

CHICKAHOMINY FAMILY YMCA
TWISTER WATCH



Parent Handbook

2023-2024

Chickahominy Twisters

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Welcome

Welcome to the Chickahominy Twisters Swim Team! We are excited that you have chosen to take part in our family of swimmers. We hope that you and your swimmer have a positive, nurturing experience here. This handbook has been created to help guide you through our team and league. If you have any questions that are not answered here, please do not hesitate to contact the coaching staff or aquatics director, so they can help! Have a great season and go Twisters!

About Us

Our Philosophy: The YMCA of Greater Richmond's Intra Branch Swim League is a program designed to foster competitive swimming skills in an environment that promotes the values of caring, honesty, respect, and responsibility. To ensure a successful league, all swimmers and parents will support the YMCA by:

- Adhering to the YMCA core values of caring, honesty, respect, and responsibility. Failure to abide by any of the YMCA core values may result in ejection from the YMCA of Greater Richmond Swim League.
- Showing respect to all coaches, YMCA staff and volunteers, and other swimmers and parents at all times.
- Utilizing positive encouragement in a supportive atmosphere for all swimmers, coaches, parents, and staff members.
- Volunteering to assist in the successful operation of swim meets and the league operation.
- Building relationships in an "Everybody Swim, Everybody Wins" environment.
- Having FUN!

Chickahominy YMCA Aquatics Staff:

- Liam Jeffries – Chickahominy YMCA Aquatics Director
jeffriesli@ymcarichmond.org
(804)729-4607
- Abigail Northrop, Beth Whitley, Kaleigh Redman, Lucy Wheatley
Chickahominy Twisters Coaching Staff

Team Merch

Team Suit: Dolfin Sublimated Orange Available at Virginia Swim Shop.



Team Caps: Will be provided to swimmers upon check-in at the first two swim meets.



Team T-Shirts: Available at Registration for \$15. NEW Design Below



Team Communication

Our team uses TeamUnify as our main form of organization and communication. Throughout the season, updates will be posted on the website such as meet results, special events, and other relevant team news and information. We will also use email to communicate any invitations for swim meets, volunteer information, or anything else. Email communications will be sent through the "News" tab on the website, so you can find the email for later reference if needed.

Team Website: [Chickahominy Twisters Teamunify](#)

TeamUnify also has an app for parents to use that will you to keep up to date with meet results, time standards, and team news. If push notifications are allowed, you will also receive a notice when emails are sent or any last-minute notes such as unexpected practice cancellations due to inclement weather.

App: OnDeck by TeamUnify (Available for iPhone and Android)

General Communication: All information will be sent to the email addresses listed under each account in TeamUnify. This includes emails with details about each meet, reminders about declaring for meets, and any other reason we will need to get information out. These will also be available on the "News" tab of the website so if there is a need to reference a past communication later, anyone will be able to.

Practice Changes/Cancellations: Inclement weather may affect the pool and if we will not be able to host practice, an email will be sent along with a SMS text notice for those who have added their cell phones on their TeamUnify account. Below are the two instances where cancellations may happen, and we will send a notice if appropriate.

- Storms (Lightning and/or Thunder) – The pool will be closed for 30 minutes since the last. If the pool reopens but less than half of a practice may be swum, we will cancel.
- Winter Weather (Snow and/or Ice) – If the Y is open, we will plan on having practice. If the Y is closed or programming is cancelled, we will not have practice.

League Information

YMCA of Greater Richmond Association Aquatics Director:

- Chrissy Fandel

fandelc@ymacrichmond.org

YMCA of Greater Richmond Swim League 2018-2019

Caroline Krakens 17422 Library Boulevard, Ruther Glen VA 22546 (804)448-9622 Pool: 25 Yards	Thornton Sea Horses 3201 Watts Lane, Richmond, VA, 23223 (804)918-7433 Pool: 25 Yards
Chester Gators 3011 West Hundred Road, Chester VA 23831 (804)748-9622	Patrick Henry Piranhas 217 Ashcake Road, Ashland VA 23005 (804)798-5770 Pool: 25 Yards
Chickahominy Twisters 5401 Whitesides Road, Sandston VA 23150 (804)737-9622	Petersburg Tsunami 120 North Madison Street, Petersburg VA 23803 (804)733-9333 Pool: 25 Yards
Goochland Manta Rays 1800 Dickinson Road, Goochland VA 23060 (804)556-9887	Powhatan Barracudas 2269 Mann Road, Powhatan VA 23139 (804)598-0250
Manchester Marlins 7540 Hull Street Road, Richmond VA 23235 (804)276-9622	Shady Grove Stingrays 11255 Nuckols Road, Glen Allen VA 23059 (804)270-3866 Pool: 25 Meters
Midlothian Tidal Waves 737 Coalfield Road, Midlothian VA 23114 (804)379-5668 Pool: Inside is 25 Yards, Outside is 25 Meters	Tuckahoe Tiger Sharks 9211 Patterson Avenue, Richmond VA 23229 (804)740-9622 Pool: 25 Meters

New Parent/Swimmer Information

Being a new swimmer or parent means there is a lot of terms and general information to learn. Below is a guide to help you understand and if you still aren't sure about anything, please don't hesitate to contact the coaches so we can help!

Age Groups: Our league splits up swimmers based on their age, so they are only competing against swimmers in the same age group. Below are the groupings we use:

6 & Under

7-8

9-10

11-12

13-14

15-16

17-18

Distances: Competition swimming pools are either measured in meters or yards. We only compete in short course pools, so the following distances used for competition are listed below:

25 – One (1) length of the pool

50 – Two (2) lengths of the pool, or one (1) lap

100 – Four (4) lengths of the pool, or two (2) laps

200 – Eight (8) lengths of the pool, or four (4) laps

Competitive Strokes: There are four different strokes swimmers use for competition:

Butterfly, Backstroke, Breaststroke, and Freestyle

Individual Events: A designated distance and stroke in which a swimmer competes in. At meets, each event is given a number based on the age group and gender.

Ex. 50 Freestyle, 100 Backstroke, 100 IM*

*Individual Medley (IM) events are where one swimmer does a length of each stroke.

Relay Events: A designated distance that a group of four swimmers compete in together. There are two types of relays that are listed below:

Freestyle Relay – All four swimmers swim a 25 (for 8 & Unders) or 50 (for 9 and Ups).

Medley Relay – Each swimmer swims a 25 (for 8 & Unders) or 50 (for 9 and Ups) of a different stroke in the order below:

1 – Backstroke, 2 – Breaststroke, 3 – Butterfly, 4 – Freestyle

Time Standards: These are designated classifications of times set by the league to ensure swimmers are competing against other swimmers who are close to their own ability level. These are also used to determine “Qualifying Times” for the championship meets. Please visit the “Meet Central” tab on the website to see list of time standards.

Disqualifications: Just like any other sport, there are rules in place to ensure that actions are “legal” and there are no actions that give a benefit to a swimmer but not the others. Strokes and Turns Judges will be on the deck to watch and ensure that swimmers competing are swimming each event “legally”, so the race is fair. If there is an infraction, the judge will fill out a DQ card that will go to the Referee to review. This will disqualify the swimmer and their time will not count for that meet. The coaches will receive these cards at the end of the meet to review and go over any issues with the swimmers during practice.

Ribbons and Scoring: Swimmers will place and get points based on their time’s place in the event. These are broken down by event, gender, and time standard classification. The top 6 swimmers in each of these breakdowns will receive ribbons and points. The scoring information can be found on the team website under the “Meet Central” tab.

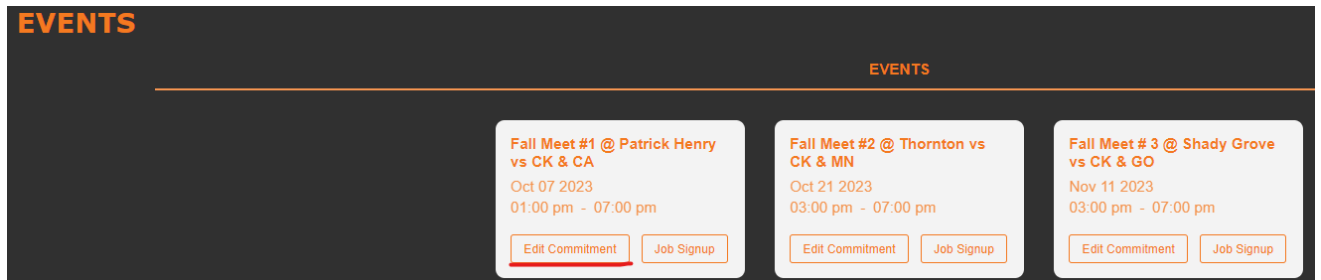
Swim Meets

Swim Meet: Teams in our league will get together to swim events and add the swimmer's points scored for each team. Please remember that this is a team sport with individual accomplishments. The more swimmers we have participate at each meet, the better chances we have of winning and the more swimmers will get to swim on relays. It is also the chance for swimmers to see their hard work during practice pay off by seeing their times get faster and race each other! Meets are a huge part of the competitive swimming experience, so we ask that all swimmers that are able to attend meets do so. Our team has a great track record for meet participation, and have beaten larger teams because of this fact.

Declaring for a Meet: We ask that you let us know if your swimmer will participate in each meet or not through declaring them on the team website. This **MUST** be done the Tuesday before each meet. You may declare them earlier but we will **NOT** be able to add swimmers after the deadline. Below you will find instructions on how to do so:

How To Declare

1. Log into the team website.
2. Scroll to the bottom of the homepage to see the meet events.
3. Click on the "Attend/Decline" button.



4. You will see your swimmer(s) listed. Click on each swimmer, if you have multiple, and select if they will attend or not. You can also note any requests for events or note if you must arrive late or leave early. Please also note if they will not be able to participate on a relay.

Athlete Signup

Fall Meet #1 @ Patrick Henry vs CK & CA

Oct 7, 2023 (01:00 PM) - Oct 7, 2023 (07:00 PM)

My Account:

Twister Sr., Thomas
8675309

Meet Name:

[Patrick Henry vs CK & CA](#)

Location:

Patrick Henry, , Richmond, VA 23220, USA

Start Date:

10/07/2023

End Date:

10/07/2023

Enforce entry based on [Qualify Times]: No

Event Declaration Setting: Commit by Event

Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No

[View All Meet Events](#)

[Go Back to Event Home Page](#)


Click on Member Name to declare for this Event:

Member Name

[Tessa Twister](#)


*Active

Member Commitment

 Undeclared

[Tommy Twister Jr.](#)

*Active

 Undeclared

Fall Meet #1 @ Patrick Henry vs CK & CA (Oct 7, 2023 (10:00 AM) - Oct 7, 2023 (04:00 PM))

Member Athlete:

Tommy Twister Jr.

*Signup Record

[Yes, please sign \[Tommy\] up for this event](#)

Meet Name:

Patrick Henry vs CK & CA

Location:

Patrick Henry, , Richmond, VA 23220, USA

Start Date:

10/07/2023

End Date:

10/07/2023

Enforce entry based on [Qualify Times]: No

Event Declaration Setting: Commit by Session

Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No

Please select the Days/Sessions that this Athlete would like to attend below:

☒ Day 1/Session 1

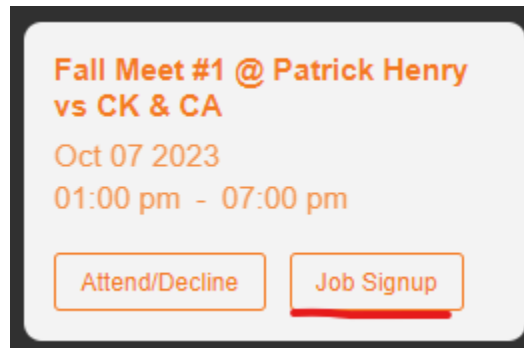
Notes:

Tommy can't stay for relays. He would like to swim the 50 meter Freestyle.

Please limit the size of the notes to no more than 256 characters.

5. After clicking "Save Changes", your swimmer(s) is declared.

Volunteering: ALL parents are asked to volunteer for at least **3 meet halves** over the course of the season. This is including our championship meet. Each meet is broken down into two halves and parents will switch out positions at the half way point. Parents can sign up for positions on the team website next to the "Attend/Decline" button for each meet.



Individual Events: The coaches will be picking the individual events for each swimmer. This will be done based on whether the swimmer will be able to LEGALLY swim the event and which event gives the swimmer the best opportunity to succeed. If a parent or swimmer has a specific event they would like to swim, you may put that in the notes box when declaring. Requests for events from other sources (e.g. verbal requests or in emails) are not guaranteed to be remembered, so please put all requests in the notes. Requests must be submitted before the signup deadline to be added!

Relay Events: The coaches will be putting together the relays based on which swimmers are available. If you CANNOT make the relay for your age group, please note that in the notes box when declaring. If a swimmer is put in a relay, they are expected to participate so the other swimmers on their relay do not have to stay and not get to swim. We want to give everyone, a chance to swim and we don't want to let our teammates down!

Meet Day:

What to Bring: 2+ towels, team suit, team cap, goggles (having two pairs isn't a bad idea!), sweatshirt, sweatpants, extra change of clothes, chairs/blanket, water, snacks, games, books, electronic devices, etc.

Swimmer/Volunteer Check-In: We will have a time frame to check-in for each meet. Swimmers and volunteers are expected to be here by the end of this time to ensure we have all swimmers for relays and ensure that all volunteers are there so there aren't any delays. If you cannot make the time frame, please let the coaches know ASAP through email! At check-in, swimmers will be told their events. Volunteers will get their name tag and get checked off, so they get credit for volunteering.

Warm-Ups: ALL swimmers are expected to come to warm-ups to get in the pool and get used to the blocks and walls at other pools before having to compete in them. These will take place after check-in, so ALL swimmers should be there!

Related Links:

[2023-2024 Meet Schedule](#) (Under "Meet Central" Tab)

[Time Standards](#) (Under "Meet Central" Tab)

Volunteering

All families are asked to provide volunteers for **AT LEAST 3 "meet halves"** during each season. This is to ensure that we have enough volunteers to keep the meets running efficiently without any delays.

Certified Positions: These are jobs that require a training class before working the position. If you are interested in training, please contact Coach Liam for details. If you are currently certified for GRAL (Greater Richmond Aquatic League) or USA Swimming for any of these positions, your certification will count for the YMCA Swim League.

- **Referee** – Head Official who signs off on all DQ's, ensures the efficient running of the meet, and makes sure everything is fair. The Referee has final say in all disputes and must sign off upon the completion of the meet.
- **Starter** – Starts each race, ensures fair and consistent starts throughout the meet, and DQ's false starts with guidance from the Referee.
- **Strokes and Turns Judge** – Ensures that swimmers are following all rules in each event during the meet. They DQ any swimmer who does not follow League rules during their events to ensure a fair race for all swimmers.
- **Computer Worker** – Enters in registration information for home and away teams, seeds meet, and enters in meet results with the help of the table workers.

Non-Certified Positions: These are jobs that do not require any training classes. Instructions will be given at the meet on how to do these jobs.

- **Head Timer** – Runs backup watches for Timer's whose watch fails during a meet.
- **Timer** - Starts and stops stopwatches during races and records times.
- **Clerk of Course** – Responsible for sorting swimmers into their heats and lanes.
- **Table Worker** – Receives timer sheets and circles middle time to be used as the official time. May also read off results and DQ's to the Computer Worker.
- **Announcer** – Calls swimmers to Clerk of Course and makes other required announcements.
- **Runner** – Collects timer sheets from timers after each round of events and also collects DQ card from Judges to be approved by the Referee before being brought to the Table Workers.
- **Mite Parent** – Helps coaches and Clerk of Course Helpers organize 8 and Under relays. They also help walk them onto the pool deck and stay with each relay to ensure they are in the correct heat and lane.
- **Reserve** - Parents who are willing to be on a list of extra volunteers in case of no-shows or if there is a need for more non-certified positions.

