



Delaware Community Center YMCA
Riptide Swim Team

FAMILY HANDBOOK



Delaware Community Center YMCA
1121 S. Houk Rd.
Delaware, OH 43015
(614)389-4648

Winter Season 2024-2025

Contents

YMCA Competitive Swimming – page 3

YMCA Staff – page 4

Coaching – page 5

Communication – page 10

Parent Advisory Committee – page 11

Apparel and Equipment – page 12

Practice – page 14

Meets – page 15

Volunteers – page 21

Officials – page 23

Glossary of Terms – page 24

2024-2025 Team Suits – page 27



YMCA Competitive Swimming

YMCA Competitive Swimming is a program supported by the YMCA of the USA which is delivered by local YMCA units. As a Y program, its goal is to promote the YMCA's mission and core values through the sport of swimming. The focus is, first and foremost, on the development of healthy, confident, and value-driven individuals, where training and competition are our vehicles to drive this development. Everyone involved in our program plays a critical part in the process. Coaches, YMCA administrators, and parent volunteers assist swimmers in their development by building positive relationships, acting with integrity, and leading by example.

Riptide Mission Statement

To elevate the Riptide swim team within the Delaware community and amplify impact by promoting positive values, and developing future leaders who prioritize caring, honesty, respect and responsibility.

YMCA Staff**Roger Hanafin, YMCA District VP of Operations**

ghanafin@ymcacolumbus.org

Roger is your friendly neighborhood YMCA Director. Roger's origin story starts in San Diego, CA, where he was a subpar student and an above-par camp counselor. Summer Camp was where he realized his true passion was in youth development. Roger traveled the country, and the world, working at different outdoor experiential facilities with youth and adults to create unique meaningful experiences. As fate would have it, an opportunity arose in the hometown of his chosen lifelong partner to help open a new YMCA as the Youth Director in the Metropolis of Delaware, Ohio. For 8 years, Roger served the needs of the community with his trusty volunteer sidekicks the Teen Leaders Club. In 2019 Roger was given the responsibility to serve as Executive Director of the Delaware Community Center YMCA. Roger continues to tirelessly to make our YMCA the best it can be!

Elizabeth Ashwill, Delaware YMCA Aquatics Director

elizabeth.ashwill@ymcacolumbus.org

Liz was the Delaware YMCA Aquatics Director before taking some time off with the birth of her baby girl. She returned to this position in the spring of 2024, and Riptide are happy to have her back! Liz is also the Head Coach for the Olentangy Berlin High School Swim Team.

Coaching

The quality of a child's sport experience is significantly impacted by the excellence of the coach. On the Delaware YMCA Riptide Swim Team, we take our coaching staff seriously and only work with the most skilled, trained, experienced swim coaches in the area. We want to extend our promise that your child will be accepted, taught and influenced by a passionate, respectful and responsible coach. All coaching staff must be certified in YMCA Swimming & Diving Principles, CPR, Lifeguarding, First-Aid, Blood Borne Pathogens, Mandated Reporting, and Oxygen Administration as well as training in age-appropriate competitive swim instruction. We want to have fun while creating a high-quality training and top-notch sportsmanship environment!

Coach Responsibilities

- Coaches will lead the pre-practice meeting including attendance, team bonding, sportsmanship lessons, stretching, exercises, and encouragement.
- The 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 each specific swimmer's capabilities.
- 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!
- Parents will decide which meets their child will compete. At most dual meets, the parent/swimmer will determine in which events they wish to compete. At some meets (Invitationals, Champs) the coaching staff will determine in which events the swimmer will compete.
- The building of a relay team is the responsibility of the coaching staff, and relays may be altered throughout the year to allow every swimmer a chance to be on each relay team.

Riptide Coaching Staff

Tiffany Vroegop, Head Coach

riptidescoach@ymcacolumbus.org

Tiffany is a lifelong swimmer and brings a high level of passion for the sport! She grew up in competitive YMCA Swimming from ages 6-18 and achieved multiple zone and national cut times and competition experience during that time. She was the captain of her Galion High School Swim Team where she earned District and State Final finishes each year, and was named First Team All-Ohio. She then competed on the Baldwin-Wallace University Swim Team where she specialized in the 100 & 200 backstroke and 100 & 200 breaststroke. After being hired as a Delaware City School teacher in 2007 (she currently teaches 4th grade), Tiffany began coaching on the DARTS Swim Team, and was the

Assistant Delaware Hayes High School Swim Coach for three years. This is her second season coaching for Riptide. She is the proud mom of four children, ages 20, 17, 12 and 10. Two of her daughters (Ella and Annaleigh) are swimmers, one daughter (Delaney) is a tennis/track athlete, and her son (Ryan) is beginning his sophomore year at the University of Cincinnati. Tiffany's husband, Dan, is a professional counselor, and is her biggest help and supporter! He will also be seen around the deck!

Tiffany will oversee the overall program including all coaching staff training, coaching staff evaluations, individual swimmer developments, practice schedules and format, meet entries and Parent Advisory Committee development. Coach Tiffany's focus is on technique first, followed by stamina and speed in the water while having fun with teammates. She believes that correct technique and forming appropriate muscle memory will improve overall swimming performance and significantly reduce injury to swimmers in the future.

Nori Materkoski, Level 3 Coach, Associate Head Coach

nmaterkoski5@gmail.com

Nori has had a long and successful swimming career. She began swimming at the age of 7 and instantly fell in love with the sport. She joined the summer swim team at the Roxiticus Country Club in Mendham, New Jersey where she grew up. She quickly realized how much she enjoyed being in the water and joined the Somerset Hills YMCA swim team that fall. Nori competed at the Junior Olympics from ages 8 to 13. At the age of 14 she qualified for the YMCA Nationals held at the Swimming Hall of Fame in Ft. Lauderdale, Florida. She competed in both the 100 and 200 breaststroke and the 200 and 400IM. In 2002, Nori became a National Champion in the 200 Medley Relay as a breastroker. Nori attended Bernards High School in Bernardsville, New Jersey where she still holds school records. She was named first team all county, first team all state, and earned a varsity letter four years in a row. Nori was named captain her Senior Year and was recruited to several colleges throughout the country. She was offered a scholarship to swim at Loyola University Maryland (where she was coached by former Olympian Michael Phelps). After college, Nori worked as a Special Education teaching assistant and coached the Roxiticus Country Club swim team where she began her swimming career. She continued coaching for another two years at the Stanton Ridge Country Club in New Jersey and then another two years for the YMCA special olympics swim team.

She absolutely loves teaching the sport that brought her so much joy. Swimming has always been a wonderful part of her life which has been carried on by her daughters, Riley and Ella. Riley (10) swam for Riptides last season and Ella (8) will make her debut this season. She also has a son, Sam (4) who loves being a part of the Riptide Family. Her husband Matt is excited to learn more about the wonderful world of swimming as he watches his daughters carry on the family tradition.

Paul Phung, Level 5 Coach

PNBao10@gmail.com

Bao "Paul" Phung began swimming when he was 5. His parents took him to a local pool and signed him up for swimming lessons. After completing one stroke – breaststroke - he was recruited to the Ky Dong Swimming Club in Ho Chi Minh City, Viet Nam, even though the qualification for joining was knowing at least two strokes. Over time, joining the swim team helped Paul grow professionally as well as a person. When he was 16, he decided to come to the US and study. During the summer with some free time, he came back to Viet Nam and joined with his coaches to teach young and talented swimmers, helping them develop their own styles of swimming. Paul recently graduated from the University of Arizona, majoring in Sports and Society. He is considering attending graduate school at Ohio State, which is why he moved from arid Arizona to green Ohio. He is one of our latest additions to the team, and ready to give his best for the swimmers!

Sarah Denen, Level 4/5 Coach, Dempsey Team Coach

skelly.206@gmail.com

Sarah began swimming for her neighborhood summer team, the Collegeview Barracudas, at the age of 6. Some of her favorite childhood memories are of practices, meets, and the friendships she made through the program. She also participated in a couple different Central Ohio YMCA programs in elementary and middle school, including Pickaway County (PICY) and Lancaster (LYST). In high school, Sarah became a lifeguard and taught swim lessons. She earned varsity letters for swimming all four years at Bloom-Carroll. Her favorite events were the 50 and 100 freestyle. She also once swam the 200 fly and lived to tell about it! Sarah continued her athletic career with college volleyball and then became a middle school teacher and volleyball coach. She was excited to rejoin the swim community in 2019 when her oldest son joined DARTS. This season, all three of her boys will swim for Riptide: Paxton (12), Carlin (8), and Reid (8). Sarah loves swimming because it is a lifetime sport and focuses on personal improvement. She looks forward to helping Riptide swimmers achieve their goals and celebrate PBs!

Olivia Reed, Level 2/3 Coach

olivia.diane.419@gmail.com

Olivia started swimming for both Riptide and DARTS when she was young. She competed with the Delaware Hayes Swim Team all four years of her high school as well. Olivia comes to DRY as a swim coach with 14 years of swimming experience and is in her second year of coaching. She mostly swam freestyle and backstroke events. Olivia grew up loving swimming and is looking forward to another season of getting to help kids develop a love of the sport like she does. She is excited to see last year's swimmers and meet new

swimmers as well!

Michael Cavanaugh, Level 2 Coach

michaelPeterCavanaugh@gmail.com

Michael was a member of his hometown swim team from the age of 3 until he left for college. He attended Miami University, where he swam for the varsity team for four seasons, specializing in Butterfly and I.M. He also served as team captain his senior season.

Michael coached younger groups on his team throughout high school and picked up coaching again for two summer seasons and one winter season after graduating from Miami.

Coach Michael currently works as an Assistant Prosecuting Attorney for Delaware County and is excited to be coaching the sport he grew up loving!

Jessica Hackathorn, Substitute Coach

jessica.hackathorn@ymcacolumbus.org

Jessica started her swimming career in 2013 after years of trying to find a sport she enjoyed. She started swimming for Riptide and fell in love with the sport. She continued to swim for the Riptide through 2015 alongside the Dempsey Swim Team during the school season and DARTS Team in the summer. Jessica then ended her career swimming for Delaware Hayes High School Girls as well as the DORC Swim Team in the summer. After competitive swimming came to an end, she decided to stay within the Aquatics world as a Lifeguard for the Delaware Community Center YMCA. Jessica worked as a lifeguard and swim instructor for several years before taking the Aquatics Coordinator position. She worked six years within the Aquatics Department at the Delaware Community Center YMCA. Last year, Jessica started as the Recreation Coordinator for the City of Delaware and now manages the City Pool as well as city programs and special events. She is also an Assistant Coach for the Olentangy Berlin Highschool Swim and Dive team, so she will be coaching with Riptide before and after the Berlin Season.

Jessica started as an Assistant Swim Team Coach with Riptide two years ago. She plans to focus on technique and endurance for her swimmers this season. Jessica looks forward to meeting all the new swimmers and is excited to welcome back previous swimmers!

Nicole Ford, Specialty Coach

Knicoleford@gmail.com

Nicole developed a love for swimming early on in life. She started competitive swimming when she was eight years old at Westerville JC pool. Soon enough she realized that competitive swim was not the only water sport available and began doing synchronized swimming as well. While she continued to participate in competitive swim, she primarily focused on synchronized swimming. She traveled all over the United States competing against National and Junior Olympic teams. In high school she continued competitive swimming (specializing in the 500 freestyle event), synchronized swimming and then began playing water polo through Thomas Worthington High School. Nicole discovered she really enjoyed the competitive nature of water polo and ended up playing four years of water polo for Bowling Green State University.

Nicole began teaching swim lessons at 14 years old and taught through college. After taking a hiatus, she began teaching again soon after the Delaware YMCA opened. She has taught swim lessons for all ages of individuals. Nicole has worked for Delaware County since 2005 and also cares for four very busy children alongside her husband, Rob. Their oldest Cadence (17) participates in tennis, track, choir, and musicals. Emma (13) is involved in dive, gymnastics, cheer, and musicals. Hadley (10) swims and plays piano. Benham (8) plays soccer and will be starting pre-team this year.

Nicole will be focusing on dives, flip turns, and starts, but most importantly, making sure your kids have the understanding of how to be a good teammate and supporter of all swimmers (not just the ones on our team).

Communication

TeamUnify

TeamUnify is the technology “platform” for virtually all Riptide activities. Here you can find practice schedules, meet information, meet signups and more. It’s also the source of the email list for all of the emails the team sends (and there are a lot!) Also, you’re able to see all your swimmer’s historical results and best times. It is **VERY** important that you keep your contact information, payment information, etc., in TeamUnify up to date.

TeamUnify also has a mobile app, OnDeck. While this app is convenient for checking schedules, etc., on the go, it is HIGHLY recommended you use the TU website to enter your swimmer into events and to sign up for jobs. Both sites allow you to see your swimmer’s past results, their best times, etc.

If you have questions regarding TeamUnify, please reach out to our Riptide Operations Lead, Mark Hatten, at: riptideopslead@gmail.com

Contact Us

Communication with coaches is highly encouraged; however, please do not engage in conversation with the coaches during practice sessions or meets. Out of respect for other swimmers, all questions should be asked after practice times or via email. Any concern should first be addressed with your child’s age group coach. If unresolved, you may bring the matter to the Head Coach. Note: Conversations about your child’s progress or direct questions about your child will be discussed without the presence of your child (unless there is a behavior problem which necessitates their participation).

Whom to Contact

- Operations Lead: Questions regarding TeamUnify, meet entries, and any other operational issues. riptideopslead@gmail.com
- Practice Group Coach: Questions on swimmer progress and practice plans.
- Head Coach: Concerns left after speaking with your age group coach, as well as behavior concerns, entries, and overall team questions/concerns.
- Aquatics Director: All registration and billing matters, concerns left after speaking with the head coach, and all matters that you believe are severe.
- Executive Director: Any questions/issues you may have that remain unresolved.

Parent Advisory Committee

The Parent Advisory Committee is comprised of seven parents of current swimmers, as well as the Head Coach, the Aquatics Director, and the Executive Director. The PAC's main function is to chair four committees – Fundraising, Operations, Volunteer, and Spirit – as well as provide overall guidance regarding the team.

Swimmer's Folders

Each swimmer will have a folder located in the pool area. Communications and any awards received from invitational meets will be placed in each swimmer's folder.

Facebook

Riptide has a private Facebook page for all parents. This gives a platform for parents to communicate, share, ask questions and stay up to date! Simply search "Delaware Community Center YMCA Riptide Swim Team" in Facebook and request to join.

Apparel and Equipment

Team Suits

Purchasing a team suit is not mandatory, but it is recommended. Team suits, as well as other swim gear, is available at www.swimoutlet.com Images of the 2024-2025 team suits are shown on page xx

Team Caps

Caps are strongly encouraged to be used at practice and are mandatory at meets. The team will provide a Riptide swim cap prior to your child's first meet. Many parents purchase an additional cap for practice, as well as to have as a spare, as caps do tend to rip on occasion - and usually right before a race! Kids usually find silicone caps easier to put on and more comfortable. Caps can be purchased at any swim store, or Amazon, etc.

Other Equipment Needs

- Goggles – Your swimmer will need at least one pair of goggles, and two pairs is better, so you always have a spare pair. Like caps, goggles do break, and always at the least opportune time. Goggles are a very personal piece of equipment – what works for one swimmer doesn't for another, so trying on before buying is highly recommended. For indoor pools, either no tint or a light tint is suggested. For outdoor pools, a heavier tint and/or mirrored lens is often preferred. Also, goggles need to be worn very tight at meets and when diving off the blocks! You only need to watch how many young kids have their goggles come off at the start of a race to understand the need for them to be very secure.
- Practice Suit: some swimmers prefer to wear an older suit or an inexpensive new suit to save wear and tear on their Team Suit.
- Towels: towels and more towels! One or two for practice, three or four for meets.
- Backpack: Not necessary early on – a beach bag, duffle bag, etc., works just fine – but swimmers tend to accumulate equipment and gear, and a swim-specific backpack is a great way to carry everything – and actually be able to find it!
- Mesh Bag: Allows for quick drying of wet suits and gear.
- Swim Coat: Swim coats are long, hooded, nylon coats with a soft liner that won't become waterlogged. Great, but certainly not required, to have for cold-weather practices and meets. Hoodies, sweatpants, fuzzy PJs, are all comfortable alternatives.
- Paddle boards and pull buoys – These are often used in practice, and some swimmers like to have their own. However, the YMCA has these available for all swimmers on the pool deck.
- Fins, paddles, and snorkels: These are optional pieces of equipment, and their use will be determined by your swimmer's coach. Riptide – thanks to its Winter Season fundraisers – were able to purchase a large number of pull buoys and fin sets. However, since fins are sized like shoes, many swimmers like to purchase their own.

If you decide to purchase fins, ask your age group coach the size/style they recommend for your swimmer. Snorkels may be used, again at the coach's discretion, and for hygiene purposes, each swimmer would have to have their own.

Practice

Practice Schedule

All practices will be held at the Delaware Community Center YMCA Pool. Swimmers will be assigned to practice groups by the coaching staff. Practice schedules will be sent to parents via email and will be available on the Riptide page on TeamUnify, which can be accessed directly at: <https://www.gomotionapp.com/team/ymca-4955/page/home> or via the link on the Delaware YMCA website.

Practice Attendance

There is no attendance requirement. However, your swimmer will only be as good as they practice! Most people will not be able to make every practice, but making it to at least 80% of practices should be a goal for everyone. Every practice is important and even more so for younger age groups who practice less frequently. However, if your swimmer is sick with a fever, or is coughing and/or sneezing, please do not have them attend practice!

Practice Expectations for Swimmers

- Pool time is the most valuable commodity in competitive swimming – use it wisely! Every lap of every practice session is your opportunity to improve.
- Listen when your coach is speaking! Neither you nor your teammates can hear the coach if you're talking or goofing off.
- Practice start time is "in the pool and ready to swim" time.
- Use the restroom before practice starts.
- Bring a water bottle to your practice lane.
- If you arrive and are ready to go before your practice starts, use that time to do some poolside stretching.

Meets

TeamUnify (TU) is the online platform our team uses to communicate with members, manage meet registration/payment, and manage volunteer positions. This webpage should be your go-to resource for any information you may need to navigate the season. Note: While some info on TU is for everyone to see, such as the "About" page, most is private and for team member use only. Be sure that you are logged in with an active account every time you visit the site.

Meet Registration

1. Log-in to your Team Unify account.
2. Click the "Events" tab.
3. Once meet registration is open, you will see a button under the meet title that says "Edit Commitment". Click that button.
4. On the next screen click on the name of your swimmer.
5. Choose your declaration.
 - a. Yes, please sign [swimmer name] up for this event.
 - b. No, thanks, [swimmer name] will NOT attend this event.
 - c. Then click, "Save Changes"

Notes on Meet Registration

- If you have more than one swimmer, you will have to declare for each child individually.
- At most events, you will choose the events for your swimmer. Age-group coaches may offer suggestions, and it's always recommended to not focus on only one or two events/strokes, particularly for younger swimmers. The best swimmers are well-rounded swimmers!
- Deadlines. It is **critical** that you enter your swimmer prior to the event deadline! Dual meet deadlines are usually 3-5 days prior to the event, but Invitationals are often **2-3 weeks** prior to the event. That means you really have to pay attention to the deadlines for each meet! With meets almost every weekend, it's very easy to lose track, and the meet hosts are generally not able to accept late entries, as building the event, seeding the heats, etc., is a substantial amount of work.
- Relays – Coaches will build the relay teams after entries have closed. If your swimmer doesn't want to swim on a relay team, please note that in your registration. Otherwise, coaches will try to place all swimmers on a relay team if at all possible.
- If you are looking for more information about a meet, click on the Meet Title to find out more information about a meet (including meet start time, registration deadline, volunteer sign-up deadline and meet packets for invitational meets).
- Pay attention to the registration deadline for each meet! Most dual and tri-meets

have registration deadlines no more than one week prior to the event. However, many invitationals have registration deadlines several weeks before the event, and late registrations are not accepted.

Signing Up to Volunteer

Unlike many sports, swim meets require a **significant** number of volunteers to run smoothly. When committing your swimmer, please also follow these steps to sign up for a volunteer shift yourself! Additional information on our volunteer commitment can be found on page 17.

1. Log-in to your Team Unify account.
2. Click the "Events" tab.
3. Once volunteer signups are available, you will see a button under the Meet Title that says "job sign-up". Click that button.
4. On the next screen, choose a job by checking the box next to your job of choice. Descriptions and required skill level are provided for each position.
5. Then click the "signup" button.

Billing

Our team uses TeamUnify to bill entry fees throughout the season. There are fees to enter YMCA invitationals and any USA meets, but not YMCA dual or tri-meets. Our billing cycle begins on the first of every month – please be prepared to pay any amount due by credit card or bank draft. No manual (check/cash) payments are accepted for meet fees. Meet fees are charged either by event or a flat fee, depending on the meet. This information can always be found in the meet packet, which we post with the event.

Types of Meets

- Dual or Tri-Meets
 - This is a smaller meet with two or three teams held at home or away.
 - There is no cost to participate in dual meets.
 - Individual times and points are recorded, but no awards are given out.
 - All age groups participate at the same time for a dual meet.
 - Typically, swimmers will swim in 2-3 individual events and 1-2 relay events.
- Invitational Meets
 - These meets are much larger and typically have 5 or more teams.
 - All invitational meets have entry fees to be paid by parents. The cost varies by meet and details can be found in the Meet Packet.
 - Invitationals usually have awards (ribbons, medals, etc...). Some meet fees include a t-shirt or a cap. Details can be found in the Meet Packet.
 - Invitational meets will often have multiple sessions (some events, often broken down by age groups, will have sessions in both the morning and the afternoon). Some invitationals are held over two days, such as Champs, the YMCA season-ending championship meet.

- Each invitational has their own entry limitations and it may vary by age. Please refer to the meet packet to see the maximum amount of events your swimmer may participate in.
- Championship Meets
 - Each season finishes with a Championship meet.
 - There is a meet attendance requirement to participate in Championship Meets. The requirement varies from season to season and will be communicated by the coaching staff. Generally, a swimmer must have successfully competed in an event (received a time and placing; not DQd) in a YCO meet in the past calendar year.
 - YCO Champs – For swimmers who have met the meet requirement above.
 - Great Lakes Zone Champs – For swimmers who have met the meet requirement and have at least one Zone Qualifying Time (see Documents on the website home page).
 - YMCA Nationals – For swimmers who have met the meet requirement and have at least one National Qualifying Time. (see Documents on the website home page.)

Meet Information – General

- Swimmers Age
 - A swimmer will swim as one age for the entire season (even if he/she has a birthday within that season). There are a few exceptions to this. Please read the Meet Packet to determine your swimmers age for each specific meet.
Regular Season (September – March): Swimmer's age as of December 1st.
Summer Season (May – July): Swimmer's age as of May 1st.
- Warm-Ups and Meet Start Times
 - Meet Start Times can be found on TeamUnify when you click on a meet title.
 - Home Dual Meets: Warm-ups typically begin 1-hour before the meet start time.
 - Away Dual Meets: Warm-up time will be communicated before the day of the meet. Typically we will warm up 30-60 minutes before the meet start time at an away dual meet.
 - Invitational Meets: Approximate warm-up times can be located in the Meet Packet in TeamUnify. Once warm-up times are confirmed by the host team, they will be communicated before the day of the meet.
 - The average dual meet runs 3 hours (from the START of the meet, not from warm-up time). Invitational meets are much longer, but are often broken up into two or more sessions based on age (usually 10 & Under and 11 & Over).
- Meet Expectations
 - While we hope you are able to attend all swim meets, you are not required to

do so. We understand there will always be conflicts, illness, etc. Choose meets that work with your family's schedule. Prioritize Invitationals, as the award the top three teams by points scored. All swimmers should swim Champs unless they are ill.

- Please make every effort to honor your commitment to attend the meets for which you have registered. Nearly every swimmer will be placed on a relay team, which means there are three other swimmers depending upon them. Missing swimmers results in a lot of last-minute work for the coaches and the potential of some swimmers not being able to swim in the relays. If a problem arises and your child cannot make it to a meet, **please contact the Head Coach as soon as possible!**
- If you have to leave a meet for any reason prior to your swimmer participating in their last event, you **must** tell your coach! If not, coaches will be looking for your swimmer when their event is up, officials may delay the race waiting for the missing swimmer.

Scoring and Results

- For some meets, multiple age groups are combined for swimming (to make the meet shorter) but are scored separately based on age groups. For Invitationals, you can find scoring information in the Meet Packet. For dual and tri meets, they are normally combined for swimming but scored based on age groups (ex: 9 to12-year-olds will swim together but scored as 9-10 and 11-12). Each swimmer will earn points based on their place for each event. These points are calculated into the team score as well.
- A pdf of the meet results will be sent out as soon as they are received from the meet host – usually within 24-48 hours. At the same time, the meet results are uploaded to TeamUnify, where you can see results for all swimmers in your family, as well as past meet results and Personal Best times. This can be accessed by hitting <My Account>, <Account Info>, <Members>, then clicking on your swimmer's name.
- In addition, meet results at Invitationals are normally uploaded to Meet Mobile, which is an inexpensive app that allows you to easily see all of your swimmer's results on your phone. Meet Mobile also allows for live timing and scoring, if the host team chooses to provide that real-time data.
- At larger events, paper copies of results are usually posted in or near the camp area.
- In an effort to help meets run more smoothly, we ask that all swimmers have the Event Number, the Heat, and the Lane (and perhaps an abbreviation of the event they're swimming) written in Sharpie on their hands, arms, or legs. This makes it easy for all swimmers to check events, heats and lanes.
- For swimmers 10 & under, please write their first initial and last name on the back of their right shoulder. This greatly assists the volunteers running the bullpen, as well

as the on-deck officials, make sure the right swimmer gets in the right lane in the right event!

- If you have questions, ask an older swimmer or a veteran parent!
- Below is an example of a heat sheet and how to write down the order of events.

E	H	L	
6	4	4	50Fr
12	3	5	50BK
16	4	8	100Fly

ABBREVIATIONS

E - Event
H - Heat
L - Lane

BA - Backstroke
BR - Breaststroke
FR - Freestyle
FL - Butterfly (Fly)

EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG			
#7 Girls 8 & Under 100 Yard IM			
Lane	Name	Age	Seed Time
Heat 1 of 2 Finals			
1	Sydney Dwyer	8 BVCC	NT
2	Madeline Williams	7 BVCC	NT
3	Laura Stroud	7 WWST	NT
Heat 2 of 2 Finals			
1	Brian Sullivan	8 WWST	NT
2	Ruth McGee	8 WWST	2:19.09
3	Delaney Byrne	8 WWST	NT
4	Elena Williamson	7 WWST	NT
#9 Girls 7-8 25 Yard Backstroke			
Lane	Name	Age	Seed Time
Heat 1 of 1 Finals			
1	Hayley Farrell	7 WWST	NT
2	Clara Crane	7 BVCC	NT
3	Sarah McGee	8 WWST	28.78
4	Delaney Byrne	8 WWST	33.84
5	Ruth McGee	8 WWST	NT
#11 Mixed 8 & Under 100 Yard Medley Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	WWST	B	NT
	Joanna Ridley W7	Laura Stroud W7	
	Luke Long M8	Cayman Choate M8	
2	BVCC	A	NT
	Madeline Williams W7	Sydney Dwyer W8	
	Cameron Taylor M8	Ethan Dwyer M8	
3	WWST	A	NT
	Ruth McGee W8	Codie Kraus M8	
	Joanna Rupp W8	Brian Sullivan W8	
#19 Girls 7-8 25 Yard Freestyle			
Lane	Name	Age	Seed Time
Heat 1 of 3 Finals			
1	Natalie Foster	8 BVCC	NT
2	Madeline Williams	7 BVCC	NT
3	Marcel English	7 WWST	NT
Heat 2 of 3 Finals			
1	Alexis Smith	8 BVCC	NT
2	Ava Griffin	7 BVCC	NT
3	Skipper Jackson	8 BVCC	NT
4	Meredith Soren	7 WWST	NT
Heat 3 of 3 Finals			
1	Elena Williamson	7 WWST	NT
2	Natalie de Vries	7 WWST	NT
3	Ruth McGee	8 WWST	21.72
4	Joanna Ridley	7 WWST	40.28
5	Alexandra Johnson	7 BVCC	NT

E	H	L	
7	2	3	IM
19	3	3	Free
31	3	5	Back
61	1	4	Relay (Back)

Typical Day at a Swim Meet

- Know which events your swimmer is participating in prior to the meet if at all possible. Heat sheets, if available from the host team, are emailed prior to the meet. If not, coaches will either post the heat sheets in the Riptide camp area, or will circulate them.
- Packing for the meet:
 - Riptide team swimsuit (pack a backup as well)
 - Address & directions for away meets
 - Two (at least!) towels
 - Cap and goggles for swimmers (pack back ups as well).
 - Something to sit on – folding camp chairs, blankets, etc. A pretty common arrangement in any swim camp is the kids sitting on the floor on blankets, surrounded by their parents sitting in folding camp chairs.
 - Change of clothes, deck sandals/flip flops/slippers

- Swim coat/sweatshirts/hoodies/robes/PJs
- Snacks and drinks for everyone. For the swimmers, smaller, healthy snacks of fruits, vegetables, yogurt, trail mix, smoothies, etc., are better than sandwiches or candy/junk food. Sports drinks are fine, but make sure your swimmer has plenty of water!
- Cards, books, crafts, or games for in-between events
- Sharpie marker/Highlighter
- Sunscreen for outdoor meets
- Shade for outdoor meets. Many families bring beach umbrellas, lightweight canopies, etc.
- Plan on arriving at least 15 minutes prior to warm-ups starting. This will allow time to get a spot to sit and to ensure your swimmer is ready to get into the pool when warm ups begin. Allow plenty of time to find parking and, in some cases, the meet location.
- Stay in a designated team area (generally referred to as “camp”). At smaller events, the teams usually camp on the pool deck. Space is at a premium, and like our home pool deck, it can be *very* hot and humid. Dress accordingly. At larger events, teams usually camp in the gym. Gym temperatures run between warm and freezing cold, depending on the location and the time of day. Summer Season meets are generally held outdoors if the host Y has an outdoor pool. However, the meet may be moved indoors due to inclement weather. Again, come prepared for all conditions!
- At all Y pools, there is very little seating on the pool deck available. Plan to go to the pool deck to watch your child swim, then head back to camp.
- Parents, unless they are timing, should never be on the starting block end of the pool. Swimmers should only be there if they are in one of the next two upcoming races.
- Find out where the bullpen is located and what ages (usually 10 & under) report to the bullpen.
- It can be *very* difficult to hear announcements in the pool area or the camp, but do your best to pay close attention to all announcements. The announcer will announce the events on the blocks (those ready to start swimming) as well as the events in the bullpen (where younger swimmers are gathering prior to their event). Things may go quickly, especially if events are combined. Even though there may be an event currently swimming, the bullpen will be calling for the next events. At some events, there may also be a sign showing the event number that is to report to the bullpen. If in doubt, ask other parents!

Volunteers

You would be hard-pressed to find a sport that requires more volunteers than competitive swimming. At a minimum, it requires two timers per lane (usually 8 lanes), a head timer, a runner, and four officials. That's 22 volunteers just for a small dual meet! Larger meets add in setup and teardown volunteers, bullpen volunteers, and concession stand volunteers. And multi-session/multi-day meets? All those volunteers, multiplied by 2 to 4 sessions = a lot!

Everyone (with the exception of coaches and lifeguards) that you see around the pool is a volunteer. Our aim is to spread the responsibility for volunteering among all participating families to have a successful meet.

Volunteer Commitment

When a child joins a swim team, so do the parents. This sport requires parents to be active participants, not just spectators. But don't worry, there's a job for everyone!

Each family has a season requirement of two volunteer sessions per swim family or be accessed a \$100 fee. This is the minimum requirement – most swim families go above and beyond, and with the number of home meets on our schedule, that will definitely be needed!

Volunteer Positions

Most volunteer positions require little or no experience. Volunteers are needed at meets in the following positions:

- Bullpen (no experience required)
 - The bullpen is an area away from the pool where 10 & Under swimmers get put into their correct event/heat/lane assignments before heading out onto the deck. The bullpen is full of energy and a great way to meet the swimmers!
- Timer (no experience required)
 - With a stopwatch, time each event behind the blocks. No experience required. Directions will be given at the timers meeting. This is a great job for families new to swimming. You get to see your child swim and learn a lot about how a swim meet works. Wear sandals – your feet will get wet!
- Back-up Timer (no experience required)
 - The back-up timer starts two watches for every event. If a lane timer missed the start or had a watch malfunction, the back-up timer gives them one of their watches.
- Runner/Water Carrier (no experience required)
 - The runner picks up timer sheets from each timer, as well as DQ sheets from each official, and takes them to the officials table. They also deliver water bottles to the timers and officials.

- Set-Up/Tear Down (no experience required)
 - At the direction of the meet manager, assist in meet set-up or meet tear down. Jobs include setting up/tearing down tables, chairs, signage, mats, etc. Set-up usually begins one-hour prior to warm-ups starting (Orange Crush set-up usually takes place the evening before the event). Tear-down begins after the last event takes place and generally takes less than one hour.
- Other jobs (no experience required)
 - For Orange Crush, there will be other jobs needing filled, such as manning the volunteer check-in table, manning the silent auction tables, handing out heat awards, printing and distributing medals/ribbons.

Officials

Two important points regarding officials:

- 1) WE ARE IN DESPARATE NEED OF NEW SWIM OFFICIALS!**
- 2) YOU DO NOT NEED TO HAVE BEEN A COMPETITIVE SWIMMER OR HAVE A SWIMMING BACKGROUND TO BE AN OFFICIAL!**

As I'm sure you've learned by now, volunteers are critical to running a successful swim team and swim meet. Officials are a crucial part of that volunteer base! While we can usually "draft" people at the meet to help with timing, bullpen, etc., we **must** have the minimum number of officials – four for a dual meet, more for larger invitationals – in place prior to the meet, or the meet cannot start.

There is a shortage of officials with all YCO teams. With Riptide being the second-largest YCO team, we should have the second-largest number of officials. Unfortunately, that's not the case. So we have some catching up to do!

We desperately need to build up our roster of officials. The few we have are being pressed into service at virtually every meet, and that's just not sustainable. A team our size should have at least 12 officials, and we currently have less than half of that. If we can build our roster up to a dozen or more officials, each official would only need to work one or two meets a season.

A Level 1 official is an "entry level" official, tasked with ensuring legal strokes, turns, starts, etc. Again, if you currently don't know what a legal stroke looks like, don't worry – the training is based on you not having that knowledge or experience.

If you're interested, please reach out to Coach Tiffany (riptidescoach@ymcacolumbus.org). She must sign your registration form. Also, the YMCA will reimburse you for the cost of the training class (\$35-\$45)

Glossary of Terms

(Listed in Alphabetical Order)

Backstroke – Backstroke is done on the swimmer's back. A flutter kick is used while the arms alternate (one then the other). Swimmers cannot roll past 90 degrees from their back as they stroke and cannot roll onto their sides or stomach when approaching the finish wall. (Many younger swimmers have a tendency to do this to see how close they are to the wall; they will need to learn to count the number of strokes they need to take after they pass under the flags).

Backstroke Flags - Flags going across the pool indicating to swimmers they are approaching the end of the pool. The flags are placed 5 yards from the wall in a yard pool, and 5 meters from the wall in a meter pool. Swimmers need to know their stroke count to prepare to turn or touch the wall to finish.

Breaststroke – The breaststroke uses the whip kick (or frog kick is acceptable), while arms pull underwater simultaneously. The two hands must touch the wall simultaneously on the turn and finish.

Bullpen – This is an area away from the pool where parent volunteers help the younger swimmers assemble in order of heats and lanes and ensure they get to their lane in time for their heat. There are usually numbered chairs or numbered markers on the floor that correspond with the pool lanes. Usually swimmers 10 and younger report to the bullpen a few events before their event. Swimmers (and parents) will need to listen (or look) for the bullpen announcements. It is very helpful to have your swimmer's events marked on their arm and their last name marked on their back - especially for shy swimmers!

Butterfly – In the butterfly, the feet and knees are together on the kick (dolphin kick), while arms move simultaneously. The two hands must touch the wall simultaneously on the turn and finish.

Clean Up - A responsibility of every swimmer is to throw away any trash on the ground as well as to pick up personal items and take them home. Parents are asked to encourage their child to handle this task at each meet and practice.

Deck - The area immediately around the pool. Portions of the deck may be restricted to coaches, swimmers and officials only. The starting block end of the pool is always off-limits to parents and any swimmers not in the next 2-3 events.

Disqualification (DQ) – A DQ is given for a technically incorrect stroke, kick, turn or start. A swimmer must compete in a race according to certain requirements and if those are not met, a swimmer may be disqualified. Keep in mind, every swimmer has received, or will receive, a DQ at some point in his/her swimming career. Some examples of disqualifications:

- Backstroke: Toes out of water on the start, false start, technically incorrect flip turn, turn on stomach before touching the wall at finish.

- Breaststroke: False start, too many pulls or kicks underwater on start or turns, incorrect stroke or kick, not doing a simultaneous two-hand touch on wall.
- Freestyle: False start or missing the wall on turn.
- Butterfly: False start, incorrect stroke/kick, not doing a simultaneous two-hand touch on wall.

Entry Sheet – a listing of what swimmers have entered the meet. These are usually distributed shortly after the registration deadline.

Event – An event is the name of the “race” that a swimmer is entered in. Events are identified by a number. Generally, even number events are boys and odd number events are girls. The event number is followed by the stroke/category and age group. (ie. Event 25 Girls 9-10 25 Yard Backstroke)

False Start - When a starter announces “TAKE YOUR MARK”, swimmers on the starting blocks must bend over with their toes over the end of the block and remain motionless until they hear the starting sound. If a swimmer moves or leaves their position before the starting sound, he/she may be disqualified. In a relay, a false start may also be when the swimmer leaves the block before the swimmer in the water touches the wall.

Freestyle – Freestyle is usually the front crawl with the flutter kick, but any stroke or combination of strokes is legal as long as the swimmer does not walk on the bottom of the pool or use the lane lines to gain momentum, and touches the walls on turns.

Freestyle Relay - Four swimmers, each swimmer swims freestyle.

Heat - One of several races of the same event. Many swimmers are entered into each event. In some cases there may be as many as 50 or more swimmers competing in the same event. In an eight-lane pool, there is no way to swim all the entries in any event head-to-head at the same time. Instead, the event is broken up into heats. The number of heats is determined by the number of swimmers and the number of lanes in the pool. In an eight-lane pool, a 32-swimmer event would be divided into 4 heats with eight swimmers in each heat. It is important to remember that all swimmers in a single event are competing against each other. Times for all heats in an event are tallied together. The fastest time out of all the heats wins the event.

Heat Sheets – essentially the “program” for the meet. It is a listing of each event, in the order in which it will be run, broken down by heats within that event, with each swimmer and their assigned lane.

Individual Medley (IM) - An individual event in which one swimmer swims all four strokes in the specified order (fly, back, breast, free).

Medley Relay (MR) - Relay event in which each of the four swimmers swim one of the four strokes in the specified order (back, breast, fly, free).

Meet Packet - Details for invitational meets (including session times, awards, location, etc...) can be found in Team Unify. Click on the title of the meet and then download the meet packet.

Psych Sheet – this is a listing of all swimmers from all teams, by event, along with their seed times. The name comes from the idea that the swimmer can see who they'll be competing against, along with their seed times, and get "psyched up" for the meet. These are normally only produced for invitational meets, and are sent out whenever we receive from the host team

Referee - The official in charge of the meet. The referee shall have full jurisdiction over the meet and shall see that all rules are enforced. The referee shall decide all questions arising during the conduct of the meet, the final settlement of which is not otherwise covered by the rules and shall have discretionary power to set aside the application of a rule when there is apparent unfairness. In all meets, judgment decisions of other officials may be reconsidered only by the referee, who shall have final authority to overrule any decision pertaining to an action that he or she personally observed.

Relays - An event having four swimmers from the same age group.

Runner - An individual that collects the papers from the timers after each event and takes them to the scorer's table.

Scorer - With the papers turned in by the runner, the scorer awards points to teams in each event. Scoring is done by computer.

Scratch - Withdrawing any entry from competition after entries have been made.

Seeding - The assignment of swimmers to heats. Within each heat, the swimmers are seed from the inside lanes to the outside lanes. The swimmer with the fastest seed time is assigned to Lane 4, the second fastest to Lane 5, third fastest to Lane 3, fourth fastest to Lane 6, and so on.

Seed Times – A swimmer's best time of the season is used to enter a swimmer in a meet. This determines a swimmer's heat and lane assignment. If the swimmer does not have a previous time, he or she will be listed as "NT" on the heat sheet.

Starter - The official responsible for the start of each heat and calling swimmers to blocks.

Starting Block - Raised platform on the swim deck to add height for competitive swim starts.

Stroke and Turn Judge - The official that determines the legality of a swimmer's stroke and his/her turns.

Timer - Times every swimmer in their lane and records the times on a paper for scoring. Each lane has 2 timers. For pools with electronic touch pads, the manual times are used as backups. For pools without touch pads, the two manual times are averaged and that time is the official time.

Warm Up – The usually 20-minute time period where swimmers, under the supervision of their coaches, are allowed to swim and warm up prior to the meet.

Team Suits

(available at swimoutlet.com and other retailers)



★★★★★ (94) **SALE** [84 VIEWING](#)

TYR

Women's Fizzy Maxfit One Piece Swimsuit

\$62.99 ~~**\$89.99**~~ ? **30% Off**

Or 4 equal installments by [afterpay](#) ⓘ

Color: Black/Orange



Size:

[Size Chart](#)

26	28	30	32	34
36	38	40		



★★★★★ (26) **SALE** [53 VIEWING](#)

TYR

Women's Fizzy Diamondfit One Piece Swimsuit

\$62.99 ~~**\$89.99**~~ ? **30% Off**

Or 4 equal installments by [afterpay](#) ⓘ

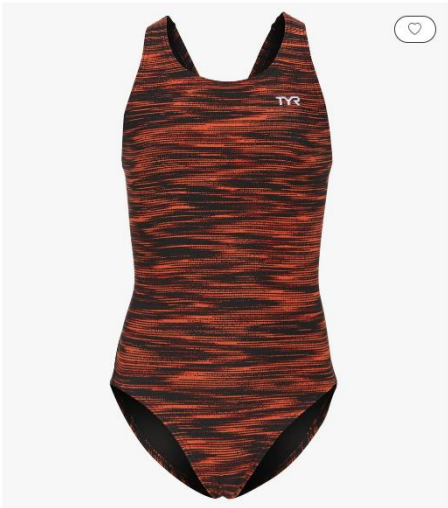
Color: Black/Orange



Size:

[Size Chart](#)

26	28	30	32	34
36	38	40		



★★★★★ (1) **SALE** 7 VIEWING

TYR
Girls' Fizzy Maxfit One Piece Swimsuit

\$62.99 ~~**\$89.99**~~ 30% Off

Or 4 equal installments by **afterpay**

Color: Black/Orange



Size: [Size Chart](#)

22

24

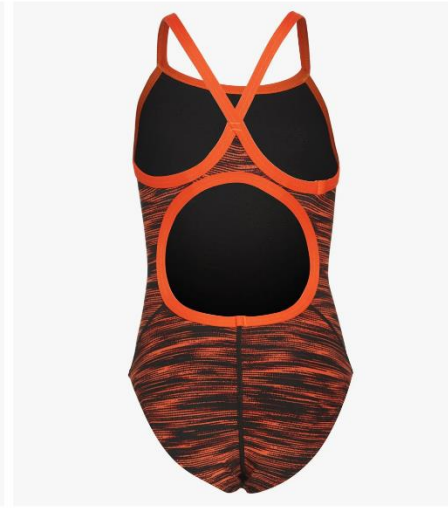
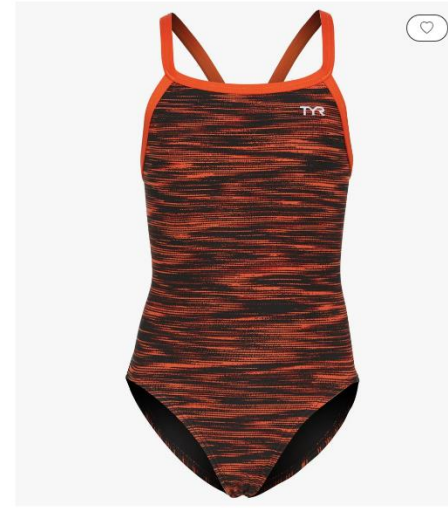
Quantity:

-

1

+

[Add to Favorites](#)



★★★★★ (1) **SALE** 14 VIEWING

TYR
Girls' Fizzy Diamondfit One Piece Swimsuit

\$62.99 ~~**\$89.99**~~ 30% Off

Or 4 equal installments by **afterpay**

Color: Black/Orange



Size: [Size Chart](#)

22

24

Quantity:

-

1

+

[Add to Favorites](#)



★★★★★ (25)

SALE

32 VIEWING

TYR

Men's Fizzy Jammer Swimsuit

\$41.99 ~~**\$59.99**~~ ? 30% Off

Or 4 equal installments by **afterpay** ⓘ

Color: Black/Orange



Size:

[Size Chart](#)

26	28	30	32	34
36	38			



★★★★★ (16)

SALE

52 VIEWING

TYR

Men's Fizzy Racer Brief Swimsuit

\$34.99 ~~**\$49.99**~~ ? 30% Off

Or 4 equal installments by **afterpay** ⓘ

Color: Black/Orange



Size:

[Size Chart](#)

26	28	30	32	34
36	38			



★★★★★ (1) **SALE** 22 VIEWING

TYR
Boys' Fizzy Jammer Swimsuit

\$41.99 ~~\$59.99~~ ? 30% Off

Or 4 equal installments by **afterpay** ⓘ

Color: Black/Orange



Size:

[Size Chart](#)

22

24

Quantity:

−

1

+

[Add to Favorites](#)



SALE

TYR
Boys' Fizzy Racer Brief Swimsuit

\$34.99 ~~\$49.99~~ ? 30% Off

Or 4 equal installments by **afterpay** ⓘ

Color: Black/Orange



Size:

[Size Chart](#)

22

24

Quantity:

−

1

+

[Add to Favorites](#)