

Welcome to the Northern Middlesex YMCA Barracuda Swim Team.

This manual is offered as guidelines for new swim team parents to help them better understand the workings of a swim team. It is also offered as a helpful reminder to returning swim team parents. You may find, as the season progresses, that some of the questions you may have can be answered by reviewing some of the material in this manual. As questions arise please feel free to contact the coaching staff for more information.

The summer of 2007 was another successful swim season for the Barracudas. The NMY swim team swam themselves to a very rewarding finish at the 2007 Summer Yankee Cluster Championship, a 2nd place victory! The 15-18 year olds took first place in the boys division as well as the girls and boys combined division. Most every swimmer swimming a personal best time and many great races contributed to the overall success. The team also had swimmers qualify for both the USA Swimming CT Age Group State Championship and USA Swimming CT Senior Open Championship.

Throughout the 2006-2007 fall/winter season, the Barracudas achieved an immeasurable number of best times leading the Barracuda's to an astounding finish. The Barracudas won 3 of the 15 age groups at Yankee Cluster Championships. The NMY boys placed 3rd and the girls placed 4th, with a combined finish of 3rd place! The team qualified 41 individuals to swim at the New England YMCA championships, with an additional 36 swimmers attending to participate on relay teams. The barracudas swam their hearts out, leaving them with very impressive results. With 72 teams competing, the NMY team placed in the top 10 in 10 of the 15 age groups, in addition the 15-18 boys won their age group title! The boys placed 6th and the girls 9th, with a combined finish of 6th! The team had 1 individual first place finish and many in the top 6.

In addition, 4 NMY swimmers qualified for short course YMCA Nationals held in Ft Lauderdale, Florida.

The team also qualified 6 swimmers for the USA Swimming Connecticut Age Group Championships and 3 of those swimmers qualified and continued onto the USA Connecticut Senior Championships.

Throughout the course of the season 14 individual records and 3 relay records were broken.

The Northern Middlesex YMCA offers programs for swimmers of all ages; from those who have just learned to swim to young adults training with hopes of competing on the National level. The team is broken into seven practice training groups including our pe-team based on ability and commitment rather than age. Because our team is divided into several different training groups, we are able to provide for individuals with different levels of competitiveness.

The NMY team is both a “YMCA” and a “USA Swimming” team. This means that we compete in our local YMCA league, and swimmers who join the USA team have the opportunity to participate in swim meets organized and governed by United States Swimming. By offering participation in both leagues, we give our swimmers the opportunities to race against a wide variety of competitors. For more information on USA Swimming, contact Coach Lin, 343-6216 or Coach Laura, 343-6220.

Registration for the 2007-2008 season will begin on September 17th. To register please complete the registration form and submit the appropriate payment. Forms and schedules can be accessed on the YMCA website, www.midymca.org. Registration and payment are due no later than October 1, 2007. NMY will accept new swimmers for the team up until January 1, 2008. Entry onto the team after this date is at the discretion of the coaching staff.

NMY Barracudas Practice Groups

Pre-Team

This is an ideal transition from advanced lessons for swimmers ages 4-8, who have an interest in being on the swim team. This team’s focus is to learn the skills needed to advance into Practice Group 2.

Prerequisite: Must be able to swim 25 yards on your back and stomach with rudimentary breathing skills. The swimmer should be at the YMCA swimming lesson level of a starfish/Guppy 2.

Primary Objectives: Attend two 45 minute practices per week. To introduce diving, and to master two of the four competitive swimming strokes.

Practice Group 2

This team is for beginning competitive swimmers who have mastered two of the four competitive strokes and is working toward learning a third stroke. This team’s main focus is on building endurance and mastering three of the four strokes.

Prerequisite: Must be able to complete two of the four competitive strokes

Primary Objectives: Attend two 1 hour practices per week. To introduce flip turns and to improve endurance, stroke mechanics, starts, and finishes.

Practice Group 3

This team is for competitive swimmers who have learned three of the four swimming strokes and is working toward mastering a fourth. The swimmer is ready to begin to build their endurance and speed in the water. This team’s main focus is on mastering the four competitive swimming strokes as well as an introduction to conditioning and endurance training.

Prerequisite: Must be able to complete three of the four strokes.

Primary Objectives: Attend three 1 to 1 ½ hour practices per week. To master all four competitive swimming strokes, flip turns, open turns, starts and finishes. To begin swimming conditioning by increasing the number of yards swam during practice.

Practice Group 4

This team is for competitive swimmers who have mastered all of the four competitive strokes and who are ready to put a greater emphasis on conditioning, perfecting stroke technique, and cross training.

Prerequisite: Must be able to complete 50 yards of each of the four competitive strokes according to YMCA swimming rules. The swimmer shows an interest in commitment to a minimum number of practices per week.

Primary Objectives: Attend three 1-½ hour practices per week. To focus on stroke and turn mechanics as well as on increased conditioning to improve endurance and speed.

Practice Group 5

This team is for competitive swimmers who are ready to put a greater focus on advanced training to improve endurance, strength and flexibility. The swimmer should be ready to participate in intense water training and goal setting. We suggest that the members of this team register and compete in USA competition.

Prerequisite: Must be able to complete 100 yards of each of the four competitive strokes according to YMCA swimming rules. Must show an interest in commitment to a minimum number of practices per week.

Primary Objectives: Attend three/four 1-½ to 2 hour practices per week. To improve endurance, strength, and flexibility.

Practice Group 6/7

This is NMY's highest team levels. This team is for competitive swimmers willing to focus 100% on their training. A greater emphasis is placed on conditioning, while developing and perfecting stroke technique is still a major factor. This team is encouraged to be USA swimming registered and compete in USA meets, as well as developing a dry land workout routine to follow at a minimum of twice a week.

These swimmers have set performance goals such as qualifying for New England's, Age Groups or Senior Championships, and YMCA Nationals.

Prerequisite: By coach's invitation only

Primary Objectives: Attend four 2 hour practices per week. To perfect strokes, starts, and turn techniques and then to train these through intense workouts.

Advancement from one practice team to another:

Ability to completely perform the 2, 3, or 4 of the competitive strokes

Ability to concentrate, learn, and listen

Ability to perform the next level of physical work

Ability to understand time improvement concepts

Ability to display a positive attitude

Ability to display the YMCA core character values

Willingness to attend practices with increased frequency

Willingness to compete in swim meets with increased frequency

A significant improvement in competition (both times and strokes)

By coach's invitation

*Many swimmers have outside activities in addition to swimming. We strive to offer a program that is flexible. Swimming is a sport that compliments most any activity. However, swimming does require a consistent training commitment in order for the swimmer to experience improvement. We urge each family to decide their commitment and let the coach know of your projected swimming attendance schedule.

Dry Land Activities

13-18 year olds

Weight training: Swimmers will be required to attend the weight training orientation before being allowed in the weight room. Swimmers will have specific charts listing machines, weight, reps, and sets. Inappropriate behavior in the weight room will result in removal from that program and possible the team. Please call Lin for more information or to schedule an orientation.

Cardiovascular training: In addition to swimming, alternative cardio training each week such as aerobics, yoga, yogalates, pilates or body sculpting will add to the swimmers aerobic capacity. These activities are designed to build a stronger aerobic base. These classes are apart of our fitness program, refer to a schedule for class times. Swimmers should come prepared with appropriate shoes (running or cross training shoes) shorts, t-shirts, and water bottles.

Both strength training and additional cardiovascular training will enhance your swimming performance. Swimmers must purchase a Fitness Facility Membership, contact Lin for more information.

Team Fees for 2007-2008

Practice Team	Fee	YMCA Membership fee*	USA SWIMMING FEES:
Practice 6/7	\$510.00	\$75.00**	\$105.00
Practice 5	\$495.00	\$75.00**	Our YMCA is also a member of USA Swimming, if your swimmer is interested in swimming additional meets, you should join USA
Practice 4	\$480.00	\$75.00**	
Practice 3	\$440.00	\$75.00**	
Practice 2	\$400.00	\$75.00**	
High School Rate is half of the practice team fee			

Payment plan is available, contact Lin @ 860-343-6216
 Payment is due on/before October 1, 2007
 Payments received after are subject to a \$25.00 late fee

2007 – 2008 Yankee Cluster Swim League Meet Schedule

Saturday November 3 rd	Y Swim Autumn Classic (12 & under)
Sunday November 4 th	Y Swim Autumn Classic (13 & over)
Saturday November 10 th	@ Northwest CT
Saturday November 17 th	vs Farmington Valley CT
Saturday December 1 st	vs Wallingford CT
Saturday December 8 th	@ Southeastern CT
Saturday January 12 th	vs Southington CT
Saturday January 19 th	vs Plainville CT and Meriden CT
Saturday February 2 nd	@ Mystic CT
Saturday February 9 th	@ Western CT

Yankee Cluster Championships -TBA

New England Championships -TBA

2007 – 2008 USA Meet Schedule

The schedule for USA swimming has not been posted on the Connecticut Swimming website (www.ctswim.org) yet, which enables the coaching staff to determine what meets we will be attending. As soon as the meets are available to view, we will get the information to you.

Communication

Communication to the coaches:

Written Notes – can be given to a coach before practice to inform the coaching staff of personal schedule changes, upcoming absences, or general information.

Meet Attendance Form – These forms will be distributed by email at the beginning of the season and list all the meets for the 2007-2008 season. Use the form by circling YES for the meets your child will be present for and NO for the meets they will not be. This form must be returned to the coaching staff by October 26, 2007. Failure to return the form may result in your swimmer not being entered into the meet.

Voice Mail - To relay any type of information to a coach or to schedule a meeting, a voice mail message can be left on both Lin Anderson's 343-6216 (Monday through Friday) and Laura Cameron's 343-6220 (Monday-Friday) YMCA lines.

Cell Phone – In the event that you must get in contact with a coach to relay information, please call Coach Lin's cell phone (301-4597).

Email-Laura @ y.barracudas@midymca.org, Lin @ l.anderson@midymca.org

Website- www.midymca.org

Communication to the swimmers:

Bulletin boards – The swim team bulletin board is located in the stairwell next to the pool bleachers. Practice and meet information will be posted on the board as well as parent meet sign-up sheets.

Folders – Each child will be assigned a file folder which will be located next to the white board at the pool in the wooden file folder box. Swimmers need to check their folders EVERY DAY!!! These folders contain notices and information on upcoming events and schedules. This is one of our primary ways to get information to parents quickly.

Fundraising Responsibilities

All swimmers will be required to participate in fundraising events. It will be at the discretion of the coaches and the parent's association to determine how these funds will be spent. In the past we have used these funds to purchase items such as clothing or training equipment for the team. It is important that we engage in fundraising as a team, as these events promote teamwork and unity. More information on our fundraisers will be posted as the season progresses.

Currently we have scheduled a swim meet fundraiser for the 2007-2008 season. The Autumn Classic Y Swim meet will be held on November 3rd and 4th. Fundraising also takes place during our home swim meets where we run concessions and sell team apparel. It is a **requirement** that each NMYB family works **20 hours** throughout the season or pay **\$100.00**.

Fun Nights

The Barracudas have 3 Fun Nights scheduled for the 2007-2008 season. We host these nights because we believe it is important for all members of the NMYB team to get to know each other, whether it be by working together to win relay races and games in the pool or just "hanging out", we will all have made new friends by the end of the season. The following are the tentative dates for the fun nights this season:

Friday October 19 **or** 26, 2007- TBA (Halloween Theme Float Night)

Friday December 12, 2007 (Reindeer Races)

Friday February 15, 2008 (Float Night)

Special Activities

Throughout the year, the coaching staff has become involved in several activities throughout New England. We would like our swimmers to become involved in these activities as well, and in many cases, attend together as a team. Below are listed some of the things we have planned for the up-coming year.

TBA

May 2008

July 2008

Swim-a-thon

Race in the Park, New Britain, Connecticut

Middletown Road Race

Swim Meets

In order to participate on the NMY team, swimmers must participate in a minimum number of meets throughout the season. This requirement is based on the swimmer's practice group. Practice group 2 and 3 swimmers are required to attend 60% of all dual meets, Practice group 4 and 5 swimmers are required to attend 70% of all dual meets, and practice group 6 and 7 swimmers are required to attend 80% of all dual meets.

Prerequisites:

In order for a swimmer to participate in a meet the following must be met:

1. The swimmer's YMCA membership must be current and up to date
2. The swimmer must have attended the minimum number of practices for their practice group. Failure to attend practice the week of a meet may result in the swimmer being ineligible to compete. In extenuating circumstances, meet participation will be at the discretion of the coaching staff.

Philosophy of competition:

The following principles apply to all competitions, both YMCA dual meets and USA Swimming meets –

1. We emphasize competition with yourself. Individual improvements in time or skill are more important than your place in the race.
2. Consideration for fellow teammates, opponents, officials, and parents is just as important as how you swim. We encourage support for others, positive attitudes, and good meet behavior.
3. We encourage learning to set reasonable and logical goals and to strive for excellence even when they experience short-term setbacks.

Meet entries:

Coaches will select the meet line-up. However, for each meet swimmers will have the opportunity to select one event they wish to swim (provided that there are enough extra heats). To help each young swimmer reach his/her potential, the coaches would like to see each swimmer compete in each event in their age group throughout the season. Please understand that the coaching staff determines the line-up based on a number of factors. If you have a question about the events your child is being placed in please contact a member of the coaching staff.

Preparation for meets:

Warm-up

Team warm-ups are usually held one hour prior to the start of the meet. Swimmers should be on deck dressed to swim 15 minutes before the start of warm up. If you are late, you run the risk of being scratched from your events. It is important to be on time or inform the coach of possible delays.

Warm-ups are supervised by the coach for safety reasons. A good warm-up is vital to a successful meet. It is important that the swimmers are there at the start to get the benefit of all the warm-up.

It is important to understand the effect of warm-up on a swimmers race. Without a proper warm-up the swimmer will be unable to reach their race potential. The warm-up is designed to prepare your swimmer physically to race as well as to get used to swimming in a different pool.

Pre-and post-race

It is required that the swimmer check in with their coach **BEFORE** and **AFTER** each event. It is important that swimmers speak with the coach **BEFORE** speaking with parents, siblings, or friends. Parents need to understand that pre- and post- race coach's meetings cover very important information about the swimmer's event. The pre-meeting gives the coach the opportunity to have the swimmer focus on specific aspects (physical and mental) of their upcoming race. The post meeting helps coaches to give positive feedback on the swimmer's race as well as information to think about for the next race.

YMCA Dual Meets

Age-group

Swimmers will swim in the age group based on their age as of December 1, 2007.

Format

70 or 82 events broken by age and gender

Length

8 and under: approximately 2 ½ to 3 hours

9 and older: approximately 4 to 5 hours

Day of the week

Saturdays/some Sundays

YMCA Championship Meets

It is important to stress the importance of this meet. Because this is a meet which is scored and will determine our teams overall place in the league for the season, 100% attendance by our team is vital. If you are unable to attend the meet, please let the coaching staff know well in advance. Please be aware of warm-up times for your swimmer and have your swimmer on deck and ready to go 15 minutes in advance. If a problem arises that day please contact the coaching staff immediately at **301-4597**. A swimmers inability to show can result in last minute changes to the meet line-up especially relays. This stress can be avoided by properly notifying the coaching staff of your participation intentions. As the date for this meet draws near, location, warm-up, and start times will be posted on the bulletin board and on pool deck.

Format

Friday evening: distance events 11 and older

Saturday AM: events for 8 and under

Saturday PM: events for 9 and 10's

Sunday AM: events for 11 and 12's

Sunday PM: events for 13 and older

Length

Each time slot runs for approximately 3 to 5 hours

Eligibility

Swimmers must have attended 3 dual meets

Must be a current YMCA Member for a minimum of 30 days

New England's

This is a regional meet for YMCA's of New England. This meet is held at a New England University in March each year. Swimmers must achieve time standards within their age group in order to attend this meet. The meet does not have qualifying times for relays. Relays for the meet are selected by the coaching staff based on best time charts, attendance, and work ethic.

Eligibility

Swimmers must have attended 2 YMCA dual meets

Swimmers must have attended 1 championship meet

Must be a current YMCA member for a minimum of 90 days

YMCA Nationals

Spring

Spring nationals are one the ultimate goals of YMCA swimmers across the country. To qualify for this meet swimmers must make rather demanding cut times, which are determined each year by the YMCA National Committee. This meet contains some of the fastest YMCA swimmers from across the nation. Spring Nationals are held in Florida.

Summer

To qualify for this meet swimmers must make a cut time, which are different than the time standards for Spring Nationals. These times are determined each year by the YMCA National Committee. This meet is usually held at a pool in the Eastern US.

Eligibility

Swimmers must have attended 3 YMCA dual meets

Swimmers must have attended 1 sanctioned YMCA championship meet

Must be a current YMCA member for a minimum of 90 days.

USA Meets

Age-Group

Swimmers will swim in the age group as of the actual date of their birthday.

Invitational

Meets set by host teams, which may be open to any USA team (in or out of Connecticut). Cut off times are at the discretion of the host team.

Regional Championships

This meet is usually held in late February or early March and is for swimmers who have not made the cut time for Age Group Championships. Swimmers who achieve an age group cut time may not swim in that event in Regionals. All other swimmers are eligible as long as they have participated in at least one other sanctioned USA meet throughout the season.

Age Group Championships

Most USA age group swimmers train to be able to compete at the Connecticut Age Group Championships. The short course championships are held in March. To compete swimmers must have swum at or faster than the published qualifying time for that event for their sex and age group. These cuts are published each year. You will usually find a copy on the WWW.CTSWIM.ORG web page or posted on the team bulletin board.

Senior Championships

Any swimmer can compete in Connecticut Senior Open Championships regardless of age if s/he has made the time standard. Usually swimmers begin to achieve these times when they are over the age of 12 years old. Qualifying times will usually be posted on the WWW.CTSWIM.ORG web page and the team bulletin board. The Connecticut Senior Open Championship is held in March and is open to teams from other states.

High School Swimmers

In order to be eligible for any YMCA meet during high school season, the swimmer must have permission from his/her high school coach and only have participated in 1 or less meets that week.

Meet expectations and conduct:

- Please remember that you represent the Middlesex YMCA. Appropriate behavior is required at all times.
- We recommend that swimmers bring activities (such as cards, game boy's, etc.) to stay busy while you are ON DECK for your next event.
- Swimmers may not leave the deck at any time without the permission of the coach.
- Support ALL of your teammates during the entire meet.
- When a coach is speaking with another swimmer, please be patient and wait your turn without interrupting.
- Parents are not allowed on the pool deck at any time unless they are working.
- Follow the character development values and good sportsmanship at all times.

Working at Meets:

To help our meets run successfully, we rely on parents to volunteer their time with specific tasks. Parent volunteers help to take the stress off the coaches and ensure that tasks are completed that are essential to running a swim meet. Parents can volunteer to do the following:

- Computer operator – helps to run the meet manager program during home meets.
- Concession stand coordinator – coordinates volunteers to work the stand at meets as well as coordinates acquiring supplies needed to sell at the meets (snacks, water, fruits, etc.)
- Concession stand workers – sell foods at our concession stand during home meets
- Handing out cards – At some meets, cards for each event are used, a card is printed with the swimmers name, event, heat, and lane assignment. This volunteer will sit in a designated area for swimmers to report to and retrieve their card before the start of their race.
- Hand writer- writing event, heat, and lane assignments on swimmers' hands.
- Official/Starter – must be a certified YMCA or USA official. Parents can be certified in three different types of officiating in YMCA – stroke and turn judges, starter, and referee.
- Runner – at the end of each race the swimmer's entry cards/timer sheets need to be taken from the timers to the computer console.
- Timer – each meet requires 14 timers to obtain backup times for swimmers, in the event that the timing system malfunctions. Timers stand at the finishing end of the pool and time each race. At away meets, more timers are required if there is no electric timing system.
- Timing console operator – helps to run the timing console during home meets.
- Runner – at the end of each race the swimmer's entry cards/timer sheets need to be taken from the timers to the computer console.

Becoming a YMCA or USA Swimming Official

For more information on dates and times of the up-coming official's clinics please contact the president of the parents association or the meet coordinator.

Preparing your swimmer for a meet:

I Before the meet

- To be adequately prepared, make sure your swimmer attends the necessary number of practices to be ready to compete
- Get adequate rest the night before a competition
- Eat a dinner loaded with carbohydrates (pasta, breads, and potatoes)
- Eat a light breakfast with plenty of water

II At the meet

- Arrive 15 minutes before the start of the warm-up
- Locate where the team will be sitting
- Be ready to swim with suit, cap, and goggles. Those who arrive late will have less time to warm-up than others
- Allow yourself to become familiar with the pool, starting blocks, backstroke flags, walls, lighting, etc.

III During the meet

- After warm-up get dressed in warm clothing.
- Listen or watch for your event to be called, a coach will not chase you down before your event to be sure that you are on your way to the blocks
- Always report to your coach before you swim
- Always report directly to your coach after you swim. Seeing your coach after you see your parents will not help your next race
- Eat healthy snacks that will help your performance, such as fruit, granola bars, power bars, and crackers. Eating candy and sugar will actually inhibit your performance. (refer to page 18)

What to bring to the meet

- Team suit
- Team cap
- Two pair of adjustable goggles
- T-shirts, shorts, sweat pants, and sweat shirts
- Several towels
- Cooler packed with sports drinks, water, and light snacks such as apples, bananas, grapes, orange slices, pretzels, granola bars, sandwiches, or bagels. Nothing fried or with a high sugar content and NO SODA!

Swim Meet Conduct

- Wear team suit and cap
- Sit with the team at all times
- Support your teammates by cheering
- Show respect for your competitors and wait for all swimmers to finish the race before exiting the pool
- Display proper sportsmanship at all times, be sure to shake hands with your competitors at the end of the race
- Be on time and ready to swim
- Listen to and respect your coaches

Practice Philosophy and the Training Program

For an age group competitive swim program to succeed, it must begin with children at an early age, encompass and challenge all who participate, and follow a continuous developmental progression. Swimmers should be exposed to the water as soon as possible in order to learn the feel of movement and the fundamentals of swimming. This water sense can only come through continued and constant exposure to the water.

Attendance

Please refer to pages two and three.

Snow Days/Inclement Weather Policy

In the event of snow, if the YMCA closes the building due to inclement weather there will be no practice. If the building remains open there may be practice, however it is best to call ahead on snowy days or visit our YMCA website, www.midymca.org, to be sure of the practice schedule. In the event of snow on a meet day, the meet may be cancelled. Please call 347-6907 or 343-6216 for the updated voicemail message, or Coach Lin's cell phone, 301-4597. You may also visit our YMCA visit

Practice Guidelines

Changes in the practice and meet schedules do happen, especially during the winter months. These changes will be announced on Lin and Laura's voice mail, bulletin boards, and swimmers folders.

Plan to stay for the entire practice session. Some of the swimmer's best efforts occur at the end of practice. A swimmer may leave practice early **ONLY** with a note from a parent.

****A swimmer who does not present a dismissal note will not be excused from practice.**

The Barracudas would like to have every swimmer succeed at the highest possible level. If you have a conflict that makes the usual practice attendance difficult, discuss it with your coach so that appropriate arrangements can be made.

Behavior

Swimmers are expected to follow the four core character development values of the YMCA: Caring, Respect, Responsibility, and Honesty. These character development values apply to relationships with both the coaches and teammates. Failure to follow the coach's directions, using abusive language, lying, stealing, or willful destruction of property will not be tolerated. The coach reserves the right to remove a child from practice due to inappropriate behavior. If a child is asked to leave a practice, a meeting must be scheduled between the coach and the parent(s) before the child will be allowed back at practice. The coach reserves the right to remove a child from the team in the event of recurring behavioral problems.

Swimmers are expected to represent the Northern Middlesex YMCA in a positive and productive manner. Positive and productive behavior includes following all YMCA rules including:

1. There is no supervision in the locker rooms. Swimmers who misbehave in the locker rooms will lose YMCA membership privileges.
2. Swimmers must be on pool deck on time for practice and meets.
3. No horseplay in the pool, on the deck, or in the shower/locker room areas.
4. Swimmers may not leave a practice and/or meet without the coach's permission

Duties and Responsibilities of All Swimmers

- Must be a current YMCA member
- Must be a member of the team to participate in practice sessions or meets
- Must attend a minimum number of practices per week
- Must attend the minimum number of YMCA dual meets as well as the league championships in order to attend New England's or YMCA nationals
- Each swimmer is a representative of this team; responsible for their own behavior, promptness, sportsmanship, and conduct. No abusive language or disrespect of others will be tolerated.
- Swimmers must be in the water at their scheduled time.
- Swimmers will give the coaches their full attention during practice and meets.
- Swimmers will keep a positive attitude, a good sense of team spirit, and participate in practice to the best of their ability.
- Swimmers will demonstrate the 4 core values of the YMCA, Caring, Honesty, Respect and Responsibility at all times!

Equipment:

Swimmers are required to bring the following items to practice every evening.

- Bathing suit
- Cap
- Goggles
- Water bottle

It is also recommended that you also pack the following:

- Positive Attitude
- Good sportsmanship

To help support team unity, we recommend that you purchase a team suit. Orders will be placed at the beginning of the season for those swimmers who need team suits. Please remember that team suits are for meet use only, and are not to be worn to practice.

Suit sizing will take place on October 1st through October 12th. Team suits will be ordered on October 15th. Order forms and payment must be received by the coaching staff PRIOR to this date. The team will provide swimmers with one latex team cap.

TEAM CAPS MUST BE WORN DURING SWIM MEETS

Nutrition

Swimmers are totally dependent on you, the parents, for the development of sound nutritional habits. Swimming demands a tremendous amount of physical and mental energy and these requirements are directly related to the swimmers nutritional habits. It is important to remember that a swimmer's meet performance is affected the most on the foods eaten during the entire week and not just the meal the night before competition. The information listed below are guidelines to help your swimmers both as athletes and growing young adults. Furthermore, it is important to understand the importance of water to an athlete. Because water plays a tremendous role in performance, we have required the presence of a water bottle at practice. However, water intake during training isn't enough. Water needs to be consumed during meals and during as many breaks as possible during the day.

Guidelines for good eating

- Eat two or more kinds of whole grain daily (wheat, oats, brown rice, barley, buckwheat, etc.) in the form of cereals, side dishes, pasta, and bread.
- Eat two or more servings of raw vegetable salad and two or more servings of raw or cooked green or yellow vegetables daily. Potatoes may be eaten every day.
- Eat one piece of citrus fruit and up to three or four fresh fruit servings daily.
- Eat beans or peas one to three times a week.
- Eat three full meals daily. Don't go hungry between meals, snacks are encouraged. For snacks, eat fruit, vegetables, and raw salad, or whole grain bread or crackers that are free of oil or sweeteners.
- Flavor with herbs and spices instead of salt. Keep salt intake to minimum.

Pre-Competition Meal

- Prepare your own food. It's better for you, less expensive, and it eliminates fast junk food.
- Eat a meal that is composed primarily of carbohydrates. This should be food that the swimmer enjoys but is not high in fat content or hot and spicy.
- If it is a morning meet, rise with enough time to eat breakfast. The meal should not be heavy but sufficient to start off what may be a long day.
- Eat 2 to 4 hours before competition begins, so the body has time to digest the meal.
- For snacks, eat fruit. Food high in sugar content is detrimental to a swimmer's performance.
- Meals should not be skipped entirely, because the overall performance of the athlete may suffer.

- Be sure to drink plenty of water during the meet. Do not let yourself become thirsty. A water bottle is required during practice and should be brought to meets.
- Some young swimmers direct their anxieties about the upcoming competition to their stomachs, making it difficult for them to eat a pre-meet meal. In this situation, a liquid pre-meet meal is a sound alternative to solid food.

Fluid Replacement Guidelines

- Drink plenty of water before, during, and after exercise
- Don't wait until you are thirsty to drink. Thirst is a symptom of dehydration
- Drink cool beverages
- Begin replacing fluid losses immediately after exercise for quickest recovery.

Swim Team Parents

The role of the swim team parent

To have a successful age-group program, there must be complete understanding and cooperation among parents, swimmers, and coaches. The progress swimmers make and the feeling they have about themselves and their overall swimming experience depend a great deal on this triangular relationship. It is with this in mind that we ask you to consider this section carefully as we begin the swim season.

The following are excerpts from “Parent, Coach, and Athlete” by John Leonard. “Do’s and don’t for swimming parents.”

- Do** applaud everyone’s good swim – from your team and from others
- Do** make sure that the physical needs of your athlete are taken care of (fed, warm, dry, well supervised)
- Do** comment positively on your child’s friend’s swims. They love being taken seriously by an adult who is not their parents.
- Do** promote the same philosophy for each meet that the coach does. Coaches take swimmers to different meets for different purposes. Know that purpose and promote it.
- Do** let them know that you love them.....with good or poor swims

- Don’t** talk exclusively to your own child. This is a friendly sport. Years from now you’ll have forgotten every swim and will remember many of the people. Enjoy those around you.
- Don’t** talk about swimming technique to your child. That is the coach’s job.
- Don’t** compare one swimmer’s performance to another. Especially siblings.
- Don’t** either praise or reprimand your child extravagantly at a meet.
- Don’t** offer extrinsic rewards for performance. Swimming should be done by the inner motivation of the athlete.
- Don’t** ever say “you didn’t even try”.....even if sometimes it is true

“Swim parents are beautiful people”

Swim parents, you are beautiful when.....

-you cheer for athletes who are not your own children
-you drive carpools that would make a New York cab driver dizzy in order to get swimmers to practice or meets on time
-you ask your swimmer after the race, “what did your coach say?”
-you say “what did you learn” to your ten year old who just got disqualified for an illegal turn
-you understand that only the four fastest children can be on an “A” relay team
-you help new parents “learn the ropes” in a positive way
-you fund-raise for a team out of town trip that your child isn’t even going on this year
-you applaud everyone’s efforts, and comfort those who need it
-you realize that coaches are human, and just like you, already feel terrible when they make a mistake
-you know that, as Linus says in the Peanuts, “There is nothing heavier than a great potential:, and don’t put your athlete under that burden
-you realize that no one swim is all that important, it is the process that counts
-you realize that every swimmer is a winner as long as they try
-you support your child’s swimming by helping support the organization that brings your child the opportunity

Glossary of Swimming Terms

25, 50, 100, 200, 500 Yard Events- The pool at the Y is 25 yards long. A 25 yard event is one length. A 50 yard event is two lengths. A 100 yard event is four lengths. A 200 yard event is eight lengths. A 500 yard event is 20 lengths.

Age Groups- Swimmers are grouped according to their ages: **E:** 8 and under; **D:** 9 and 10 year olds; **C:** 11 and 12 year olds; **B:** 13 and 14 year olds and **A:** 15-18 year olds.

Age Group Swim Meet – All USA registered swimmers 18 years old or younger who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire meet.

Bonus heat – The first or slowest heat of finals, at swim meets where three heats of finals are swum.

Bullpen – Place where swimmers report at meets before their event to receive their entry cards and to be arranged into their heat and lane assignments.

Circle seeding – See pyramid seeding.

Consolation heat – The first or slower of two heats of finals at a championship meet.

Course – Designated distance over which the competition is conducted. Long course (LCM) is 50 meters and short course (SCM) is 25 meters or (SCY) is 25 yards.

Deck seeding – Heat and lane assignments are determined for the swimmers at the beginning of each meet session, after scratches are taken out.

DQ – Disqualification. A swimmer is usually disqualified when s/he performs a stroke, touch or turn incorrectly or when s/he enters the water before the start (false start).

Dual Confirmation- When two officials must see an infraction. Dual Confirmation is necessary to determine if swimmers in a relay have left before the previous swimmer has touched.

Dual meet- A swim meet where two different teams compete.

False Start – When a swimmer enters the water before a race or moves during the start, s/he may be charged with a false start. This results in disqualification, and the swimmer being unable to compete in the event.

Finals – The session of a meet where qualifying rounds were held previously to determine the finalists. Usually there are 1-2 heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials-finals meets are on a championship level.

Freestyle Relay – Four swimmers on each team each swim one fourth of the total prescribed distance all freestyle.

Head Timer- A timer who is responsible for making sure an accurate time is collected. These duties include collecting times from other timers and counting laps.

Heat – The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.

Heat sheets – Printed listings of all swimmers by event number and entry time. These are also called the Meet program or “Psych Sheets.”

IM – Individual medley. The event where a swimmer swims butterfly, backstroke, breaststroke, and any other stroke in that order.

Lap – Two lengths of the pool

Length – One length of the pool.

LSC – Local Swimming Committee. One of several regional groups such as Connecticut Swimming charged with the conduct of all USA activities in that region.

Medley relay – Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, freestyle.

Meet Director – The individual in charge of planning and organizing all aspects of a meet. It is under the discretion of the meet director that changes be made to the event schedule, scoring, time line, etc.

New England’s- This a regional meet, New England Area Swim Meet. You must achieve a qualifying time to be eligible to go.

NMY- Northern Middlesex YMCA

NMYB-Northern Middlesex YMCA Barracudas

Qualifying Time-Some swim meets require that swimmers swim faster than a certain time for a given stroke in order to participate. These times are published well in advance of the meet.

OVC – Official Verification Card. Issued by meet officials to swimmers achieving a Junior National or Senior National time.

Prelims or Trials – In certain meets, the qualifying rounds for each event to determine the finalists.

Proof of time – a requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

Pyramid Seeding – In trials or preliminaries of trials-finals meets, the swimmers in the top three heats are intermingled so that the fastest three swimmers are in the middle lanes of the last three heats, the next three in the lane next to that in each of those heats, and so forth. This is also called “circle seeding” In finals, those finishing fastest by time swim in the top 1 or 2 heats (Final and Consolation Final).

Referee – The YMCA or USA official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

Runner-An individual whose job it is to transport the event cards or timer sheets from the head timer to the scorer’s table (or in NMY’s case, the computer table).

Seed times – The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmers heat and lane assignment in a meet.

Seeding – The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.

Senior meet – A meet with only one age group called “senior.” Swimmers of any age who have met the qualifying times may compete.

Starter- Person who starts the meet. Should be level II certification

Straight seeding – Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and slower ones in the outer lanes.

Split – The time a swimmer achieves in one or more laps of his race. Coaches use these times to instruct swimmers in pacing. For example, the time for the first 50 yards in a 100-yard race is the swimmers 50 yard split.

Starter – The official responsible for starting each heat and calling swimmers to the blocks.

Stroke and turn judge – An official who determines the legality of swimmers’ strokes, turns and finishes and disqualifies those who do not conform to YMCA or USA rules depending on the meet.

Swimming World – A monthly magazine about competitive swimming. For a subscription, write Swimming World, PO Box 45947, Los Angeles, CA 90045.

Time Standards – a set of times developed to assist swimmers in performance planning developed by United States Swimming. They are based on percentiles of the 16th fastest time in each stroke in each age group.

Timer- A volunteer who starts a stopwatch when the Colorado System flashes and stops the watch when some part of the swimmer's body touches at the end of the race. There are two or three timers per lane.

Top 16 – A tabulation of the top 16 times in the USA and/or YMCA in each age group, stroke and distance. These are published annually in Swimming World. The “consideration” times that may be eligible appear in the USA rulebook.

Touch pad – An electronic pad, which stops the clock when the swimmer touches it at the end of the race. This is usually the official time, although corrections are made if the swimmer misses the pad.

Unattached – The status a swimmer receives when changing from one USA club to another. A swimmer must swim unattached for 120 days from the date of the last USA meet he swam for the previous club. During this time they may compete individually, but may not be entered in relays. Connecticut high school swimmers compete unattached for their USA clubs during the high school swim season

Unofficial- A swim, designated in advance, that does not score points for the team. There is nothing bad about swimming unofficial! A swimmer is only allowed to be official in a certain amount of events during a meet. A coach may have a swimmer swim unofficial because they would like to get a time on the swimmer for a particular event.

USA swimming – Abbreviation for United States Swimming, the governing body for all amateur swimming in the US. National headquarters are in Colorado Springs, CO.

Yankee Cluster Championships- End of the season championship where all YMCA's swim against each other. Everyone participates. There are no qualifying times in Yankee Clusters.