

# COUNTY YMCA BLUE DOLPHIN SWIMTEAM HANDBOOK

Winter Months and Summer Months

Welcome to the County YMCA Blue Dolphin Swim Team! We are looking forward to meeting you and working with your swimmer(s). The County swim team provides opportunities for competitive swimming for boys and girls, ages 5 to 18.

This handbook will give you incite to our program and responsibilities as a swimmer, and your role as a County swim parent.

All items in the handbook apply to both winter and summer leagues. The differences for the summer months are noted throughout the handbook.

Our **website** [www.countybluedolphins.org](http://www.countybluedolphins.org) is used very often by parents, coaches and swimmers. Please refer to this during the season for last minute reminders, updates and news!

## The YMCA Mission statement

"To put Christian principles into practice through programs that build healthy spirit, mind and body for all".

## Overall Incite of Mandatory Requirements

1. Attendance: *Summer:* Minimum of 2 practices per week. *Winter:* minimum 3 practices per week.
2. Minimum of 3 Dual meets.
3. Our Championship Meet scheduled at the end of the season.
4. To purchase Blue Dolphin Competitive Swim Suit.

## Competition

The County Blue Dolphin Swim Team is affiliated with the Pennsylvania YMCA Northwestern Section of the Western Districts. The team competes in dual meets with teams from the YMCA's in Titusville, Oil City, North East, Corry, Franklin, Warren, Jamestown, Bradford and Meadville. Our team does travel to all these areas on Saturdays.

*Our summer* program is affiliated with local teams in Erie County. The team competes with Girard, Lakeshore, and Kawaka country clubs, McDowell, North East, Erie, Fairview and Harborcreek. Our team does travel during the week and will have one home meet during this season. Subject to Change due to yearly scheduling and pool availability.

All swimmers are required to attend a minimum of **3 league meets and our Championship meet.**

Swimmers swim in age groups, Midgets (5 to 8), Cadets (9 and 10), Preps (11 and 12), juniors (13 and 14) and seniors (15 to 18) years of age.

*Summer Swim:* swimmers are divided up into age groups. Swimming events- 25 or 50 yards in all strokes.

Please see meet schedule included in your parent folder.

The league meet season, generally runs from early October through early February, and concludes with our league "championship meet" for the full team. This meet is **MANADTORY** for all County YMCA swimmers where each swimmer has the opportunity to swim in 2 individual events plus a relay (if a member of relay team).

*Summer League-* Generally runs from early June to late July, and concluded with our league "championship meet" for the full team. The meet is divided into two (2) days and takes place the last week in July. The two (2) days are split up by the swimmers ages. This meet is **MANADTORY** for all County

YMCA swimmers. There are no other meets following this championship meet, swimmers do not advance to districts, states or nationals.

Swimmers who achieve a District meet-qualifying time may continue to practice and prepare for the PA Western District Swim meet, held in mid-March.

Please see district-qualifying times included in your parent folder.

The top nine(9) finishers in each event at the District meet qualify to participate at the PA YMCA State Championship Meet, held at Penn State University.

Swimmers who achieve a National meet qualifying time may continue to practice and prepare for the National Swim Meet, held at the beginning of April. This meet is usually held in Fort Lauderdale, Florida.

In order for a swimmer to attend the National meet, the swim team must have funds available to pay for his/her trip.

Please see National qualifying times included in your parent folder.

Please see Meet directions included in your parent folder or our website.

## **Invitational**

The County YMCA Blue Dolphin swim team does not attend these extra meets.

## **Expectations of swimmers**

### **Behavior and Attitude**

Our swimmers represent our team at all times and are expected to conduct themselves accordingly. Each swimmer is expected to be a positive influence, work hard, and show great sportsmanship. All swimmers should put their best efforts at all times and always treat teammates, parents, competitors and coaches with respect. Each swimmer must complete a Code of Conduct form prior to end of the first week of practice.

## Ability

All swim team participants should, prior to joining the team, have taken swim lessons or have reached the ability to swim compressively. He/She must be capable of swimming a length of the pool swimming either freestyle or the backstroke.

If a swimmer cannot complete the length of the pool. The swimmer will be encouraged to participate in the swim lesson at the local college.

## Swim Practice

Practice is offered 4 nights a week for all age's groups. Practice is held at the Edinboro University McComb field house. Practices will start at 6 and last until 7. Please bring your swimmer early to practice and be there early to pick them up.

***Summer League***- Practice is offered 4 nights a week for all age groups. Practice is held at the Edinboro University McComb field house. Practice will be in the evenings (usually) for the first 2 weeks of practice. Afterwards, practice will be in the mornings. Practice will last an hour. Please check with the coaches or our website for practice times. We do have practice the days of our swim meets. , unless, they are scheduled at the same time. All practices the day of a swim meet are **mandatory**. At this time, the line up will be reviewed.

All swimmers MUST attend a minimum of 3 practices per week. The more the better they become!!! Thursday's practices are mandatory for all swimmers. High school swimmers must check in with the coach if a high school meet is scheduled for that evening.

All swimmers must enter and exit from the locker rooms located in the basement of McComb field house. They will not be able to enter from the pool doors.

Practice cancellations- ONLY if General McLane School District Cancels school or has an early dismissal due to WEATHER CONDITIONS. Days were school in not in session, practice takes place.

Schedule is subject to change due to times of high school meets, holidays, and the university schedule. Please see the website for updates and check with coaches for more details.

***Summer Cancellations-*** You will be notified by our phone tree or during practice. Please check with the parent committee to make sure they have your current address, phone number and e-mail address.

**Practices are CLOSED to parents. On special weather conditions a viewing area will be open for families that do travel.**

### **Meets**

All swimmers should attend as many meets as possible.

All swimmers are asked to be at all meet 15 minutes prior to the warm-up time. If the swimmer has not checked in with coach prior to warm-up, the swimmer may not be eligible to swim that day.

All swimmers should wear the required Blue Dolphin swimsuit.

All swimmers must attend a minimum of 2 practices per week to participate in the meet that week.

All swimmers must sign-up for the meet the Tuesday before each meet. If swimmers are not sign-up they will not be able to swim in the Saturdays meet.

***Summer league-*** all swimmers must sign-up 3 days before each meet.

Swimmers are only allowed to swim in 2 individual events and one relay (if there is a relay available). Relays will depend on the number of swimmers

attending per age group. If multiple swimmers attend, relays depend on participation in practice and the individuals split times.

All swimmers must come prepared and have all swim equipment with them.

All swimmers **MUST** sit with their team, they are not allowed in the stands, at anytime during a meet.

On an average dual meets can run about 3  $\frac{1}{2}$  hours to 4 hours long. Not including warm-up. *Summer league* times will vary.

Transportation- it is the parent's responsibility to provide transportation. Car-pooling is an option; please check with the parents group.

### **Equipment**

All swimmers must purchase a Blue Dolphin competitive swimsuit. This suit should be worn in all meets. The suit should **NOT** be worn during practice.

All swimmers should have a cap, practice suit, towels and goggles. Please place the swimmers name on all equipment.

Swimmers should have a suit that is "snug". I would recommend buying one size smaller than a recreational swimsuit.

During a meet- please make sure your child has extra equipment and something warm to wear throughout the meet.

## **The Role of the SWIM TEAM PARENT**

### **Responsibilities:**

To support and encourage your swimmer to achieve their personal best.

To help your swimmer(s) be on time, have proper nutrition, encouragement to be competitive and maintain a positive attitude.

To respect the coach's decisions and practice times. The coach will be available before and after practices to answer any questions.

To participate in the parent group and fundraiser events.

The parent group meets the first Tuesday of every month, during practice times. *Summer* months- vary

Fundraising- each child/family is asked to participate to help raise money for our swim team. These monies help us to buy new equipment, swim meet funds, banquet and awards. If a family cannot participate in the swim team fundraising events a flat donation is acceptable.

## **Parent Committees**

### Advisory committee

Supervises volunteer group of parents and helps organize committee responsibilities, schedules monthly parent meetings.

### Awards/Records/Publicity-

Responsible for swimmers awards, keeps track of team records and individual times

TV/radio/Newspaper coverage/Newsletter

Promotes swimmer achievement and activities

### Fund-raising

Promotes/Organize events and activities

### Social

Plans family and team activities

Chaperones/banquet/birthday cards to swimmers/gifts/ family outreach

### Finance/Purchasing

Team parent account- organizes and keeps record, and orders team apparel.

### Swim Store-

One parent will volunteer to carry our 'swim store" to all meets.

*At least one parent from each family is asked to volunteer and serving on one committee.*

## **Sign-up for the next season**

Please stay in touch with the Local County YMCA.  
Please visit our website throughout the year.

Sign-ups will take place at the County YMCA, for one evening. The times will be announced at a later date.

What will take place at this time:

Sign your child up for the team

Receive your parent handbook/folder/order forms/other info.

Place your orders for suits, goggles, caps, shirts, sweats.

Meeting with coach about expectations

Receive a date for the next parent meeting.

Websites to keep in mind:

[www.aqualions.org](http://www.aqualions.org) - for state meet information

<http://www.hhs.iup.edu/hped/swmeets/2010ymcawestdistricts/>- districts

[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org) - national meets and other updates