

# **Tri-County YMCA Wild Waves Swim Team**

**A Year-Around YMCA and USA Swimming Developmental and Competitive  
Swimming Program**

## **Team Handbook**

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# **The YMCA Mission**

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

# **The Wild Waves Mission**

To implement the YMCA mission in a competitive and fun swimming environment. Young swimmers will learn to enjoy the water and earn the satisfaction that comes from dedication and discipline.

# **Our Building Blocks**

Caring  
Honesty  
Respect  
Responsibility  
Hard Work

## **New Parent Information and Agreements**

Hello Swimmers and Parents,

Welcome to the Tri –County Wild Waves Swim Team. These next few pages outline the responsibilities, policies, and fees of the Wild Waves. Please take the time to read these pages. We strive to offer a safe, fun, and instructive swim team. All of our coaches have current CPR, first aid, and swim coaches' safety training.

We are confident that you have made a good choice in selecting the Wild Waves Swimming Team as a method of fitness, fun, and competition for your child/children. As you are aware this is the third season of our program and we pledge to you that we are working diligently to make this an unforgettable and rewarding experience for all involved. As a swimming team and a community YMCA we look forward to your assistance in the continual growth and organization of our young swimming team.

The Wild Waves will always strive to have a fun and successful program. Shortly after the start of our season, we will be working to form various volunteer Parent Committees that will assist in the coordination of tremendous jobs such as fund raising, meet entry, meet organization, clothing ordering and officiating. The volunteer efforts of our parents keep the program fees low and give extra benefit to our swim team. Furthermore, we need additional parents to become certified YMCA and USA swimming officials by attending the formal training that is held periodically in the West Virginia/Southern Ohio Region. More information may be obtained by Coach Aaron Settle and/or Coach Tom Rittinger pertaining to this necessity. I want to thank you in advance for your commitment to this two and one-half year young team and we hope that you and your children find this a great place to swim and grow.

If you have any questions, please feel free to ask any member of the coaching staff or one of the experienced parents. The best time to talk to the coaches is before or after practice we ask that you do not interrupt a coach while they are coaching on deck.

Sincerely,

Aquatic Director-Tammy Hauldren

## **Fundraising Obligations and Swim Meet Commitments**

All members of the team will have several obligations. The swimmers are expected to be considerate and respectful during practice as outlined later in this handbook. Parents will also be expected to help the various Parent Committees do fundraising, organize meets and volunteer to time during home and/or away meets. Each family is responsible for paying a \$50.00 fundraising fee at the beginning of the season or upon joining during the middle of the season. In addition, all swimmers of the Zone/National Team and Varsity Swimming Team are required to participate in our annual swim-a-thon that is our MAIN source of revenue/fundraising. One final obligation is to ensure that all appropriate forms and fees are completed and paid in a timely fashion. The forms are required for safety, insurance, and general information to help us run a great swim team. The fees must be paid in advance of joining the team or appropriate bank draft information must be completed.

Your child is **required** to swim in at least three regular season meets throughout the year and the YMCA Championship (See specific meet requirements for each team on the team handouts). One of the meets must be a dual meet and at least one meet must occur at least 45 days before our championship meet (early March). The coach has the authority to select certain meets and events that swimmers will be required to attend. They are also required to swim in our championship meet (held in Athens, OH the first weekend in March).

We thank you for your interest and help in making the Wild Waves a great swim team.

### **Summary of Fees**

**YMCA Membership Fee:** All members must keep a YMCA full privilege membership at all times

#### **YMCA Program Fee**

Jr. Varsity Program: \$55.00 per month PLUS \$50.00 Fundraising Fee (per family)

Varsity Team: \$70.00 per month PLUS \$50.00 Fundraising Fee (per family)

Zone National Team: \$105.00 per month PLUS \$50.00 Fundraising Fee (per family)

**PLEASE SEE THE TEAM HANDOUTS ON THE WEBSITE FOR TEAM DISCRIPTIONS AND MULTI-CHILD/SWIMMER FAMILY DISCOUNTS!!!**

## **YMCA Memberships and Membership Requirements**

When you decide to join us you will be asked to submit the following forms to the coach or the Director of Aquatics. Each one has an important role in the safe operation and good communication necessary to run the Wild Waves.

**YMCA Membership :** All team members are required to have a full Tri-County YMCA membership. You may choose from any of the membership types listed here.

**Youth (ages 12&under):** \$25.00 Joining Fee. \$17.00/mo with bank draft or credit card. Or a one time annual payment of \$204.00

**Family w/ one Parent:** \$60.00 Joining Fee. \$46.00/mo with bank draft or credit card. Or a one time annual fee of \$552.00.

**Family (spouse and Children under 21):** 70.00 Joining Fee \$58.00/mo with bank draft or credit card. Or a one time annual fee of \$696.00.

Should you wish for a sibling or siblings of your child/swimmer to swim in the “recreational” pool while your child/swimmer is participating in swimming practice, each sibling **MUST BE** a member of the Tri-County YMCA. This is an administrative and safety issue that must be adhered to. In addition, any child that is swimming in the “recreational” pool that is 6 years of age or younger **MUST** be accompanied by an adult, in a swimming suit, in the pool. Thank you so much for your understanding with this matter.

## Parent Information

Dear Parents,

The YMCA knows how important parents are. This team handbook was written because the YMCA is about more than producing elite athletes. The YMCA is in the people business; helping kids and families develop and deal with values such as caring, honesty, respect and responsibility. By doing so, the YMCA believes our participants will make better decisions and create a better world. We know that value education is a primary job of the family; we want to help families – not replace them.

We hope that this handbook will help to provide information on the YMCA Philosophy and to show how the Wild Waves differ from non-YMCA teams. This handbook also provides information on the organization and policies of the swim team.

We welcome you and hope that parents group together to help make the Tri-County Wild Waves YMCA Swim Team a special and successful experience for all our youngsters.

Fundamental to the YMCA is an effort to provide programs for personal growth, development, and fun for youth through a group environment and committed adult leadership. The Wild Waves are one of many programs at the Y that do this.

As a YMCA, we would like to share with parents the rewarding responsibility of helping youth grow. We are committed to creating an environment where kids can grow, develop, mature and have fun. As parents, you play an integral part in that environment by reinforcing the program, especially between practices and meets. Kids want to feel good about themselves. They also want their parents to feel good about them. Effective involvement of parents will help meet these objectives.

Specifically, you participate when you:

- ❖ Support your child's participation by praising improvements.
- ❖ Attend meets and special events as often as possible.
- ❖ Are aware of the Wild Waves philosophy and goals and abide by them, including showing respect for officials, coaches, opposing teams, and fellow team members.
- ❖ Spend time with your child listening as he or she talks about accomplishments and feelings.
- ❖ Volunteer in ways that help the team.
- ❖ Support the YMCA staff, administration, and philosophy and keep YMCA values of Caring, Honesty, Respect, Responsibility in the forefront.

Our swim team emphasizes having fun and learning to enjoy the sport. We also emphasize the development of life-long values of sportmanship, self-respect, respect for others, honesty, caring for others and responsibility to self and others. We hope to develop healthy attitudes about winning and losing.

We hope the following pages will provide you with some insight on what YMCA competitive swimming is all about. If you have any questions, please feel free to contact Aquatic Director Tammy Hauldren or Executive Director Cathy Stark at 757-0016.

Sincerely,  
Cathy Stark

## **YMCA Competitive Sports Philosophy and Goals**

“The important thing in the Olympic games is not to win but to take part. The important thing in life is not the triumph but the struggle; the essential thing is not to have conquered but to have fought well. To spread these precepts is to build up a more scrupulous and more generous humanity.”

*Baron Pierre du Coubertin*, founder of the modern Olympic games

The value of youth participation in athletics is one of the underlying principles of the YMCA. We invest much time, money, and effort in our youth sports programs, where young men and women can learn in a healthy, competitive way that sports is not just for the physically gifted and talented. There are thousands of young people in our community who will not compete in the world of high school or college athletics. They can, however, learn from an early age to appreciate the joy of movement, the skills necessary for daily activities and sports participation and the development of their overall strength and fitness.

The youth programs at the YMCA are also geared to help young people develop the social skills necessary for group and team interaction. These activities help them to develop basic knowledge that will help them to live healthy lives and practice good living habits. Most importantly, it is our hope that youth sports programs at the YMCA will be an opportunity for young people to understand, practice and even develop their own values, morals and spiritual beliefs in interaction with other young people under the guidance of understanding and helpful adult coaches, counselors, group leaders and parents.

At the YMCA we practice a holistic approach to sports, with emphasis on positive physical, mental and spiritual development. We believe that in our society today there is too much emphasis on winning at all costs and on special recognition for sporting ability. Our program holds other values that are important:

- ❖ Developing self-confidence, self-respect and an appreciation of individual worth.
- ❖ Developing a commitment for daily living based on values such as Caring, Honesty, Respect and Responsibility.
- ❖ Growing as a responsible member of the family and as a citizen of the community.
- ❖ Appreciating that health of mind and body is a sacred gift and that physical fitness and mental well-being are conditions to be achieved and maintained.
- ❖ Recognizing the worth of all people and working for interracial and inter-group understanding.
- ❖ Developing the capacity for leadership and using it responsibly in groups and community life.

The National YMCA has adopted these objectives. We hope that through our program each young person will gain a greater measure of life skills and a better sense of who he or she is. When this happens, the investment of time, talent and funds becomes worthwhile, making the program a valuable part of our community.

## **Responsibilities**

### **Tri-County YMCA:**

- To hire, train, and supervise the coaches.
- To set annual budget and program fees for team.

### **Head Coach:**

- To hire, train and supervise assistant and volunteer coaches.
- To set practice schedules and workouts for each group in conjunction with the YMCA.
- To select the team's meet schedule.
- To determine what level of competition is best suited for each swimmer.
- Day to day operation of the swim team.
- Communication with parents regarding each swimmer's progress.

### **Various Parent Committees:**

- To participate as a partner with the YMCA in the development of the individual and in the promotion of the YMCA Mission "To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all."
- To assure that parents and swimmers are supportive of the YMCA, its Staff, Administration and Swim Team Philosophy and to assure that the values of Caring, Honesty, Respect and Responsibility are kept in the forefront.
- To fund raise to finance quality swimming in the Tri-County area.
- To provide trained meet officials.
- To provide swimmer recognition programs in coordination with the Head Coach.
- To provide lay representatives to district, state and national committees.
- To provide volunteers to aid the YMCA staff when necessary.
- To assure a positive partnership between the YMCA and the Parents' Committee.
- To provide the head coach with support in getting meet results into newspapers, recruitment of swimmers and to supply information to the team's webmaster.
- To approve and adhere to the annual YMCA swim team budget.

**The various parent committees as designated by the Head Coach or Assistant Coaches under the direction of the Head Coach do not administrate or supervise the swimming team. The Aquatics Director is the Direct Supervisor of the Head Coach and the Head Coach is the direct supervisor of the Assistant Coaches.**

## **Terms and Conditions for Participation**

The annual program fee must be paid in full or bank draft registration must be set up upon registration and joining of the team and on the first day of practice each season thereafter.

When a swimmer is moved from one group to another, they must begin to pay the monthly fee for the higher group if they are set up on bank draft.

As per the Tri-County County YMCA Refund Policy, fees are not refundable unless the YMCA cancels a program. If you should withdraw from a program for medical reasons, you can receive a credit slip for the remaining program if the request is accompanied by a physician's order. **(See inclement weather policy on team website)**

Each parent is responsible for reading and understanding the contents of the Team Handbook.

Swimmers and parents must follow YMCA rules and policies. Failure to follow the rules and policies will result in swimmer being dismissed from the team.

The YMCA is not responsible for lost or stolen items.

Each swimmer must provide a valid Full Privilege Tri-County YMCA membership card in order to enter the YMCA facility

Parents and Swimmers are expected to support the YMCA staff, administration and philosophy and to keep the values of caring, honesty, respect and responsibility in the forefront. Parents or swimmers who continue to display behavior that is inconsistent with the YMCA values listed above will be asked to leave the YMCA team.

## **Coaching Philosophy**

It is the goal of the YMCA Wild Waves Swim Team coaching staff to provide an environment that will give athletes an opportunity to develop as individuals and prepare them for the challenges and rewards of life.

By stressing the values of discipline, commitment, hard work and taking responsibility for oneself, athletes who give an honest effort in all aspects of the program, will be enhanced in spirit, mind and body.

Working towards a goal is the key to developing the values that we are seeking to instill. There are no guarantees that a goal will be met, but it is important that the athlete take responsibility to prepare to the best of his/her ability in an effort to reach the goal. Preparation is where the lessons of life are learned. Times are not as important as learning. Our hope is that all swimmers, whether they reach their goals or not, still feel good about what they have learned, experienced and enjoyed.

## Groups

**Group Requirements** Below is a list of the performance and age criteria needed for placement in each group. As of now, swimmers are grouped only according to age and not swimming ability. We as a staff, believed that this was the best criteria at this time to group our team due to the fact that ability level is unknown. Please be aware that as our team evolves and grows, this process most likely will change.

	<b>Age</b>	<b>Swimming Requirement</b>
Jr. Varsity	5-7	25yd free – 25 yd backstroke
Varsity	8 & over	50 of all competitive strokes
Zone/National	Invitation only	Zone or National Cut (or invitation by Head Coach)

As previously mentioned, we will use the swimmer’s age for grouping at this time. As the team evolves it is most likely that we will go to a format that will place swimmers in groups based more on biomechanical and physiological need **Final decisions on group placement will be at the discretion of the head coach.**

**Group Descriptions** Each group has an emphasis designed to help swimmers learn certain skills and have fun. As they learn new skills they will move on to the next skills in order of importance and in such a way to offer a varied, enjoyable practice. The coaches and the YMCA recognize the need for age groupers to have other interests outside of swimming (soccer, baseball, piano lessons, scouts, etc.) and will work with their other interests. All families pay their fees and may use the offered practices to suit their needs and expectations. Behavior at practices is expected to be exemplary for all age groups.

### **Junior Varsity Team**

1. This team will provide swimming instruction in the four competitive swimming strokes as well as starts and turns for competitive swimming.
2. This team has a prerequisite of the swimmer having the ability to swim 25 yds freestyle and 25 yds backstroke without stopping.
3. Ages for this team are ages 5-10
4. Members of this team are strongly encouraged to be USA Swimming members but it is NOT REQUIRED.
5. The members of this team are NOT REQUIRED to compete in ANY YMCA or USA swimming competition. However, if the swimmer wishes to advance to the Varsity Swimming Team, they must show a one year record of competition in 3 required YMCA dual and invitational swimming meets as well as competition in the Regional YMCA “A” meet or YMCA Regional Championship Meet depending on the meet the swimmer qualifies for.

6. Equipment needed will be fins, kickboard, and pull buoy.
7. Team suit and team caps will be needed for those swimmers wanting to compete in competitions.
8. Practice will be 4:30pm – 5:10pm Monday – Thursday and 9:30am-10:10am on Saturdays.
9. Cost will be \$55.00 per month plus \$50.00 family fundraiser fee (September) plus YMCA membership dues.

### **Varsity Team**

1. This team will provide swimming stroke instruction in the four competitive swimming strokes as well as starts and turns for competitive swimming.
2. This team will also have physiological training goals based on the swim season and will utilize swimming workouts designed for the younger swimmer that has made a commitment to competitive swimming and the older high school swimmer who does not wish to compete year around.
3. Ages for this team are 10 and over.
4. Members of this team that are 10 and under are REQUIRED to be USA SWIMMING registered in addition to their YMCA membership. Swimmers who are 11 and over are NOT REQUIRED to be USA SWIMMING registered.
5. 10 and under members of this team are REQUIRED to attend 3 YMCA Meets throughout the season (one MUST be a dual meet, the other two can be dual or invitational in nature) as well as compete in the Regional YMCA “A” meet and/or the Regional YMCA Championship Meet, whichever the swimmer qualifies for. 11 and Over swimmers on this team have NO REQUIRED swimming meets, however, if an 11 and over swimmer on this team wishes to advance to the Zone/National Team they MUST show a year record of a commitment to competition or must show a record of competition prior to being invited to the Zone/National Team by the Head Coach.
6. Equipment needed will be fins, paddles, kickboard, and pull buoy.
7. Team suit and team swimming caps will be needed if the swimmer is 10 and Under and will be needed by those 11 and over swimmers that wish to compete.
8. Practice will be from 5:10pm – 6:10pm Monday – Thursday and from 9:30am – 10:30a on Saturdays.
9. Cost will be \$70.00 per month plus \$50.00 family fundraiser fee (September) plus YMCA membership dues.

10. Participation with the annual swim-a-thon fundraiser will be REQUIRED by EVERY member of the varsity swimming team.

### **Zone/National Team**

1. This team will provide swimming stroke instruction in the four competitive swimming strokes as well as starts and turns for competitive swimming.

2. This team will also have physiological training goals and swimming workouts to give the swimmer opportunity to improve in Distance, Mid-distance, and Sprint swimming events as well as ALL four competitive swimming strokes and all distances that accompany these events at the age group level.

3. Ages for this team are 12 and over that are personally invited by the Head Coach. OR 11 and under swimmers that have achieved a minimum of one Zone cut or any age swimmers that is personally invited by the Head Swimming Coach.

4. Members of this team are REQUIRED to be USA SWIMMING registered in addition to their YMCA membership.

5. All members of this team are REQUIRED to attend 3 YMCA Meets throughout the season (one MUST be a dual meet, the other two can be dual or invitational in nature) as well as compete in the Regional YMCA Championship Meet (full competition = competing in all assigned relays and maximum number of events).

6. All members are REQUIRED to compete FULLY in the USA Swimming WV Short Course State Meet.

7. All members are required to be year around members of the team. Failure to honor this commitment will result in your removal from the team and being placed on Varsity for a minimum of one year.

8. All members are REQUIRED to compete fully in the USA Swimming WV Long Course State Championship Meet in the Summer Season.

9. All Swimmers are required to attend the weightlifting course as it is scheduled at the YMCA and perform their weight training Programs 2 times per week. (The YMCA has age limits on individuals and their use in the weight room. More information pertaining to these rules will come shortly. Your child WILL NOT perform weight training that contradicts the YMCA safety rules).

10. All swimmers are required to attend dryland training 2 times per week.

11. All swimmers are required to attend three swimming practices per week regardless of high school swimming schedules, homework schedules, or other extra curricular activities. Medical excuses will be accepted.

12. Swimmers that achieve two or more zone cuts are **REQUIRED** to attend the zone meet. This includes relay qualifications. However, if a swimmer only makes one zone cut they are still **STRONGLY** encouraged to attend the meet for experience.

13. If a swimmer makes two or more Y National cuts, they are **REQUIRED** to attend the Y National swimming meet.

14. All swimmers will need fins, paddles, kickboard, pull buoy, competitive swimming snorkel, Zone/National Team Warm-up, team suit, practice cap, practice drag suit (worn everyday at practice) team caps for competition (TRIC for USA) (WILD for YMCA)

#### 15. Practice Schedule

##### Swimming

Monday – Wednesday 6:10pm – 8:00pm

Thursday = NO PRACTICE

Friday = 4:30pm – 6:20pm

Saturday = 7:30am – 9:30am

Sunday = 1:00pm – 2:00pm

Tuesday & Thursday AM Practice 5:30am – 6:45am

##### DRYLAND

Monday & Wednesday = 8:05pm -8:35pm

Friday 6:25pm – 6:55pm

**WEIGHT TRAINING** = On your own supervised in the fitness center by fitness center staff. Must document 2 x per week.

16. Cost will be \$105.00/month plus \$50.00 family fund raiser fee (September) plus USA Swimming Registration, Plus YMCA Membership dues.

17. Participation with the annual swim-a-thon fundraiser will be **REQUIRED** by **EVERY** member of the Zone/National swimming team

## **Tri-County Wild Waves Practice Schedule Fall/Winter 2009-2010**

Jr. Varsity Team: Mon – Thursday 4:30pm – 5:00pm with the  
OPTION to stay until 5:25 to work on starts and  
turns with Varsity Team  
Saturday = 9:30am – 10:30am w/Varsity Team

Varsity Team: Mon – Thursday 5:00pm – 6:20pm  
Saturday = 9:30am – 10:30am

Zone/National Team: Mon – Wednesday 6:10pm – 8:00pm Swimming  
Thursday = OFF  
Friday 4:30pm – 6:20pm Swimming  
Saturday 7:50pm – 9:30pm Swimming  
Sunday 1:00pm – 2:00pm Swimming  
Tues & Thurs = 5:30am – 6:45am Swimming

**(Zone/National Swimmers are REQUIRED to attend a minimum of 3  
swimming practices per week)**

Mon – Wed = 8:10pm – 8:40pm DRYLANDS  
Fri = 6:30pm – 7:00pm DRYLANDS

**(Zone/National Swimmers are REQUIRED to attend a minimum of 2  
dryland practices per week)**

**All 13 and over swimmers on the Zone/National Team are required to  
complete the workouts in the fitness center for the swim team TWO  
times per week. These workouts may be done ANYTIME the fitness  
center is open and they MUST be signed EACH time by the fitness  
center staff on duty to document your workout.**

## **Discipline Policy**

Swimmers are expected to show responsible behavior before, during and after practices and meets. The behavior of each Wild Waves member affects our team image. Negative or abusive behavior will not be tolerated.

Due to the large number of swimmers and the limited amount of practice time available, it is crucial that the practice environment remain positive and that practice sessions operate in a smooth, efficient manner. Inappropriate behavior would include, but not be limited to the following:

- Speaking when coaches are speaking
- Disobeying the request or instructions of a coach or adult.
- Failing to respect others private property.
- Behaving in any way that could reflect negatively on the program
- Missing or sitting out more than two sets in a practice. Goggle problems can be fixed between sets, and bathroom breaks must be taken between sets. Medical excuses will be allowed.
- Failing to respect all areas of the facility and staff.

These standards of behavior must be maintained before, during and after all practice sessions, meets and at any other team functions.

**Failure to comply with any rules within the team handbook, will result in a disciplinary action and possible dismissal from the team!!!!!!**

## **YMCA Swimming (WILD)**

As a YMCA team, we will participate in the Southeast Ohio/West Virginia YMCA cluster, the YMCA Great Lakes Zones Championships, and the YMCA National Championships. We abide by all the rules of the National YMCA Swim Committee. An athlete's age for YMCA competition is determined by his/her age as of December 1.

## **USA Swimming (TRIC)**

As a member of the Wild Waves Swimming Team you have either the requirement or the option (depending on the team you are on) of participating in USA Swimming Sanctioned Meets). You must pay an additional registration fee for this (See Coach Tom Rittinger). This opportunity expands the experience of swimming and is extremely valuable for your swimmer. We are a member of the West Virginia LSC and participate in the WV Short Course and WV Long Course State Championship Meets as well as a variety of optional USA Sanctioned Meets.

## **Types of Meets**

The Wild Waves will attend a wide variety of meets.

**YMCA Invitational** - This is a swim meet open only to YMCA's. Swimmers are allowed to swim 3 or 4 events per day. These count as YMCA dual meets, and usually last 1 or 2 days.

**YMCA Dual Meet** - This is a meet of the Wild Waves versus another Y team. Swimmers usually swim 2 or 3 events, and the coaches prepare the line-up. These meets are usually on Saturdays and last about four hours.

**YMCA Cluster Championships** - This meet does not have qualifying time standards, the swimmer must have swum in at least 3 YMCA meets.

**YMCA Great Lakes Zone Championships** - This meet includes athletes from Ohio, West Virginia, Michigan, Indiana, and Kentucky. To qualify for this meet, you must make the qualifying time before the Cluster Championship meet. Each team is allowed 4 swimmers per event.

**YMCA Nationals** - YMCA Nationals is one of the most highly attended meets in the United States. Approximately 2,000 athletes from over 250 Y's gather in Florida for 4 days of high-level competition and life long team bonding. Qualifying times may be met at any meet during the season.

## **Information for Swimmers**

### **Communications**

Our MAIN source of communication is team mass email and the team website. YOU MUST register your email address with Coach Jodie if you are new to the team so that you begin to receive Wild Wave Information. Meet Information and Meet Entry DEADLINE information will be found in the hallway on the table in the viewing area. DEADLINES MUST be upheld strictly. Also, required meet entry fee payment is DUE attached to your entry form. If your fees are not submitted with your entries, you will not be entered in the meet. The only exception are relays. We enter swimmers in relays and we will bill following the creation of the relays. It is understood that your child will swim in a relay if they coaching staff places them in the relay.

### **Team Suits, Caps and T-Shirts**

We ask that all swim team members wear a team shirt into the pool when you arrive for practice and when you leave the pool after practice. This is a simple demonstration of team pride. Team Caps MUST be worn by all swimmers at swim meets NO EXCEPTIONS!! Furthermore, a Team Suit MUST be worn at all swim meets. It is recommended that you not practice in your team suit unless you purchase more than one and you “save” one for meets only. Any suit and any cap can be worn for regular practice.

### **Guidelines for a Successful Practice**

1. Keep your feet off the bottom of the pool unless it's part of the instructions.
2. Swim continuously for the distance specified.
3. Bathroom breaks before or after practice. Take emergency breaks between sets.
4. Bring a note from your parents for tardiness, early dismissal, injury or any other reason for doing less than is normal for you.
5. Save dunking, splashing, and other roughhousing for games time.
6. No degrading, abusive or profane language will be tolerated at the YMCA Wild Waves swim practices, meets or swim team functions.
7. Teammates are for supporting each other, not insulting or belittling each other.
8. Be ready to swim when you come on deck. Have your suit, cap, goggles, water bottle and shower in place and ready to go. Earrings, necklaces, etc should be put away before practice starts.
9. Treat every turn, start and finish as an opportunity to improve your skill.
10. Sitting out of practice, or being asked to sit out, may cause a "No Show" for that day's attendance.
11. Be proud of where you are, or work to change it. Your ability level is yours. Others should not be expected to meet your standards or hold back for you.
12. If it is in your mouth, swallow it or spit it in trash.
13. When the Coach asks for the team's attention, give it.
14. Tell the Coach if there is a problem with another swimmer.
15. Allow someone who catches you to go ahead of you without incident.
16. Leave on the interval sendoff.

17. Swim the whole set.
18. Let other swimmers swim their practice without distracting them.
- 19. No cell phones at practice. Keep them in your car or bags!!!**
20. Failure to follow these guidelines will get you removed from practice, and your parents will be notified. Continued misbehavior will cause a 3-day suspension from practice, then two weeks, then possible removal from the team.

## **Meet Information**

Swim meets are a great family experience. They are a place where the whole family can spend time together. Listed below are some guidelines geared to help you through your first couple of swim meets.

### **Before the meet starts**

1. Arrive at the pool at least 15 minutes before the scheduled warm-up begins. This time will be on the website or emailed to you or posted for you to view.
2. Upon arrival, find a place to put your swimmer's swim bag, sleeping bag or blanket. Many parents also bring a lawn chair for themselves. Be sure to look for familiar faces and the Wild Waves team area.
3. Be sure to read any newsletter or announcement and note if the meet requires a positive check-in. If it does, you must find the check-in area for swimmers and sign in your swimmer. Meets vary, so if in doubt, ask.
4. Once you are checked in, write each event number on your swimmers hand in ink. This helps him/her remember what events he/she is swimming in and what events to listen for when swimmers are called to the bullpen.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. **It is mandatory for all swimmers to warm up with the team.** Failure to warm up during your scheduled warm up time, may result in disciplinary action. (at the coach's discretion.) A swimmer's body is like a car on a cold day - he/she needs to get the engine warmed up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her belongings are, and wait until the first event is called. This is a good time for a bathroom break, getting a drink or just settling in.
7. The meet will usually start 15 minutes after warm-ups are over.
8. Heat Sheets - A heat sheet is usually available for sale in the lobby or concession area.. The cost is usually two to seven dollars, and it lists all swimmers in each event in order of seedtime. When a team entry is sent in, each swimmer and his/her previous best time in that event are listed. If the swimmer is swimming the event for the first time, he/she will be entered as a "no time" or NT. An NT swimmer will most likely swim in one of the first heats of the event.

## Meet Starts

1. It is important for the swimmer to know what event numbers he/she is swimming (that's why they should have the numbers written on their hand.) He/she may swim right away after warm-up, or may have to wait awhile.
2. A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen." Swimmers should report with their cap and goggles, and enough clothing, (including socks and shoes) to stay warm. Generally, girls swim odd-numbered events and boys swim even-numbered events. For example: "Event #26, 10 and under boys, 50 freestyle, report to the bullpen "to swim. Swimmers must swim all entered events, at the discretion of the coach.
3. The "clerk of course" or "bullpen" is probably where the swimmers checked in before the warm-ups (if a positive check-in meet).
  - A. Sometimes the clerk will line up the swimmers and take them down to the pool in their correct order. Depending on the meet, either the people at clerk will give the card to the timers at the end of each lane or they will instruct the swimmers to hand their cards to the timers in their lane when it is their turn to swim. These cards are important because they tell the people running the meet who actually swam each event.
4. The swimmer swims his/her race.
5. After each swim:
  - A. He/she is to ask the timers his/her time.
  - B. He/she should immediately go to their coach. The coach will discuss the swim with each swimmer.
  - C. Generally, the coach follows these guidelines when discussing swims:
    - Positive comments or praise
    - Suggestions for improvement
    - Positive comments.
6. Things you as a parent can do after each swim:
  - A. Tell him/her how great they did! The coaching staff will discuss proper stroke technique with them. You need to tell them how proud you are and what a great job they did, or that they will do better next time and it is okay.
  - B. Take him/her back to the team area and relax.
  - C. This is another good time to check out the bathrooms, have a light snack and relax.
  - D. The swimmer now waits for her/her next event to be called.
7. When a swimmer has completed all of his/her individual events, he/she and their parents may go home. Make sure that you, as a parent, see that your swimmer has checked with their coach before leaving to make sure that he/she is not in a relay. It is not fair to other swimmers who have stayed on to be on a relay when your swimmer is expected to be there and he/she is not there (Coaches speak from experience on this matter).

## What to Take to the Meet

1. Most important – swimsuit, **team cap** and goggles. Bring an extra of each just to be safe.
2. Baby or talcum powder - To dust the inside of the swim cap. It makes the cap easier to get on and helps preserve the life of the cap.
3. Towels - realize that your swimmer will be there awhile, so pack at least two.
4. Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmer will be spending a lot of time on it.
5. Sweat suits - Each swimmer may want to bring two because they can get wet and soggy.
6. T-shirts - Bring two or three. Same reason as above.
7. Games - travel games, books, cards, anything to pass the time.
8. Food - It is better to bring your own nutritious snacks, even though they are usually available at the meets. Often times, the lines will be long, and the food tends towards the "junk" variety.
9. Drinks – Water is best but Hi-C, fruit juice, Gatorade, Exceed, All-Sport or others all work also.

Once you have attended one or two meets, this will all become routine. Please do not hesitate to ask any experienced Wild Waves parent for information.

These meets are a lot of fun for your swimmer. The team gets to visit with each other, play games and meet kids from other teams. The team also gets to see how much they have improved after all those hours logged at practice.

## Special Parent's Note

**Indoor Meets** The pool area is usually very warm, so make sure that you dress appropriately. Often the team area is cool, so it is a good idea to wear layered clothing, because nothing is worse than spending your day being too hot or too cold. Use your time at the meets to have fun and meet other parents and you might enjoy the meets as much as your swimmer!

Scheduling our meets for this season has been a challenging process. Teams usually make their meet schedules in a meeting held in May of each year, which we missed due to the fact that we had no team at the time. As meets are added you will be informed immediately. The expectation is for athletes to attend the meets on the schedule that are appropriate for the individual's ability. We require that you swim at least three regular scheduled meets plus our league championship meet. Out of courtesy, please notify your coach at least the night before if you are unable to attend a meet in order to keep relay confusion down.

## **Information for Parents**

Behind every successful swim team is a group of individuals who raise money, do meet entries, arrange travel, record times, time, officiate at meets, organize fun activities, website updates and coordinate team attire. This and much more is accomplished through the help of involved parents. Your interest and support of our team contributes to and are important to the success of the Wild Waves.

Your assistance provides administrative, financial and general support for the Y's Swim Team Program. All parents are encouraged to get involved and take an active role in making the Wild Waves program a fun and rewarding experience for the swimmers. Because of the many hours that your swimmers will spend at practice and meets, there are some things that you as a parent can get involved in to make it a positive family experience, and build lasting memories and friendships. Some of the activities that you may be asked to help organize include:

- ✓ Meet worker organization
- ✓ Fund raising
- ✓ Social programs
- ✓ Publicity
- ✓ Equipment and Supplies
- ✓ Administrative support
- ✓ Organizing the year-end banquet
- ✓ Supporting swimming as a sport in Harrison County

## **Eleven Commandments for Swimming Parents**

1. Thou shall not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on what others do. The nice thing about swimming is people can strive to do their personal best.
2. Thou shall be supportive no matter what. There is only one question to ask your child - "Did you have fun today?"
3. Thou shall not coach your child. You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job.
4. Thou shall only have positive things to say at a swim meet. If you are going to show up at a swim meet, you should cheer and applaud, but never criticize your child, other children, or the coach.
5. Thou shall acknowledge thy child's fears. A first swimming meet, 500 free or a 200 IM can be stressful. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready.
6. Thou shall not criticize the officials. Don't criticize those who are doing the best they can do. Only coaches may approach an official during a meet
7. Thou shall honor thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in front of your child.
8. Thou shall not jump from team to team. The water isn't necessarily bluer at the other team's pool. Plus, team fees will not be refunded.
9. Thy child shall have goals besides winning. Giving an honest effort, regardless of what the outcome is, is much more important than winning.
10. Thou shall not expect thy child to become an Olympian. There are 275,000 athletes in USA Swimming alone. There are only 52 spots available for the Olympic Team every four years. Your child's chances of becoming an Olympian are 1 in about 4300. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Swimming builds good people and you should be happy your child wants to participate.
11. Thou shall volunteer. The dues that each of you pay for YMCA membership, program fees, and meet entry do not keep the "doors open". These raise only a small amount of the money needed to offer the caliber of team that we provide. The Parents' Committee (to be formed) will be the fundraising arm of the YMCA swim team. Their purpose is to provide fund raising in order to raise the remaining fees to offset the costs needed to balance the Swim Team Budget. All parents are expected to participate in fundraising events.

## **Guidelines for a Healthy Coach-Parent Relationship**

The coach has the responsibility and authority for conducting swim practice, maintaining discipline and motivating swimmers. Parents should not interfere in these matters! They should bring concerns to the coach by phone (419-3230) or by emailing the coach a note at [asettle1@wvstateu.edu](mailto:asettle1@wvstateu.edu).

Parents have an important role in providing a supportive atmosphere for swimmers and the coaching staff. Parental involvement and encouragement are essential ingredients in a successful swimming program. Have a positive attitude and remember that swimming is only a small part of life, not the central issue.

Should parents have a pressing problem with regard to their swimmer and the coaching staff, they should resolve that problem directly with the coach, as soon as possible, rather than discuss it with other parents or swimmers.

Some guidelines for parent-coach contacts are as follows:

- Avoid contacting the coach with minor problems. They generally resolve themselves.
- Do not discuss problems with the coach during swim practice or during a swim meet.
- Parents cannot be in the area designated for coaches during meets.
- Problem resolution is part of growing up. Let your swimmer try first, if possible.
- Be polite, do not raise your voice or use foul language.
- Please send a note to the coach if leaving practice early or arriving late.
- All age group parents must be careful not to push swimmers too far, too fast. It is better to have them develop at a slower, less pressured, rate than to have "BURN OUT" or start to dislike swimming.

Discipline and workout performance is a swimmer-coach matter and should be handled that way. The coach will bring any problems to the parents' attention if required. Parents should try to show a healthy interest in their child's participation in swimming and avoid criticisms of stroke and training performance.

### **What happens if Your Child has A Disappointing Swim**

If your child has a poor swim and comes out of it feeling bad, talk about the good things. The first thing you might say is, "Hey, that's not like you", then you can go on and talk about the good things that the child did. Never talk about the negative things!

Your child may come up to you and say, "That was a bad swim, don't tell me it wasn't." There is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. Move him/her on to something good. "All right, you had a bad swim, how do you think that you can do better next time?" Immediately start talking about the positive things.

## **Six Important Do's for Parents**

1. Please be respectful of all YMCA staff. Disrespectful treatment of YMCA staff will not be tolerated and will lead to removal from the Tri-County YMCA Swim Team.
2. Please respect and accept the philosophy and goal of the YMCA Wild Waves Swim Team. If you feel that our team is not meeting your needs or your needs require more than our team can provide, you are encouraged to seek out another team.
3. Please understand that the YMCA Swim Team purpose is not to produce elite swimmers but to provide the best swim experience possible to all swimmers.
4. Please consider becoming an active participant of the YMCA. We have much to offer and are a vital part of the community. We would like to have you involved.
5. Please contact the head coach before or after practice or via email. Talk to the assistant coaches before or after practice.
6. Please follow and enforce all YMCA rules and policies. All rules and policies are set with safety in mind.

## Glossary Of Swimming Terms

“A” Cut - The qualifying time in a given event for the USA Swimming "A" classification level.

Age Group Meet - All USA Swimming registered swimmers, 18 years of age and younger who have met the qualifying time standard for a specific event(s) are eligible to participate in their age category. A swimmer's age on the first day of competition shall govern for the entire meet.

American Swim Coaches Association (ASCA) – The national coaches association; they provide coaches education, training, safety information and an annual clinic.

"B" Cut - The qualifying time in a given event for the USA Swimming "B" classification level.

Backstroke (Back) – One of the four competitive strokes. Swimmers must remain on their back at all times during the race.

Barrel Seeding - Also known as circle, pyramid, or championship seeding, this is the seeding system used in prelims where the final three heats of an event are arranged so that the three fastest swimmers occupy the middle or fastest lane in their heat; the next three fastest swimmers occupy the next fastest lane, etc.

Beep – The start sound made by an electronic starting machine to begin each race.

Blocks – The starting platform swimmers dive off of to begin each race.

Breaststroke (Breast) – One of the four competitive strokes. Arms and legs move together and must stay in the water at all times.

Bullpen - Area adjacent to the Clerk of Course in which swimmers are assembled and assigned to a heat.

Butterfly (Fly)- One of the four competitive strokes. The arms move together and the legs must stay together at all times.

Championship Seeding - Also known as circle, barrel, or pyramid seeding, this is the seeding system used in prelims where the final three heats of an event are arranged so that the three fastest swimmers occupy the

middle or fastest lane in their heat; the next three fastest swimmers occupy the next fastest lane, etc.

Circle Seeding - Also known as pyramid, barrel, or championship seeding, this is the seeding system used in prelims where the final three heats of an event are arranged so that the three fastest swimmers occupy the middle or fastest lane in their heat; the next three fastest swimmers occupy the next fastest lane, etc.

Classification of Meets - A swimmer's ability level determines his or her class of competition at USS meets. A, B, and C meets are sanctioned by LSC. Each class has USS time standards for each stroke at each age group. Swimmers new to competition are classified as "C" swimmers in the first meet. Thereafter, swimmers must check their meet result times against USS time standards to determine what class of competition to enter for each stroke and each distance. Quite often, a swimmer will be a "B" swimmer in one stroke at one distance and a "C" swimmer in another stroke at another distance. The levels are as follows: C, B, A, AA, AAA, and AAAA.

Clerk of Course - The person responsible for assigning heats and lanes to swimmers.

Course - Designated distance over which the competition is conducted.

Cuts - Qualifying times for specific types of championship meets.

Deck Seeding - A procedure for assigning swimmers to the proper lanes and heats immediately before each event in the bullpen.

Disqualification (DQ) - Swimmers with improper form or technique are disqualified and told why. Swimmers should not be discouraged by a DQ, they should learn from them.

Dual Meet - Meets conducted with two teams. Dual meets usually have a limitation on the number of entrants per event from each team.

Event - A race or series of races in a given stroke and distance. Usually swimmers are

entered in four individual events and one relay per day at meets.

**Finals** - The session of a meet where qualifying rounds (prelims) were held previously to determine the finalists (usually 6-16 depending on pool size and whether or not consolation finals are conducted). Results of the finals determine the ultimate placements in a given event. Most “final” types of meets are at the championship level.

**Fly** – See Butterfly.

**Freestyle (Free)** – One of the four competitive strokes. Any means of movement may be used except pulling on lane lines or walking on the bottom.

**Freestyle Relay** - Four swimmers on each team, each swimmer swims one fourth of the distance using any desired stroke.

**Heat** - A division of an event into a series of races. Each race is one heat. Heats are needed when more swimmers enter a race than there are lanes available in the pool.

**Heat Sheet** - A list of swimmers entered in each event with their entry times, heats, and lanes.

**Individual Medley (IM)** – In an IM all four of the competitive strokes are swum by one swimmer in the following order: butterfly, backstroke, breaststroke and freestyle.

**Invitational Meet** - A sanctioned meet sponsored by a team with two or more teams invited to participate. Invitational meets are classified according to the level of competition.

**Age Group Championships** – A meet held at the end of each season for 14&U’s to determine the Illinois Age Group champions. Qualifying times are very fast.

**Logbook** – A book designed so that each swimmer can keep records of their own times. This is an excellent way of keeping track of improvement. Logbooks may be purchased at most meets and sport and swim shops.

**Long Course (LC)** - A type of competitive pool that measures 50 meters in length. The standard size for all International competition and all world record swims is the 50 m course.

**Medley Relay** – A relay where the swimmers swim in the following order: back, breast, fly and free.

**Meet Rules** - All USA Swimming competition must be conducted in accordance with the rules of USA Swimming published annually.

**National Reportable Time (NRT)** – A time that meets the criteria for reporting to USA Swimming for possible inclusion in that years Top 16 list.

**Prelims (Preliminary Heats)** - In certain meets, the qualifying rounds held for each event to determine the finalists.

**Proof of Time** - A requirement at some meets to make certain that all entered swimmers have met the time standards. Swimmers who place in an event but do not swim fast enough to make the qualifying time must show proof of time before they will be given their award and points. At some meets, like the Age Group Championships, there are fines if you cannot that you previously swam the qualifying time.

**Psych Sheet** – A meet program usually available for sale before deck seeded meets. The swimmers in each event are listed from fastest to slowest.

**Pyramid Seeding** - Also known as circle, barrel, or championship seeding, this is the seeding system used in prelims where the final three heats of an event are arranged so that the three fastest swimmers occupy the middle or fastest lane in their heat; the next three fastest swimmers occupy the next fastest lane, etc.

**Ready Bench** - See bullpen.

**Referee** - The official who has authority over all other officials at a meet. He/she enforces all rules, decides all questions about conduct of the meet and is responsible for the efficient running of the meet.

**Region VI** - One of 16 regions for USS Age Group/Junior Olympic competition encompassing Indiana, Illinois, Michigan, Ohio, Kentucky, and West Virginia.

**Relay** - An event where four swimmers swim one after the other for a total time.

- Sanction - Official or authorized approval from USA Swimming or YMCA Swimming to sponsor a meet.
- Scratch – Withdrawing from an event.
- Seeding - The process by which a swimmer is assigned a certain lane and heat in an event. Competitors in each heat are assigned to lanes based on their seedtime as follows:  
6-lane pool - lanes numbered 3, 4, 2, 5, 1, 6 (fastest time in lane 3).  
8-lane pool - lane 4, 5, 3, 6, 2, 7, 1, 8.  
10-lane pool – lane 5,6,4,7,3,8,2,9,1,10.
- Senior Meet – A meet that is open to all swimmers who meet the time standards.
- Short Course - A competitive pool that measures 25 yards or 25 meters in length.
- Split - A per lap time that coaches often track to help swimmers learn how to swim a race more efficiently.
- Starter - The official at a meet responsible for the proper, legal start of each race.
- Strokes - There are four official racing strokes: fly, back, breast, and free.
- Stroke Judge - A certified official who determines the legality of swimmer's strokes and DQ's those who do not conform to the USS or YMCA rules.
- Swimming World and Junior Swimmer - A monthly magazine with articles and stories about competitive swimming as well as some regional and all national meet results.
- Timed Finals - Competition in which individuals swim only one time. Final placements are determined by the times performed in all of the aggregate heats. Swimmers are seeded from the slowest to the fastest times.
- Time Standards - Qualifying times which have been set up by the Y, and USA Swimming for all events in all levels of meets to insure that all competitors are of about the same speed.
- Top 16 - A tabulation of the top 16 times in every age group and every event of all USA Swimming competitions from the previous season.
- Touch Pad - The part of an electronic timing system that rests in the water at the end of each lane. Swimmers times are automatically recorded when the swimmer touches the pad.
- Unattached – Swimmer's must swim unattached when switching from one club to another. A swimmer will be unattached for 120 days.
- USA Swimming - The national governing body for amateur swimming in the United States, headquartered in Colorado Springs, CO.
- Y Clusters - A meet conducted in late February or early March to determine the champion of our district.
- Y Great Lakes Zones – A meet conducted in mid-March. You must swim Y qualifying times prior to at Y Clusters to compete.
- Y Nationals (Y Nationals - short course) – A meet held in April each year. The best Y swimmers from all over the country compete.
- Y LC Nationals (Y nationals -long course) – A meet held in August each year. The best Y swimmers from all over the country compete.

