

**YMCA OF GREATER WATERBURY
BARRACUDA SWIM TEAM**

***TEAM HANDBOOK
SUMMER 2010***

MISSION STATEMENT

The mission of the Waterbury YMCA's Barracuda Swim Team is to prepare young athletes for success both in and out of the water. This is achieved by providing a positive, stimulating learning environment for age group swimmers; a challenging, individualized training environment for senior swimmers; and promoting the four core values of the YMCA of the USA in all team activities.

COACHING STAFF

Head Coach

RYAN WALKER

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Head Age Group Coach

LINDSAY OSBORN

Assistant Coaches

GEORGE FLAHERTY

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Volunteer USA-S Coach

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PRACTICE SCHEDULE

SUMMER 2010

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRASS	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	
AGE GROUP II	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	
AGE GROUP I	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30	
SENIOR (II and I) NATIONAL	6:00 - 8:00	6:00 - 8:00	6:00 - 7:10	6:00 - 8:00	5:00 - 6:45

- * Practice for "BRASS" practice group will begin on Wednesday, May 5, 2010, due to team try-outs. All other groups begin following the above schedule on Monday, May 3, 2010.

PRACTICE GROUPS

Practice groups are assigned by the coaches based on each swimmer's individual level of skill, age, and experience. Swimmers who begin the season in one group and come to meet the criteria of the next group may be advanced into that group. Likewise, swimmers who are not performing to the minimum expectations of their assigned group may be moved into a lower group **at the coach's sole discretion**.

Practice attendance requirements are to be interpreted as just that: Minimum requirements. Swimmers who do not adhere to the minimum practice requirements will be subject to disciplinary action that may range from "benching" from a meet to dismissal from the team.

Group assignments are posted will be posted along with the practice schedule at www.waterburybarracudas.com.

DESCRIPTION OF PRACTICE GROUPS

NATIONAL

GROUP CRITERIA

Swimmers who have attained, or are within one second per 50 of, a YMCA Long Course or Short Course National Championship qualifying time in at least one event. The focus of this group is on preparation for the YMCA National meet.

PRACTICE REQUIREMENTS

Swimmers in this group are expected to attend **all** assigned practices.

SENIOR I

GROUP CRITERIA

Swimmers who have a New England YMCA qualifying time in at least one event, AND are within 5% of a YMCA LC National Cut in at least one event OR who have attained a CT-Swimming LC Senior Cut in at least one event. The focus of this group is on preparation for the Age Group and Senior Championship meets and ultimately qualifying for YMCA Long Course Nationals.

PRACTICE REQUIREMENTS

Swimmers in this group are expected to attend **all** assigned practices.

SENIOR II

GROUP CRITERIA

Swimmers 12 years old and older NOT meeting Senior I criteria AND have attained, or are within 1 second per 50, of at least one New England YMCA or CT Swimming Senior qualifying time. The focus of this group is on preparation for major YMCA or USA regional championship meets and long-term goal setting.

PRACTICE REQUIREMENTS

Swimmers in this group are expected to attend seven out of every ten practices.

AGE GROUP I

GROUP CRITERIA

Swimmers 12 years old and older NOT meeting Senior II criteria AND swimmers under the age of 12 who can complete the following practice sets:

- 8 x 100 Freestyle @ 2:00
- 4 x 100 Stroke @ 2:15
- 400 IM Continuous and Legally, regardless of time

The focus of this group is on refinement of the four competitive strokes, continuing to develop the swimmer's aerobic base, racing strategy, and short-term goal setting.

PRACTICE REQUIREMENTS

Swimmers in this group are expected to attend 6 out of every 10 practices.

AGE GROUP II

GROUP CRITERIA

Swimmers 8 years old and older NOT meeting Age Group I criteria AND can complete the following practice sets:

- 6 x 100 Freestyle @ 2:15
- 4 x 100 IM @ 2:30
- 500 Freestyle @ 10:00

The focus of this group is on continued development of the four competitive strokes, beginning to develop an aerobic base for longer events, and beginning race strategy.

PRACTICE REQUIREMENTS

Swimmers in this group are expected to attend three practices per week.

BRASS (Pre Age-Group)

GROUP CRITERIA

Swimmers 8 years old and younger with LESS than one full year of competitive experience, and without four legal strokes. The focus of this group is on instruction in the four competitive strokes, including starts and turns.

PRACTICE REQUIREMENTS

Swimmers in this group are expected to attend two practices per week.

PRACTICE PROCEDURES AND POLICIES

FOR SWIMMERS:

1. All swimmers are to arrive on deck approximately 10 minutes prior to the start of practice, and must be prepared to swim – with suit, goggles, and cap (if applicable) – by the designated start time.
2. All swimmers in the Junior, Senior, and National practice groups must bring a water bottle or bottle of Gatorade or Powerade to practice each night.
3. Swimmers who arrive excessively late may not be permitted to swim that evening. Swimmers who habitually arrive excessively late may be benched from a competition.
4. All swimmers are expected to swim for the entire practice. Swimmers will only be permitted to leave early if picked up on deck by a parent or guardian.
5. For safety concerns, 12 / under swimmers will not be permitted to go to the locker room on their own during the practice for any reason.
6. Each practice group (with the exception of the Senior and National groups) usually has one five-minute break approximately halfway through the practice for the purposes of using the restroom.
7. For safety concerns, all swimmers will be asked to remain in the lobby of the YMCA after practice until their ride has arrived.
8. **NEW:** Swimmers who will NOT be attending practice, and whose absences will exceed the number permissible for their specific practice group, MUST inform the coaches of the reason for their absence. The coaches will make a determination as to the absence being excused or not.

PRACTICE PROCEDURES AND POLICIES

FOR PARENTS:

Parents are welcome to stay on deck and observe during practices. However, we do ask that parents adhere to the following guidelines:

1. Parents are asked to remain in the pulled-out bleachers behind Lanes 1 and 2 only, and NOT in the closed bleachers along Lane 6.
2. Parents are asked to limit conversations with members of the coaching staff to the time just prior to or following practice, NOT during practice. Holding conversations with coaches during practices is a distraction to the process for all parties involved.
3. Parents are asked not to interfere with their child's practice, either by calling their swimmers out of the pool, approaching the pool and stopping their child to talk to them, "coaching" their child, etc.

COACH'S NOTE: If, in the coach's estimation, parental activity on deck is becoming too distracting to the process of coaching the team, then steps will be taken to prevent further distractions from occurring.

YMCA SWIM MEET SCHEDULE

The following is the list of meets in which every member of the swim team is eligible to participate, assuming that their YMCA and team memberships are in "good standing." SPECIFIC MEET INFORMATION IS / WILL BE AVAILABLE ON OUR TEAM'S WEBSITE.

FRIDAY, MAY 28, 2010 – AWAY Dual Meet at Hamden YMCA

FRIDAY, JUNE 4, 2010 – HOME Dual Meet vs Southington YMCA

JUNE 5 & 6, 2010 – Long Course Invitational at Western CT YMCA

- Entry Fees are required
- Will be open to swimmers in Age Group I and above.

JUNE 11, 2010 – HOME Dual Meet vs Northwestern CT YMCA

JUNE 25, 2010 – AWAY Dual Meet at Northern Middlesex YMCA

JULY 9, 2010 – AWAY Dual Meet at Valley Ansonia YMCA

JULY 10 & 11, 2010 – Greenknoll YMCA Long Course Invitational at Western CT Y

- Entry Fees are required
- Will be open to ALL swimmers.

JULY 23 & 24, 2010 – Summer Clusters at Northern Middlesex YMCA

- Entry Fees are required

JULY 26 – 30, 2010 – YMCA Long Course Nationals at College Park, MD

- Entry Fees are required
- Qualifying time standards must be met
- Swimmers must have participated in 3 YMCA dual meets in the past calendar year, and 1 of the Long Course Invitational meets held this season

SWIM MEET

PROCEDURES AND POLICIES

TYPES OF MEETS

There are three types of meets in YMCA swimming: Dual- or Tri-Meets, Invitationals, and Championships.

A **DUAL MEET** is a meet in which only two teams participate; a **TRI MEET** is a meet in which only three teams participate. Events are divided by age-group and gender, and “seeded” based on the swimmers’ best times in the events. There are 50 events in the summer season dual meets (see appendix). Keeping of team scores is at the discretion of the coaches. Awards are not given, and there is no additional fee to participate.

An **INVITATIONAL** meet is one in which several teams participate. Events are divided by age-group and gender, and “seeded” based on the swimmers’ best times in the events. Invitational meets have many different events, and are often divided into “sessions,” where different age groups swim at different times. Team scores may or may not be kept. Individual awards for top swimmers in each event are given, and there are per-event entry fees to participate.

A **CHAMPIONSHIP** meet is one in which several teams participate. Events are divided by age-group and gender and “seeded” based on the swimmers’ best times in the events. Invitational meets have many different events, and are divided into “sessions,” where different age groups swim at different times. Team scores are kept and team awards are presented by age-group. Individual awards for top swimmers in each event are given, and there are per-event entry fees to participate.

DUAL MEET SIGN-UPS AND LOCK DATE

Meet check-in sheets will be posted on the pool deck approximately two weeks prior to each dual meet. Swimmers planning to participate in that meet must check their name off by the end of practice on the “lock date.” After this date, no swimmer will be added to the lineup for any reason. It is the swimmer’s or parent’s responsibility to check-in for each meet; the coaches will assume that any swimmer not checked-in is not participating in the meet.

NEW: Swimmers who check-in for a meet, and then do not attend a meet **WITHOUT** having informed the coaches with **NOT** be permitted to compete in the following meet.

Swimmers ineligible for given meets due to disciplinary issues, frequent unexcused absences from practice, team registration issues or YMCA membership issues, will not be listed on the check-in sheet and will not be permitted to compete.

If for whatever reason you cannot make it to the pool to check-in for a meet, you may send an e-mail to wbccoachryan@sbcglobal.net stating that you will be attending a given meet.

INVITATIONAL AND CHAMPIONSHIP MEET SIGN-UPS AND LOCK DATES

Invitational and Championship meet information will be placed in each family's mailbox several weeks prior to each meet. The "lock date" will be included in this information, and is typically a few days before entries – and entry fees – must be sent to the meet host.

Entry forms must be returned to Coach Ryan, AND entry fees for each swimmer must be paid in full, by the lock date; otherwise, the swimmer will NOT be entered into that meet.

All swimmers are expected to participate in the League Championship meet at the end of the season.

SWIM MEET PROCEDURES

1. All swimmers must arrive at the pool and check in with their coach by the specified "on deck" time. This is to give the swimmers time to get situated, changed, etc, and be prepared for our assigned warm-up times. Swimmer not at the pool by the warm-up time will be "scratched," or removed, from the meet.
2. If you are running late for a meet for any reason, please call Coach Ryan and let him know so that you are not scratched from the meet.
3. All swimmers must bring their suit, towel, and goggles to the meet. Swimmers may also bring deck chairs (the collapsible folding camping chairs are popular) to all home meets and some away meets.
4. A link will be posted to a site at which you can purchase a team suit. We do not typically hold suit fittings during the summer season, and do not require a team suit for the summer season; however, all swimmers should, at the very least, purchase a plain black competitive swim suit for use at meets and meets only.
5. Swimmers must stay until the conclusion of the meet. If for whatever reason a swimmer needs to leave the meet early, they must let either Coach Ryan or Coach Lindsay know before they depart. **NEW:** Any swimmer entered into a relay event who leaves prior to the conclusion of a meet without letting a coach know will be benched from the following meet.

PARENT VOLUNTEERING

All home and away dual- and tri- meets are run and organized entirely by parent volunteers from the participating teams. A list of jobs and descriptions is available in the appendix. A sign-up sheet for each meet will be posted at about the same time as the meet check-in sheets.

Volunteering assignments for Invitational and Championship meets are determined based upon the size of each team's entry. For example, a meet host may determine that for every 10 swimmers entered by a team into a meet, that team must provide one timer, or something equivalent. Most meets will also identify penalties for failure to provide a volunteer for a meet, ranging from fines against the team to removal from the meet. Solicitation of volunteers for these meets will typically be done by e-mail.

NEW: The Barracuda Parents Group is in the process of developing a new parent volunteer policy for swim meets that will be in effect beginning in Winter of 2010. In the past, we have had issues with securing sufficient volunteers during the winter season for swim meets that we are attending. Regardless, for summer swim meets, which are significantly shorter, and require less infrastructure in the form of concessions, etc., **so long as we continue get enough parents to successfully run our swim meets**, we will not have a formal volunteer requirement for our summer program.

USA SWIM MEET SCHEDULE

The following lists the swim meets in which those swimmers who are registered with USA Swimming will compete, provided their YMCA and team memberships remain in "good standing." We do not enroll new swimmers into USA-S for the summer; however, if you have an interest in competing in USA-S meets beginning in the fall, see Coach Ryan or Ray Snyder for more information.

NOTE: All USA meets contested in the summer are long course (50 meter) format.

APRIL 30, 2010 – OMNI 800m Freestyle @ Yale University Practice Pool

MAY 14, 2010 – CDOG May Distance Meet @ Cheshire Community Pool

MAY 22 & 23, 2010 – OMNI Qualifier @ Yale University Practice Pool

JUNE 12 & 13, 2010 – NCY Invitational @ Wesleyan University

JUNE 18, 2010 – ZEUS 1500m Freestyle @ Wesleyan University

JUNE 26, 2010 – CT Open Water Championships @ Madison Surf Club, Madison

JUNE 26 & 27, 2010 – WCYM Invitational @ Western CT YMCA

JULY 7, 2010 – NMEG Summer Shootout @ Ocean Beach Park, New London

APPENDIX A

SUMMER SEASON ORDER OF EVENTS

EVENT	EVENT
01 Co-ed 13/o 200 yard Medley Relay	26 Girls 9/10 50 yard Butterfly
02 Co-ed 11/12 200 yard Medley Relay	27 Boys 11/12 50 yard Butterfly
03 Co-ed 9/10 200 yard Medley Relay	28 Girls 11/12 50 yard Butterfly
04 Co-ed 8/u 100 yard Medley Relay	29 Boys 13/o 100 yard Butterfly
05 Boys 13/o 100 yard Freestyle	30 Girls 13/o 100 yard Butterfly
06 Girls 13/o 100 yard Freestyle	31 Boys 8/u 25 yard Backstroke
07 Boys 8/u 50 yard Freestyle	32 Girls 8/u 25 yard Backstroke
08 Girls 8/u 50 yard Freestyle	33 Boys 9/10 50 yard Backstroke
09 Boys 9/10 100 yard IM	34 Girls 9/10 50 yard Backstroke
10 Girls 9/10 100 yard IM	35 Boys 11/12 50 yard Backstroke
11 Boys 11/12 100 yard IM	36 Girls 11/12 50 yard Backstroke
12 Girls 11/12 100 yard IM	37 Boys 13/o 100 yard Backstroke
13 Boys 13/o 200 yard IM	38 Girls 13/o 100 yard Backstroke
14 Girls 13/o 200 yard IM	39 Boys 8/u 25 yard Breaststroke
15 Boys 8/u 25 yard Freestyle	40 Girls 8/u 25 yard Breaststroke
16 Girls 8/u 25 yard Freestyle	41 Boys 9/10 50 yard Breaststroke
17 Boys 9/10 50 yard Freestyle	42 Girls 9/10 50 yard Breaststroke
18 Girls 9/10 50 yard Freestyle	43 Boys 11/12 50 yard Breaststroke
19 Boys 11/12 50 yard Freestyle	44 Girls 11/12 50 yard Breaststroke
20 Girls 11/12 50 yard Freestyle	45 Boys 13/o 100 yard Breaststroke
21 Boys 13/o 50 yard Freestyle	46 Girls 13/o 100 yard Breaststroke
22 Girls 13/o 50 yard Freestyle	47 Co-ed 8/u 100 yard Freestyle Relay
23 Boys 8/u 25 yard Butterfly	48 Co-ed 9/10 200 yard Freestyle Relay
24 Girls 8/u 25 yard Butterfly	49 Co-ed 11/12 200 yard Freestyle R.
25 Boys 9/10 50 yard Butterfly	50 Co-ed 13/o 200 yard Freestyle Relay

* Co-ed relays will include at least one male and one female member. *

APPENDIX B

SWIM MEET JOB DESCRIPTIONS

TIMER

An important, but easy, job, and very easy to learn. Two to three timers are assigned per lane to record the times of each swimmer in that lane. Two timers are assigned as “backup” timers in the event that a stopwatch malfunctions in any lane. For home meets, we like to get two timers per lane and one backup out of our families, with the rest coming from the visiting club; for away meets, we try to provide at least one timer per lane. A great way to get close to the action.

OFFICIAL**

Probably the most important job on the deck. Responsible for overseeing the conduct of the meet, identifying swims as legal, and making the results official. Requires attendance of a 4-hour training course, usually early in November, which is reimbursed by the team. Certification lasts for three years. At present we have two certified officials, but we want to triple that number this year. Good idea for any parents that want to learn more about the sport and be more involved in the action.

SCOREBOARD OPERATOR**

Works the timing system, ensuring that it is running and recording times properly. NOT responsible for set-up or packing-up, just running it. Ryan will conduct training sessions for anyone interested in this on **May 27th** during practice. Volunteers would then be able to watch and assist an experienced parent at the first home meet. Easy to learn.

MEET MANAGER**

Responsible for downloading the times from the timing system into the scoring software. NOT responsible for set-up or packing-up, just running it. Ryan will conduct training sessions for anyone interested in this on **May 28th** during practice. Volunteers would then be able to watch and assist at the first home meet. Yet another easy job to learn.

RUNNER

Easiest job. Collects timer sheets after every few events from the timers and carries them to the Meet Manager.

CONCESSION STAND COORDINATOR

Most important job from a team fiscal standpoint; responsible for getting 3 to 4 volunteers to help with set-up, sales, and clean-up; for organizing and acquiring food donations from team families; and for recording money earned to the aquatics director for deposit in the team account.

PROGRAM SALES

Sells meet programs prior to the meet. Returns money collected and unsold programs to the concession stand just after the start of the meet.

APPENDIX C

MORE SOURCES OF INFORMATION

TEAM WEBSITE:

www.waterburybarracudas.com

Updated frequently with meet updates, results, directions to pools, team records, etc.

SWIMMER MAILBOXES:

Found by the entrance at the deep end of the large pool. Check once per week for any important notices, best time ribbons, etc.

TEAM NEWSLETTER:

Barracuda Bites

Published at the start of each month; contains news and highlights from the previous month and important dates and reminders for the upcoming month. Will be found in swimmer mailboxes.

FOR PARENTS:

www.usaswimming.org – Parents Tab

Contains a wealth of information for the new and experienced swimmers on what to expect as your child progresses through a swim program.

www.ymcaswimminganddiving.org

www.ctswim.org

www.usaswimming.org

www.swimmingworldmagazine.com

www.waterburyymca.org

Barracuda Code of Conduct

At all Barracuda Swim Team events – including practices and competitions – swimmers are expected to uphold the YMCA core virtues of Honesty, Caring, Respect, and Responsibility in all of their actions. It is to that end that we have devised the Barracuda Code of Conduct.

All members of the Barracuda Swim Team are expected to:

- Participate in and complete all assigned practices
- Compete in all events assigned by the coaches
- Put forth an honest effort in all practices
(no skipping laps or spending too much time in the bathroom)
- Swim at 100% effort in all competitions
(no “saving it up” for a later race or meet)
- Assist younger team members at practices and competitions
(getting to the right lane, putting on caps and goggles, etc.)
- Be supportive of all teammates, win or lose
- Demonstrate good sportsmanship towards members of other teams, win or lose (stay in the water until all swimmers in your heat have finished)
- Be ready to swim upon arrival on deck, practice or meet
(no hanging around until 6:00, and then getting changed)
- Use appropriate language at all activities
- Serve as positive role models for the younger members of the team

Failure to adhere to these expectations may result in disciplinary action, including:

- Warning
- Clean-up duty after practice
- Removal / benching from practice
- Benching from the following meet
- Referral to YMCA Director for removal from the team

I have read and understand that I am expected to follow all of the guidelines above. I also understand that there will be disciplinary action should I fail to meet these expectations.

Swimmer's Signature

Parent's Signature

Date

All new team members must return this form to Coach Ryan by May 21. Swimmers will not be permitted to practice or compete without this form on file.