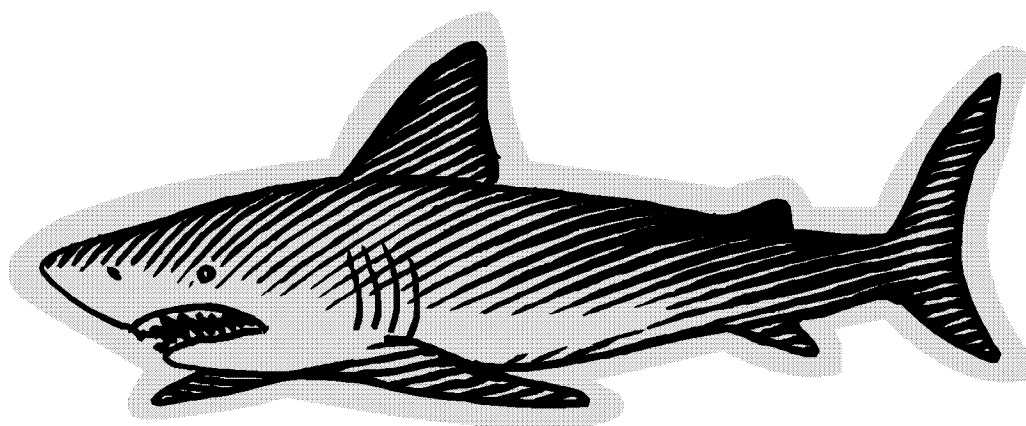


BUCYRUS YMCA SWIMMING

“THE BUCYRUS WHITE SHARKS”



Bucyrus Area YMCA

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Welcome to Our Team!

Welcome to the Bucyrus YMCA swim team! We are glad that you have chosen our team for your children. Competitive swimmers learn many skills other than how to get from one end of the pool to the other. Some of these skills include:

Goal Setting

Building Self Esteem

Discipline

Responsibility

Time Management

Interaction with coaches and other swimmers

Character Development

Team Spirit and Support

This handbook is designed to answer many questions that may arise during the season. If you have questions or concerns that are not addressed in this book, please ask an "experienced" parent, a coach or a program director. Your comments and suggestions are welcome and will help our program be more successful and operate smoothly.

YMCA Philosophy

The Bucyrus Area YMCA is here to serve you and our entire community. The YMCA is so much more than a gym, pool or weight room. Our mission is to enrich individuals spiritually, mentally and physically so they may achieve their full potential, and to improve the quality of life for our participants, our families and our community.

Coaches Philosophy

The coach(es) of the Bucyrus YMCA swim team will focus on individual improvement. A swimmers success is not necessarily measured by their place at meets. Improvements can be made in a number of areas:

Times at meets

Times at practices

Attitude towards swimming

Behavior

Achieving personal goals

and many more!

A swimmer is successful as long as he/she is improving some aspect of their swimming. in some cases, improvements may temporarily cause a set back in other areas, but eventually swimmers will be able to combine the skills they have learned and improve the whole stroke.

The great thing about swimming is that everyone improves. Most improvements in swimming do not usually come overnight. It takes time to develop the skill necessary to be a good swimmer. Be patient and encourage swimmers to do their best, and they will improve.

We hope all swimmers and parents will have a similar philosophy.

Team Goals

Have fun! This is probably the most important goal that all swimmers, parents, volunteers and coaches should have. Sometimes we will have to do things that we are not particularly fond of, but in order to achieve higher goals, they need to be done. Everyone's hard work will pay off with improvements and that is the fun part of swimming.

- * Every Swimmer will have fun!
- * Every swimmer will learn the correct technique of the four competitive strokes, turns and starts.
- * Every swimmer will improve meet performance.
- * Every swimmer will practice performance.
- * Every swimmer will improve their knowledge of competitive swimming.
- * Every swimmer will learn goal setting.
- * Every swimmer will learn good sportsmanship.
- * Every parent will have fun.
- * Every parent will support the team through volunteering.
- * Every parent will support the team by participating in fundraisers.

Values

We hope to help swimmers display the following values at all team activities.

- 1] Respect for themselves, their teammates, their coaches and their opponents.
- 2] A Caring attitude for others around them.
- 3] Being Honest with themselves and others around them.
- 4] Taking Responsibility for their own actions and learning the responsibilities they have to the team.

Safety Guidelines

- 1] Enter the pool only when the coach or YMCA staff member directs you to.
 - 2] DO NOT throw kick boards, pull buoys or other equipment.
 - 3] Starting blocks are to be used only when directed by coach.
 - 4] When practicing starts the guidelines below will be followed:
 - Swimmers should NEVER dive into water that is less than five feet deep.
 - The deck should be clear of kickboards, pull-buoys, fins etc.
 - No "horse-play" when starts are being practiced.
 - Starts will ONLY be practiced at a time designed by a coach.
 - Practice starts ONLY when a coach is present and directly observing the swimmer.
 - When using the starting blocks, get onto the blocks ONLY when a coach gives the command "STEP-UP"
 - When practicing starts, from the deck or on the blocks, all swimmers must keep an adequate distance from the starting swimmer.
 - Cones are to be placed back on the blocks when practice is finished.
- *** All swimmers and parents need to be aware of this policy in order to reduce the risks associated with practicing starts.

Expenses

YMCA membership-

* All Swim team members are required to maintain either a family or a youth membership in order to practice and compete with the team. The swimmer MUST have their membership a minimum of 30 days prior to competing in their first meet. Both league and National YMCA rules state that all team members have a YMCA membership.

* In addition, our team members have access to all of the YMCA facilities and activities included in their purchased package.

Team Fees-

* Each swimmer must pay the program fees to be on the swim team. [This fee is in addition to the membership].

* Multiple swimmer families may receive a discount on the program fees.

Meet entry fees including Champs-

* In order to participate in Y Invitational and Y Championship meets, swimmers must pay entry fees for each event in which they are entered. Fees typically range from \$10 to \$16 per day per swimmer at most meets.

Team Suits/ Caps/ Goggles-

* Team suits are NOT mandatory, but swimmers do need to have a suitable suit to practice and compete in. Team suits are approximately \$50 for girls and \$40 for boys. Less expensive suits can be found at local sporting good stores.

* all swimmers should have goggles and swimmers with long hair should wear a cap at practices and meets.

Out-Of-Town meet expenses-

* Swimmers who sign up for out-of-town meets will need to pay for hotel, travel and meal expenses.

Payment Policies

ALL fees MUST be paid in full prior to the league championship meet. Swimmers with outstanding fees WILL NOT be able to participate in the Championship meets.

*A late fee of \$5 per meet or expense incurred will be added to the swimmers account if the expense is not repaid within 30 days of when the event or charge was made.

** Late fees will be enforced unless prior arrangements have been made with the coach (es) or the parents club representatives and a payment plan is established.

Practices

Practices will be on Monday, Wednesday and Friday unless otherwise notified.

Age groups "8 and under" and "9-10" will practice from 5:30pm to 6:30pm.

Age groups "11-12", "13-14" and "15-18" will practice from 5:30pm-7:00pm.

If a swimmer knows in advance that he/she will not be at a practice, please inform the coach(es). This helps the coach prepare workouts that will best suit the swimmers abilities and needs.

At times, the younger age groups may be asked to practice later for some one on one time if it is needed.

Practice Guidelines

- * Swimmers should bring their YMCA membership cards to practices and check in at the member service desk.
- * Follow ALL YMCA rules.
- * practices will start and end on time. Allow time for changing and getting lane lines in the water.
- * Swimmers should not leave the pool area without informing the coach(es).
- * Swimmers will learn and practice all four competitive strokes, starts and turns.
- * Swimmers misbehaving may be excused from practice.
- * Swimmers should give their coach(es) their undivided attention.
- * In case of bad weather, swimmer should call the YMCA to find out if the building is open during the scheduled practice times and to see if practice has been cancelled. If the county is in a level 2 snow emergency, swim practice will most likely be cancelled.
- * Swimmers are expected to help clean up after practice.

Swimmers Responsibilities

- * Attend practice regularly and HAVE FUN !!
- * Communicate effectively with the coach(es).
- * Show support for your teammates- show good sportsmanship ALWAYS!!.
- * Show appreciation to your parents.
- * Attend and participate in all meets and events that you have been entered in.
- * Attend the championship meet for which you qualify.
- * Participate in fundraisers.
- * Take home information to parents.
- * ALWAYS show respect for coaches, teammates, YMCA staff, officials etc.

Parents Role In The Bucyrus YMCA Swimming Program

Parents Responsibilities

- * Have fun!!
- * Support the team through volunteer time.
- * Encourage swimmers to attend all practices and meets.
- * Provide transportation to team activities.
- * Be supportive and loving towards your swimmers at all times while encouraging them to do their best and have fun.
- * Let coach(es) coach. Your job is demanding enough without taking on additional responsibilities.
- * Keep communication with coach open and frequent.
- * Read all information carefully.

Communication

In order to keep everyone informed look for the following:

Email

Bulletin Boards

Newsletters

Announcements at practice

Team Handbook

Parent Meetings

Parent-Swimmer-Coach Relationship

To have a successful program, there must be complete understanding and cooperation among parents, swimmers and coach(es). The progress each swimmer makes depends on the triangular relationships. Consider this and read this section carefully, so that your swimmers can get the most out of their experience with our team.

Parents Guidelines

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a person loses some of his ability to remain detached and objective in matters concerning his/her children. The following guidelines will help you keep your child's development in the proper perspective.

- 1) Every individual learns at a different rate and responds differently to various methods of presenting skills. Since the slower learner takes more time to master some skills, swimmers, parents and coaches must be a little more patient. Swimmers with slower learning skills have just as much potential as other swimmers on the team.
- 2) Plateaus can occur at one time or another in every swimmers career. Plateaus can be both in competition and at practices. A plateau signifies the swimmer has mastered lower-order skills, but they are not yet sufficiently ready to put all of the skills together in order to produce improvement. It is important that swimmers and parents understand that plateaus occur in all fields of physical learning. The more successful athletes are those who work through this momentary delay in improvement and go on to achieve greater performance and approach their personal potential.
- 3) Ten and under swimmers are the most inconsistent swimmers which can be frustrating for swimmers, parents and coaches. Times at meets will often go up and down as they try to put together all of the elements of each stroke.

4) Slow development of a competitive drive at an early age is normal and perhaps more desirable than forced development of a competitive spirit. It is also important for young swimmers to learn to adapt to reasonable levels of emotional stress. Small disappointments they must learn to handle as youngsters, prepares them for the larger ones they are certain to experience as adults.

5) The coaches job is to offer constructive criticism of a swimmers performance. It is the parents job to supply love, recognition and encouragement necessary to help the young athletes feel good about themselves. Make sure your swimmers know that you will love them just as much when they DQ, as you do when they get first place.

6) Parents attitudes and models often indicate those of their children. A child might not be consciously aware of what is taking place, while subconsciously absorbing powerful messages about their parents desires. For example, be enthusiastic about taking your swimmers to practice and meets, fundraising projects, meetings etc. Do not look at these functions as chores.

7) Criticizing the coach in front of the swimmers undermines the coaches authority and breaks the swimmer-coach relationship that is necessary for maximum success.

8) No parent should behave in such a way as to bring discredit to the child, the team or competitive swimming. Any disagreement with a meet official should be brought to the attention of a coach and handled by the coach.

9) Be sure youngsters swim because they want to. People tend to resist anything they "have to do". Self-motivation is the stimulus of all successful swimmers.

10) Avoid playing your swimmer against their nearest competitors, there by creating vendettas within the team and swimming community.

11) The communication between the coach and swimmer is very important. A two-way relationship must exist daily at practice and at meets. It is imperative that the coach have the swimmers full attention at practices.

Remember, particularly with young swimmers, that the attitude and behavior of the parents in regard to their outlook on the sport has an important effect on the child.

In swimming, as in life, nobody can win or succeed all the time. There will always be some disappointments. Every child can gain something from every experience whether or not he/she ever wins a single race. The important thing is to keep on striving to do better the next time!

The secret is not only to produce great swimmers, but rather produce great young people who swim!!

Meets

Type of Meets

1) League Dual

A meet consisting of two teams within The Northwest Ohio YMCA Swim League. Most meets are within an hour or two of Bucyrus. There are no entry fees for League dual meets.

2) YMCA Invitational

An invitational meet hosted by a YMCA team. Any 1) League Dual

A meet consisting of two teams within The Northwest Ohio YMCA Swim League. Most meets are within an hour or two of Bucyrus. There are no entry fees for League dual meets.

2) YMCA Invitational

An invitational meet hosted by a YMCA team. Any YMCA team that wishes to attend may compete. The order of events varies depending on the host team. These meets are longer than dual meets. Invitational meets are on weekends and are usually one to two day meets. Entry fees are charged per event.

3) YMCA League Championships

A qualifying meet for the YMCA League Championship Meet. Two sectional meets will be held in the league, and the top 16 swimmers, and the top 8 relays, will qualify for the League Championship Meet. Swimmers must compete in (3) YMCA meets during the current season in order to be eligible for championships. Entry fees are charged per swimmer.

4) YMCA Zone

A meet held for all YMCA teams in the Great Lakes Zone. Swimmers must achieve qualifying times in order to participate. YMCA zone meets are usually out of town. Entry fees are charged per event.

5) YMCA Nationals

A) Summer Nationals

A meet held for all YMCA teams in the country. This meet is for 12 & over swimmers who achieve the qualifying times. The summer national meet is swum in a 50 meter pool. Summer nationals are usually the first week of August. Entry fees are charged per event.

B) Winter Nationals

A meet held for all YMCA teams in the country. This meet is for 12 & over swimmers who achieve the qualifying times. The winter National meet is swum in a 25 yard pool. Winter Nationals are usually held in Florida in the middle of April. Entry fees are charged per event.

Which Meets To Attend

- Swimmers are encouraged to attend all YMCA League dual meets scheduled.
- YMCA League Sectional Championships (12 & under that qualify and ALL 13 & over)
- YMCA Invitational

Remember that all swimmers need (3) YMCA meets, either League duals or YMCA invitational, in order to swim at Y Championships, Y Zones or Y Nationals.

How To Sign Up For Meets

- Parents of younger swimmers should make sure that swimmers are signed up correctly.
- Check the deadlines for sign up dates and make sure you sign up before that date.
- Sign up as soon as possible so the coaches can start the meet entries.
- Please notify coaches of any changes. Last minute changes can be made at dual meets. For Invitational meets, entries are sent in a few weeks before the meet. Sometimes changes can be made if coaches are notified early enough. Once the entry has been mailed, swimmers are responsible for paying their entry fees.

League Dual Meets:

-Sign -up sheets will be posted on the swim team bulletin board by the racket ball courts.

*They will have each swimmers name on it. Check either the "Y" or "N" box to indicate whether or not you will be participating at the meet. If no box is marked, the coach will assume the swimmer is attending the meet and if needed will scratch the swimmer on the day of the meet.

League Championship Meets:

*Same as above.

YMCA Invitational's:

*Same as above.

How Do You Determine A Swimmers Age At A Meet?

YMCA Meets:

All YMCA meets, except nationals, use December 1 of the current season to determine a swimmers age. (June 1 is the date used for the summer season.)

YMCA Nationals:

Swimmers ages are determined by the swimmers age on the first day of the meet.

Meet Entries

-The coach(es) are responsible for each swimmers individual event assignments at all meets.

*Swimmers are expected to swim all events in which they have been entered.

*Swimmers will not be assigned to events that they are not physically ready to do.

-Coach(es) are also responsible for assigning swimmers to relays.

-The coach(es) will make the final decisions on all meet entries.

-All dual meet entries will be posted the day of the meet.

-Invitational entries will be posted the week of the event.

What To Take To A Meet

Team suit

Team cap

Goggles

Extra towels

Warm clothes

Blanket or sleeping bag

Healthy snacks

Cards

Book

Quiet game

Lock for locker room

Note: Make sure all personal possessions are labeled with the swimmers name.

Other Meet Info

- Swimmers should check in with their coach(es) when they arrive at the pool.
- Swimmers should remain in the designated areas.
- If you leave before the meet is over, check out with the coach.
- Swimmers should be aware of which event is "in the water" so swimmers don't miss an event they are scheduled to swim.
- Questions regarding an official's call or conduct of the meet should be referred to the coach(es). Coaches will then pursue the matter through the proper channels.
- Swimmers and parents are not to scratch from an event without consulting with the coach first.
- Arrive at least 10 minutes before warm ups start.
- Transportation to and from meets is the responsibility of the swimmer and his/her family. Car pooling is suggested.
- Swimmers should rest and stay warm between events.
- Swimmers should remember that their conduct at the meets and other team activities should reflect the philosophy, mission and goals of the YMCA and the Bucyrus YMCA swim team.

Parents Help At Home Meets

Parents are needed to run home meets. Please volunteer to help your swimmer and our team.

The following are positions that need to be filled at ALL home meets.

-Officials

-Timers

-Scorers

-Clerk of course

-Concessions

-Set up and take down

Philosophy Of Competition

Swimmers will attend many different types of competition throughout their swimming career. Like our practice structure, the meets are intended to provide challenging, yet success oriented competitive situations for swimmers of all age abilities. The following policies outline the philosophy of the Bucyrus YMCA swimming program:

- 1) We emphasize competition with oneself. Winning ribbons, medals or trophies is not our main goal. Even if the swimmer finishes first, but swam poorly in comparison to his/her past performances, he/she is encouraged to do better. The individuals improvement is our primary goal.
- 2) Sportsmanlike behavior is of equal importance to improved behavior. Respect for officials, congratulations to opponents, encouragement to teammates, determined effort and mature attitudes are examples of behavior that will be praised by the coach(es).
- 3) A swimmer will be praised for improving their stroke or time. Swimmers are successful if they improve some part of their stroke. Improvements don't necessarily have to be in their performance.
- 4) Swimmers should learn to set challenging, yet realistic goals for meets and relate the goals to practice to direct their habits and efforts at practices.

5) Swimmers will be prepared to compete in all swimming events, distances and strokes. This promotes versatility and encourages swimmers to explore their potential in the wide range of events offered in competitive swimming.

I/We have thoroughly read the Bucyrus YMCA Swim Team Handbook and understand and accept all information that has been provided. If any questions or concerns arise, I/We will contact the coach(es).

Parent / Guardian

Date

Parent / Guardian

Date

Swimmer

Swimmer

Swimmer

Swimmer

