

The 2008-2009 Barracudas

The 2008-2009 winter season was very successful at the Northern Middlesex YMCA. At several inter-association meets through out the course of the season many best times were set. During the course of the season it is often difficult to set best times. Usually they occur at the end of the season after a swimmer has tapered. The Barracudas proved this wrong setting personal best times in the middle of the season.

At championships, the Barracudas once again stepped up and put in their finest effort to achieve best times. Overall 70 % of the swims at championships were personal best times. The team came in 5th place overall with the boys coming in 6th and the girls coming in 5th. The best finishes for the boys were 3rd place by the 11&12 year olds, and 4th place by the 9&10 year olds. The best finishes for the girls were 4th place for the 13&14 year olds, and 5th place for the 15 & over and 8 & under age groups. Individual champions included Jenny Hawkins in the 8 & under 50 yard freestyle and Haylle Reidy in the 13&14 girls 50 yard free.

At the New England Championships, NMYB once again were able to have some very impressive performances. The team finished 19th overall out of 76 teams. The boys finished 14th overall and the girls took 25th overall. The best finishes that the boys had were 7th place in the 15 & over age group and 8th in the 11&12. The girls took 25th overall. The best finish for the girls was 8th place for the 13&14 year old age group. Top 10 individual finishes were Ben Gilliland who got 3rd in the 9 &10 100 yard backstroke, Ben Gilliland 9th in the 100 IM, Robert Baran 7th in the 11&12 100 free, Robert Baran 5th in the 200 Free, Matthew Dagenais 10th in the 11&12 100 fly, Matthew Dagenais 7th in the 200 IM, Amber Murphy 10th in 13&14 200 freestyle, Amber Murphy 9th in the 500 freestyle, Haylle Reidy 9th in 13&14 50 freestyle, and Austin Kelly 6th in the 15 & over 500 Freestyle. Jackie Otake broke the 11-12 girls 100 yard Butterfly Record.

Best times and records were beaten at the YMCA short course National Championships. Austin Kelly took down three individual records in the 500 yard Freestyle, the 1000 yard Freestyle, and the 1650 yard Freestyle. Sam Nowack and Dylan Heer also broke individual records with Sam breaking the 200 yard Individual Medley and Dylan breaking the 200 yard Breastroke. There was also one relay record broken at short course nationals. The team of Austin Kelly, Dylan Heer, Sam Nowack, and Peter Horton broke the 400 yard medley relay.

Please go over this packet with your son or daughter. Read through together and explain to them what everything means. You and your child are to sign and return the form at the end of the packet stating that you have read and agree to the rules and regulations.

Mission Statement: The mission of the Northern Middlesex YMCA Barracuda Swim Team is to provide a safe, fun filled environment for all ages and all levels of swimmers. The YMCA core values of caring, honesty, respect and responsibility will be strongly enforced by the coaching staff on the athletes of the Barracuda Swim Team.

At the Northern Middlesex YMCA the coach's goals are to develop young adults who take pride in the Barracuda Swim Team, show sportsmanship, team camaraderie, and achieve best times. The New England and National cuts are not easy to make and while this should be a goal to strive for, these do not determine if you had a successful season.

Here at the Northern Middlesex YMCA our goal is to not only develop swimmers, but to develop young adults. The YMCA of the USA has created four core values that make up the heart of the YMCA. Caring, Honesty, Respect, and Responsibility will be enforced on athletes by the coaching staff. All four of these are important in the pool but more importantly in life. Caring is shown by caring for each other and ones self. The coaches here at NMYB take their job very seriously and expect nothing less of the athletes. There is a time to joke and a time to be serious. While at practice swimmers should be attentive and focused. In order to get the most out of this program, swimmers need to have a strong work ethic. Swimmers must be willing to put in the time and effort in order to achieve their goals.

Swimming is not just an individual sport; it is also a team sport. By cheating your way through a practice you are not only hurting yourself, but also your teammates.

Showing responsibility means owning up to mistakes when you are wrong, and not trying to put the blame on others. Being responsible means showing up to a practice or meet on time. Respect means treating your teammates and coaches the way you would like to be treated.

Practice Plan: (this does not pertain to groups 2 and 3)

Please note Groups 2-4 will be doing less yards than what is written below. Groups 2 and 3 will focus on learning to swim the four strokes correctly. Swimmers in these two groups will learn drills, diving, and flip turns. Group 4&5 will have practices like the ones below. However, theirs are modified to have less yardage.

The coaches have a plan for the amount of yards in practice, what type of practice and what is supposed to be done in the practice. Most practices will have a longer warm up of around 2000 yards. The reason for this is to get the lactic acid out from the day before. A longer warm up gives ample time to prepare the body to recover from the previous days work and prepares the body for what is to come. The first week of practice will be a clinic week that will teach technique and drills of all four strokes. The beginning of the season will have freestyle based practices. Freestyle is the endurance stroke. At the beginning of the season it is important to get the athletes in shape by building their endurance. About 35% of each individual practice throughout the season will be something other than straight freestyle. This would include but is not limited to drills, kicking, individual medley work, distance per stroke, and stroke work. Most practices at this time will be around 5500 yards a day.

The middle of the season will be a continuation of the freestyle endurance training, but will get more specific with individual strokes and events. More stroke work will appear as the team approaches the peak of the training period. The yardage at this point will be around 6000 yards.

As the team approaches the championship meet it is important to do the practice exactly as written. Three weeks away from the championship meet is the most important week. This is the peak week of training where the volume and the intensity are at its highest of the season. This week is going to be very hard both physically and mentally. The yardage will be around 6500-7000 yards and the practices will be demanding. The reason it is designed this way is to prepare the body to be able to swim fast while it is physically exhausted. More importantly, however, the objective of this week is to prepare the mind to be able to overcome the physical exhaustion. During these practices swimmers are going to have to rely on their teammates to push them above and beyond their limits to help them finish the practice. At a championship meet the body will need both physical and mental strength.

The last two weeks of the season is going to be the taper. Here the yardage will come down very gradually until the team is doing the equivalent of a warm up and a little set. The yardage here will go from 6500 yards at the end of peak week to 2500 yards the day before the championship meet. During this time individual strokes will be reinforced with many yards being technique work. There will still be sprint yardage during these weeks to prepare the body to race fast.

Team Rules: The swimmers will be expected to follow all of the following rules. Failure to do so will result in disciplinary action.

- 1) The coaching staff will expect the athletes to be respectful at all times.
- 2) Talking back to any of the coaches is prohibited.
- 3) When you are addressing a coach, you are to use the word coach in front of their name.
- 4) Swimmers are not to wear any caps, suits, drag suits or warm ups to practices or meets that represent another swim team other than NMYB.
- 5) During practice if you need to sit out for an extended period of time because you need to ice, or because you are feeling ill, you are to sit on the bench or go into the locker room.
- 6) Hazing and any form of a team initiation will not be tolerated and will result in immediate dismissal from the team, until a complete investigation is conducted pertaining to the incident.
- 7) During practice parents are not allowed to be on the pool deck.

- 8) Parents are not to talk to the coaches while they are coaching. If you have a concern or a question please wait until the end of practice.
- 9) During a meet no parent is to be on the pool deck unless they have permission of a coach, or an official.
- 10) In the fall/winter season parents must complete 20 hours of team service or pay a \$100 fee. In the spring/summer season parents are to complete 10 hours of service or pay \$50.

Practice: Failure to follow the rules may result in being sent home for the night, swimming only one event in the following meet, or being taken out of the next meet. If a swimmer is asked to leave practice a phone call will go home.

- 1) Team Members are expected to arrive at practice 15 minutes before their scheduled practice time. They are expected to be in the water by the time their practice group is scheduled to begin. If there are conflicts in timing and they can not make it on time, they need to let this be known to the coaching staff. Due to many individuals needing rides from parents all we can ask is that you try your best. We understand many get out of work right around the time when practice begins. We just ask that you let the coaching staff know ahead of time.
- 2) Swimmers are encouraged to attend all practices. If you cannot attend a practice send an email to Coach Brian at ybarracudas@midymca.org.
- 3) Swimmers will be asked to come focused and ready to practice, leaving everything else out of the pool. There will be no horseplay, or disrespecting the coaches or the other swimmers on the team. The definition of disrespecting will be at the coaches' discretion.
- 4) Swimmers are expected to bring swim suit, goggles, swim cap, towel, and water bottle to all swimming events.

Meets:

- 1) Swimming in a meet is a privilege and should be taken as such. The coaching staff has the right to limit or take a member of the team out of the meet for disciplinary or academic reasons.
- 2) Swimmers will be entered in a variety of different events during the season. This is done so that swimmers get a chance to try all of the strokes, and events.
- 3) Swimmers are to be on deck and changed fifteen minutes before the start of warm up.
- 4) At a swim meet swimmers are expected to cheer on their teammates. Being off the deck, staying in the bleachers or in the hallway for an extended period of time is not allowed. If you go off deck you must tell one of the coaches and your big buddy.

- 5) Swimmers are to talk to their coach before and after their race. Please talk to one of the coaches before you talk to your parents.
- 6) The coaching staff will try their best to get every swimmer to swim in a relay. This may be an exhibition relay, but it will give the swimmer an opportunity to swim nonetheless. The coaching staff will determine who will get to swim in which relay. This will be based on the individual's time, work ethic, and attitude.
- 7) During the course of a swim meet or swim practice swimmers must use appropriate language and show respect for his or her teammates, opponents, parents, judges and coaches.
- 8) Before a race, the coaches would like each individual to acknowledge his or her opponents. At the end of the race the swimmer is to wait until everyone is finished before exiting the pool (In relays only the last person in the relay should stay in until everyone finishes.) After the race congratulate the swimmers around you.

New England Championships/ National Championships:

- 1) To qualify for these meets you must make a qualifying time that is established by the New England Swimming Championship committee or the YMCA National committee.
- 2) To be eligible to swim at the YMCA National Championships you must have attended three inter-association meets and one championship meet.
- 3) Relay participants will be determined based on effort, individual's time and attendance. To be eligible you must attend 60 % of your group's practices.
- 4) The number of relays that go to New England's from each age-group will be determined by the coaching staff. This will be determined by number of swimmers in the group, the effort that group put in and how well the group does at championships. If the age group finishes in the top three at championships this will warrant more relays at New England's.
- 5) If an age group has many individuals that are already attending New England's then this will warrant more relays and individuals going for just relays.
- 6) If you are invited to New England's for a relay it is not a guarantee that you are going to be swimming in more than 1 relay. The coaching staff will try and let you know if this is the case as soon as they can, but things do change.

Substance Abuse:

The use of drugs including alcohol, tobacco, and narcotics are strictly prohibited. Those in violation will be disciplined from the team as well as any discipline that comes from The YMCA and/or any law enforcement agency.

Communication to the coaches:

Email- This is the fastest and easiest way to reach the coaching staff. Coach Brian's email is ybarracudas@midymca.org, and Coach Lin's is landerson@midymca.org.

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

Voice mail message- Coach Brian may be reached at (860) 343-6220, Coach Moireen at (860) 343-6245 and Coach Lin's at (860) 343-6216.

Cell Phone – This number may be reached at any time if you have to get a hold of one of the coaches. Coach Brian's number is (860) 729-8426, Coach Moireen's number is (860) 794-9375, Coach Lin's number is (860) 301-4597.

Communication to the swimmers:

Constant Contact Email- The coaching staff sends out emails to the parents very often. This is a very fast and the most economical way of getting information. Please make sure your email is on our email list.

Website- Many times the website will be updated and posted with new information. Please check it regularly.

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 meet volunteer sign-ups.

Folders – Each child will be assigned a folder which will be located next to the bulletin board in the stairwell next to the large pool bleachers. 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.

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 essential to running a swim meet are completed. Parents can volunteer to do the following:

- 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
- 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 electronic timing system.
- 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.
- Timing console operator – helps to run the timing console during home meets.
- Computer operator – helps to run the meet manager program 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.
- Hand writer- writing event, heat, and lane assignments on swimmers' hands.

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.

Duties of the parents:

1. Parents must be willing to participate in major fund-raising events to support the team. Parents should also be willing to work at home and USA swim meets.
2. Parents should report any grievances or problems to the coaches.
3. Parents will have their swimmers to practice on time
4. Parents are not allowed on the pool deck during swim meets unless they are working the meet.
5. Any questions for the coaches or the coaching staff need to be directed to the coach outside of any practice times.

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 it appears to be true.

“Swim parents are beautiful people”- anonymous

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 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

10 COMMANDMENTS FOR SWIMMING PARENTS by Rose Schneider

1. **Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is people can strive to do their personal best and benefit from the process of competitive swimming.

2. **Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. **Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. **Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for". You also may want to consider being positive anytime you are around the pool.

5. **Thou shalt acknowledge thy child's fears.** A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience. Most of their fears are one's you have given them.

6. **Thou shalt not criticize the officials.** If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can. You too can be trained to be an official in an afternoon.

7. **Honor thy child's coach.** The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.

8. **Thou shalt be loyal and supportive of thy team** It is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new team mates. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.

9. **Thy child shalt have goals besides winning.** Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

10. Thou shalt not expect thy child to become an Olympian. There are 280,000 athletes in USA Swimming. Only 2% of the swimmers listed in the 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not an Olympian, but still got so much out of swimming that they wanted to pass the love for the sport on to others.

Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.

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 weekly, as you wish.
- 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 a minimum.

Pre-Competition Meal

- Prepare your own food. It's better for you, less expensive, and it eliminates fast junk food.
- The meal the night before should be something light and very easily digested. A perfect example would be grilled chicken. Pasta no longer is the best thing to eat the night before. It is too heavy of a carbohydrate and does not break down fast enough. Eating pasta a couple of days out from the competition is much more suitable.
- 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
- Drink 16 oz. for every pound lost in exercise
- Begin replacing fluid losses immediately after exercise for quickest recovery.

Sports Medicine

Coaches, as well as parents, are interested in maintaining the physical well being of each swimmer. Consequently, if a swimmer has a physical problem, you should inform the coach so that special precautions can be taken.

A sports injury usually requires the attention of a physician familiar with the sport. Such an injury needs to be brought to the coach's attention as well, so that beneficial practices can be made for the swimmer.

Glossary of Swimming Terms

Age Group Swim Meet – All USS 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).

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.

Dual Meet – meets conducted between two teams, usually with a limitation on the number of entrants from each team.

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.

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.

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. S/He makes all final decisions and sees to the efficient running of the meet.

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.

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.

Top 16 – A tabulation of the top 16 times in the USA and/or YMCA in each age group and stroke. 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 s/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

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

Please detach the next three pages and hand into the coaching staff.

Rules and Regulations Contract

I have read the rules and regulations and understand them completely. By signing this contract I am stating that I completely understand the following:

1. That I understand the repercussions of my actions if I break team rules.
2. That I shall be disciplined for any rules that I may violate.
3. That once I sign this and become a part of the team, I will adhere to all the rules.

ATHLETE SIGNATURE _____ DATE _____

PARENT SIGNATURE _____ DATE _____

N. MIDDLESEX YMCA 2009 SWIM TEAM APPLICATION

1. Swimmer Information (new swimmers complete full application, returning swimmers complete #’s 3-9)

Name: _____ Date of Birth _____

Name: _____ Date of Birth _____

Mailing Address: _____

Email Address: _____

Cell Phone: _____

2. Household/Family Information

Parent/Guardian Name: _____

Relationship to Swimmer: _____

Mailing Address: _____

Email Address: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

Parent/Guardian Name: _____

Relationship to Swimmer: _____

Mailing Address: _____

Email Address: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

3. Medical/Behavior Information: Please use space below to provide detailed information regarding any medical or behavioral issues that would enable the coaching staff to provide appropriate services to your child.

4. Emergency Contact Information:

Contact: _____ Phone: _____

Please check the appropriate box for numbers 5, 6, 7 and 8

5. Payment Agreement: Pay In Full 3 Pay Plan* (*must use credit card)
Payments are due the first of each month starting on October 1, 2007

6. Payment Method: Master Card Visa Check Cash

*Credit Card Number: _____ Expiration Date: _____

Please enroll me in the E-Z Pay Option using the credit card listed above, 3 pay plan

7. Hours to be worked: work 10 hours pay \$50.00

8. _____ I give my permission for photographs and video tapes of my swimmer to be used in marketing and publicity.

_____ I do not give my permission for photographs and video tapes of my swimmer to be used in marketing and publicity.

9. Clothing sizes, tee shirt _____ shorts _____ pants _____

I have read understand and agree to all information listed above

Parent/Guardian Signature: _____ Date: _____