

YMCA Swim Team

Practice Times

Group A:

Mon., Wed., Fri. 5:15-7:00 PM (Be 5 minutes. early to stretch)

Monthly Fee: \$35 per swimmer

Group B:

Mon., Wed., Fri. 6:00-7:00 PM (Be 5 minutes early to stretch) x

Monthly Fee: \$20 per swimmer

Must be a YMCA Member to participate

Swim Team Handbook

2009/2010 McPherson YMCA Swim Team

Dear Parents and Swimmers,

The YMCA swim team participates in the Missouri Valley Swimming district of US Swimming. For more information about this organization go to www.missourivalleyswimming.com on the web.

As in any sports program the athlete will need to be proficient in the basic skills needed to compete. Our club will provide a foundation for technique improvement and physical conditioning. The sport of swimming is a rewarding and life long sport that your child will enjoy and grow with.

Making new friends and have new enjoyable experiences is a goal of our program, as well as giving the athlete the tools to succeed at the level they compete. Each athlete will be evaluated at the beginning of the season to determine if they are ready and able for the demands of this program. The YMCA offers an excellent swimming lesson program for those swimmers not yet ready for this level of swimming.

Here are some additional details about the team:

- Team members **MUST** be YMCA members. (youth memberships can be purchased if you do not have a family membership)
- The season runs from October 5 to February 7. (for those who qualify for Divisions, practice will continue through February)
- Although each swimmer receives the most benefit from swimming the entire season, we do allow partial season participation since we deal on a monthly payment basis.
- Monthly YMCA fees need to be paid by the 5th of each month for your swimmer to be allowed into practice. The monthly fee is the same regardless of any practice breaks during the month or limited participation.

Dues

The YMCA provides for the coaching and the pool use through the payment of monthly dues. However in order to offer the athletes the opportunity to compete, the club will travel throughout the season to different cities hosting a multi team “meet” The club expenses incurred for these meets are not included in the monthly dues. We ask each swimmer, regardless of the participation in meets to incur an additional fee of \$100 to help offset these costs. Any parents that wish to organize a fundraiser to help with this cost are welcome. Finally, the meets themselves charge a per race fee, which you will be responsible upon signing up your child for the meet.

Action Accent—We have used this company before to sell swim gear and equipment as a fundraiser.

Equipment Needs

Each swimmer will need to have at minimum a suit and goggles. In the past we have allowed the swimmers to purchase their own competitive suit, but have suggested a style to match the team colors. The YMCA provides some training equipment such as kick boards and pull buoys. Please send your swimmer to practice with goggles, towel and a water bottle. It is recommended that you purchase a swim cap for swimmers with longer hair.

Practice Times

Practice will be Monday, Wednesday & Fridays starting Monday, October 5th. Times will be either (A) 5:15 – 7:00 pm, or (B) 6:00 - 7:00 pm. Please be at the pool at least 5 minutes early to stretch.

Fee will be (A) \$35.00 or (B) \$20.00 per swimmer each month to the YMCA, October thru February.

** Please make sure that fees are paid by the 5th of each month.

Swim Meets

The long hours of practice are rewarded with the regular participation in swim meets. Each swimmer is encouraged, but not required, to participate in the different swim meets. The meets are structured to allow all different levels of ability to compete equally with others of similar ability. They provide a great source of feedback to the athlete, are fun and build some long lasting friendships. In order to participate in USS sanction meets you must be registered with USA (United States Swimming Association). This fee is \$49.00 for the 2009-2010 season and must be paid before the swimmer can participate in any meets.

You should receive a sign up sheet for the upcoming meets at least a month before the meet is scheduled. Please let me know in writing if your swimmer will be participating and what days they will be attending. The coach will select the events the swimmer will participate in unless you have a special request, then please notify the coach. If the club does not have written notice that the swimmer is participating in a specific meet two weeks prior to the meet weekend they will not be able to participate. Once entries are sent the meet host does not provide refunds for any reason, so you are responsible for the meet fees once your child is entered.

Schedule

We have put together a tentative schedule of meets for this coming season. Please check your calendars, and turn in the meet attendance sheet when sent out. If there are not a minimum of 5 swimmers entered then there will not be a coach attending the meet. Coach will enter your swimmer based on ability. If you desire your swimmer to be entered in a specific event please let the coach know prior to entries being submitted.

Hutchinson 11/14-15

Emporia 11/21-22

Level 1 WSC Wichita 12/11-13

Topeka 1/8-10

Wichita 1/22-24

Salina 1/30-31

Presidential Invite, Wichita 2/5-7

Division 2's, Topeka 2/26-28
D1's, Wichita 3/12-14

Swim Team Rules

1. Be on time and ready to swim when practice begins.
2. Have the appropriate equipment needed to swim. Suit, goggles, etc. (NO GOGGLES, NO PRACTICE)
3. LISTEN when your coach is talking.
4. Swim circles in your lane, unless otherwise instructed.
5. Only go off the blocks when the coach says it's OK
6. Follow instructions:
 - a. If you are messing around you will be asked to sit out.
 - b. After being removed twice, your parents will be contacted.
 - c. If no improvement is witnessed, you may be asked to leave the program.
7. Follow the workouts as the coach instructs.
8. Put all equipment away at the end of practice.
9. Only dive into the deep end.
10. Check the path in front of you for other swimmers entering the water.

SWIM SAFE AND HAVE FUN!!