



## **LCY Swim Team Team Parent Handbook**

### **The YMCA Mission**

“To put Christian principles into practice through programs that build healthy Spirit, Mind and Body for all.”

### **The YMCA**

The YMCA of the USA is a national organization, founded in 1844. As America’s Oldest Swimming Instructor, the YMCA has long valued the importance of fitness activities in the development of young people. All YMCA programs, including competitive swimming, incorporate values, education and character development through the promotion of *caring, honesty, respect and responsibility*. Commitment to the YMCA’s principles and the promotion of the character development traits make YMCA and the We develop strong people, not just strong athletes.

### **YMCA Membership**

All swimmers on the Lionville Riptide Swim Team must be current Lionville Community YMCA members in good standing. Your membership fee must be paid at the Welcome Center prior to your swim team registration and team fee payment.

The LCY Riptide Swim Team is a YMCA membership program and is managed by the YMCA staff and is subject to the Lionville Community YMCA rules and guidelines.

### **LCY Riptide Swim Team Philosophy**

We strive to develop a life-long love of the sport of swimming for all of our team members. We build not only strong swimmers but strong characters by teaching with the YMCA core values of respect, responsibility, honesty and caring.

### **Lionville Community YMCA professionals**

With the rebranding of the Y nationally last year came some changes in the organization and management of Y programming. All Y programs now fall into one of three categories based on what the primary focus of the program is- "For Healthy Living, For Youth Development, For Social Responsibility." At the Lionville Community YMCA, each of these focuses is overseen by a Team Leader (formerly Senior Program Director.) The Competitive Swimming Program and the Swim Team fall under the category of Youth Development.

Alex Baxter- Competitive Aquatics Director  
Chris Crooks- Team Leader for Youth Development  
Joe Rusiewicz- Team Leader for Membership and Quality Services  
Jackie Fenn- Branch Executive Director

## **Coaches**

Head Coach-  
Coach Alex Baxter

Paid Assistant Coaching Staff-  
Coach Kristen  
Coach Kaitlin  
Coach Bria  
Coach Christa  
Coach Mike  
Coach Alyssa

Volunteer Parent Assistants-  
Coach Ben Yahr  
Coach Steve Hessler  
Coach Missey Kalucki  
Coach Kathy Collier  
Coach Conrad Cowan

## **Practice Groups**

**Green** - The Green Group is for those swimmers possessing a desire to achieve success at the District, State and National level. Practices in the Green Group are the most technical and challenging on the team. This group is for 13&Over swimmers with strong foundations in all four competitive strokes. Attendance requirement for Green Group swimmers is 85% or better.

**Yellow** - The Yellow Group is for those swimmers who have reached a very good understanding of stroke requirements for all 4 strokes and who are ready to receive more technical training from the coaching staff. Yellow Group practices are longer in time and yardage than the younger groups and swimmers must be ready to handle the extra work in the water before

moving up to this group. The typical age of Yellow group swimmers is 11-14. Attendance requirement for Yellow Group swimmers is 75% or better.

**Blue** - The Blue Group provides continued stroke development while requiring more conditioning. The Blue Group typical swimmer age is 9-10. This practice group is for swimmers who are transitioning to 50 yard races and who are beginning to learn race turns and race strategy. Blue Group swimmers should be strong freestyle and backstroke swimmers and should be comfortable swimming 50 yards of either breaststroke or butterfly and 25 yards of the other. Attendance requirement for Blue Group swimmers is 65% or better.

**Red** - The Red Group is an entry level practice group that introduces swimmers to the requirements of each stroke and proper swimming techniques. The typical age of swimmers in this group is 8&Under. This practice group is designed for swimmers who compete primarily in 25 yard events. Red Group swimmers should be comfortable swimming 50 yards of freestyle, 25 yards of backstroke and 25 yards of butterfly or breaststroke and should have basic understanding of all four competitive strokes. Attendance requirement for Red Group swimmers is 65% or better.

### **Future Season Returning Swimmer Registration**

The Y and the coaching staff will determine each season the maximum number of available spots in each practice group. In the event that we have more swimmers than available spots and to ensure that the spots will go to swimmers who will be active and engaged with the team we will be following these guidelines....

In order to register as a returning member-

- Swimmer must have been a member of the team the previous corresponding season.
  - Members of this Winter's Team will be considered Returners for next Winter's registration (provided all other guidelines are met.)
  - Members of this Summer's Team will be considered Returners for next Summer's registration (provided all other guidelines are met.)
  - At the current time members of this Winter's team will also be able to register as returners for the Summer team (provided all other guidelines are met.) This policy may be re-evaluated if the Summer team should also experience significant growth in the future.
- Swimmer must be in good standing with the Lionville Community YMCA and with the LCY Swim Team Parents Association.

- Swimmer must meet the minimum attendance requirement for their practice group. (Absences can be excused for illness and other activities provided notice is given to coaching staff).
- Swimmers must follow Sign In and Sign Out procedure. If a swimmer fails to show for a meet, without proper prior notice, after having Signed In or after having NOT Signed Out then that swimmer will forfeit returner status for the following year.

In rare cases a swimmer may meet the above criteria but may not progress in skill level along with similar age swimmers on the team. If a swimmer falls significantly behind other swimmers their age then their skill level may require that they be placed in a practice group designed for much younger swimmers. This is not an ideal situation for the swimmer or the group.

Therefore, in these rare cases, the following guideline will be used.

- If a returning swimmer's skill level would require that he/she be placed in a group where they would be 2 years older than the typical maximum age of swimmers in that group then that swimmer may not be able to register as a returning member. This decision will be left to the coaching staff and the parents of any swimmers potentially in this position will be notified prior to registration.

In the event that a swimmer fails to meet the Returning Swimmer Guidelines he/she will still have the opportunity to join the team the following season but the swimmer will be considered a Potential New Team Member. The swimmer will have to go through the same evaluation process as all other potential new swimmers hoping to secure open spots on the team.

## **Group Assignment and Changes**

Swimmers are assigned to practice groups by the coaching staff. Age, skill level, practice performance, meet performance, attitude and space availability are all taken into consideration. Swimmers are moved from one group to another when the coaching staff feels such a move is warranted. Paramount in the consideration of a move is the swimmer's physical and mental ability to handle the workload. Remember – unless a swimmer is truly ready for the next group – more is not better, and many times **is** worse.

## **Practice Schedule**

### **Green-**

Mon-Fri

*Before and after high school season- 4-6pm (High school season scheduled to begin this year on Monday, November 21<sup>st</sup>.)*

*During High School Season- 3:45pm-6pm (Dryland practice will be run on pool deck 3:45-4:20 and the practice will be in the water 4:30-6pm.)*

### **Yellow-**

Mon-Thurs

7 pm – 8.30 pm

**Blue-**

Tues, Thurs 6 pm – 7 pm ; Fri 7pm - 8pm

**Red-**

Mon, Wed, Fri 6 pm – 7 pm

**Practice Equipment** – Make sure your name is on all equipment!

All Groups

Goggles – Make sure goggles are suited to your eyes and are comfortable. Each swimmer should have at least 2 pairs of goggles. Typically one pair for practice and one pair for meets.

Swim Fins- Speedo Optimus Fin is recommended. Other Training fins will work if the Optimus fin is unavailable. What will not work is scuba/snorkel fins.

Water Bottle – Every swimmer needs to bring a water bottle to practice.

Additional Gear for Yellow and Green Group

Swim bag- to keep gear in bins on deck

Pull Buoy- for pull sets and certain stroke drill training

Additional Gear for Green Group

Snorkel- Will be used frequently while working on balance and during both pulling and kicking sets. Can be great chance to think and work on flaws of a stroke. "It's amazing what you can learn about swimming when you're not worried about the whole breathing thing."

Hand paddles- By Coach recommendation based on swimmer's age and build.

**Practice Cancellations and Inclement Weather**

Practices may be cancelled occasionally for various reasons. Examples include inclement weather, problems at the facility, etc. Often times, we do not know about these cancellations until the last minute, but we make every effort to communicate cancellations as soon as possible. When time permits, email alerts will be sent and the team website will be updated. In the event that something occurs at the facility that forces practice to be cancelled at the last minute and swimmers have already been dropped off for practice, they will be instructed to call their parents to be picked up early. In the case of inclement weather, email will be used first to communicate any and all cancellations regarding practices and/or meets.

Practice continues when it is raining. If there is thunder and lightning in the area, practice could be suspended but not necessarily cancelled. This includes

practices at indoor pools by national YMCA policy. If parents are experiencing hazardous conditions (snow, ice, thunderstorm) while their children are at practice, they should come to the pool in case practice ends early. Be on the safe side. Don't take chances if you have doubts.

## **Swim Meets**

### Classification of Meets

LCY competes in YMCA, Penn-Del Swim League and USA Swimming meets. These governing bodies provide competitive opportunities, but they differ slightly.

#### YMCA Meets

We participate in the Penn-Del Swim League, one of the oldest and largest YMCA Swimming leagues in the country, for dual meets and league championships. The National YMCA Committee adheres to the guidelines set by United States Swimming (USA) for stroke and turn rules. These are the rules used by all officials at a YMCA sanctioned meet.

Swimmers must compete in at least three YMCA meets, including 2 dual meets during a season to be eligible for the District, and State championship meets. In order to be eligible for Y Nationals a swimmer must compete in three closed YMCA meets such as districts, states and Y-only invitationals like Winterfest or the Boyertown Boo.

#### Penn-Del League Dual Meets & Championships

Lionville Riptide competes in the Penn-Del Swim League Jefferson Division for dual meets. The league divides teams into divisions based on team size, proximity and level of competition. These are SIGN OUT meets. All swimmers on the team are expected to participate in these meets. Swimmers that are unable to participate in a dual meet must let their coach know by Tuesday the week of the meet so they are not placed in a swim meet line up. All swimmers are also expected to participate in their divisional championship, the only qualifying restriction is to have participated in 2 dual meets.

#### USA Swimming (USA)

USA Swimming is the national governing body for amateur competitive swimming. USA swimming sets rules for competitions, implements policies, conducts national championship meets, and selects athletes to represent the United States in international competitions. USA Swimming requires coaches and officials to be certified according to its standards. USA Swimming is divided into Local Swimming Committees (LSC), which administer USA Swimming activities in smaller geographical areas. Our LSC is "Middle Atlantic Swimming," or MA. If you are interested in attending the selected USA swimming meets, please see Coach Alex. The LCY Riptide Swim Team uses USA swim meets for younger team members looking for higher

competition levels and for older team members looking for events typically not offered at Penn Del or High School dual meets. (There is an additional yearly fee for participating at USA swimming meets.)

### Swim Meet Age Group Designations

In both USA Swimming and YMCA meets, swimmers compete according to their ages. USA Swimming age groups are divided as follows: 10 & under, 11/12, 13/14, 15/16, 17/18. USA Swimming meets will often combine the last two groups in a 15-18 age group. YMCA age groups are the same except the YMCA includes an 8 & under age group. Sometimes, in both USA Swimming and YMCA meets, 13 & Older swimmers are combined into a "senior" age group. In "open" events or meets, swimmers of any age may swim. For USA Swimming meets the swimmer's age group is determined by the swimmer's age the first day of the meet. For YMCA and Penn-Del meets, the age group is determined as of Dec. 1 of the current year for meets during the fall and winter and typically June 1<sup>st</sup> during the spring and summer.

### Meet Descriptions

#### **Dual Meets –**

The dual meets begin in late November and usually end in mid January. All swimmers on the team will be entered in these meets unless the swimmer informs their coach that they cannot attend by the sign out date. This responsibility is on the swimmer/parent. Coaches will select the 2-3 events that a swimmer may swim for the dual meets.

Cost – no additional cost, included in the team fee

Sign Out – all swimmers expected to participate. If you are unable, you must notify the coach by Tuesday the week of the meet.

If NOT SIGNED OUT but unable to attend due to an unexpected issue, please call Coach Alex's cell phone (484) 722-4256 as soon as possible. Late night emails also work as Coach Alex has email access via phone (alex.baxter@umly.org). If your swimmer is feeling ill Friday night please DO NOT wait until Saturday morning to give the coach a heads up. The coaches need the extra time to come up with alternate meet line ups.

Coach Alex will try to post dual meet line ups by Friday each week but the line ups will always be subject to change. Line ups will not be able to be posted if late sign outs are an issue.

Parent Volunteer – parents are expected to work dual and championship meets, sign up sheets are available well in advance.

Transportation – For LCY home meets, show up at the designated time.

For away DUAL MEETS, LCY provides bus transportation to and from the away YMCA. Please at the scheduled check in time. All swimmers must ride the bus to the away meet. Any exceptions must be cleared directly with Coach Alex.

If a parent will drive a swimmer home from an away dual meet, they must hand in the Bus Release form to Coach Alex by Wednesday the week of the meet. A large number of parents prefer to drive swimmers home from meets. With prior notice of how many swimmers will not be riding buses home it is often possible to reserve fewer buses for return trips than travel to meets. This can save the team and the Y several hundred dollars per meet.

Swimmer Seating- All swimmers must stay on deck with the coaches until the meet is complete.

### **League Divisional Championships –**

Each division of the Penn Del Swim League holds a championship in late January or February to provide an opportunity to achieve district qualifying standards and/or possible awards. All swimmers who have swum in the required 2 dual meets are eligible for the League Championships. There are no qualifying times. The coaches will choose swimmer's events and relays for Division Championships.

Cost – Swimmers are charged for each swim at the Division Championships. This is one of the primary reasons escrow accounts are set up for each swimmer at the beginning of the season.

Sign Out – You must notify the coach you will not be able to attend prior to the meet entry deadline.

Parent Volunteer – LCY will be responsible to provide volunteers for the championships. This will be coordinated by the Boys and Girls Coordinator. Green Group swimmers will also be expected to volunteer during at least one of the younger swimmer sessions during the meet.

Transportation - Parents are responsible for getting the swimmer to and from the championships. This year the championship meet will be here at LCY.

### **Charlie Hartley Memorial Silver Championship – (CHMSC)**

This meet is a "silver" championship meet. This is a good meet for swimmers that almost have a district qualifying time and would like an additional opportunity to try to achieve that time. The time standards for CHMSC are called "Range Qualifying Times." There is a "No Slower Than" time which is the minimum requirement to swim in the meet. There is also a "No Faster Than" time which is the best possible time allowed to enter. The "No Faster Than" time is usually just faster than the Districts Qualifying time. Mini swimmers (8 & under) do not have a maximum time standard. The swimmer who wishes to swim in this championship must have a best time within the time standards to be eligible to swim that event. Swimmers that qualify for this meet are encouraged to attend but swimmers with more than 2 district qualifying times will not be allowed to attend. Swimmers with 2 district qualifying times may attend only with coach approval.

Cost - There is an extra fee for each event that the swimmer chooses plus any relays coaches place them in.

Sign In - Swimmers choose the events posted on the bulletin board

Parent Volunteer- LCY will be responsible to provide some volunteers for CHMSC. This will be coordinated by the Boys and Girls Coordinator.

Transportation - Parents are responsible for getting the swimmer to and from the meet. This meet is held at GCIT near Sewell, NJ.

### **Pennsylvania Y East District Championships--(Districts)**

This is a large, highly competitive meet that requires all participants to have achieved a qualifying time in order to compete in individual events. These time standards are posted each season and can be achieved in any competition from September 1 until the meet entry deadline. This meet is a team event and the coaches will select the individual events a swimmer is entered in. Swimmers may swim a maximum of 3 events, a maximum of which can be 2 individual events. Relays are limited to 1 entry in each event per team and are selected by the coaching staff in an attempt to score the maximum amount of points in individual events and relays for the age group. The top 12 finishers in each individual event per age group (10& Under, 11/2, 13/14, 15-18) advance to the State Championships. When a relay places in the top 9 the team qualifies a relay for States, though not necessarily those swimmers. Relays for Districts are entered with 6 possible swimmers for the four spots. State relays will be determined by the coaching staff, utilizing the fastest times of the swimmers now available.

Cost - There is an extra fee for each event that the swimmer chooses plus any relays

Sign Out - You must notify the coach you will not be able to attend prior to the meet entry deadline.

States Expectation- Swimmers who qualify for the district meet need to notify the coaching staff before the meet if they will not be able to attend the state meet should they qualify. After qualifying for states at the district meet swimmers only have 30 minutes to declare their intention to scratch from the state meet. Alternates will then need to be able to immediately accept or decline invitations to the state meet.

Parent Volunteer- LCY will be responsible to provide some volunteers for the championships. This will be coordinated by the Boys and Girls Coordinator

Transportation Parents are responsible for getting the swimmer to and from the meet. This meet is held at La Salle University in Philadelphia.

### **Pennsylvania Y East-West State Championships--(Y States)**

Y States is held in late March at Penn State University. The top 12 individual and 9 relay finishers in each age group (10&Under, 11/2, 13/14, 15-18) from the East and West District Meets compete for State honors.

Cost- There is an extra fee for each event that the swimmer qualifies for.

Sign Out – You must notify the coach you will not be able to attend prior to the meet entry deadline.

States Expectation- Swimmers who qualify for the district meet need to notify the coaching staff before the meet if they will not be able to attend the state meet should they qualify. After qualifying for states at the district meet swimmers only have 30 minutes to declare their intention to scratch from the state meet.

Parent Volunteer– LCY will be responsible to provide some volunteers for the championships. This will be coordinated by the Boys and Girls Coordinator

Transportation – Parents are responsible for getting the swimmers to and from the meet. This meet is held at Penn State University. LCY usually has a block of rooms available at a local State College hotel. See Coach Alex for more information about the hotel and the potential that your swimmer might qualify for the meet.

### **YMCA Nationals –**

This is the top YMCA meet nationally held at the new Greensboro Aquatic Center in Greensboro, North Carolina. This is not an age group meet. Qualifying standards need to be achieved in order to swim at YMCA Nationals. Parent volunteers are needed to assist the coaches and swimmers who qualify for the National Meet. Fundraising is often needed to assist swimmers attend the meet. At the meet the coaches also need assistance with swimmers away from the pool with meals and transportation

### **Invitationals –**

The coaching staff selects several invitational swim meets each season to attend as a team. Sign-up sheets and information for interested swimmers will be on the team bulletin board. It is a swimmer's/parent's responsibility to see that the swimmer is present on time in the seeding area for their events at invitational meets.

Cost - There is an extra fee for each event that the swimmer chooses plus any relays

Sign In - Swimmers choose the events posted on the bulletin board. Circle your swimmer's name and then circle their events.

Invitational meets will be published on the team's season schedule. A reminder of the sign in dates will be in the coaches email update. The meet invitation information and the sign in sheet will be posted on the team bulleting board in the hallway at the YMCA

Parent Volunteer – sometimes needed so please be prepared to help.

Transportation - Parents are responsible for getting the swimmer to and from the meet. Be sure to write down the warm-up times, start times, directions and the events – so that you arrive at the meet on time and properly prepared.

Remember – all invitational meets are optional since participation requires an entry fee. If payment is made and the swimmer is unable to attend, no fees can be reimbursed.

Check in- with a coach upon arrival, at the scheduled time.

It is the policy of our program to enter only meets selected by the coaching staff. If a swimmer wants to attend any other meet, he/she must discuss it with the coach, if in agreement, the coach will prepare the entry, but will not be at the meet to coach the swimmer.

### **Meet suggestion-**

Be early! Every swimmer should arrive at a meet at least 15 minutes before the scheduled warm-up time. This is typically when the coaches schedule check-in times. The importance of punctuality cannot be emphasized enough! If your child is late to a championship or invitational he/she may be scratched (taken out of an event), particularly from relays, at the scratch meeting unless the coach knows in advance that the swimmer is coming late. Please also try not to drop off swimmers excessively early. Coaches may have duties related to other team members or other responsibilities which may prevent them from being able to watch your swimmer before the scheduled time.

When attending a meet where a heat sheet is printed, make sure your name, events and entry times are listed correctly. Report any errors to the coach immediately.

Items to bring:

- two or more goggles
- two or more towels
- team suit
- team cap
- warm-up or sweats, extra shirt, shoes or sneakers – some locations can be cold

Team apparel items are desired and should be worn at meets for team spirit. At the least, all t-shirts and other apparel items must be in good taste, as determined by the coach.

For many invitationals, swimmers are held in a gym or holding area. Therefore, a folding chair or picnic type blanket works for the kids to sit between events.

**Healthy** snack or money - Almost all events have a snack bar so money is a good idea. Many meets also charge spectators entry fees and charge for heat sheets.

In the summer, some holding areas are outside and sunscreen may be needed. Some meets also charge parents entry fees and will charge fees for heat sheets.

Swimmers may also bring playing cards, books, MP3 player, or small games to longer meets. Older swimmers will not be allowed to use cell phones on deck as it distracts from focusing on the meet. Only nutritional snacks are allowed, and to prevent dehydration, fluids need to be consumed during the meet. Water or Gatorade is best – avoid sodas.

Upon completion of each event, the swimmer should congratulate their competitors, politely, thank the timer and go see the coaching staff for race feedback.

Remember, it is each swimmer's responsibility to pay attention to which events are being called to the ready bench/blocks and to report on time. Sometimes a missed event will cause disqualification from further events, so pay attention and stay with the team. At dual meets, swimmers should stay with their age group, not their parents. Swimmers may not leave the team area without permission, unless they are reporting for an event.

No unsportsmanlike conduct of any kind will be tolerated. Vandalism anywhere, anytime could result in expulsion from the team.

Parents should also abide by the sportsmanship rule. Also at meets, and on the way home, parents should be their swimmers' biggest cheerleaders. Leave the coaching to the ones being paid to coach. If you have a technical thought about your swimmer please talk to a coach about it. Let the coaches pass it on to the swimmer if they feel it is needed. Often times educated swim parents may see something their swimmer is doing incorrectly which needs attention. Since all swimmers KNOW that their parents don't have a clue about swimming they will tune out the advice if it comes from their parents. However, if it comes from the coaches...

**Before you leave any swim meet, make sure you:**

- Notify a coach.*
- Are not in another event or relay.*
- Have cleaned up your area.*
- Have all your belongings.*

**Team Area at Swim Meets**

Swimmers should sit in the designated team area. This promotes team support and unity, which in turn contributes to swimming success and fun. This policy also prevents coaches from having to spend time at meets tracking down swimmers.

With the goal of teaching responsibility, parents are asked to sit in the stands (if they are not volunteering for the meet), not with their children. At

meets, parents who are not volunteering are not permitted on the pool deck. This is because deck space is limited and parental interruptions are distracting to swimmers and coaches. There will be a parent marshalling swimmers 10 years of age and under at dual meets to ensure that swimmers are present and are at the blocks on time.

### **Escrow Accounts**

All swimmers on the Swim Team have an escrow account established when they register which includes \$25 from the \$75 Swim Team Parent Association Fee collected. After the season begins the team treasurers will attempt to distribute monthly escrow account invoices. Typically these invoices will be found in Family Folders. Further escrow account payments should be placed in the team lock box located near the team bulletin board in the hallway at the Y under the Family Folders. Deductions from escrow include invitational and post season meet entry fees. It is the family's responsibility to maintain a sufficient balance in their account. An insufficient balance may result in a swimmer not being entered into an invitational, entered in fewer events than signed up for or not being eligible to swim in a relay. Questions regarding your escrow account should be addressed to the volunteer Treasurers Debbie MacCausland or Marlena Ferguson.

### **Communication from the team**

#### Email –

Coach Alex will send out update emails throughout the season with reminders about upcoming meets and events. Families will likely receive emails from other parents coordinating volunteers and events. Since this is the primary means of communication, please let Coach Alex know of any changes to your email address. Be sure to read all emails.

#### Bulletin Board –

The bulletin board is located at the Lionville YMCA in the hallway past the front desk. We post meet sign in and out information here. You can also find copies of schedules, results and qualifying times on the bulletin boards.

#### Family Folders –

Families will have mail folders at the YMCA on the team information table in the hallway. Written notices as well as escrow account statements, and swim meet awards are distributed through these bin folders.

#### [WWW.LCYSWIM.ORG](http://WWW.LCYSWIM.ORG)-

This is another source of information. The website contains meet information, links to pool directions, practice schedules and the team calendar. Please be sure to check the website frequently, as it is frequently updated. This season we intend to add a database of results to the website and we hope to have live home meet results available on the site as well.

### Other Helpful Information for Team Parents-

[www.facebook.com/lionvillieriptide](http://www.facebook.com/lionvillieriptide) This is the official team facebook fan page. Coach Alex often uses this page to offer insights about what happens at practices, meets and around the Y.

[www.youtube.com/lionvillieriptide](http://www.youtube.com/lionvillieriptide) This is the official team youtube page. Here you can find videos from meets and practices as well as links to other videos Coach Alex believes would be of interest to parents and swimmers.

[www.penndelsswim.org](http://www.penndelsswim.org) Website of our dual meet swim league. Has results, schedules, and directions to facilities.

[www.maswim.org](http://www.maswim.org) Website of our USA local swim committee. Has schedule of USA meets and some other helpful info.

[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org) National website for YMCA swimming. Has information about National Championship Meets (Short Course, Long Course, Virtual)

[www.competitivedge.com](http://www.competitivedge.com) Website of Dr. Alan Goldberg, a well known sports psychologist who has worked with many swimmers around the country. A great deal of information for parents and swimmers can be found on this website which can be helpful when it comes to accomplishing goals in the water.

[www.goswim.tv](http://www.goswim.tv) Website run by former Olympic Swim Team member Glenn Mills. This website has videos and instruction for many of the drills and basic skills we practice. This can be a helpful source for parents unfamiliar with their kids' sport (or for parents who may want to improve their own swimming).

### Communicating With Coaches- Listed in order of best method to worst

Contact Coach Alex by email [Alex.Baxter@umly.org](mailto:Alex.Baxter@umly.org)

YMCA phone 610-363-9622 x2239

Or, in the event of an emergency the day of a meet, you may contact Coach Alex on his cell phone (484) 722-4256.

Please do not interrupt coaches or swimmers on deck during practice time or at meets. Please direct questions to Coach Alex before approaching the rest of the staff.

### The following Code of Conduct must be read and followed by all parents.

As a parent of a swimmer of the Lionville Riptide Swim Team, I understand and agree to abide by this Code of Conduct at all times while I am representing the Swim Team.

Practice teamwork with all parents, swimmers and coaches by supporting the values of Honesty, Caring, Respect and Responsibility.

Allow the coaches to instruct the team and swimmers at practice and meets. Rely on the coaching staff for technique and race strategy. Refrain from coaching your child or any other swimmer, it puts them in a precarious situation. Address all questions regarding technique and race strategies to the head coach at a prearranged time.

Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.

Maintain self-control at all times. Allow swimmers to swim, coaches to coach, officials to officiate and parents to parent.

Understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials and/or any participating swimmer or parent will not be permitted or tolerated, and I may be asked to leave the program.

Enjoy involvement with the Lionville Community YMCA Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.

Direct all questions or concerns regarding decisions made by meet officials to a member of our coaching staff. (Parents may not address officials.)

Should I conduct myself in such a way that brings discredit or discord, I voluntarily subject myself to disciplinary action. The YMCA maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

### **Practice Conduct**

All team members should be on deck ten minutes before practice starts. The swimmers should go to the team area and begin loosing up as directed by the coaches.

All team members are expected to be on time and to remain until the end of practice. If this is a problem, please check with the coach or send a written note with the swimmer.

Practice is practice, not play time. Please make sure that your swimmer understands that he/she must be attentive and not be disruptive to others in their lane. Swimmers will be asked to sit on deck if their behavior is a problem. They may not leave the pool area. If this does not eliminate the problem, the parents will be consulted.

### **Swimmer's Roles and Responsibilities**

Lionville Riptide swimmers strive to be positive team members in and out of the pool. Most importantly, swimmers should always remember that they represent the YMCA and the Lionville Riptide Swim Team. Their words and actions reflect not only on themselves but also on their teammates, parents, coaches, and the YMCA. With the guidance of coaches and parents, swimmers are expected to demonstrate the YMCA's character development traits of caring, honesty, respect, and responsibility.

### **Swimmer Code of Conduct**

The following Code of Conduct must be read and followed by all Lionville Community YMCA Riptide Swimmers.

As a Team member, I understand and agree to abide by this Code of Conduct at all times while I am representing the Swim Team. I will:

1. Offer congratulations to my opponents, win or lose, and cheer on my teammates.
2. Act and conduct myself with dignity while demonstrating respect for others and the property of others.
3. Promote good sportsmanship while striving for positive team spirit.
4. Deal justly, kindly, impartially and honestly with all my fellow team members.

While involved in any functions or those sponsored by the YMCA of the USA, I will not:

1. Cause or threaten physical or verbal harm to another swimmer, coach, official or parent.
2. Possess, use or be under the influence of alcoholic beverages, chemicals or illegal drugs.
3. Behave in a manner that in the opinion of the coaches is harmful to the reputation of the program or the individual.

I understand that violating any of these criteria will put me at mercy of reprimand from the YMCA and coaching staff. Violation may cause me to be sent home at the expense of my parents and may warrant immediate dismissal from the team.

### **Swim team parents association (SPA)**

The SPA is responsible for running meets including supplying officials, timers, and other helpers for all home and away meets as required by the Penn Del League, coordination of social and fundraising activities for the team, and providing information and support to the coaching staff. Funds help the swim team purchase equipment, sponsor a season recognition banquet, purchase gifts for swimmers and coaches.

Swim team Parents' Association (SPA) committee head meetings are held monthly during the season. All parents are invited to attend.

### **Volunteer requirements-**

As the swim meets are a volunteer run event, it is fair that all parents share in the duties.

Once the dual meet season schedule is finalized, we will have the required volunteer events that each family should sign up for. Generally it has been three volunteer events per dual meet season. These include timing, snack bar, runner, mini parent (to help the little ones on deck), set up, clean up, deck security. Most can be done with no prior experience.

Any invitational or post season meet that a swimmer is in, the parents are expected to be available to volunteer.

## Parent Volunteers

President	Ali Cleveland
President Elect	Open
Treasurer	Marlena Ferguson and Debbie MacCausland
Secretaries:	Jenny Lorge Yolanda McDermott
Caps Coordinator	Mindy King
Apparel / suites Coordinator	Carolyn Devletian
Banquet Coordinator / Fund Raising Coordinator	?
Swim Sibs / Buddy Families	Kelley Meyer?
Deck Equipment Coordinator	Bob DeCrescente, Donald Brown
Meet Director	Steve Hessler
Officials Coordinator	Bert Hewitt, needs apprentice
Officials	Bert Hewitt, Chris McIlroy John Salig, Andy Bender, Bryan MacCausland, Greg Devletian, Warren Fox
Penn-Del Representative	Open
Reservations Coordinator	Alison Manthorp
Scorer's Table Coordinator	Vickie Hewitt
Scorer's Table	Lori Abromovitz, Vickie Hewitt, Karen Mix, Mary Quill
Snack Bar Coordinators	Girls: Lish Schweikert Boys:
Statistician/Records	Bert Hewitt , needs apprentice
Summer Picnic Coordinator	Jill Maki
Team Awards	Theresa Davis
T-shirt Coordinator	Carolyn Devletian
Volunteer Coaches	Steve Hessler, Kathy Collier, Ben Yahr, Missey Kalucki, Conrad Cowan
Volunteer Coordinator	Girls: Cathy Schweiger – help could use an apprentice Boys: Cathy Schweiger – help could use an apprentice
Webmaster	James Baker– Help! could use another hand

Swim meets are completely run by parent volunteers. There are numerous jobs to be filled at meets and volunteering is a great way to support your child. It also gets parents involved in the achievements of all team members and builds relationships with other parents in the swimming community.

All meets need:

Timers - Time each heat in a specific lane using stopwatches that are provided by the host team. This job is very easy and keeps you right next to the action. No prior experience is necessary.

Officials - These include the starter, referee, and stroke and turn judges. They conduct the meet and address rule infractions; training is necessary (through USA and/or YMCA, depending on the meet). There is always a demand for these volunteers. Training is technical but not lengthy or difficult. Lionville Community YMCA offers at least one training per year.

Runners - After each heat, this person takes cards from timers to the computer operator. No prior experience necessary.

Computer Operator - This person inputs data during meets (times, relay names, etc.) and generates results from the system. Training on specific meet manager software is needed.

Announcer - This volunteer has the charge of announcing the swimmers name prior to the swimmers entering the water.

Set-Up and Clean-Up - Before a meet can begin and after a meet ends, parents are expected to help set up the pool for the meet and to return the pool to its normal condition after the meet.

Concession - At every swim meet we will provide concessions for our guests. This is an easy volunteer area for any parent.