



Parent Handbook 2010-2011

Our team is managed by Amanda Pierce, Aquatics Director, Jessica Karl, Assistant Aquatics Director and Christina Pansini Rose, Head Coach of the Blue Waves. Christina has over 20 years of experience in swimming as an athlete and a coach. In addition, to Amanda, Jessica and Christina, we have Head Age Group Coach Matt Hockrige, and Assistant Age Group Coaches, Nicole Petrous, Karen Stonemetz, Catherine Suppan and Eileen Yanoti.

This handbook has been written to answer the many questions you may have regarding the Blue Waves Swim Team, YMCA Swimming, and USA swimming.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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YMCA Swimming:

Y Competitive Swimming and Diving is unique in that it, like other YMCA sports programs, emphasizes the overall development of the athlete. It promotes not only physical achievement, but also mental and spiritual growth. The National YMCA Competitive Swimming and Diving Committee conducts the YMCA National Championship Meets and group representatives, district committees and leagues oversee local and regional competitions. The West Suburban YMCA is in the East Field Region and we are part of the Eastern Massachusetts League. YMCA coaches and officials are certified by YMCA and USA Swimming standards. YMCA competitions include dual meets, invitationals, and championship meets.

There are 2 seasons within YMCA and USA Swimming. Sept-April is the short course (25 yard or meter pool), and May –Aug is the long course (50 meter) season. YMCA swimming only competes in dual meets over the short course season, however there are YMCA Nationals for both seasons. USA Swimming holds meets during the short course winter season and the long course summer season.

Eligibility – taken from the YMCA Swimming & Diving black book

The Rules That Govern YMCA Competitive Sports must be followed at all levels of YMCA competition. Some, but not all, of those rules are referenced below.

YMCA Membership

A Swimmer must be a YMCA member who, after due application, is enrolled by the association as a member, entitled to full privileges, activities, and services of that association. This means that members of YMCA competitive teams must have full-privilege YMCA memberships that entitle them to the same activities and services as other full-privilege YMCA members. A swimmer must be a member in good standing of his/her YMCA for **30 days** prior to competing for that YMCA in a meet. The swimmer must be a member in good standing of his/her YMCA for **90 days** prior to representing that YMCA in a district, regional, state or national championship meet. (Rules That Govern, Rule II Sec.1a) The membership status must be valid through the end of the competition. A swimmer may represent his/her YMCA *only* (in competition) for at least 90 days prior to the YMCA National Championship Meet entry deadline in order to compete in that meet. The National Advisory Committee recommends that local, district, regional and state leagues and committees adopt the same rule for their championship meets.

Dual Representation and Membership Transfer

Swimmers who wish to change their membership from one YMCA to another may do so through **Transfer by Consent**. An athlete may transfer from one YMCA team to another YMCA team and be eligible to compete for his/her new YMCA team immediately upon the written consent of the YMCA that he/she previously represented. However, the athlete must still be a full privilege member of a YMCA - any YMCA - for 30 days prior to competing in any YMCA meet and be a full privilege member of a YMCA - any YMCA - for at least 90 days prior to competing in a YMCA district, regional, state or national championship meet. Once an individual transfers by consent to another YMCA, that person cannot transfer back and compete for the YMCA unit he/she previously represented for one year from the date of the original transfer. (Rules That Govern, Rule 2 Sec. 2) Swimmers who wish to **transfer from a non-YMCA team** (USA Swimming team) to a YMCA team during the current season must observe the YMCA membership rules as stated above and in the Rules That Govern. To be eligible to compete in the YMCA National Championship meets a swimmer must not have represented any organization other than his/her YMCA team (high school excepted) for at least 90 days prior to the YMCA National Championship entry deadline. A swimmer must also have met the additional eligibility requirements for YMCA Nationals as stated below.

Practice

We believe that all young people who wish to swim competitively should have the opportunity to do so with the proper coaching and training.

If a family has a conflict that may cause a swimmer to miss a significant number of practices please contact the Head Coach. Practices are designed to teach new skills and to improve existing skills that will in time develop increased strength and endurance.

Practices are held are Monday through Thursday with optional Sundays for White, Silver & Senior. Times are available on the team website. Swimmers should attend the appropriate practices based on their level designation.

Team Practice Groups:

Our team is broken down into 4 practice groups. This breakdown allows the coaching staff to properly coach all swimmers based on their abilities and needs as well as help motivate the swimmers to create new goals by moving up levels. Team designations are made at the beginning of every season based on try-outs. All swimmers, returning and new, must participate in try outs to receive their level designation. Levels can be changed by coaching

staff throughout the year, either up or down, based on performance in practice and meets and the individual swimmers needs.

Blue Team: Up to age 15.

For beginner to intermediate swimmers and those who have little to no competitive experience. Must have a general idea of how to swim all 4 strokes, and legally and proficiently swim 2 of the 4 strokes. Must have an understanding of flip turns and be able to dive from the starting blocks.

Required practices per week: 2

White Team: Ages 9 to 18

For advanced level for swimmers with competitive experience at YMCA and/or USA Swimming levels. Must be able to swim all 4 strokes legally, understanding of all drills and concepts of a work out. Can execute flip turns and starts from the block for all strokes. Must be able to tolerate swimming at least 2,000 yards in one practice.

Required practices per week: 2 Recommended: 3

Silver Team: Ages 10 to 18

For advanced level for swimmers with competitive experience at YMCA and/or USA Swimming levels. This group is for swimmers looking to push their competitive edge and/or compete at the National Level. Must be able to proficiently swim all 4 strokes, all turns and starts. Not for the high school swimmer.

Required Practices per week: 3 Recommended: 4

Senior Team: Ages 14 to 18

For swimmers who are actively participating on a high school swim team. This level is designed for the high school swimmer who is not able to attend the YMCA practices during their high schools competitive season. Swimmers must have a letter from high school coach confirming participation. Required to compete in meets when available.

Required Practices per week: 2-3 when off season from high school.

Practice Schedule:

Monday	Tuesday	Wednesday	Thursday
Blue 5:15 – 6:15	Blue 5:00 – 6:00	Blue 5:15 – 6:15	Blue 5:00 – 6:00
W/S/Sr. 6:30 – 7:00 Dry-land	W/S/Sr. 6:00- 7:30	W/S/Sr. 6:30 – 7:00 Dry-land	W/S/Sr. 6:00- 7:30
W/S/Sr. 7:00 – 8:00	W/S/Sr. 7:30 – 8:00 Dry-land	W/S/Sr. 7:00 – 8:00	W/S/Sr. 7:30 – 8:00 Dry-land

Health and Nutrition:

Hydration

- Young athletes should drink 6-8 8 ounce glasses of water a day.
- Teens should drink 8-10 8 ounce glasses.
- Bring a Nalgene bottle everywhere!
- Avoid sugar loaded, caffeinated, & carbonated drinks.
- Gatorade/sports drinks are a good source of replenishment.

Diet

- A balanced diet is best!
- Trendy, restrictive diets can limit an athlete's performance.
- Athletes should eat a variety of foods including meats, fruits & vegetables, whole grains, pasta, and nutritional snacks.
- Sweets are okay if moderated and not used in place of meals.
- Not all fats are bad! In fact, they're a necessary part of a balanced diet. Unsaturated fats can be especially beneficial during training. They can be found in foods such as nuts, avocados, and olive oil.
- Picky eater? Take a multi-vitamin.
- Proteins (especially meats) help muscles recover/rebuild during heavy training.
- Try to eat extra carbohydrates (pasta) the night before a competition.
- Don't skip meals. Breakfast should be the most important.
- It helps to plan ahead for snacks & meals so you don't have to resort to less nutritional options for convenience.
- If you don't keep junk food around the house, the kids can't eat it!
- Lead by example. A good diet is beneficial to everyone!

Muscles & Bones

- Always report pain or discomfort!
- Use proper equipment (i.e. training suits, goggles, etc) to prevent injuries.
- A regular warm-up is necessary to keep muscles working properly during practices and competitions. Since we warm up at the beginning of practice and meets, it is important that the swimmers be punctual.
- Good technique is essential to an athlete's competitive performance, but is also important in preventing injuries. It is our main focus and should be re-enforced by parents.
- Use ice to treat joint pain and use Ibuprofen if athletes complain of muscle pain after a hard workout. De-hydration may also contribute to aches& pains as well as fatigue. If pain and/or fatigue persists, check with coaches or a doctor.
- Sleep 8 hours a night are recommended for young athletes. Proper rest and recovery are a necessary element of the training process.
- Sluggishness or a lack of interest are signs of fatigue.

Arrival to pool:

Blue Swimmers - 10-15 minutes prior to practice AND be on deck 5 minutes before their scheduled practice time.

White, Silver and Senior swimmers - 15-20 minutes before practice AND be on deck 10 minutes ahead of their scheduled practice time for stretching.

Swimmers that leave practice early ***MUST*** have prior notification from a parent or legal guardian either in email or note, otherwise the swimmer will not be allowed to leave the pool deck. Coaches appreciate your cooperation with this as it is for the safety of the swimmers as they are our responsibility once they arrive at the YMCA for swim team practice.

Dry-land:

White, Silver and Senior swimmers will participate in dry land activities for the first ½ hour of practice on Monday & Wednesdays and the last ½ hour on Sundays. This will consist of various strength training, stretching and aerobic exercises. Swimmers **MUST** come to practice dressed appropriately with sneakers and gym clothes as well as bathing suits. Flip flops and jeans are unacceptable. On warm weather days, dry land will take place out doors on the YMCA's track and field area if available. Other days dry land will take place in the pool balcony and/or the YMCA's indoor track.

Equipment:

Blue Waves has an affiliation with Metro West Swim shop for you to purchase the below listed items. At the beginning of the season, Metro West Swim Shop will be at the Y one night for a team fitting.

Kickboards – loaned by Y

Blue:

Fins - recommend the TYR Cross Blade Training Fin¹

White, Silver & Senior:

Fins- recommend the TYR Cross Blade Training Fin¹

Pull buoys

Hand paddles – recommended TYR Catalyst hand paddles

Practice Tips for Parents:

- 1. Parents are not allowed on deck during practice.**
2. Swimmers should bring their own water bottles to every practice! Hydration is ESSENTIAL to swimmers! Even though they are in the water, they still sweat and it is easy to not realize how easily swimmers dehydrate. Avoid sugar loaded drinks. Water and sports drinks are perfect.
3. Mesh bags are a great item to store and transport equipment. Swimmers should bring ALL equipment on deck for every practice.
4. Swimmers should avoid big meals and dairy products right before practice. Whole grains, cereals, granola, crackers, fruits and vegetables are great pre-practice snacks.
5. White, Silver & Senior swimmers participating in dry land activities should wear their swim suits under their work out clothes to make it easier to transition to the pool.
6. Carpool! Make it easier on you and allow your swimmers to get to practice more often with carpools.
7. Always be sure swimmers have at least 1 extra pair of goggles, an extra cap and bathing suit. You never know when something will break or be forgotten. The Y does not have these items to lend out.
8. When swimmers are experiencing pain or injury, parents should notify coaches immediately of the issue and any doctor's suggestions or requirements.

¹ Once a swimmer out grows their fins they can be turned into a coach. If a pair in the next size is available they will be traded.

Swim Meets

All Blue Waves swimmers will have the opportunity to compete in swim meets throughout the competitive season. The main competitions offered in the Eastern Massachusetts League are known as “dual” team meets and invitationals. Districts, New England and National Championships are open to all swimmers who meet the set qualifying times, and participation requirements.

White, Silver & Senior swimmers will have the option to compete at USA Swimming meets throughout the year.

Age for YMCA Meets:

When swimming in a YMCA meet swimmers compete according to the age he/she was (will be) on December 1st of that short course season or June 1st of that long course season. Some YMCA Invitational meets may use alternate aging systems, usually the swimmer’s true age as of the first date of a meet.

Dual Meets:

We compete in 3-6 dual meets per season home and away, typically on Saturdays. These meets are 3-5 hours long including warm up. All swimmers are expected to participate and stay for the entire duration of the meet. We rely heavily on our parent volunteers to help efficiently and smoothly run these meets. The schedule will be posted on the team website.

Individual event policy for dual meets:

YMCA Swimming dictates that swimmers will compete in 1-3 individual events per meet. Total events will not exceed 3 including relays. Individual events may be official or unofficial (not scored). Coaches will determine each swimmers events, but requests can be taken on a limited basis, but not guaranteed.

Relay policy for dual meets:

Relays are based solely on the decision of the coaching staff and are final unless swimmers are missing.

Snow Bowl Championship:

An annual tradition between the West Suburban, Charles River and Waltham YMCA’s at the end of the year, this meet is a great event for our team. There

are no qualifying times for the meet and all swimmers can participate. We run this meet in the same format as dual meets with the same expectations.

District & New England Championships

The YMCA Districts are held at the end of January, or early February and New Englands are in mid-March. Both events are divided into sessions based on age groups. Sessions are held in the morning and afternoon. To qualify for either meet, a swimmer must meet the following criteria:

- Swim a qualifying time in the current season in open, league, dual, or high school competition with three official timers or electronic timing. Qualifying times are posted on our website and on the bulletin board in the observatory.
- Be a full member of the West Suburban YMCA for a minimum of 90 days prior to the Championship meet.
- Represent only WSY, excluding school swimming, in any open or closed competition during the current season, September 1 through April 30. A swimmer may not represent any other club or USA team.
- Have represented the WSY Swim Team at three separate meets during the current season.

A swimmer may swim a maximum of three events in his or her age group. The relays will be determined by the coaching staff. Swimmers who participate in Championship meets are required to attend the scheduled practice sessions for those meets.

Individual event policy for championship meets:

Swimmers must meet the exact qualifying time in order to compete. There will be no "shaving" of times no matter how close a swimmer is to qualifying.

Relay policy for championship meets:

There are no qualifying times for relays and they are determined by the West Suburban YMCA coaching staff. Decisions are final. Championship relays will first be composed of individual qualifiers and in cases where an age group does not have enough qualifiers an invitation to participate will be extended to "relay only" swimmers *if the meet rules allow.*

The decision on who will swim on a relay team is determined based on several factors, including the following:

- Individual times
- Past performance history in meets
- Practice attendance & work ethic

YMCA Nationals:

YMCA National Championships are the culmination of the YMCA competitive season. They are open to all swimmers who meet stringent minimum cut-off times AND participation requirements for the season. The most current time standards are posted at the YMCA Swimming and Diving website. "Y Nats" are held over a 4-5 day period (usually Monday – Friday) at the International Swimming Hall of Fame in Ft. Lauderdale, FL (Short Course) or at the University of Maryland in College Park, MD (Long Course). To qualify for Nationals, a swimmer must meet the following criteria:

- Swim a YMCA Short Course National qualifying time.
- Provide a proof of time for any qualifying time made at a High School or USA Swimming meet. The proof of time must have a meet official's signature. Proof of time is an official copy of the meet, signed by one of the officials at the meet. The name and time must be clearly visible. Swimmers who make National cuts are responsible for getting their proof of times to the Head Coach.
- Compete in at least three YMCA dual meets.
- Compete in at least one nationally sanctioned YMCA meet (Districts or New Englands).
- Be a full member of the West Suburban YMCA for a minimum of 90 days prior to the Championship meet.
- Represent only WSY, excluding school swimming, in any open or closed competition during the current season, September 1 through April 30. A swimmer may not represent any other club or USA team.
- Have represented the WSY Swim Team at three separate meets during the current season.
- Be at least twelve (12) years of age.

Invitational Meets

Participation is optional. Non-refundable meet fees are paid by the swimmers.

Invitational meets are hosted throughout the year. Information on these meets will be posted on the bulletin board and emailed to parents. A fee is required for each event entered and must accompany the entry. Watch for information on the invitational meets. Swimmers usually can choose the events they want to swim at an invitational meet, while the coaches determine relay teams. ***Swimmers may not attend an invitational meet without a WSY coach.***

USA Swim Meets:

USA swimming offers a broad array of meet types and the opportunity to face swimmers of a highly competitive caliber.

United States Swimming (USA-S) is the National Governing Body for competitive swimming in the USA. New England Swimming, Team Unify, is the local governing body for competitive swimming in the state of MA. USA meet fees are not covered by the YMCA and each family is responsible for these fees. Typically the cost is \$4-5 per event (slightly higher for championship level meets).

USA meets can be a one-day meet (with different age groups swimming in the morning and afternoon) or they can be as long as a 3½ day event that may include trials and finals for some age groups, with different age groups swimming in the morning and afternoon with the top swimmers returning to swim "finals" that evening.

USA swimming meets that WSY will attend as a team are chosen by the coaches and will be communicated through email. ***Swimmers may not attend an invitational meet without a WSY coach.***

**WSY is currently unattached and we are in the application process for Fall 10-11.

Etiquette for Swim Meets:

1. **Swimmers should arrive at least 20 minutes prior to the scheduled meet warm up time and check in** unless they have notified their coaches otherwise. Swimmers who do not check in or notify coaches of lateness will be scratched from the meet.
2. **Parents are absolutely not allowed on deck** at meets unless they are volunteering to run the meet or for a documented medical condition.
3. ***Swimmers are EXPECTED to stay ON DECK until the LAST EVENT is complete.*** We understand that swim meets are a huge time commitment, however, to be fair to all swimmers, everyone should remain on deck. We are a team, and this is expected of all team members.
4. **Notify us as soon as possible if your child will not be attending the meet.**
5. We will do our best to accommodate event requests, but they cannot always be accommodated.
6. Swimmers should always wear their WSY team bathing suit and cap for every meet.
7. **Swimmers should be on deck the entire meet** cheering for their team.
8. Bring extra towels and warm clothing to wear on pool deck! We also highly recommend footwear such as rubber sole flip flops or Crocs.
9. The meets are long. Bring snacks such as fruit and veggies or cereal, and hydrating drinks. We strongly discourage junk food. Please save the messy stuff for later. We do have to clean the pool deck.
10. Absolutely no hand held games will be allowed at meets.

Communication:

Most if not all of the communication for the Blue Waves is in email form and posted on our team website, which is linked to the West Suburban YMCA home page. Please make sure the coaching staff always has your **current active** email address. Most communications will also be posted on a team bulletin board in the Pool Observatory. Cancelled practices will be notified via email and posted on the website.

Team Fund Raising:

All funds raised on behalf of West Suburban YMCA and/or its programs or program participants are the property of the YMCA. With the coaches' input and the Aquatic Director's approval, the coaches will identify swim team needs and raise funds for that purchase only. Purchases made by the Blue Waves become the property of the Blue Waves Swim Team and the West Suburban YMCA. One of our major fund raisers for the year is the lap-a-thon in which we expect all swimmers to participate.

Parent Committee:

The key to any successful swim team is parental involvement. With a team our size, we need help from every family. There are opportunities for everyone to get involved; from helping at the concession stand or a fundraiser, to timing at a meet, the more parent involvement we have, the more our coaches can focus on the development of our swimmers.

The Blue Waves Parent Committee is comprised of parent volunteers and the committee's role is to:

1. Advise the coaching staff on matters important to the team.
2. Organize and coordinate the volunteers and their activities
3. Assisting the coaches in successfully managing activities outside of the pool for the benefit of our swimmers.

Please direct all questions related to Blue Waves to the coaching / Aquatics staff, not to non-swim team affiliated Y employees. The coaching staff works for the Y not the parent committee.

There are several year round positions on the Parent Committee including:

Volunteer Coordinator: Coordinates all volunteers for the Blue Waves swim team and will help coaches manage the Volunteer Policy by tracking credits. Manages the team tracking system to ensure all positions for meets and swim team events are filled.

Bake Sale/Concession coordinator: Will be responsible for coordinating all bake sales and concessions at home meets and documenting funds raised.

Year end Awards Banquet Coordinator: Coordinates and plans the year end Awards Banquet. This includes all aspects of the banquet, location, time, date, food etc. Not responsible for Awards.

Volunteer Policy:

The Blue Waves Swim Team is instituting a Volunteer Policy for the 2010-11 swim team season. The intent of this policy is to emphasize how important our parent volunteers are to our team and not overburden those families that are constantly volunteering. Credit requirements will vary each season, depending on the work that needs to be done and the number of swimmers and families on the team. This model is based on similar policies have been tried, tested and found successful among other YMCA swim teams.

Families must earn a set number of Volunteer credits throughout the season. The number is based per swimmer on the level the child is performing. There are many ways throughout the swim season to earn these credits from volunteering to what your child raises for the lap-a-thon. Families not meeting the minimum requirement for volunteer credits will be assessed \$10 per credit at the end of the regular swim season (prior to District Championships). Credits must be earned before the end of the non-championship season and fees paid before swimmers can participate in districts.

How the Credit Program Works

1. Families shall earn credits on a per swimmer basis.
2. A list of work assignment opportunities, work description and associated credits is in the Parent Handbook and will be notified to parents via email before the meet. More assignments may be added throughout the season and parents will be notified via email.
3. The sooner one signs up, the more likely one is to get the assignment one likes best as the assignments will be filled first come, first served.
4. After completion of the activity (i.e., swim meet, social event, etc.), each volunteer shall be responsible for informing the Volunteer Coordinator for that particular activity that they have completed their assignment.
5. There will be ample credits available during the season. They can be earned at YMCA home, or away meets as well as volunteering for non-meet activities (like fundraising, stickering ribbons or organizing an event).

Volunteer Credits needed per family per season:

Blue Team: 10 credits

Silver Team: 20 credits

White Team: 15 credits

Senior Team: 10 credit

Value of one (1) credit: \$10

Volunteer credit list

Position	Credits	Volunteers
Meet Officials	7 per meet	2+ per meet*
Meet Starter	7 per meet	1
Computer	7 per meet	1
Head Scoring	5 per meet	1
Assistant Scoring	3 per meet	1
Head Timer	5 per meet	1
Timers	3 per meet	6-12 per meet
Wranglers	3 per meet	3 per meet
Assisting Coaches	2 per meet	TBD
Ribbon Stickers	2 per meet	1-2
Concession Coordinator	20 per year	1
Concession Worker	3 per meet	TBD
Volunteer Coordinator	20 per year	1
Banquet Coordinator	20 per year	1
Banquet Helpers	10 per year	TBD
Lap-a-Thon Participation	1 per \$10 raised	N/A
Lap-a-Thon Volunteers	5 per session	TBD
Parent Meetings	1 per meeting	TBD

*parents will earn 5 credits for attending and completing the league class for becoming an official on October 2nd, 2010.

Hints for Earning Credits

1. Become an official. We reward officials with twice as many points per session due to their training and importance at our meets.
2. Learn something new! Train with coaches to work the Colorado timing system, manage the set up of the timing system, learn how to score, help with concessions, or work on deck!
3. Check volunteerspot.com or on deck at meets for open volunteer positions. The pool deck is a much better place to view the meet from!

4. Have your swimmers participate in the annual lap-a-thon! These funds ultimately benefit the Blue Waves Swim Team and it's a fun and challenging event for all swimmers.

Additional Information

An adult other than a parent may satisfy a volunteer obligation, as long as the substitute can perform the entire task.

Team Code of Conduct - for swimmers

PRACTICE:

- Swimmers are expected to be prepared to begin practice on time – and this includes ANY scheduled dry land activities - and to swim the entire practice to the best of their ability.
- Swimmers are expected to be respectful at all times. Swimmers who are disruptive will be asked to sit out for a period of time. If problems continue, parents will be contacted and the problem resolved between the coach(es), the parent(s) and the swimmer(s) concerned. In the event that a swimmer is asked to leave the team, there will be no refund.
- Walk at all times when on the pool deck.
- NO diving is permitted unless specific permission is given by the coaching staff.
- Members MUST conduct themselves properly in the locker rooms, pool and lobby.
- Swim Team Members may not monopolize locker rooms and must respect fellow member rights to the facility. Belongings must be stowed in a locker and not left out on the floor or benches.
- Swim team members MUST respect and obey the coaches and all YMCA staff members.
- Swimmers are expected to act as team members, respecting their fellow team mates. Honesty, Caring, Respect and Responsibility are the core values of the YMCA and should be evident on the team.

MEETS:

- Swimmers must remain on deck at all times during the swim meet.
- Cheering for your team mates is expected and part of the fun of a meet.
- Swimmers are expected to swim the events they are entered in by their coaches. Be responsible and get yourselves to the blocks on time. Intentionally missing an event will result in not participating in the next meet.
- Swimmers must stay until the end of the meet and the last event has completed.
- At home AND away meets Blue Waves are responsible for cleaning up their areas, and throwing away all trash.

- Unsportsmanlike conduct will NOT be tolerated in any form and will be grounds for immediate removal from the team.
- Swimmers are expected to show respect for opposing teams and display good sportsmanship at all times.

10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USA Swimming

I. Thou shalt not impose thy ambitions on thy child.

Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

Do not undermine the professional coach by trying to coach your child on the side. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. 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 or meet if your child was not ready.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its

own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

Your child's odds of becoming an Olympian are about .0002%.

YMCA Values

All YMCA programs have a strong emphasis on the values of caring, honesty, respect, and responsibility. Adopted formally by the YMCA of the USA in the early 1990s, the four core YMCA values were developed to help teach kids right from wrong.

Caring: To love others, to be sensitive to the well-being of others, to help others.
"Where there is love, there is life." Gandhi

Honesty: To tell the truth, to act in such a way that you are worthy of trust, to have integrity; making sure your choices match your values.
"Honesty is the first chapter in the book of wisdom." Thomas Jefferson

Respect: To treat others as you would have them treat you; to value the worth of every person, including yourself.
"You don't have to be handicapped to be different. Everyone's different." Kim Peek

Responsibility: To do what is right, what you ought to do; to be accountable for your behavior and obligations.
"The time is always right to do what is right." Martin Luther King, Jr.

Glossary Of Swimming Terms

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

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

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.

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.

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

Meet Rules - All USA & YMCA 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.

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

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

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 – lane 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.

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.

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, ISI, and USA Swimming for all events in all levels of meets to insure that all competitors are of about the same speed.

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.

USA Swimming - The national governing body for amateur swimming in the United States, headquartered in Colorado Springs, CO.

Y Districts - A meet conducted in January or February to determine the champion of our district. You must have Y District qualifying times in order to compete

Y Nationals (Y Nationals - short course) – Is held in April each year. The best Y swimmers from all over the country compete at the International Swimming Hall of Fame in Ft. Lauderdale FL. College coaches from all over the US are there looking to recruit swimmers to swim for them.

Y LC Nationals (Y nationals -long course) – Is held in August each year. The best Y swimmers from all over the country compete.

Handbook Sign off sheet:

Read by Parent(s)

Name: _____

Signature _____ **Date:** _____

Core Values & Swimmer Code of Conduct

Read by Swimmer(s)

Name(s): _____

Signature(s): _____

Date: _____