer's ability and age, but commitment is factored in as well. Each successive training group builds on the skills developed in the previous group.

The emphasis in the beginner groups is on basic stroke mechanics and technique. More advanced groups include training endurance and sprint, learning race strategy, and maintaining advanced stroke technique.

**Parents – you are welcome to attend practices and observe from the bleachers, but must refrain from interacting with your child and coaches during practice. If this behavior is observed, you may be asked to leave the pool deck.**

# Practice Group Descriptions

## Junior 1

### **Generally 8 & Under**

This is the entry-level group for the Racers. It is primarily designed for athletes aged 8 and under who have limited or no experience in the sport but have already mastered at least three strokes and flip turns. The focus of this group is to learn the competitive swimming skills necessary to have a solid foundation in the sport or improve upon the skills already obtained. **Each swimmer is expected to attend three, but encouraged to attend at least four practices and we strongly encourage spring participation.** Summer participation is optional, but talk to your coaches in the spring to determine a plan for continuity. Meets for this group are limited, but we strongly recommend participation.

## Junior 2 & 3

### **Jr 2: 9-10 yr**

### **Jr 3: 11-12 yr**

This group is primarily designed for athletes aged 9 through 12 who have a solid competitive swimming foundation and background. The focus of this group will be refining competitive swimming skills and developing a strong aerobic base along with race technique. **We expect the athletes in this group to attend between Three practices at a minimum and expect spring and summer participation.**

## Senior 1 & 2

### **Sr 1: 13-14**

### **Sr 2: 15+**

These groups are primarily designed for 13 & Over aged athletes who have a very strong competitive swimming foundation and have made a large commitment to the sport. The focus of this group will be training at a level where swimming at regional and national competitions is expected (YMCA). **We expect the athletes in this group to attend four or more practices a week, expect spring, and a strong encouragement for summer participation.**

## Group Practice Schedule

	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Junior 1</b>	OFF	OFF	6:00-7:00 pm	OFF	6:00-7:00 pm	6:00-7:00 pm	1:45-2:30 pm
<b>Junior 2</b>	OFF	6:00-7:15 pm	6:45-8:00 pm	OFF	6:45-8:00 pm	6:45-8:00 pm	2:30-3:30 pm
<b>Junior 3</b>	OFF	6:00-7:15 pm	6:45-8:00 pm	OFF	6:45-8:00 pm	6:45-8:00 pm	2:30-3:30 pm
<b>Senior 1</b>	7:30-9:00am	7:00-8:15 pm	7:45-9:15 pm	Dryland 6:00-6:40pm	7:45-9:15 pm	7:45-9:15 pm	OFF
<b>Senior 2</b>	7:30-9:00am	7:00-8:15 pm	7:45-9:15 pm	Pool 7:00-8:15pm	7:45-9:15 pm	7:45-9:15 pm	OFF

## Practice Expectations

- Have all practice equipment with you.
- Be ready to enter water or start dry-land on time.
- If late, enter practice without disrupting the practice group.
- Stay the entire practice unless you notify a coach at the beginning of practice.
- Bleacher observation area is open, but please refrain from asking the coaches questions during this time. There should be no parental influence on deck during a practice. If you have questions for a coach, please email them outside of practice times. They will be happy to set up an appropriate time to address your issues or concerns.

## Cancellation of Practices

Every effort will be made to follow the provided practice schedule. There will be no refunds or credits if practice is canceled due to building closure or schedule conflict. If your swimmer misses 7 days of practice for medical reasons, please submit medical documentation for consideration to the Competitive Swim Director. The expectation is that all swimmers will complete the season they are registered for with no early withdrawals.

# Practice Equipment

At the Racers we believe in pushing our swimmers to the next level through a diverse training program designed to activate different muscles in different ways each and every day. For some practices you might be asked to use different pieces of equipment than others, please look at the lists below to see what your child needs for their practice. You can find equipment [here](#).

## Junior 1

1. Kickboard
2. Goggles (We recommend a minimum of two at a time)
3. Competitive Practice suit
  - This means NO two pieces, swim trunks, swim shirts, etc.
4. Towel
5. Fins

## Junior 2 & 3

1. Kickboard
2. Goggles (We recommend a minimum of two at a time)
3. Competitive Practice suit
  - This means NO two pieces, swim trunks, swim shirts, etc.
4. Towel
5. Fins
6. Pull Buoys

## Senior 1 & 2

1. Kickboard
2. Goggles (We recommend a minimum of two at a time)
3. Competitive Practice suit
  - This means NO two pieces, swim trunks, swim shirts, etc.
4. Towel
5. Fins
6. Pull Buoys



## **WEY RACERS CODE OF CONDUCT**

Racers Swimming has defined safety and personal conduct policies that help maintain the identity of the swim team and each of its members. These policies are to be upheld by swimmers, parents and coaches at practices, meets, and outside of the Y.

### **Safety Policies:**

- Swimmer drop-off no earlier than 15 minutes prior to the start of practice.
- Swimmer pick-up no later than 15 minutes from the end of practice.
- Running, rough-housing, and any other behavior deemed harmful to you, other swimmers, the Y or the community is strictly prohibited.

### **Personal Conduct Policy:**

As a Racers swimmer, you make a commitment to your teammates and community. You demonstrate that commitment by giving your best effort at every practice and competition as well as encouraging teammates to also give their best.

- Swimmers must demonstrate respect for all facilities, coaching staff and YMCA staff members.
- Racers' swimwear must adhere to the West Essex YMCA's conditions of membership.
- Obscene language and/or actions which embarrass or reflect poorly on the team, coaches, swimmers, parents, or community are strictly prohibited.
- Swimmer use of tobacco, alcohol, or other drugs is not tolerated; parents should refrain from drug, alcohol and tobacco use while at the Y or other swim-team related events/activities.
- Swimmers will present a positive attitude and approach to practice and competitions.
- Swimmers and families will practice healthy living habits which includes proper nutrition, sleep, and life-balance to encourage swimmer development.
- Swimmers and parents must abide by the locker room rules that include (but are not limited to): no food in the locker rooms, keep the locker rooms neat by picking up and throwing out trash, respecting the privacy of others also using the locker rooms, staying away from others belongings, no running or rough-housing, and keeping the noise level to a minimum.
- Swimmers are responsible for maintaining, taking care of, and cleaning up swimming equipment when not in use.
- At competitions, only team equipment is to be worn (i.e. team suit, team cap)

Failure to comply with these policies will result in disciplinary actions as determined by the coaching team or the West Essex YMCA's Leadership team. These may include (but are not limited to):

- Loss of locker room privileges.
- Benched/suspended from practices or competitions.
- Suspended from team activities or events for a certain amount of time as determined by coaches.
- Ejection from swim team program and/or revocation of YMCA membership with forfeiture of all fees.

## Parent Expectations

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your swimmer makes depends on these relationships. Your child is a product of your values, the structure you have provided, and the role model you have been.

The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as a member of our Racers Swim Team.

### Understanding the Coaches' Role

The coaches' job is to supervise the entire competitive swimming program as well as their individual groups. The Racers Swim Team coaching staff is dedicated to providing a high-quality program for young swimmers that will enable them to develop the highest level of competitive excellence possible for each individual. The coaches will be in total control in matters affecting training and competition.

- The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
- Sole responsibility for stroke instruction and training regimen rests with the coaching team. Each group's practices are based on sound scientific principles and are geared to their swimmer's capabilities.
- The coaching staff makes the final decision concerning which meets swimmers may attend based on competition readiness and possible USA swimming membership. The coaching staff also makes the final decision concerning which events a swimmer is entered.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. It is the parent's job to offer love and understanding regardless of their swimmer's performance.

The coaching staff is constantly updating and improving the Racers Swim Team program. It is the swimmers' and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

### The Coach is Just That....The Coach

We want your swimmer to relate to his/her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to.

If you have a problem, concern, complaint, or question please contact your coach as soon as possible at [jbutcher@metroymcas.org](mailto:jbutcher@metroymcas.org) or [weswimteam@metroymcas.org](mailto:weswimteam@metroymcas.org)

## **The Best Kind of Parent**

The coach's job is to motivate and constructively evaluate the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Please note - Ten and under swimmers are the most inconsistent swimmers and this can be frustrating for parents, coaches and the swimmer alike. Parents and coaches must be patient and permit these kids to learn to love the sport.

## **Volunteering**

The Racers strongly believe in community involvement and offer a variety of opportunities to foster volunteerism in our swimmers. Swimmers of all ages are encouraged to participate in the Racer Swim- A-Thon as well as to support our holiday and end of season community service projects. Senior Swimmers have the chance to gain volunteer coaching experience with our Junior groups. We also offer volunteer positions with our New Jersey Special Olympics Piranhas team where swimmer's can work hands-on with the swimmers to prepare them for the Special Olympics competitive season.

A crucial part of a successful swim season relies heavily on parent involvement. Parents can be involved through our parent committee which helps organize team events and volunteers or through swimming competitions.

Swim meets cannot be run without the parents helping out with some of the responsibilities. Such responsibilities could include timers, marshalls, and officials. Our goal is to have every parent involved in some capacity throughout the season. Jobs may need to be assigned based on need. Other than working at our swim meets, parents have the opportunity to volunteer with one of our committees for party planning and the end of year banquet.

Although not mandatory, in order to have a successful season parents are highly encouraged to volunteer when possible to ensure meets and events are run smoothly.

## **Fundraising**

Every successful team benefits from supportive parents. Our coaching staff will need your help with organizing team events and fundraising. Our main fundraiser, the **Racers Swim-A-Thon**, takes place in February each year to support the West Essex Y's Annual Campaign to ensure that the Y is accessible for all who need us most, regardless of ability to pay. Through the generous support of our members and community, the Y provides financial assistance to make programs and services more affordable for everyone.

## **Team Apparel and Equipment**

The Racers are proudly sponsored by TYR. There will be an opportunity at the beginning of the season to order discounted team apparel and equipment through our local supplier, California Beach Hut in Denville at the Meet and Greet Event. Since a majority of our swimmers will have similar practice equipment, please make sure you utilize an equipment bag and label all of your swimmer's equipment.

### **Required at Competitions**

- Team Cap
- Team Suit
- Goggles
- Towel(s)

### **Required at Practice Swim Suit**

- Cap (For long hair)
- Goggles
- Kickboard
- Pull Buoy
- Fins
- Paddles (Seniors Only)
- Equipment Bag
- Water bottle

## **Team Communication**

TeamUnify (also called TU) is our main source of communication as a team. On our site, parents and families have access to upcoming meets, access to our newsletter, directions to meets, time standards, calendar, and much more! Families should check regularly to ensure they are up-to-date on all information that is being released. If you have any questions on how to use TeamUnify, please contact the coaching staff.



On Deck is TU's mobile app. You can track attendance, see your swimmer's times, look at time standards, commit to meets, and choose events.

Please contact [jbutcher@metroymcas.org](mailto:jbutcher@metroymcas.org) with any questions.

## **Meet Procedures and Meet Fees**

At the beginning of the season, the Coaching staff will schedule tentative meets for the WEY Racers to attend. During this time, each parent should either commit to the meets they know they can attend or decline if unable. If the meet occurs on multiple days, please designate which day(s) your swimmer(s) can attend. After the host team sends the event file and the meet information packet, families will be given 24-48 hours to select their swimmer(s) events. After this timeframe, the coaches will select/modify any entries that are necessary. Please note that the coaching staff may change any events they see necessary for a positive development and experience for the swimmer(s).

Meet entries that involve a fee will be charged to your Team Unify account at the time the entry is processed. Note that you are financially responsible for any fees incurred to enter into a meet. You will be charged for meets (or events) you scratch, which means sign up for and then decide you cannot go.

Once a swimmer commits to a meet, we send the entries and fees to the host team. Meets have a limited number of swimmers they can accept, so each swimmer occupies a space that could have gone to another swimmer. As a result, host teams do not refund any meet fees for any reason, even in the unlikely event a meet is postponed or canceled.

## Types of Meets

The WEY Swim Team competes in a variety of meets throughout the season. A swimmer's age for any YMCA Meet (for the entire season) is based on December 1<sup>st</sup> of the current swim season. A swimmer's age for any USA Swimming meet is determined by the first day of the meet.

Swimmer's who are interested in attending any USA Swimming sanctioned meets throughout the season must have an active YMCA membership as well as an active USA Swimming membership. Without the USA swimming membership a swimmer is allowed to participate in practices, team events, and any non-USA Swimming meet.

<b><u>DUAL/TRI MEETS</u></b>	Our team will swim against other YMCA swim teams in our respective conferences on Saturdays between October and December. These meets are organized competitions between either two (2) or three (3) teams in total. Generally, these meets are broken down in two separate teams: Boys Team and Girls Team. Attendance will be taken for dual meets, as it is expected for all swimmers to participate in most, if not all Dual Meets.
<b><u>Black &amp; Red Meets</u></b>	Black and Red meets are the Racer's take on an intrasquad competition. These meets will typically take place 1 to 2 times a year to give a competitive break to the usual practice format where the team will be split into two teams and compete in a Meet format. These offer swimmers a chance to try new events and strokes they would otherwise avoid at no penalty to the

	swimmer, while replicating a dual meet format to educate swimmers on proper meet etiquette and conduct.
<b><u>MINI MEETS</u></b>	These meets are specialty meets focusing around the participation for 8 & under swimmers ONLY. These are great introductory meets for young swimmers to understand how to understand meet commands, and instructions.
<b><u>INVITATIONAL MEETS</u></b>	These meets are hosted by either YMCA Swim Teams, or teams that are sanctioned and approved by USA Swimming and the NJ Swimming Association. These meets are generally geared for 9 & over swimmers and may result in having Time Standard Requirements (i.e.-Holiday Classic, Winterfest). Meets that are run by a YMCA team and that is only allowing YMCA teams are considered a "Closed YMCA Meet." Any meets that include non-YMCA swim teams are considered a "USA Meet."
<b><u>CHAMPIONSHIP MEETS</u></b>	These meets are at the end of the season and are set as YMCA Championships or USA Championships. Both meet types will have different timing requirements that are enforced with Proof of Times. In the event there are multiple championship meets at the same time, it is at the head coach's discretion to attend or decline certain meets.

## Meet Expectations

All members of the West Essex YMCA swim team are expected to observe the following rules:

- Swimmers must conduct themselves properly throughout the entire season. They are representing the West Essex YMCA as well as their parents, the coaches, and the team.
- There will be no willful destruction of property. If such occurs, the swimmer and their parents will be held responsible. We encourage all swimmers to report any damage to the coaches immediately.
- At all swim meets - home and away dual meets and both YMCA and USA organized events - all people associated with the West Essex YMCA swim team, including swimmers, coaches, and parents, are expected to behave in a manner that is reflective of the YMCA philosophy and the West Essex YMCA Competitive Aquatics philosophy. Competitive sports participants learn by example. Therefore parents, coaches, officials and administrators should set the best possible example.
- Smoking, drinking, use of illegal substances and use of foul language will not be tolerated.
- Swimmers, coaches and parents should exemplify the Y's four character development points of Caring, Honesty, Responsibility and Respect.
- Locker Room privileges may be revoked if swimmers cannot act respectfully to patron's and the property. If a swimmer cannot act appropriately, they will receive two verbal warnings before the privilege is taken away.

A failure of anyone associated with the West Essex YMCA to follow these rules may result in probation, suspension, and termination of employment or expulsion from the team or YMCA.

## What to Take to a Meet

- Team suit, team cap and goggles. Have extra goggles and caps!
- Towels - bring several as they can get really wet!
- Something to sit on - bag chair, bleacher seat, blanket, etc.
- Sweatshirts or warm-ups. Swimmers tend to get cold between events so make sure you have something to wear.
- Games - cards, books, i-pods, etc. to pass the time while you wait.  
(INVITATIONAL MEETS ONLY)
- Food - Swimmers should have extra food and water to have between events. Suggestions are water, sports drinks or juice, granola bars, fun fruits: bananas, apples, yogurt, bagels, cereal, and sandwiches. Please avoid sugary snacks and drinks and anything heavy.

## Before the Meet Starts

- Arrive at least 20 minutes before the first scheduled warm-up time begins. These times will be listed on the meet info file posted on the web site or emailed by your coach.
- Swimmers will sit together during the session/meet so look for other members of our team.
- Swimmers **MUST** report to the coach for check-in and warm-up instruction.
- After warm-up, swimmers should go back to their area and wait for their first event. This is a good time to go to the bathroom, get a drink and check the heat sheet for their events and get them written down.
- Parents are not allowed on deck unless they are serving as an Official/Timer/Meet Volunteer. **Any questions concerning meet results, an officiating call, or conduct of the meet should be referred to the coach - approaching Officials is prohibited.**
- Heat sheets - A heat sheet is your way of knowing what event, heat, and lane your child is swimming in. Heat sheets may be for sale in either the lobby or concession stand at meets. It lists all swimmers in each event in order of "seed time". (When the team entry is sent in, each swimmer and his/her best time in that event is listed. If the swimmer is swimming an event for the first time, it will be entered as a "no time" or "NT". A 'NT' swimmer will most likely swim in one of the first heats of the event. It is a good idea to bring a highlighter or pen to mark your child's events in the heat sheet and to write down their time after they swim.)
- After the swimmer swims his/her race they should, **a.) ask the timer what their time was** and **b.) go directly to the coach and discuss the swim.** After talking to the coach about their swim they may come to you for hugs

and praise. Parents are there to give support and encouragement to the swimmer. Let the coach worry about the technique.

- Parents - it is very warm in pool buildings. Please dress accordingly so you will be comfortable – layers are best!

## Attendance Policy

The coaching staff will expect an attendance rate of 60% or higher in order for your child to achieve their goals for the season. We will only mark a swimmer “excused” if there is communication before the practice. Schedule conflicts like other sports, school obligations, voluntary functions, and travel will not be marked as “excused” and will count as an absence. **\*Your swimmer may be asked to try out again for a future season if they fall below an acceptable attendance rate.**

## General Training Plan

### Phase I 09/11/2023-10/02/2023

The beginning of the season is a time where swimmers will learn or relearn the strokes and turns. This may be a hard time for many swimmers who need to break bad habits, learn drills for technique, and body placement in the water. Short kick sets will be important to this phase as we look to immediately increase each swimmer’s cardiovascular strength. Toward the end of this period, endurance swimming and minor sprint work will be introduced. The phase will end with a two day Time trial period that will allow the coaching staff to see where the team stands before heading into the start of the meet season.

### Phase II 10/23/2023-12/15/2023

This phase will see the introduction of dual meets as we prepare the team for our Mid Season Championship meet in the middle of December. Practices will be catered to focus on progression drills as well as distance work to prepare the swimmer for race season. The Yardage will gradually increase over time as the sets will get more elaborate and therefore more time consuming.

### Phase III 12/18/2023-02/09/2024

Following the Mid Season Championship meet the team practices will shift to focus to high intensity. The yardage will continue to grow at a faster pace as the sets will become shorter distance and sprint based as we look to increase the power of each swimmer’s stroke. The invitational meet season will be starting during this time and we encourage swimmers to sign up for these meets as it is a prime opportunity to get the qualifying times for our

### Phase IV 02/12/2024-03/22/2024



This last part of the season will see the final chances for swimmer's to get their qualifying times for their end of season Championship meet. Practices will focus on keeping the swimmer's shape up without tiring the body to ensure quality performance

#### Spring 04/08/2024-06/28/2024

The West Essex YMCA Racers Swim Team is a year-round experience. Like many sports, annual participation in the activity is crucial to long-term success. By the end of the spring, all athletes should be well conditioned and should be prepared to begin the summer program. Competitions are more limited in spring and summer, but we will participate in a reasonable amount.

#### Summer

The summer program focuses on endurance and sprint training while making sure their strokes stay up to par. The season will be divided into two separate sessions for the months of July and August to encourage athletes to remain as a part of our program while having the option to avoid missing practice due to summer plans. Competitions are limited in the summer but the Team has its own intrasquad meets and clinics to encourage friendly competition before heading into the Winter Season. By the end of the Summer season our athletes will be ready for the Winter program.

#### Clinics

In order to strengthen our community and team the Racers offer swim clinics throughout the year which will focus on specific aspects of competitive swimming that will encourage growth outside of the practice environment. Clinics will typically be offered in the competitive off-season with one in between the Winter and Spring and the other between the Spring and Summer seasons. During the Summer we will offer a number of clinics in a camp environment to encourage fun competitive growth to focus on small details that will ensure your swimmers growth continues.

## 2023 - 2024 CALENDAR OF EVENTS

Month	Date
September	09/05/23- Competitive Stroke Clinic 7:15-8:15 09/06/23- Parent Orientation 7:00-8:00 09/07/23- Competitive Turn & Dive Clinic 7:15-8:15 09/09/23- Swim Team Summer Social 09/22/23- First Day of Fall Season
October	10/10/23- 6:30-8:30 12 & Under Time Trials 10/12/23- 6:30-8:30 13 & Over Time Trials 10/30/2023- 6:30-9:00 Costume Glow Party

November	11/01/23-11/17/23 Racers Food Drive
December	12/21/23- 6:30-8:30 Racers Holiday Party
February	02/13/24- 6:30-8:30 12 & Under ASC Swim-A-Thon 02/15/24- 6:30-8:30 13 & Over ASC Swim-A-Thon
March	03/22/24- Last Day of Winter Practice 03/26/24- Competitive Stroke Clinic 7:15-8:15 03/28/24- Competitive Dive & Turn Clinic 7:15-8:15
April	04/08/24- First Day of Spring Season 4/20/24- Winter Season Banquet
June	06/28/24- Last Day of Spring Season