

YSWIM TEAM™

We build strong kids, strong families, strong communities.



YMCA of Iredell County- Iredell Statesville
Seahawks Swim Team
Parent's Handbook 2009-2010



We build strong kids, strong families, strong communities.

YMCA of Iredell County Seahawks- Parents Handbook

Introduction & Welcome

Welcome to a great YMCA swimming program in North Carolina. We are pleased that you have taken an interest in us. This organization is providing a comprehensive year-long YMCA swimming program for children of all ages and ability levels. With professional coaching, the goal of the team is to maximize individual potential as well as to promote swimming in the community at all levels and most importantly build children in spirit, mind, & body

The purpose of this handbook is to provide you, both parent and swimmer's, with information about our team, the combination of facilities to train and compete, a coaching staff who work to help your children do a better job, challenging team and individual goals, and dedicated families already in the program or joining the team. As you read this handbook, which provides information on team objectives, organization, practice schedule, the parent organization, typical expenses, values and mission, the advantages provided by the ISYS program will become apparent. If you are joining the team, we wish you a warm welcome; if you are trying to decide whether to get involved with year-round swimming or which team to join, please give us a call or come to a practice session and talk to the coach, parents and swimmers. We will be glad to answer any questions that you may have.

The ISYS swimming program is structured into several different practice groups in order to provide quality instruction and maximum development in spirit, mind, & body for each individual team member. Swimmers are placed in practice groups based on ability, commitment level, age and peer group.

The YMCA Mission Statement

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

The YMCA Vision Statement

We build strong kids, strong families, and strong communities.

Caring for themselves and others through personal and team goals

Honesty for yourself and your capabilities

Respect for the sport, team, coaches, family, and yourself

Responsibility for your actions, good sportsmanship and team loyalty

The YMCA Competitive Swimming Objectives

1. **Grow Personally.** Build self-esteem and self-reliance. People who are involved in YMCA programs gain a greater sense of their own worth. They learn to treat themselves and others with respect.
2. **Build Character.** Behave according to the values of caring, honesty, respect and responsibility.
3. **Improve personal and family relationships.** Learn to care, communicate and cooperate with family and friends.
4. **Become better leaders and supporters.** Learn the give-and-take necessary to work toward the common good.
5. **Develop specific skills.** Acquire new knowledge and ways to grow in spirit, mind and body.
6. **Appreciate diversity** in every participant.
7. **HAVE FUN...ENJOY LIFE!**

COACHING STAFF

Head Coach

Joshua Scott Josh is currently the interim Head Coach. He is originally from New Jersey. He is responsible for all the functions for the YMCA Seahawk Swim Team. Currently Josh is the Assistant conference Coordinator for YMCA Camp Harrison at Herring Ridge in Wilkes County, NC. Josh has a diverse aquatics background from working in and managing aquatics programs in resident camps, day camps, YMCAs, JCC's and swim schools. Josh has coached YMCA and US Swimming swim team programs before at JCC's & YMCA's in New Jersey & Iowa. He is a certified YMCA Swim Coach, YMCA Swim Lessons Instructor Trainer, YMCA Lifeguard Trainer and Nationally Registered EMT. He uses a child centered and developmental approach in working with youth. He looks to bring out the best in every child by promoting the YMCA core values of caring, honesty, respect, and responsibility and promoting a competitive swim program while building spirit mind and body for each and every child.

Contact Information-All swim team related questions

Email: joshscott@ymcairedell.org

Phone: 704-874-9622 ext. 208

Mobile: 704-437-2502

Assistant Coach

Kathy Hirsch Kathy was born in Philadelphia, Pa, Jan, 9, some years ago. She participated in all types of sports, but swimming was her first love. She remembers qualifying for the community team at the age of 8. It was her greatest thrill. She graduated to an AAU team, the Philadelphia Aquatic Club. One of her coaches was Jack Kelly (brother of Grace). Everyone admired him a great deal. Her high school did not have a swim team at that time, but her AAU team kept her busy. She would rise at 5am to swim before school, & have more practice after school. It was a great time.

Her parents met at Penn State, so it was a natural choice for her to attend that college. At that time, there wasn't a girl's swim team, so that was the end of her competition! However, swimming is a lifetime sport, so wherever she went, she has always looked for a pool.

She began volunteering for the Y a few years ago after a debilitating illness. It has brought her great joy to give back some of the satisfaction swimming has given her.

Communication

Each month the Iredell Seahawks swim team newsletter is distributed to every swim team family via e-mail provided they have given the coaches an e-mail address. It will discuss upcoming events, swim meet locations and times, and team progress. **If you have not placed your name and email on the list, please see one of the coaches ASAP.** We are looking forward to making communication within our program stronger this year!

Y Information

The YMCA of Iredell County is a non-profit, age group, competitive swim team, governed by US Swimming and NCAA rules, whose purpose is to develop skills and participation in competitive swimming.

Competition is held in the following age groups: Eight and under (must be able to swim 25 yards front or back crawl), nine and ten, eleven and twelve, thirteen and fourteen, and fifteen/eighteen. A swimmer's age is determined by the "Birthday Rule". The age of a swimmer on December 1st 2008 designates the age group the child will compete in all season.

The Team offers 4 Levels of Professional Instruction and Training:

Bronze Group:

This group is comprised primarily of novice level swimmers ranging in age from 5-9 years old. Emphasis is placed on developing correct stroke technique in the four competitive strokes along with practice on starts and turns. These fundamentals are taught by means of drills and games to create a fun learning environment. Two to three practices per week are recommended for this group.

Silver Group:

Swimmers in this group range in age from 8-12 years old. Practice for these swimmers provides an equal mix of stroke technique and endurance training. The focus of this group is to begin conditioning while maintaining proper stroke mechanics. Three or four practices per week are recommended for this group.

Gold Group:

This group gives more advanced age group swimmers the opportunity to attend more practices and increase their endurance training. Swimmers range in age from 9-14 years old. This group still emphasizes stroke technique, but with more dedicated conditioning. Five to six practices per week is recommended for this group.

Senior Group:

The Senior Group is the highest level of the ISYS program. Participants are 13 years and older. These committed swimmers dedicate themselves to serious training. Goals of this group are to achieve success on the state, regional, and national levels of competition.

Practice Times

Seniors and Gold Monday thru Friday 4:30 – 6:30 pm

Silver Mon thru Thur 4:30 – 5:30 pm or 6:00 pm

Bronze Mon – Tue – Thur 4:30 – 5:30 pm

Please note: If there continues to be no swimmers on Friday's, we will have that day as a option, but it will be necessary to inform the coaches if you will attend that day.

Attendance will be taken at each practice. Please make every effort to be on time.

All swimmers are encouraged to use the restrooms prior to practice. Once practice begins, and each new set starts, swimmers will be discouraged from using the restrooms until after the set is completed.

Costs

Swim Team Dues

Effective January 1, 2010

We are restructuring our team dues. Registration fees will be \$100.00 which will include USA fees.

There will be a 10% discount on annual dues if paid by Jan. 30, 2010. Annual season will run Jan 1 – Dec. 31. Rates will be prorated for the 2010 season. There are 4 options for billing:

- Annual
- Winter – Jan – May
- Summer – June – August
- Fall – Sept. – Dec.

If paying monthly, fees must be paid by the end of each month.

The fees are listed below:

- Bronze Level - \$45.00 per month or \$500.00 annually (\$378 for 2009)
- Silver Level - \$50.00 per month or \$550.00 annually (\$432 for 2009)
- Gold Level - \$55.00 per month or \$600.00 annually (\$486 for 2009)
- Senior Level - \$60.00 per month or \$650.00 annually (\$540 for 2009)

The swimmers level will be based on skills determined by the swim team coaches.

Any swimmers joining the team after January 30, 2010 will have 30 days from their start date to pay the annual rates. **All Swimmers must be YMCA members!**

Payment Method

Membership fees and Team dues can be paid monthly or yearly. If you are paying yearly, you will receive a 10% discount if paid by January 31. All swim team fees and dues must be paid on-line with Thriva. The web site will be accessible from the YMCA of Iredell Co. web site, ymcairedell.org.

Meet Entry Fees

You are required to pay the meet entry fees before attending the meet. These fees must be paid with Thriva.

Team Suits

Team suits can be ordered through Swim Gear by contacting Ron Riddle. One of our parents can help you select the correct size for your child. Our team suit colors are Black/Gold.

Ron Riddle

Swim Gear of North Carolina

336-766-3006

<http://swimgearnc.com>.

Information

Information concerning the program will be posted on a bulletin board outside the Aquatics office at the YMCA. All swimmers will receive a folder with all necessary information regarding swim meets, practices, etc.

Coaching Philosophy

Anyone who is a part of the swim team is considered a champion before we start practice sessions or competitions. Swimmers will celebrate the goals and mission of the YMCA through teamwork and sportsmanship. Our emphasis will be based on enjoying swimming and for “one” to do their best while having fun. We, as providers of a quality swim program, will dedicate ourselves to helping each swimmer achieve their personal goals. Goals are the starting point in achieving success.

EVERYBODY SWIMS – EVERYBODY WINS – EVERYBODY HAS FUN!

Swim Team Code of Ethics

1. I represent myself as a person, my family, my Y, my team and my community, therefore I will exemplify behavior that will build up and not tear down.
2. I will encourage and practice good sportsmanship during practice and during meets by way of my actions and words.
3. I will attend every practice and meet that I can or will notify my coach if I cannot make it.
4. I will listen and learn to my best ability what my coaches are teaching me.
5. I will show respect to ALL, even if I disagree with them.
6. I should have fun foremost.
7. I will encourage my parents and family to be involved in my Seahawks swim team.
8. I will uphold and practice the core values of the YMCA.
9. I will communicate my needs with all involved.
10. I will share with my team my successes and disappointments.
11. I will respect Y property and all other facilities I visit.
12. I will not endanger the safety of other swimmers.

Iredell Seahawks Code of Honor

As a member of the Iredell-Statesville YMCA Seahawks Swim Team:

1. I agree to conduct myself in a mature, courteous, responsible, and exemplary manner.

2. I will compete and participate in ALL of my events to the best of my ability.
3. I will not in any way endanger the safety of another participant.
4. I understand that the use of alcoholic beverages, illegal drugs or tobacco, and the use of profanity WILL NOT be tolerated.
5. I understand that failure to abide by the ISY Seahawks Code of Honor will result in disciplinary action.

Discipline

Each discipline situation will be evaluated individually. The following progressive disciplinary measures will be taken, but not limited to, the rules and spirit of competition if they are violated:

1. Swimmer receives 2 verbal warnings.
2. Swimmer sits out that activity or event for 5 minutes (but no greater than their age in minutes).
3. Swimmer will be asked to leave the activity or event for the day.
4. Swimmer will be denied competitive swimming privileges for one meet.
5. Swimmer will be removed from the Seahawks swim team for the season.
6. If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of the repair or replacement.

Parent Responsibilities

- Keep yourself abreast of your child's activities regarding to the swim team.
- Volunteer to help us run our home meets and different team fund raisers.
- Be uplifting and supportive of your child throughout the season.
- We encourage all parents to attend the competitions.
- Help you child plan, set, strive, and achieve their goals.
- Be patient, just as all kids develop at different paces, swimmers do too.
- Make sure your swimmer attends all practice sessions.
- Be a follower not the leader. Participants join for many different reasons. The swimmer will perform how they want to perform, not how you or we, the coaches, want.
- The single most important thing that parents can do to help their child is to try to instill a strong healthy sense of sportsmanship, character and self-image.

Are You A Pressure Parent?

The following survey has been taken from the Amateur Swimming Association of Great Britain. If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parent's role is critical and should be supportive at all times to ensure a positive experience for your child.

1. Is winning more important to you than it is to your child?
2. When your child has a poor swim, is your disappointment obvious?
3. Do you feel that you have to "psyche" your child up before competition?
4. Do you feel that winning is the only way your child can enjoy the sport?
5. Do you conduct "post Mortems" immediately after competition or practice?
6. Do you feel that you have to force your child to go to practice?
7. Do you find yourself wanting to interfere during practice or competition thinking that you could do better?
8. Do you find yourself disliking your child's opponents?
9. Are your child's goals more important to you than they are to your child?

All of these questions should be thought through. A swimmer will continue to grow and be successful in swimming and in their everyday life if we remember that they are still a child that needs to grow & have fun without the added pressures of a pressure parent.

Parent Suggestions

- *Please don't try to talk to the coaches while they are conducting a workout-* Consider the deck a classroom, not to be interrupted. Coaches are required to analyze a great deal of information from many participants, so please let them think even when they many not be talking or

motivating. Please leave them a note or talk to them later.

- *The Coach is the Coach*-Please Respect this. To increase the learning process, we want your child to build a healthy respect and image for their coach and ask that you allow that to happen. We ask parents to be involved in their child's swimming sport, but please let the coaches do their job.

The Ten Commandments for Parents of Athletic Children

Adopted from the USA Swimming Parents Handbook by Rose Snyder

1. **Thou shall not impose thy ambitions on thy child.** Remember that swimming is your child's activity. Improvement and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.
2. **Thou shall be supportive no matter what.** There is only one question to ask your child, "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
3. **Thou shall not coach thy 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. You should not offer advice on technique or strategy. That is not your area. This will only serve to confuse your child and prevent the swimmer/coach bond from forming.
4. **Thou shall have only positive things to say at a swim meet.** If you are going to be present at the meet, you should cheer and applaud, but never criticize your child or the coach.
5. **Thou shall acknowledge thy child's fears.** A first ever swim meet, a 100 free or a 100 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child the coach would not have suggested the event if your child was not ready to compete in it.
6. **Thou shall not criticize the officials.** If you do not have the time or desire to volunteer as an official, don't criticize those who are doing the best they can. It is also like booing an umpire at a baseball game. It is not sportsmanlike and not what you want to teach your child.
7. **Honor thy child's coach.** The bond between a coach and a swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only hurt your child's swimming.
8. **Thou shall know thy coach and thy sport.** Get to know your coach so that you can be assured that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership. Learn the sport so you can discuss your child's questions intelligently and understand what they are doing and trying to achieve.
9. **Thy child shall have goals besides winning.** Giving a good honest effort regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well I did, that someone else did it too, just a little faster than I did. I achieved my goal and lost. This does not make me a failure, in fact, I am very proud of that swim."
10. **Thou shall not expect thy child to become an Olympian.** There are 225,000 athletes in the United States Swimming (year round swimming). There are probably double or triple that in summer league swimming. There are only 52 spots available for the US Olympic Swim Team every four years. Your child's odds of becoming an Olympian are about 1 in 4300, if they decide to swim year round. Swimming is much more than just the Olympics. Ask your coach why he/she coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he wants to pass that love of the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.

The Strokes

Freestyle - The freestyle the swimmer may swim any stroke he or she desires. The usual stroke is the front crawl. This stroke is characterized by alternating paddle wheel motion and an over hand motion of the arms with a propellant kick that moves in accordance to the arm movements.

Backstroke - The backstroke swimmer must stay on his or her back the entire race. The stroke is signified by an alternating motion of the arms being face up in the water. The kick is a flutter kick. Swimmers must also surface within 15 yards after the start of the race.

Breaststroke - Considered one of the most difficult strokes to execute and master, the breaststroke requires symmetry and the simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward to shoulder level and repeated. Each side of the body should mirror one another with no alternating movement. The kick is a simultaneous thrust of the legs called a frog or whip kick. No flutter or dolphin kicking is allowed. The head must break the surface of the water. At each turn, a swimmer must touch with both hands at the same time.

Butterfly - Considered one of the most physically demanding strokes and is executed by symmetry as well. This stroke requires the overhead stroke of the arms at the same time combined with a dolphin kick. Touch must be at the same time with both hands at the turn and finish. The butterfly stroke was developed in the 1950's as a byproduct of loop holes in breaststroke rules.

Individual Medley - The individual medley, commonly referred to as the IM, features all four competitive swimming strokes. In the IM, a swimmer begins with the butterfly, changes to back stroke, then breaststroke and finally finishes with the freestyle (free can be anything but the previous).

Relay - In the medley relay, four different swimmers swim all four strokes. No swimmer may swim more than one leg of the relay, which is swum. The medley relay is swum in 25 and 50 yard per person relays. Medley relay starts with the back stroke, to breast stroke, to butterfly and ends in a freestyle leg.

Number of Events

At a meet each swimmer may enter up to four individual events and two relays. The coaches will place swimmers in relays based on their times and abilities. Parents are asked to never just leave a swim meet with your child unless contacting one of the coaches. If you are entered in a meet and your swimmer becomes ill the evening before please notify the coaches.

Signing Up for Swim Meets

We will be having sign-ups for all swim meets at the beginning of the 2010 swim season. However, if circumstances arise and either a child can now go to a meet or must cancel in advance, the coaches must be informed no later than the Thursday prior to the competition date.

Equipment Needs

Practice Suit - This is a suit worn during practice sessions. These are typically made of nylon or polyester. The suit should be loose fitting and of the competitive style. We encourage swimmers not to wear their team suit or meet suit to practice. We want to look sharp, so we do want those suits to stay in good condition. Make sure to rinse your suits with clean tap water after practice to reduce the level of chlorine that deteriorates your suits.

Competition Suit - A team racing suit is recommended for each swimmer that is competing but not mandatory. This suit is usually 2 sizes smaller than the practice suit to reduce resistance and increase the glide through the water. See the above recommendations for caring for your suit. We will size and take orders for team suits during practice times the first week of swim team.

Cap - Swimmers should have (but isn't mandatory) a latex or lycra swim cap during the meet and if they desire at practice to cut down resistance and to protect their hair from the effects chlorine and pool chemicals can have on it. Should your hair become damaged from the chlorine, we recommend a product called "Ultra

Swim”, which are available at most pharmacies and discount stores. If chemicals are a real problem, you may want to saturate your hair with conditioner prior to putting your swim cap and not rinse it out. If your hair becomes sticky, gummy or greenish, don’t panic and shave your head. Rinse your hair with a solution of ¼ cup white vinegar in 1 quart of warm water following shampooing, and then rinse thoroughly with pure tap water.

Sweats - Some type of warm-up sweat suit should be worn at meets and to and from practice during cold weather. We do recommend having warm clothing as the evaporation of water off of ones body will cause a chill for your child. Muscles may also tighten rendering the child less flexible for the next event.

Team Clothing - We will try to coordinate an order form for team clothing so that you might show your team spirit and sport a Seahawks T-shirt or sweatshirt.

Goggles - We encourage every swimmer to invest in a nice pair of comfortable goggles and to take care of them and try to keep tabs on them. Goggles are available in different types, colors and costs. Make sure you take into consideration the shape of your swimmers eyes prior to purchasing goggles. Round goggles tend to work better with round eyes and oval goggles work well with oval eye sockets. Just pay attention to the shape of the eye and your swimmer will be safe and comfortable.

Water Bottle - Bring a plastic water bottle to practice to ensure you stay properly hydrated during your practice.

Towels - Large thick towels are typically preferred by swimmers, but of course any regular towels will work. We recommend bring several towels to practices and competitions.

Meet Times

Make sure that you arrive at the designated swim meet location on time. This time should be specified by your coach prior to the meet, so listen in practice for directions. The Seahawks will have a warm-up time prior to the meet start time, so if the meet starts at 1 PM, don’t show up at 12:50 PM. Once again, make sure you pay attention in your practice sessions for the times that warm-ups or team meetings will take place.

Swimmers Routine for Meet Days

On meet days, your child should rest prior to the meet. This is a good time to go to a movie, the library, or watch TV. In other words, REST!

What they **should not** eat prior to a meet:

- Carbonated drinks
- Sweets

What they **should** eat prior to a meet:

- Food high in carbohydrates

Snacks for Swim Meets:

- Fruits – bananas, apples, grapes oranges...
- Pretzels, dry cereal, **NO GREASY CHIPS**
- Water, Gatorade, PowerAde, Fruit Juice, **NO CARBONATED DRINKS**
- Nutra Grain Bars, Fruit Bars, **NO CANDY BARS OR CHEWING GUM**

Swimmer(s) should be at the designated pool at least 15 minutes prior to warm-ups. This will give you and your child time to find their meet assignments. Team bathing suits should be worn to the meet. Please be sure each swimmer also brings their cap, goggles, towels, team shirts (you should write your child’s name on the tag!), and warm clothes. Upon arrival, all swimmers should check in with the coach to notify her of their arrival. Swimmers are required to sit in the designated team area, and remain there throughout the meet so they may be easily located for their events.

Note: if a swimmer can not attend a meet, the coaches need to be informed as soon as possible. Do not wait until the day before. Entries go in 1 week prior or more to the actual meet. Last minute changes are difficult to make. If a swimmer is sick the day of the meet, parents are required to notify the coach before

departure time. If a swimmer fails to show without proper notification, they will be charged the entry fees for the events they were scheduled to swim in.

Things to Remember at a Swim Meet

- 1) BE ON TIME or EARLY – if you are late, you may lose a relay position.
- 2) Report to the coaches after each swimming your event!
- 3) Get ready for warm-ups – stretch and have team uniform on and ready to swim
- 4) Have event numbers written on your hand. It is helpful if you purchase your own heat sheet.
- 5) Return to the Team area for Team cheers. The team needs to sit together to encourage each other. No one should be running around!
- 6) Listen for a team “Gatherer” to call your event. They will lead swimmers to events
- 7) Rest between events. Remember to eat only the suggested food types between events.
- 8) Please help clean up the Team area before you leave.
- 9) Do not leave before checking with your coach. You may be needed for another relay if someone does not show up for the meet!
- 10) Please respect the belongings of others. Do not make or leave a mess in the locker rooms or pool area.
- 11) Be friendly and courteous to other teams. Remember, we represent the YMCA of Iredell Co!

What should you bring to swim meets?

All swimmers are responsible to bring their own gear for a swim meet. See the following list for needed and recommended items to bring...

Mom and Dad/Family	food and drink (water)
cheering voice	competition swim suit
money	showering items
2-3 towels	swim cap
plenty of dry clothes	goggles
heavy socks	sleeping bag or blanket
games	books/magazines
deck shoes or flip flops	sweat pants & sweat shirt

- Make sure things are marked with your name. Don't bring jewelry or valuables.
BRING YOUR ENERGY, ENTHUSIASM and TEAM SPIRIT!!

YMCA Seahawks Swim Team Revised Meet Schedule

Nov. 13-15	YMCA RACY Fall Invite, Salisbury, NC	Closed YMCA Meet
Nov. 21-22	YMCA Goldsboro Meet, Goldsboro, NC	Closed YMCA Meet
Dec. 5-6	YMCA of Iredell County, Statesville, NC	Closed YMCA Meet
Dec. 11-13	YMCA Chapel Hill Meet, Chapel, Hill, NC	Closed YMCA Meet
Jan. 9	Lenoir USA Swimming Meet, Lenoir Aquatic Center, Lenoir, NC USA Swim Meet	
Jan 15-17	YMCA States, Raleigh/Cary Sportsplex, Cary, NC, must have 3 YMCA meets , Closed YMCA Meet	
Feb. 6	Lenoir USA Swimming Meet, Lenoir Aquatic Center, Lenoir, NC USA Swim Meet	
Feb 12-14	Greensboro Last Chance Jo Qualifier, Greensboro, NC Sportsplex	
Feb. 19-21	14 & Under Championships Junior Olympics	
April 7-10,	YMCA Nationals Short Course, Fort Lauderdale, FL Qualifying YMCA Times (see insert in handbook)	

For any swimmer to be eligible for the Y State meet they must compete in a minimum of 3 YMCA sanctioned meets prior to that date.

To qualify for the Y Nationals meet they must meet or exceed the qualifying Y National times

Supporting Our Swim Team

We encourage every swimmer to attend and participate in swim meets; however, it is not mandatory. We ask that the swimmers and their families let us know in advance if they do not wish to participate competitively. As a parent, a great way to show support, love, and care for your child is by volunteering. You may be called upon to help and our expectation is that ALL parents help to make their children's activities a success. Helping is a fun and interactive way of getting involved; it gets you close to the water where the action is at!

Concession Stand

The YMCA of Iredell County's Swim Team concession stand is a fundraiser for every home swim meet. This is another way to fundraise for our team. The proceeds from the concession stand support the Seahawks Swim Team equipment needs.

Team Pictures

Team pictures will be coordinated during the course of the regular season. We will provide more correspondence as time continues and make sure each parent is properly notified of the particulars of this activity. Picture packages will be put together for interested families and offered for purchase. A note will be sent home about the time and date for this activity.

Banquet

We will plan and end of the year award banquet for all who participated in swim team. This is fun for the whole family and usually consists of a potluck and awards ceremony. More information will follow on a later date.

Parent Organization

This organization is formed to facilitate fundraising activities, aid in the running of sponsored swim meets, and to help supplement ISYS needs. There are many operating expenses such as travel information, swim equipment, postage, etc. Dues alone are not sufficient enough to pay for everything involved in running our team, ISYS needs all families to participate in the fundraising efforts. The benefits are affordable dues and an overall excellence in our program.

As part of our team, we take pride in honoring team members each month in our monthly Newsletter. Our newsletter features each month a selected team member and a brief story about the swimmer, announces birthdays for the month, welcomes all new members that came on board for that month, important information from our Coach and other helpful reminders for parents. As part of this effort, we ask that parents contribute at least \$1.00 per month to the swimmer of the month fund. You can give your contributions to the parent and facilitator of Awards.

North Carolina Swimming / USA Swimming Registration

Each athlete must be registered with the North Carolina Swimming and USA Swimming Inc.. This registration includes a secondary insurance policy for the athlete. The fee is \$75.00 per swimmer per year. Each swimmer will also receive a year subscription to splash magazine.

The swim team is a registered member of USA Swimming Inc. and North Carolina Swimming Inc. which are the national and state governing bodies under United States Olympic Committee. ISYS is also a proud member of Western Carolina Swimming Association (WCSA), the Blue Ridge Swim League (BRSL), Greater YMCA Sunbelt Swimming Association (GYSSA), and American Swimming Coaches Association (ASCA).

The ISY Seahawk Advisory Committee (SPAC)

The Seahawk Parent Advisory Committee is an organization of interested parents like you, and we welcome your contributions. If you would like to contribute in any way, please feel free to tell any committee member of your interest. Any parent or swimmer is welcome to attend these meetings and participate. If you have a significant concern that you wish to discuss, please inform the President in advance so you can be placed on the agenda.

The Parent Advisory Committee, Head Coach, and any interested parents meet monthly at the Y. Watch the Seahawk Web Site for times, updates and changes. The Committee for the next season is elected at the **November meeting**. December is a transitional month, with new committee members learning and assuming duties from the departing members. The new committee actively plans for the forthcoming season, especially in a budget sense, and takes full responsibility on January 1, since the team is on a calendar year end.

The following pages give a brief description of the many opportunities that exist to be involved in Seahawk activities.

Seahawk Parent Advisory Committee (SPAC) Positions

President: Preside over all meetings and supervise the business affairs of the club. The President is an official representative of the club and a member of all committees.

Executive Vice President: Work closely with the President, preside at meetings when the President is unable to attend and act in the President's absence. Responsible for holding regular joint Squad VP meetings to coordinate squad activities.

Secretary: Keep complete records of the Advisory Board meetings including distribution of minutes. Handle all Advisory Board correspondence and send out notification (web and posted) of all meetings. Coordinate meeting dates and reserve room.

Treasurer: Provide monthly reports at Advisory Board meetings and annual reports at the yearly General Meeting. Work with Aquatic Director for all purchases as authorized by the President and Advisory Board and as approved in the budget. Maintain written records of physical assets of the team. Act as a member of the Budget Committee with responsibility for Budget preparation.

Assistant Treasurer: Work with the Treasurer.

USA Treasurer: Responsible for handling all USA Swimming registrations. Access to USA fees will be allowed to report to the Aquatic Director in order for payments to be made to USA Swimming.

Fundraising: Responsible for coordinating all activities which raise funds for the team. Provide report to Treasurer on funds raised. Track status of each Seahawk member's fundraising commitment and communicate status as required.

Sponsorship: Develop sponsor proposal package used for soliciting outside corporate sponsorship. Identify potential sponsors and coordinate solicitation. Provide communication/recognition of sponsors (pre and post meet) in coordination with Meet Manager and Head Coach.

Meet Coordinator: Provide Meet Manager(s) with support for all home meets. Contact visiting teams to identify their responsibilities at our meets. Order and coordinate delivery of awards. Post worker sign up sheets. Work with meet food coordinator on concession. Work with meet entry coordinator to finalize number of swimmers and timelines. Work with safety coordinator to insure pool safety.

Volunteer Coordinator: Responsible for definition of the credit policy, establishment of a credit tracking procedure and distribution of this information to all Seahawk members. Record volunteer credits and provide records to the Treasurer for collection of assessments or rebates. Help solicit parent volunteers by using web notices, sign up sheets or telephone calls.

Squad VPs: Work with squad coaches and parents to build communication, establish a squad phone tree, organize squad social/team events and coordinate Recognition Day & gifts for coaches.

Bronze Tree

Silver Tree

Gold Tree

Senior Tree

Seahawk Committee Chairs and Committee Members

Meet Related Activities

Set Up Chair: Responsible for coordinating set up of the meet with the Aquatics Director of the Y. Responsible for arranging for all needed equipment, scheduling of the facilities for the event, and insuring adequate Y staff is scheduled for the event.

Computer Chair: Responsible for all computer needs for meets including processing of team entries and statistics. Train and schedule review sessions for computer assistants in all aspects of providing computer support for swim meets, including scratches, printing heat lane assignments and pulling results from the Colorado system. The Computer Chair, or designate, will attend home meets and supervise the correct functioning of the computer. Also, generally responsible for the proper use of the computer, its maintenance and any recommended purchases/upgrades.

Computer Committee: Assist Computer Chair

Concession Food Coordinator: Establish system for purchase/donation of food items and volunteer scheduling for home meets. Coordinate and/or assign responsibilities to committee members as required. Report revenue earned from concessions and expenses to Aquatic Director and remit funds to the front desk at the YMCA of Iredell Co.

Dual Meet Manager: Identify and coordinate meet workers for home dual meets.

Hospitality: Provide meals at home meets for the coaches and officials.

Meet Awards: Responsible for obtaining awards and coordinating volunteers to label awards and distribute to teams.

Officials Chair: Develop and train team officials (referees, starter/recall, stroke & turn) by offering classes for USA Swimming certification and registration. Identify and coordinate referees, starters and stroke & turn officials for all home and championship meets.

Program Ad Sales: Define ad sales procedure and coordinate actual program ad sales. Keep track of all ad sales and related costs. Report and remit profits to Aquatic Director or the front desk at the YMCA of Iredell Co.

Program Layout: Arrange for layout of ads and timely printing of home meet programs.

Safety Chair: Ensure that deck safety rules are followed and that safety marshals are aware of their responsibilities at home meets, including the need to fill out incident reports on all injuries. Check with the lifeguards on deck for location of first aid kits.

Team Related Activities

Team Apparel: Establish procedure and organize sale of coach-approved team swimwear, primarily at the beginning of the fall season. Act as liaison to ensure order fulfillment. Keep appropriate records.

Team Store: Responsible for defining and maintaining inventory of team store and coordinating team store volunteers for day-to-day and meet sales. Coordinate orders with Team Apparel Chair, as required.

Fall Event & Recognition Day: Arrange beginning-of-year fall event to promote team unity, spirit and fun for all squads. Set date and time for Recognition Day in May and coordinate food, trophies and any special awards.

Annual Team Awards: Responsible for ordering team trophies for all swimmers for Recognition Day. Coordinate with Squad VPs to ensure trophy accuracy and to properly sort all trophies by squad.

Recognition Day Yearbook: Produce and coordinate printing of annual yearbook for distribution at Recognition Day. Includes team roster information, graduating senior pictures/reflections and ads/congratulatory messages.

Team Pictures: Photograph team members, coaches and parents throughout the year for use in publicity and for Recognition Day. Organize annual team photograph day.

Publicity: Publicize Seahawk accomplishments (individual and team) in the local media. Work closely with coaches to collect accurate information for every meet. Coordinate with Team Picture Chair to include photographs in publicity.

Fundraising Activities

(Examples)_(to be decided by SPAC)

Gift Wrap Sales: Promote and distribute gift-wrap fundraising materials at the beginning of the year. Coordinate and submit orders; arrange pick-up dates. Keep necessary records and submit records/profits to Treasurer.

Grocery Coupons: Define procedure and establish process for Wahoo members to obtain coupons for use at Stew Leonard's and Village Market. Keep accurate record of fundraising credit earned by each member and provide written status report to Fundraising Chair and Treasurer.

Holiday Plant Sales: Coordinate holiday plant sales. Keep necessary records and submit records/profits to Treasurer.

Meet Job Descriptions

The following outlines the jobs that are required to run a meet, including a brief description of what the job entails and the time frame required. A "session" starts at the time of warm-up and ends after the last event. Please note that some jobs require that you be available to work before a session begins or after it ends.

Meet Manager: Organize the meet, identify and coordinate meet workers and assist the Meet Referee the day of the meet to ensure that everything runs smoothly and efficiently. Must be USA Swimming registered. *Time estimate:* 2-3 hours prior to meet plus meet session(s).

Assistant Meet Manager: Assist Meet Manager. Often, this person is training to become a Meet Manager. *Time estimate:* Same as Meet Manager.

Officials:

Referee: Responsible for running the meet once the warm-up session has started. Gives instructions to other officials working the meet. Must be USA Swimming registered. Training for position set by USA and YMCA Swimming. *Time estimate:* Meet session.

Starter/Recall: Reports to Referee. Responsible for starting the swimmers from the blocks. Must be USA Swimming registered. Training for position set by USA and YMCA Swimming. *Time estimate:* Meet session.

Stroke & Turn: Reports to Referee. Insures that strokes and turns are done legally. Illegal strokes/turns are reported to the Referee and the swimmer is disqualified (DQ'd). Responsible for speaking with swimmer to identify what was done incorrectly. Must be USA Swimming registered. Training for position set by USA and YMCA Swimming. *Time estimate:* Meet session.

Computer: Responsible for running the swim meet computer program. Includes, scratches, heat lane assignments and printing event results. Training on the computer is required; length of training is based on an individual's understanding of the program and comfort level in operating the computer at a meet. *Time estimate:* Meet session plus pre-session preparation time and post-session completion of results.

Computer Assistant: Assist Computer person as required including sorting papers, checking results, etc. Should be in training, or already comfortable with computer system. *Time estimate:* Meet session plus pre-session preparation time and post-session completion of results.

Head Timer: Responsible for stopwatch and lane assignments. Also serves as "Back-up" timer and assists Runner as required. *Time estimate:* Meet session.

Timer: Responsible for operating the stopwatch to record a swimmer's time on the timer sheet. There are 2 timers per lane. In addition to operating the stopwatch, one timer records the stopwatch times on the timer sheet. *Time estimate:* Meet session.

Runner: Responsible for distributing and retrieving timer sheets during the meet. *Time estimate:* Meet session.

Poster: Responsible for posting heat/lane assignments and results. *Time estimate:* Meet session.

Announcer: Responsible for warm-up session music and announcements. Announces results of events and, in the case of trials and finals, takes scratches for finals. *Time estimate:* Meet session.

Marshals: "The person wearing the orange vest." One male and one female required at each session. Responsible for monitoring access to pool deck to ensure that no unauthorized person(s) gain access, checking the locker rooms, and making sure swimmers are demonstrating safe behavior (no running, no playing in locker rooms or in doorways, etc.). Marshals also look out for unsafe conditions, such as water on floors in hallways and people standing in front of doorways.

Responsible for incident reports on all reported injuries. *Time estimate:* Meet session.

Awards: Responsible for getting the award labels from the computer person, placing them on the awards and filing awards in appropriate team bags. *Time estimate:* Meet session until all awards are filed.

Hospitality: Work in the hospitality area to provide meals for coaches and officials between meet sessions. *Time estimate:* Varies with meet timing, but requires attendance between sessions of a meet.

Food Shopper: Purchases food required for the Concession area, in coordination with Concession Food Coordinator, and delivers it to the Statesville Y. *Time estimate:* Approximately 4 hours. Must coordinate with Meet Manager and Concession Food Coordinator.

Concession: Work in Concession area preparing, stocking and selling food, and meet items such as programs. *Time estimate:* Meet session. Individuals working the last session of the day should be prepared to assist with clean up.

2010 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards

April 7-10, 2010

Approved September 15, 2009

WOMEN

50 Meter Course	25 Meter Course	25 Yard Course	EVENT	MEN 25 Yard	25 Meter Course	50 Meter Course
:28.62	:28.11	:25.19 *	50 Free		:22.49 *	:25.10
1:02.03	1:00.92	:54.59 *		100 Free	:49.19	:54.89
2:12.53	2:10.90	1:57.29 *	200 Free		1:46.69 *	1:59.07
4:38.38	4:32.78	5:11.79 *		500 Free	4:50.29	4:13.97
9:27.07	9:16.07	10:35.59 *	1000Y/800MFree		9:59.29 *	8:44.31
18:03.45	17:38.61	17:41.79 *	1650Y/1500M Free		16:35.19 *	16:32.21
						17:00.70
1:09.14	1:08.29	1:01.19 *	100 Back		:55.89 *	1:02.37
2:29.02	2:27.19	2:11.89 *	200 Back		2:00.29 *	2:14.25
1:19.98	1:17.66	1:09.59 *	100 Breast		1:02.79 *	1:10.07
2:50.67	2:47.62	2:30.19 *	200 Breast		2:17.29 *	2:33.22
1:07.74	1:07.28	1:00.29 *	100 Fly		:54.19 *	1:00.47
2:30.55	2:29.54	2:13.99 *	200 Fly		2:01.99 *	2:16.14
2:31.12	2:28.42	2:12.99 *	200 IM		1:59.69 *	2:13.58
5:19.31	5:15.39	4:42.59 *	400 IM		4:21.29 *	4:50.16
1:55.89	1:53.82	1:41.99 *	200 Fr Rel		1:30.99 *	1:41.55
4:10.44	4:05.97	3:40.39 *	400 Fr Rel		3:18.79 *	3:41.86
8:59.19	8:52.57	7:57.19 *	800 Fr Rel		7:13.59 *	8:03.91
2:08.93	2:06.77	1:53.59 *	200 Med Rel		1:41.89 *	1:53.71
4:38.64	4:33.98	4:05.49 *	400 Med Rel		3:41.89 *	4:07.64

Long Course Conversions were changed September 21, 2009

Qualifying Period for the Short Course YMCA National Championship Meet:
qualifying period March 1 of the previous season to the entry date for the meet
Meters to Yards conversions per 2006 NCAA Swimming & Diving Rule Book.