

YMCA OF SNOHOMISH COUNTY



BARRACUDAS

OUR VISION

In 2021, the YMCA of Snohomish County combined forces across six pools to create one unified swim team. Being a member of the YMCA of Snohomish County Barracudas is about more than just swimming; it's about personal growth, teamwork, sportsmanship, goal setting, responsibility, volunteerism, friendly competition, and community. At the Y, coaches and leaders are not looking to find and build one perfect athlete, but rather to create an environment where any athlete may flourish.

WELCOME TO THE TEAM!

ESTABLISHED 2021



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COACHING STAFF

EVERETT
EVERETT
MARYSVILLE
MILL CREEK
MILL CREEK
MONROE
MONROE
MUKILTEO
STANWOOD-CAMANO
STANWOOD-CAMANO

Rowan Phan
Logan Wintermute
Danae Vickery
Tasha Penberthy
Robert Wagner
Lindsay Johnson
Shawna Tadvick
Aaron Armstrong
Cooper Bain
Keegan McAdams

TEAM ADMINISTRATOR

Tom Wunderlich

COACH'S RESPONSIBILITIES

First and foremost, the coaches must look at both the needs of each swimmer, as an individual; as well as maintain the best interests of the team as a whole. Therefore, all final decisions on training and competition will be done by the Coaches.

1. Coaches are responsible for placing swimmers in practice groups. This is based upon the age, and ability level of each individual. Swimmers will be moved into new training groups when deemed appropriate by the coaching staff.
2. Coaches will be responsible for all stroke technique and training regimens. Please refrain from attempting to instruct your child on what to do at practice or meets. This is not only confusing for them; but may actually interfere with the Coach's instructions.
3. The coaching staff will determine what meets the team will attend. Coaches will work with each swimmer to meet individual goals. Relay teams will also be at the sole discretion of the coaching staff.
4. At the meets the coaches will conduct warm ups for the team. Before and after each swimmer's event, coaches will provide individually focused reminders and constructive feedback.

Please DO NOT try to talk with coaches during practice or a meet, unless it's an emergency. Remember they are responsible for each of the kids on deck at the time. Their focus needs to be on the swimmers, not distracted by parents. Should you want time to talk with the coach please try to do it before or after practice. You can also send an email to schedule a time to do so.



SWIMMERS

RESPONSIBILITIES

As a swimmer's level of swimming ability increases so does their responsibility. Our team is designed to encourage all swimmers to reach their personal goals. As swimmers improve, we expect a commitment in all areas. A swimmer has the responsibility to the team, coach, parents, and most importantly to themselves. Swimmers need to prepare themselves for 100% effort each time they are at practice. Thus, all swimmers will be expected to bring all training accessories with them to every practice (swimsuits, goggles, caps, paddles, fins and kickboard). Swimmer should be poolside ready to enter the water at the start of practice, not arriving at the start time.

We want you to come to practice with a positive attitude, and willingness to learn. We expect you to be respectful, and considerate of all teammates, parents, coaches, officials, and club members. We will encourage and support each other as individuals and a team. Everyone will benefit in this environment!

SWIMMER'S CODE OF CONDUCT

The Code of Conduct is designed to maximize positive experiences for all swimmers and to ensure a fun, safe and positive learning environment. The purpose of this Code of Conduct is to establish a consistent expectation for athletes' behavior. By signing this Code of Conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times
- I will demonstrate good sportsmanship at all practices and meets
- I will set a good example of behavior and work ethic with my teammates
- I will be respectful of my teammates' feelings and personal space
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal
- At all team functions, whether practice, meets, or social gatherings, I will behave in such a way that my actions reflect positively on the team.
- I will not interfere with the progress of another swimmer, during practice times or meets
- I will obey all of YMCA's rules and Codes of Conduct

I understand that if I violate this Code of Conduct, I will be subject to disciplinary action determined by my coaches.



PARENTS

RESPONSIBILITIES

Make every effort to have your swimmer ready to enter the water at practice on time, not arriving at the start.
Realize that your child is working hard and give all the support you can.
Encourage good diet and sleep habits. This will serve them well, in all areas of their life.

PARENTS CODE OF CONDUCT

1. I will support the coaches working with my child, and always remember I am not the coach.
2. All concerns I have, will be addressed to the coach, and not my child.
3. I will encourage good sportsmanship through my example of positive support of all athletes, coaches, officials, and spectators, at every practice, meet, and team function.
4. I will place the physical and emotional wellbeing of all athletes, above my desire to win.
5. I will remember that my child is a part of this team to learn new skills, build self-confidence, and have fun.
6. I will model for my child to be respectful of all athletes, coaches, officials, spectators, and volunteers.
7. I will support the team through volunteer efforts, fundraising, and team building activities.

CONCERNS

One of the traditional communication gaps with many youth sports is that parents feel more comfortable discussing disagreements over coaching styles or philosophies with other parents; rather than taking them to the coach. This is always unproductive. The problem is never resolved, and often creates other problems. Eventually it will get back to the coaching staff; and we firmly believe it is better for you to come to us first; than for us to come to you after hearing your concerns from others. If this is a reoccurring incident, your family may be asked to leave the team; at the Coach's discretion.

If you would like to speak with any of the coaches, please set up a time to do so. These times will be scheduled outside of the practice time. This ensures swimmers are getting the time and attention they need; and respects the coaches time. It may be that these meetings may be scheduled during the daytime, prior to practices times.

If another parent comes to you with complaints about a Coach's decisions, policies, or performance, please encourage the other parent to speak directly with the Coach. It's the Coach's responsibility to look at the needs of each individual, while maintaining the vision for a whole team. We always want to have open communication, quite often a few words of explanation lead to new insight and reassurance. Should any parent or swimmer feel they are unable to reach a mutual arrangement, with the coaching staff, they are free to contact the Team Administrator at twunderlich@ymca-snoco.org.



PRACTICE AND ATTENDANCE POLICIES

1. All swimmers are to enter through the front doors of the branch and check in at the Welcome Center.
2. Every team member has an obligation to respect other YMCA Members, and the facility itself.
3. Please plan for swimmers to stay the entire practice time. The last part of practice is often the most important time. It allows coaches to be able to recap the practice goals and give any announcements necessary.
4. Swimmers should arrive no more than 15 minutes prior to their scheduled practice time. All swimmers should also be picked up no later than 15 minutes after practice is over.
5. Parents will not try to communicate with swimmers during practice. This can be distracting to not only your swimmer, but the entire team and Coach.
6. Please notify coaching staff of any illnesses or injuries, your swimmer may have. Even if it seems trivial, it's important for coaches to know.

These policies are in place to provide the best environment for all swimmers.

FEES

1. All Swimmers must be members of the YMCA and their account must be in good standing.
2. Families choosing to discontinue the program must give notice no later than the 16th day of the month prior to cancelling. You will need to email your branches Aquatics Director as well as inform your swimmers coach of the cancellation.
3. Training fees will be automatically withdrawn on or about the first of each month.
4. Swimmers committing to meets with a meet fee will be charged through your Core account. Signing up to attend is giving authorization for this charge.
5. Swimmers committing to attend meets, and not attending will be charged the meet fees.
6. Financial Assistance is available if needed. Please work with Coach and Member Services.
7. There are no refunds on swim team training fees or meet fees.



TEAM UNIFORMS

When you join the team you will be given a Barracuda cap and Barracuda t-shirt. If you forget, lose or tear your cap, you will need to purchase a new team cap. It is recommended to have two caps for each swimmer. Swimmers have the option to purchase a team suit and other team gear from our team stores.

[YMCA OF SNOHOMISH COUNTY BARRACUDAS - SwimOutlet.com](http://SwimOutlet.com)

REQUIRED PRACTICE EQUIPMENT

The following items are required for all swimmers during practices. These items are used on a daily basis. Swimmers are not able to properly complete the drills being done in practice without them. Please note there are different requirements in different training groups.

GROUP 1	Kick Board, Pull Buoy, Fins, Training Bands
GROUP 2	Kick Board, Pull Buoy, Fins, Hand Paddles, Training Bands
GROUP 3	Kick Board, Pull Buoy, Fins, Hand Paddles, Training Bands
GROUP 4	Kick Board, Pull Buoy, Fins, Hand Paddles, Swimmer's Snorkel, Training Bands

It is recommended to have a mesh bag to carry all training equipment. All equipment can be found in our team store.



SWIM MEET EXPECTATIONS

WHAT ARE SWIM MEETS?

Swim meets are the opportunity to compete with other local area teams. As swimmers progress, they will have the opportunity to qualify for larger meets, with swimmers from all over! Each meet will consist of individual and relay swims. Swim meets are divided into events and heats. The events are listed by age group, distance, and stroke. The heats are listed by the swimmer's entered time, typically going from no entered time, to fastest. The lanes are then set for each heat with the fastest swimmers in the middle lanes and they go out from there. This allows for swimmers to be best matched with those of similar abilities. Coaches will enter swimmers into the events that they are ready to compete in, based on ability and legal stroke technique.

PLEASE ACCEPT OR DECLINE ALL MEETS AND EVENTS ON THE TEAMS WEBSITE.

WHY SHOULD WE COMPETE IN MEETS?

Each meet provides the opportunity for swimmers to set goals and recognize the hard work they put into practice each day. Swimmers will see their own improvement throughout the season. Swimming is both an individual and team sport. Swimmers are actually only competing against **their own** last best time, not anyone else. This is also the best time to come together to encourage and support each other! Please decline or accept meets as they are posted on the website, as it helps coaches to complete entries in a timely manner.

WHAT IS THE SWIMMER'S ROLE AT MEETS?

We ask that each swimmer come with a positive attitude. It is our hope that parents will sit together as best as possible. All swimmers will sit with the team and conduct themselves in a polite and positive manner at all times. We will not accept any negative comments or behaviors towards teammates, coaches, officials, or other teams. We are at meets to have fun and enjoy everyone's successes. When you get to the meet, check in with your coach 15 minutes prior to warm ups, and let them know that you are there. Swimmers need to stay at the meet until our last swimmer finishes competing so that we can support everyone.

WHAT IS THE COACH'S ROLE AT MEETS?

The coach will arrive approximately thirty minutes prior to warm ups. There usually is a coach's meeting before warm ups begin. The Coach will begin warm ups when permitted by the meet director. You may not enter the pool for warm ups until there is a coach on deck. The coach will also work on any last-minute changes to relays there may be.

Every swimmer is to check in with the coach before swimming their event. The coach will remind each swimmer what to remember and focus on, based on their individual needs. Parents are again reminded not to tell their child "how to swim a race." This can easily result in confusion for your child; as well as conflict with what the coach's focus is.

After every event each swimmer is to go directly back to the coach. This allows the coach and swimmer to evaluate each event, with little distraction. The coach should be the first person they discuss their race with. It allows coaches to address the goals met and use the event experience as a learning opportunity. If your swimmer is not satisfied with their event, the coach will be able to work them through it.



WHAT IS A PARENT'S ROLE AT MEETS?

Please plan on arriving **at least 30 minutes prior to warm ups**. This allows for you and your swimmer to get settled in, and ready for warm ups. There are some smaller facilities where you may want to consider getting there, even earlier. We will let you know; best we can, when this may be necessary. When you get to the meet, you will need to purchase a heat sheet if it wasn't sent to you electronically. This will show the list of events, and which events your child will be swimming in. Heat sheets will cost between \$5.00 and \$10.00. You will only need one heat sheet per family, for each meet, regardless of how many days the meet is running. It is helpful to use a highlighter to mark your swimmer's races in the heat sheet.

It is important to know where your swimmer is at all times. Swim meets are busy places, and coaches do not have time to be looking for swimmers. Swimmers must talk with their coach before and after each event they swim. Do not allow your child to be in any warm up or cool down pools. The coach will instruct the individuals who need to do so. Otherwise they are wasting energy that should be used in their events.

It's your job to be encouraging and supportive; **do not critique or compare your swimmers at meets**. Remember other parents and swimmers are hearing your discussions. Each race whether swam their best or not, is a learning opportunity. No athlete, in any sport, has a best performance every time. Don't lose sight of the fact that we are here to have fun!

All Swimmers should stay until our last swimmer of the session has finished to provide support and encouragement to all of our swimmers.

WHAT SHOULD WE BRING TO A MEET?

First and foremost, bring your swimsuit, cap, and goggles. It's a good idea to have an extra cap, and set of goggles, should either of these items break. We recommend bringing three towels. You will likely use two during the meet, and it's always nice to have a dry one for the shower.

It's also important to bring water or sports drinks to stay hydrated. It's very important to remind your swimmer to drink often. They can become easily dehydrated. They are often unaware of how much they may perspire in the water. Swimmers should not drink energy or caffeinated drinks before or during a meet. Snacks are also an important part of contributing to performance at meets. Snacks should be healthy, with natural sugar contents.

Each swimmer will also need to bring clothes to wear in between their swims. This conserves energy, otherwise wasted on trying to keep their bodies warm. Polar fleece is a great option, as it doesn't absorb the water from wet suits, as cotton does. Swimmers should leave all electronic games at home.

SNACKS ANYONE?

This is a guaranteed request. Your swimmers will quite often eat far more than you ever could have expected. Swimmers should avoid high sugar snacks and caffeinated drinks; as they provide an initial boost, and an expected crash. Please do your swimmer a favor and help provide the energy they will need. Concession stands might be available to swimmers but offer little of nutritional value. Here are a few healthy suggestions:

Water	Celery/Peanut Butter	Trail Mix	Yogurt	Nuts
Sports Drinks	Veggies/Dip Packs	Crackers	Cheese	Fruit Leathers
Low Sugar Juices	Fruit	Pasta	Sandwiches	Jerky
Chocolate Milk	Hummus/Pitas	Bagel/Cream Cheese	Protein Bars	



SWIM MEET PREPARATION

Being prepared for a swim meet will help your swimmer be more successful. Packing the night before can help your swimmer get a better night's sleep. Ensure they have everything they need and get the morning started on the right foot.

Swimmer Packing List:

- Swim Suit
- 2 Team Caps
- 2 Pairs of Goggles
- 3 Towels
- Clothes/Shoes for after the meet
- Water Bottle
- Drinks *NO GLASS BOTTLES ARE PERMITTED ON POOL DECKS*
- Healthy Snacks

Parent Packing List:

- Highlighter To mark your swimmer in the heat sheet
- Pencil/Pen To be able to record your swimmer's time
- Drinks *NO GLASS BOTTLES ARE PERMITTED ON POOL DECKS*
- Snacks
- Something to sit on

We will always have swimmers arrive a minimum of 30 minutes prior to the start of warm ups. It allows swimmers and families to be settled and ready to go when warm ups begin. We do our best to sit together as a team at meets. This is best for our swimmers and our families. It is also helpful to coaches should they need to find a swimmer or parent. Once you have a spot, do not get up without laying something across the spot you are sitting in. You will come back to someone else that has found your spot to sit in. This is true for your swimmers when they go to the pool for warm ups/cool downs. If they don't leave their stuff on the bleachers, they will come back to no room to sit.

When swimmers are not swimming, or preparing to do so, they should be supporting their teammates. Swimmers will talk with coaches prior to their swim and again directly after their swim. They should NOT talk with any family members after a swim before seeing the coaching staff. This allows them to discuss their swim fresh with the coaching staff and not have anyone else's opinion/view of their swim. This is a really important component of their development as an athlete.



SWIM MEET ORGANIZATION

POOLS:

Short Course Yards (SCY)	Swam in 25 yard pools (just like our practice pool). Typical season is September-March
Short Course Meters (SCM)	Swam in 25 meter pools. These are often mistaken for 25 yard pools. We rarely swim in one of these meets.
Long Course Meters (LCM)	Swam in 50 meter pools (just like the Olympics). Typical season is April-July

STARTS:

The order for the starting referee's commands is:

1. Several short whistle blasts indicate time for swimmers to get equipment (e.g. goggle and caps) ready.
2. One long whistle indicates the swimmers to step up on the block or for backstrokers to get in the water.
3. Take your marks.
4. SIGNAL!

The purpose of the first command is to signal the competitors and the various judges and timers that the race is about to begin. Swimmers should put goggles and caps on at this time. The second command is the signal for the swimmers to take the position from which they will start. When the starter says, "take your marks" the swimmers must do this simultaneously and then **hold their position** until the start signal is given.

FORWARD START: The swimmer stands with at least one foot at the front of the block. At the starter's command, "Swimmers, take your mark," the swimmer must assume his/her starting position and remain motionless until the starter signals to go.

BACKSTROKE START: **Both feet must be completely underwater for the start.** At the starter's command, "Swimmers, take your mark," the swimmer pulls the body forward towards the wall. Swimmers must use the pool wall to push off.

RELAY STARTS: For a start to be legal a swimmer's feet may not completely leave the block until the incoming swimmer touches the wall. A swimmer can be in full forward motion as long as their toes are touching the block/wall when the incoming swimmer touches the wall.

FALSE STARTS: The no "false start" rule may be enforced. If a swimmer false starts, they will be disqualified. Swimmers may be disqualified for a "false start" for the following reasons:

1. Delaying the start by failing to take a starting position simultaneously with rest of the swimmers. This can be referred to as a failure to come down with the rest of the swimmers, or failure to respond promptly.
2. A starter's judgment based on motion. The failure to remain still in the starting position. A swimmer must come down to a set position and hold still until the start.
3. The swimmer pushes off before the starter signals the beginning of the race.



STROKE EXPLANATIONS

FREESTYLE:

1. Freestyle is any style of swimming. The most commonly used stroke is the crawl stroke.
2. If a swimmer is swimming another stroke it must be declared before the race is started.

BACKSTROKE:

1. Swimmers must remain on their back except while executing a turn.
2. At the end of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past vertical toward the stomach. If the swimmer turns past vertical, such motion must be part of a continuous turning motion. The swimmer must be on the back before the feet leave the wall.
3. For the finish, the swimmer must remain on their back until their hand, arm, or some part of the body touches the end wall.

BREASTSTROKE:

1. The swimmer must remain on their stomach, except while executing a turn. The arms must pull symmetrically and likewise the legs must kick symmetrically and also remain under the water.
2. Some portion of the swimmer's head must break the water's surface on each stroke, except while executing a start or turn. The swimmer is allowed to complete an underwater pullout immediately following the start and each turn.
3. On each turn, and at the finish, the swimmer must touch the wall with two hands simultaneously.
4. The swimmer must perform a whip kick.

BUTTERFLY:

1. The swimmer must remain on their stomach, except while executing a turn.
2. The swimmer's arms pull simultaneously.
3. The dolphin kick must be used with this stroke.
4. On each turn, and at the finish, the swimmer must touch the wall with two hands simultaneously.
5. During the recovery part of the stroke, the swimmer's arms must recover on or above the water surface (i.e. they cannot recover underwater).

DISQUALIFICATION:

When a swimmer does not follow one of the rules governing an event, his/her swim does not count and is not placed or scored with the other swims in that event. Swimmers will be taught in accordance to the **USA Swimming** guidelines. Our goal is use this as a learning opportunity to correct improper stroke and turn usage for all our swimmers.

EVENTS

INDIVIDUAL

Freestyle, Backstroke, Breaststroke, Butterfly, IM	
25 Yard Events	Restricted to 8 & under swimmers
50 Yard/Meter Events	Open to all Swimmers
100 Yard/Meter Events	Open to all Swimmers
200 Yard/Meter Events	Open to all Swimmers
500 Yard/400 Meter Events	Coaches discretion
1000Yard/800 Meter Events	Coaches discretion
1650 Yard/1500 Meter Events	Coaches discretion

RELAYS

Freestyle	(All four swimmers swim Freestyle)
Medley	(Backstroke, Breaststroke, Butterfly, Freestyle)



AFFILIATIONS

The YMCA of Snohomish County Barracudas is a member team of Puget Sound Swim Association (PSSA). The Puget Sound Swimming Association is a CLOSED YMCA LEAGUE whose mission is to promote age group swimming within the YMCAs of Western Washington. We strive to use the competitive swimming program to encourage YMCA values for families and youth and to promote superior teaching and coaching of competitive swimming.

[Puget Sound Swim Association Home \(gomotionapp.com\)](http://gomotionapp.com)

The Northwest Region YMCA Swimming serves YMCA competitive swimming teams in the Northwest Region. (AK, ID, OR, MT, WA, WY)

[Pacific Northwest YMCA Swimming Association Home \(teamunify.com\)](http://teamunify.com)

National YMCA Competitive Swimming and Diving, celebrating achievements, develop positive/support relationships, and providing a sense of belonging to team, swimmers and community.

[NATIONAL YMCA COMPETITIVE SWIMMING AND DIVING Home \(teamunify.com\)](http://teamunify.com)

THE COMPETITIVE JOURNEY

Swimming is a sport of time, patience and investment. Swimmers invest hours, days, weeks and months training for a race that might last anywhere from 30 seconds to 20 minutes. They have to be disciplined, focused and pay attention to many little details. All of this work in the hope of dropping time to qualify for the next big meet. The competitive journey begins in practice and culminates with the swim meet. Here is the swim meet path.

PSSA meets: Meets that are held against teams from other Associations. These meets can be dual, tri, invitational, qualifying meets. These meets are sanctioned meet which means times achieved at these meets are used to qualify for bigger meets. There is a cost to enter these meets and can be held at pools throughout Western Washington.

Y State: Is a qualifying championship meet for PSSA. This meet is held in Federal Way at the King County Aquatics Center. Typically, there are time standards to qualify for this meet. Currently the qualifying standard is swimmers must compete in two PSSA meets. There is a cost to attend this meet and it is held at the end of January.

Y Regionals: Is a qualifying meet held in Boise, ID. Swimmers must qualify by time in order to attend this meet. Time Standards for this meet can be found on our team's website under the swimmers tab. There is a cost to attend this meet and the meet is held at the beginning of March.

Y Nationals: IS a qualifying meet held in Greensboro, NC. Swimmers must qualify by time in order to attend this meet. Time Standards for this meet can be found on our team's website under the swimmers tab. There is a cost to attend this meet and the meet is held at the beginning of April.

HELPFUL APPS FOR TEAM INFORMATION & MEETS

The following app is available for both iOS and Android phones/Tablets.

ONDECK

Connects to the Team Website

Access Meet Entries

Shows Attendance

Time Converters/Stop Watch

Team Alias: pnsgac





CODE OF CONDUCT

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- I will respect and show courtesy to my teammates and coaches at all times
- I will demonstrate good sportsmanship at all practices and meets
- I will set a good example of behavior and work ethic with my teammates
- I will be respectful of my teammates' feelings and personal space
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal
- At all team functions, whether practice, meets, or social gatherings, I will behave in such a way that my actions reflect positively on the team.
- I will not interfere with the progress of another swimmer, during practice times or meets
- I will obey all of YMCA's rules and Codes of Conduct

I understand that if I violate this Code of Conduct, I will be subject to disciplinary action determined by my coaches.

- | | |
|-------------------------|--|
| 1 st Offense | Swimmer and Parent will meet with the Coach and be given a written warning. |
| 2 nd Offense | Swimmer and Parent will meet with the Coach and Branch Aquatics Director and may receive a temporary suspension from the team. |
| 3 rd Offense | Swimmer and Parent will meet with the Coach, Branch Aquatics Director and Team Administrator and may be asked to leave the team. |

It is our goal to assist and support our swimmers to meet and exceed the expectations above; and not have to make use of the above-mentioned consequences. All swimmers will be treated in fair and consistent manner.

SWIMMER

DATE

PARENT/GUARDIAN

DATE

PARENT/GUARDIAN

DATE