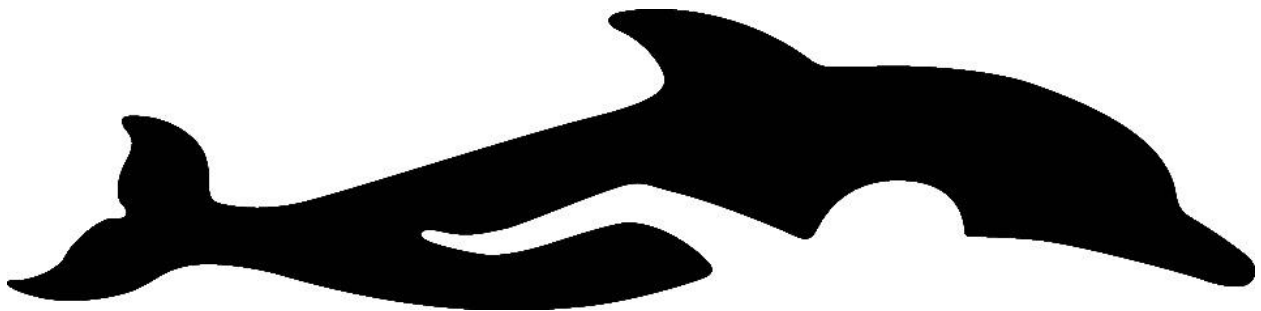




**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **Mahaska County YMCA**

## **Dolphins Swim Team**



**2018 – 2019**

**Parent Handbook**

Dear Parents:

The YMCA mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

The YMCA strives to build character in all who participate in YMCA programming. The character values of CARING, HONESTY, RESPECT and RESPONSIBILITY, are part of every program the YMCA offers.

The Dolphins Swim Team seeks to encourage and motivate each swimmer to develop his or her individual skills and to enhance self-esteem. The team can only accomplish this through the active involvement of each swimmer and his/her family. Everyone involved in the coordination of the swim team: the administration, aquatics personnel, swim team parent group, and coaches, pledge to make this an experience that will positively shape your child.

We thank you in advance for your involvement and commitment to this program and we look forward to a fantastic swim season!

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Jessica Sisul, Swim Team Parent Board President

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## Requirements:

To participate on the Swim Team:

- Participants will be required to be YMCA members. Swimmers must be a YMCA member prior to the first swim meet. Swimmers must be a YMCA member for 90 days prior to competing in any championship meets.
- 8 and under swimmers must be able to swim 25 yards (one length), unassisted, of a legal freestyle; 9 and older swimmers must be able to swim 50 yards (2 lengths), unassisted, of a legal freestyle.

Swimmers will swim in the age group for the age they are on December 1.

To be eligible to participate in an Iowa YMCA Sectional Championship meet, a swimmer must have participated in at least three YMCA CLOSED meets during that season.

## Try-Outs:

For those who did not participate in Swim Team the previous year, and who are interested in joining the team for the current season, we ask that your child join the Swim Team in one of two ways:

- Participate in try-outs running October 29 – October 30 at the YMCA pool. This period is one where both members and non-members can swim for free. Swim Team coaches will be present at these practices and can recommend whether Swim Team would be a good fit for your swimmer. Please remember that in order to participate in any Swim Team meets, your swimmer must be a YMCA member in good standing before that meet.

Swim Team members who participated in the 2017-2018 season are able to join the 2018-2019 squad by signing up at the member services desk and are welcome, but not required, to attend the try-out period from October 29 – October 30 during practice.

## Registration/Fees:

- \$120.00 per swimmer for the season. This fee must be paid at the time of registration.
- Team swimsuit and cap: team suits and caps are available for purchase. Suits will be available to try on for size and then ordered for arrival by the first meet. Suits must be paid for at the time of ordering. Team suits are not required, but similar suits allow swimmers to look like a team at competitions.

## Swim Team Practice:

**Monday -Thursday**

Session 1: 6:00-7:00 pm Ages 4-10

Session 2: 7:00-8:30 pm Ages 11-18

We recommend that each swimmer attend at least two practices a week. Swimmers cannot attend two sessions in the same day. Please remember that skills are best developed by regular practice attendance. Swimmers must swim a minimum of two practices per week in order to be considered for a relay event, unless approved by a coach.

There are no practices when the public schools cancel classes due to inclement weather.

Parents will not be allowed on the pool deck during practice. A waiting area is available in the lobby by the windows. Please remember, a current Y membership is required for the use of any area of the facility. Parents or family members who wish to use other programs and facilities of the YMCA can obtain a membership at the front desk.

### **Practice Guidelines for Swimmers:**

- Bring a non-breakable water bottle with cap to practice every day. The water bottle should be labeled with the swimmer's name.
- Be on time and ready to swim. This means on the deck with equipment ready when your workout is scheduled to begin.
- Have equipment available and adjusted before practice.
- Work hard and try your best.
- Alert your coaches if your body is telling you to slow down or stop.
- Maintain proper spacing between swimmers before you start drills.
- Touch the swimmer's foot in front of you when attempting to pass. The swimmer in front should stop/move to the side so you may proceed to pass. Do not pull, yank, or hit the swimmer in front of you!
- Listen and follow directions from coaches with no talking during drill instructions.
- Follow all pool rules.
- Demonstrate proper sportsmanship. Treat your coaches and teammates with respect and do not interfere with the ability of the other swimmers to complete their workouts. There is no place in the YMCA for rude or belittling comments, displays of anger or disgust or talking back to coaches, volunteers or other adults.

The following progressive discipline will be taken if deemed necessary:

1. Verbal warning to swimmer
2. Swimmer sits out for 10 minutes or the swimmer may be given appropriate conditioning to perform which helps focus their attention and build strength to accomplish the task at hand.
3. Swimmer will be asked to leave the activity or event for the day. Parents will be notified.
4. Swimmer will be asked not to participate for an extended period of time in team activities. This action will be communicated by the coaches and Program Director to the parent and swimmer.

## Communication:

Information about the Dolphins Swim Team can be found on the Mahaska County YMCA website: [www.MahaskaYMCA.org](http://www.MahaskaYMCA.org).

For coach, swimmer and parent communication purposes, we use an e-mail list as the primary source of communication. Please provide your e-mail address during registration to ensure that you receive communication from the coaching team.

Information is posted on the Swim Team bulletin board located on the wall next to the glass windows in the parent waiting area. Check the board often for updated information.

You are encouraged to talk with the coaches before or after practice or to set up a time that is convenient for everyone. Please do not try to talk to coaches during practice or when busy at a meet.

## Family Involvement:

Any parent, guardian, or volunteer participating in the Swim Team program is automatically part of the Swim Team Parents' Organization. All are welcome to attend the Swim Team Parent Board meetings.

Family involvement is critical to the success of the team. The assistance of all families is needed to conduct home meets. There are many opportunities for involvement, and most of the duties do not require previous experience. A sign-up sheet will be posted on the bulletin board prior to home meets. All parents are expected to assist with at least one home meet.

### Parent Responsibilities:

- Keep yourself abreast of your child's Swim Team activities. Monitor their best times and inform the coaches if your child has a qualifying time for regionals.
- Volunteer to help run home meets.
- Be uplifting and supportive of your child throughout the season.
- Help your child plan, set, strive and achieve his/her goals.
- Be patient. Each swimmer progresses at a different pace.
- Much of swimming is an individual sport, but most importantly, swimmers are part of a **TEAM**.

The single most important thing that parents can do to help their children is to instill a strong and healthy sense of sportsmanship, character and self-image. Swim Team is a program to create better general life skills in addition to producing great swimmers.

## Swim Meet Information

We encourage each swimmer to participate in each swim meet; however, it's not mandatory to do so. Each swimmer must compete in three closed YMCA meets to participate at Sectionals or State. You must notify the coaches no later than the Sunday of the week of the scheduled meet if your swimmer will be competing.

## Event Sign Up

Swimmers may swim a total of five events per meet – three individual and two relays. Event sign up is done via Team Unify, our computer software program. It's the swimmer's responsibility to sign up for individual events; however, the coaching staff reserves the right to change one individual event. The computer system and coaching staff will form the relay teams. **Sign up deadline is the Thursday, the week prior to the meet. Nine days before the actual meet.**

## Pre-Meet Preparation

- Nutrition:
  - Eat properly before the meet, no junk food or soda.
  - Plan food with proper nutrition in mind for the meet before you arrive (concession stand food is very tempting), choose wisely.
- Sleep - get a good night's sleep before each meet.
- Equipment – make sure everything is in good working order and pack it the night before the meet.

## Travel

Parents are responsible for driving swimmers to and from meets. Carpooling is encouraged but not facilitated by the YMCA. Please contact a parent board member or coach if your child needs transportation.

If a meet must be canceled because of inclement weather, the parent group calling tree, coaches, and team email list will be used to spread the message as efficiently as possible.

## Day of the Meet

- If you are unable to attend the meet, call Coach Angela at 757-870-0518 as soon as possible. This is very important so the coaches can readjust relays if needed.
- Arrive at least 15 minutes before warm up.
- Check in with volunteer parent or coaches to receive event numbers.
- All swimmers are required to warm up at our assigned team time unless approved by a coach.
- After warm ups, all swimmers will meet together as a team for the National Anthem.

## What to Bring

Swim meets can last four hours or longer depending on the number of swimmers competing. Things to bring:

Competition swimsuit  
Flip flops or sandals  
Healthy snacks (or money for concessions)  
Sleeping bag or blanket/pillow  
Goggles  
Swim Cap (if needed)  
Warm clothes, sweats, robe, etc.  
2-3 towels (these will get wet)  
Cards/games/books, etc.  
Change of clothes to wear home  
Water

## At the Meet

- Notify a coach if you are sick or unable to compete. **You MUST swim all of your events unless approved by a coach.**
- Swimmers should stay in the team holding area when not competing or waiting for clerk of course (unless cheering for teammates).
- Conserve energy, save it for your races.
- Eat properly and drink lots of water.
- Cheer for your teammates.
- Display sportsmanship.
- Help clean up the team holding area before leaving.
- Please remember, you are representing your family, coaches, town and YMCA.
- Stay engaged as many meets will not use clerk of course.
- Be prepared for fly-over starts at many meets.

## What is the Clerk of Course?

- This is the area where swimmers report before a race. Volunteers will organize the swimmers into the proper events and heats. It is each swimmer's responsibility for being at the clerk of course at the proper time.
- Stay quiet and listen to the volunteers for instructions.
- Each swimmer is responsible for getting to the clerk of course for each event. Listen/watch carefully for your event number to be called.
- Always wear shoes and bring a towel, goggles, and swim cap with you.

**Note: Clerk of Course will not be used at Championship meets.**

## Additional Info:

- The Iowa Y Competitive Swimming website may be found at <http://www.iowaymcaswimming.org>. The website lists information regarding meets, meet results, official's trainings, and other events around the nation.
- Follow Iowa YMCA Competitive Swimming on Facebook at <http://www.facebook.com/iowaYMCAswimming>.
- The Mahaska County YMCA's website is <http://www.mahaskaymca.org>.
- Follow the Mahaska County Y on Facebook and Twitter at <http://www.facebook.com/MahaskaYMCA> and <https://twitter.com/MahaskaYMCA>.

# 2018-19 DOLPHINS SWIM TEAM SCHEDULE

**Nov 10 @ Waukee** (sprint meet, nothing over 200)

**Nov 17 @ home** - Rathbun(Centerville)

**Dec 1 @ Ottumwa**

**Dec 15 @ home** -

Boone/SouthSuburban/Ottumwa/Marshalltown/Newton

**Jan 5 @ Ottumwa**

**Jan 19 @ Marshalltown** (Snowball Invite, 50's in all events, stroke relays, 1000)

**Jan 26 @ Wellmark**

**Feb 2 @ home** - Indianola/Walnut Creek

## State Swim Meet

Swimmers will now be able to qualify for the 2019 YMCA State Swim Meet during any YMCA closed season meet within the current season. An exception has been made for HS swimmers to allow times from HS meets to be used. Swimmers will still need to meet the three (3) meet criteria to be eligible to attend. The 3 individual and 2 relay event maximums will remain as is.

## Sectional Swim Meet

Sectional Meets will be optional to attend. Swimmers with state Q times may opt to take this weekend off, swim their events to better their times, or choose alternate events that they may not have a regional Q time in. If a swimmer chooses to swim at a sectional meet, they will not be required to swim the same events at the state swim meet. There will be no 'auto-advance' option for the winner of an event at the sectional meet. Swimmers will need to meet the Q time.

## Relay Considerations

Relay entries will be accepted for the state swim meet comprising of 4 individual times that are at or faster than the published relay qualification time take from a YMCA or HS swim meet within the qualification period. This will allow for relay only swimmers to continue to attend the



state swim meet. To address the issue of 50Y times for 13 and over swimmers we have added a 13 & Over 50Y breaststroke, butterfly, and backstroke event to the event list. A relay may also qualify at a sectional meet.

### Championship Meets

Registration fees will be paid by the YMCA, Swim Team, or parents, based on the meet. If a registered swimmer does not attend a championship meet, the swimmer will reimburse the YMCA or Swim Team the entry fee originally covered.

Sectional Meet: Registration covered by the YMCA. This is the qualifying meet for the State meet. To be eligible, a swimmer must swim in three (3) closed YMCA meets prior to this meet.

State Meet: Registration covered by the YMCA. To qualify, a swimmer must equal or better the state qualifying times AT THE SECTIONAL MEET. A swimmer may also qualify by placing first in his or her event.

MYAS Regional Meet: Registration fee split between Swim Team and parents. The swimmer must meet qualifying times at any meet DURING THE SEASON. A list of events and qualifying times will be available.