



Swim Team Handbook

2014 - 2015

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Welcome to GJY Swim Team

Welcome to the Greater Johnstown YMCA Swim Team. We hope that being a member of the GJY Swimming will be a positive experience that affords each swimmer to:

- Improve their swimming skills and physical conditioning.
- Work as part of a team.
- Develop a positive attitude.
- Do their best.
- Develop lasting friendships.
- Develop qualities of honesty, caring, responsibility and respect according to the YMCA swimming guidelines.

Our coaching staff includes:

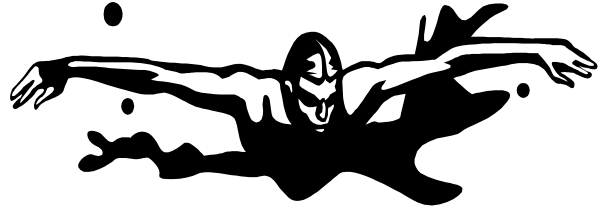
Head Coach	Glenn Giles	814-341-4798
Assistant Coach	Denny Hartnett	814-288-8066
Assistant Coach	Brittany Patrick	814-243-0428
Assistant Coach	Sharon Giles	814-243-2914
Assistant Coach	Missy Oswalt	814-242-0488
Assistant Coach	Mitch Smith	412-467-6870

Greater Johnstown YMCA

Aquatics Director	Sharon Giles	814-535-8381(W)
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General Information



Practice Times:

Monday thru Friday

Novice: 4:30 to 5:30
Ages 8 and under

Cadet: 4:30 to 6:00
Ages 9-10

Prep: 4:30 to 6:30
Ages 11-12

Junior: 4:30 to 6:30
Ages 13-14

Senior: 4:30 to 6:30
Ages 15-18

Parking Lot Issues for Parents – When dropping off or picking up your swimmer, please move forward in the parking lot so that cars are not backed up on Haynes Street waiting to get into the lot.

Entrance to YMCA – All swimmers must show their membership card at the front desk.

Be Prepared to Swim - All swimmers must shower before entering the pool and enter/exit the pool deck through the wet hall area. It is important that girls with long hair either wear a swim cap or tie it back with an elastic band. It is difficult for the swimmers to learn and practice with hair in their eyes. Swimmers must put away kickboards, pull-buoys, and flippers used at the end of practice.

Behavior – No horseplay in the locker rooms or on the pool deck – Safety First. Good behavior during practice and during swim meets is required by the coaches. Respect other swim team members at all time.

Attendance - If your swimmer is unable to attend practice because of illness or other activities, please let the coaches know. Swimmers are expected to change quickly and be on time for practice.

After Practice – Please dry off in the shower area and use the swim suit dryer before hanging suit on the locker.

Website – Please go to www.gjyswimming.com for information on practice schedules, invitationals, dual meets, and qualifying times for Districts, States, and Nationals, plus swimmer's times if they have competed in an invitational or dual meet. All messages are sent via email however if you do not have access to the internet or email please check out the Swim Team board located in the Natatorium information.

Start Block Practices - Because the pool at the Johnstown YMCA is not deep enough to dive into, we must hold "start block practices" throughout the competitive season. Start practices are held at the pool at UPJ. Notification of scheduled practices will be sent out via email and will also be available on the GJY website. Coaches will determine which groups of swimmers will attend start practices on which scheduled dates. Swimmers practice how to go off the blocks and fine-tune starting technique.

Swim Meets - **All swimmers are expected to attend all four dual meets.** As a member of the team, you will be put into the line-up. If you need to be excused from a meet, for a **very good reason**, you must let one of the coaches know in writing at least one week before the meet. Paid invitational swim meets are optional. **All checks should be made payable to the Greater Johnstown YMCA.** No late entries will be accepted. Relays will be entered if 4 or more swimmers in one age group elect to attend a meet and are interested in participating in the relay. Relays will be posted on the bulletin board prior to the meet. Relay entry fees must be paid prior to the meet.

Buses- Occasionally, a bus may be provided for the farther away dual meets for a nominal fee. A sign-up sheet will be posted on the bulletin board about 3 weeks prior to the meet. The fee is collected at the time of sign-up. Swimmers will get first priority bus seating. Parents may ride only if space is available. Parents on the bus will be considered chaperones. All age 10 & under swimmers on the bus must be accompanied by a parent, unless prior arrangements have been made with an adult chaperone.

Team Suits and Apparel – A GJY swim suit is part of the team uniform. A selection of suits to try on will be available for swimmers who don't know what size to order. Team shirts and caps are required for every swimmer. Order forms will be handed out at practice and should be returned by the deadline.

Concession Stand Donation - All families are asked to donate \$5 for each home dual meet in addition you will be asked to donate a food item and help at the concession stand at the meets.

Parent Rules – Parents are not permitted on pool deck during practice. All matters involving the swimmer should be discussed first with your child's coach before/after practice OR by making an appointment. All matters involving the management of the Swim Team Program should be discussed with the Aquatics Director by making an appointment. Talk to your child about respect for other swim team members and coaches. Talk to your child about appropriate behavior in the locker rooms and the YMCA facility.

Payment for Invitational Meets – All entries and fees will be collected by the Aquatics Director. No late entries will be accepted. Payment must be in the form of a check, payable to the GJY Swim Team with separate checks for each invitational meet.



GJY Swim Team Parents' Club

The GJY Swim Team Parents' Club is happy to have you as part of our group. We understand that all our parents have sacrificed time and resources to help their children reach the highest swimming goals. Teamwork and cooperation are as important to the Parents Club as they are to the Swim Team. We hope that you can attend each meeting of the Parents Club. Meetings will be held periodically. A notice will be posted at the YMCA and an email message will be sent to the members. Please plan to attend these meetings because very important decisions are made concerning our club. Your input is important.

Parents' Club Duties and Responsibilities

1. Run home dual meets.
2. A successful swim meet requires a great deal of hard work and dedication from all of our parents. Our club provides workers in the following areas:
 - Seeding
 - Timing
 - Card Running
 - Scoring
 - Officiating
 - Working concession stand
 - Set up and Clean up for all meets
3. Prepare for and run all areas of the Novice Championships (our major fundraiser)
4. Fundraising
5. Provide information to parents through posted bulletins and email messages.
6. Plan swim team social events.
7. Plan the year-end banquet.
8. Manage team apparel sale.
9. Plan the summer activities.
10. Keep track of debits & deposits made to our account kept in the YMCA custodial bank account.
11. Providing food and money donation for the food concession stands at dual home meets and the Novice Championship Meet.

All parents are required to donate a food item for each dual meet in addition to working at the meet. You will be contacted regarding what your family will need to contribute. If all emergency comes up and you cannot make the meet, please make arrangements for your food to be taken to the meet by another member. The food donations for the Novice Meet will be larger.

Questions can be addressed to any officer of the GJY Parents Club.

President	Claudia Gironda	525-0717	claudiagironda@hotmail.com
Vice-President	Stephanie Innis	270-0921	jasinnis@yahoo.com
Treasurer	Prudy Hindman	525-1234	prudyhindman@yahoo.com
Secretary	Karen Marsinko		

Get Involved!

Attend Parent Group Meetings!

Volunteer to Help!

Support Your Team! Support Your Child!

Dual Meet Job Descriptions

Our children could not participate in this sport if not for the dedication of **ALL parents to do the work** needed to run the swim meets, fundraising, and other jobs important to the success of our team. **All parents are expected to work at dual meets during the swim season in some capacity.** Below is a list of jobs and job descriptions. Please take the time to read through them and decided which job(s) you would be interested in doing. It takes a lot of 40 volunteers to run a meet.



Dual Meet Jobs (All families are required to work at all dual meets)

- Timers: These are the people who stand at the end of the lane and time the finish. There is no special skill required for this job and on-the-job training is easy. There should be 2 timers per lane for all 6 lanes. This job is known as "the best seat in the house" because it allows the parents to watch the swimmers up close. The biggest misconception of this job is that it is difficult-it is not!
- Officials: These are the people who do stroke and turn judging, as well as announcing and running the meet. GJY offers Officials Training at no cost to the parent for those who are interested in this type of officiating. You do not need to have any type of swimming background to become an official. All parents are welcome to take the training and become officials.
- Card Runners: This person collects the cards from each lane after each event and carries them to the scorers' table.
- Scorers': These are the people who sit at the table and actually score the meet, using the cards collected from each lane. Scoring is not difficult and easy to learn.
- Set up /Clean up: All parents are expected to come early or stay 1/2 hour after the meet to set-up or clean up.
- Concession Stand Workers
- 50/50 Raffle Seller

Guide to Swimming Competition

Swim Meet: Where two or more clubs come together to compete.

Age Categories: Swimmers are divided by boys and girls and into age categories. Age is determined by the swimmers age as of December 1st of that swim season.

Novice	8 years and under
Cadet	9 & 10 years
Prep	11 & 12 years
Junior	13 & 14 years
Senior	15 to 18 years

Strokes: There are four main strokes

- Freestyle - the swimmer can do anything except touch the bottom of the pool; usually the front crawl is done during the freestyle because it is fast.
- Butterfly - the arms swing forward simultaneously over the top of the water and pull simultaneously back under the water, while both legs kick together up and down.
- Breaststroke - arms slide forward under the water and pull under the water, while the kick is a form of the "frog kick".
- Backstroke - swimmer must be on his/her back, except when turning. Back crawl is usually done because it is the fastest.
- Individual Medley (IM) – swimmer swims 1/4 of the distance in each stroke in the order of Butterfly, Backstroke, Breaststroke, and Freestyle.

Relays: There are two kinds of relays

- Medley Relay - each team member swims one of the four strokes in the order of Backstroke, Breaststroke, Butterfly, and Freestyle.
- Freestyle Relay - each team member swims 1/4 of the distance using any stroke he wishes. Usually the front crawl is done because it is fast.



Types of Swim Meets

Dual Meets: A dual meet is a swim meet between two teams in the YMCA league. Teams are grouped in Division I, II, or III, and teams swim against each other in their own division. We usually have 5 dual meets in the winter season and 5 dual meets in the summer season. The coaches will decide what each swimmer will swim in the dual meets. The swimmers are given cards and told what they are swimming at the beginning of each meet. Dual meets last an average of 4 hours. Pool areas tend to be hot, so dress accordingly. There are two types of dual meets:

- **Home Dual Meets:** These meets are held at IUP in Indiana, PA. As the home team, the parents are responsible for working at and running the meet. As a parent, you are responsible for working in some capacity at all home meets, and providing a prearranged food or drink for the concession stand. Money raised at the concession stand helps fund the team. Home meet available jobs are listed in the section of this handbook titled "Job Descriptions".
- **Away Dual Meets:** These are meets that we travel to other teams' YMCA to swim against. Buses are occasionally available for further away dual meets for swimmers. Parents may also ride the bus, but only if there is space available. There is a charge to ride the bus. This helps to offset the cost. The bus leaves from the YMCA parking lot before the meet and returns to the same place. The sign-up sheet for the bus is posted on the bulletin board several weeks prior to the meet. Maps are also made available at the bulletin board at least a week before an away dual meet, for those who are driving. Food is usually available at away dual meets or you can bring your own.

Invitational: Invitational swim meets are extra meets that swimmers are not required to attend. They offer more swimming and more competition for those interested in improving. Invitational information sheets are posted on the bulletin board, usually about 6 weeks before the meet. You will need to fill out an entry form (in the gray box next to the bulletin board) and pay the entry fee (usually several dollars per event) and turn it into the coaches before the due date. Be sure to specify if your swimmer wants to participate in a relay. Swimmers chosen for relays will be posted on the bulletin board about 2 weeks before the meet. If you are assigned a relay, you must be there for it. If you are in the free relay, you may not leave early as this is the final event. An invitational can last a very long time. You should take a chair, blanket and/or sleeping bag for your swimmer, a cooler with drinks and food if you wish, and money. If your swimmer is young, you may want to take activities (games, Ipad, etc.) to keep him occupied when not swimming (which will be most of the time). You should purchase a heat sheet when you first arrive at the invitational. This is a program that will list all the swimmers, the order of events, what events they are swimming, and which "heat" (group) they are in. After each swim event, the results of the race will be posted on a wall, along with the swimmers' times.

Sections Championships: After we swim all of our dual meets, we will have a Sections Championship with the teams only in our division. There is no qualifying time needed for this meet.

B Districts: B Districts is an invitational event held at the end of February. This year's B Districts is held at California University. Swimmers that have not qualified for Districts are eligible to attend this meet. Times received at B districts can be used as an entry time for Districts

YMCA Districts: YMCA Districts is an invitational event held in the spring. This year the YMCA District is located at Penn State University. Entries are determined by achieving a qualifying time specific to the swimmer's age group during the current winter swim season. The youngest age group for

a qualifying time is cadet, although a novice swimmer may qualify if he/she makes a cadet qualifying time. Qualifying times are posted on the bulletin board at the beginning of the season, and can be found in Appendix C of this handbook. Swimmers are limited to two individual events at districts, and one relay - or one individual event and two relays. Like any invitational, an entry form must be filled out and parents are responsible for payment at the time of entry. Relays for Districts will be posted on the bulletin board and must also be paid for in advance.

YMCA States: To be eligible to swim at YMCA States, the swimmer must have placed in the top nine swimmers of an event at Districts. Payment for States is collected at Districts. YMCA States is held at Penn State University (usually a week after Districts).

YMCA Winter Nationals: YMCA Winter Nationals are held in April. Entry is accomplished only by achieving the qualifying time for a particular event. There are no age group breakdowns for Nationals. Swimmers must be 12 years or older by the first day of the meet to swim at Nationals. Swimmers are responsible for their own travel expenses and fees at Nationals.

Summer Championships: At the end of the summer swim team season, usually in July, one of the YMCA teams will host the Summer Championships. This is an invitational swim meet. Swimmers may swim three events and one relay, or two events and two relays. Information will be posted on the bulletin board and entries must be paid for in advance. Be sure to mark on the entry form if you wish to participate in a relay.

Summer Nationals: Summer Nationals are held at the end of July. As with Winter Nationals, qualifying times must be obtained to swim at Summer Nationals. The qualifying times are usually a higher than Winter Nationals times making it accessible to more swimmers. Qualifying times will be posted on the bulletin board each year.

Red/Black Meet: The Red/Black Meet is an inter-squad meet. It is run like a regular swim meet and it is a good practice meet for new swimmers. It is usually held early in the season before the regular meets start. It is a good opportunity for the swimmers to learn about swim meets and for families to meet each other.

USA Swim Meets: USA (local chapter known as AMS - Allegheny Mountain Swimming) is an organization that holds swim meets separate from the YMCA. This is an extra opportunity for swimmers to attend an invitational with different competition. There is a \$65 yearly member fee to join with additional invitational entry fees. Information on USA Swimming is found on the far left side of the bulletin board. USA meets require that swimmers swim certain times to enter.

Novice Championship Meet: The Novice Championship is an invitational meet that GJY has sponsored since 1971. It is our biggest fund-raiser and money raised from the Novice Meet is used for pool rental, the awards dinner, and other swim team costs. All swimmers benefit from the Novice Meet and so **all swimmers and their families are required to work for the meet.** The meet is held in February and is open to all novice swimmers up to and including 8 years of age. All GJY swimmers who are novices can participate and all family members are needed to help in a variety of jobs before, during, and after the meet. Even if you cannot be at the meet, jobs are available prior to and after the day of the meet. Prior jobs include: securing advertising, typing the heat sheet, assembling heat sheets, set-up pool area, t-shirt orders, and ordering awards. Jobs on the day of the meet include timers, officials, card carriers, seeding area helpers, deck seeding helpers, concession stand workers, basket sales, heat sheet sales, t-shirt sales, 50/50 ticket sales, awards room, and computer room. Jobs after the meet include take down and clean up.

GJY Swim Team Schedule Summer 2015

- June 19 MVY @ GJY
(Friday) Warm-up: 5:00p.m.
 Meet Starts: 6:00p.m.
- June 23 GJY @ Greensburg YMCA
(Tuesday) Warm-up: 5:30p.m.
 Meet Starts: 6:00p.m.
- July 2 GJY @ Indiana (Mac Park Pool-Indiana)
(Thursday) Warm-up: 5:30p.m.
 Meet Starts: 6:00p.m.
- July GJY @ Wilmerding YMCA
(Date to be announced)
- July 18 Championships (Host Y – Greensburg)
(Saturday) Greensburg YMCA
- August 3 – August 7: Nationals - Indianapolis

**There will be several more Invitational Swim Meets that we should be getting information on. I will e-mail them thru after we determine if we have a coach available to attend.

Appendix

Directions

Ligonier YMCA (30 mins)

110 W Church St, Ligonier, PA 15658

Follow 271 down to Ligonier. Make a slight left on PA-711 S. Turn right onto W Church St.

Greensburg YMCA (1 hr.)

101 S Maple Ave, Greensburg, PA 15601

Follow 271 down to Ligonier. Make a right onto Rt 30. Follow Rt 30 into Greensburg bearing to the right toward downtown this is now Pittsburgh Street. Follow down the hill to the light at the Eckerd. Make a left onto Ukrania Street. Follow to the stop sign and go right onto Laird Street. Follow this behind the Greensburg Salem High School Field to the top of the hill making a right at the top of the hill onto Maple Ave. The YMCA is on the right with the parking lot just before it.

IUP Field House (Home Meet)(Novice Meet) (45 min.)

660 S 11th St Indiana, PA 15705

Follow Rt 56 out of Johnstown toward Indiana. Make a right onto PA 954 follow for about 6 miles. Make a left on Maple Street. Turn left onto S 11th St.

Central Cambria High School (dual meets/start block practices) (30 min.)

Follow US-219N toward Ebensburg. Take the US-422 exit toward Indiana/Ebensburg. Keep right at the fork to go on to US-422 E/ Benjamin Franklin Hwy. Turn left onto schoolhouse Road. Admiral Perry Vo-Tech will be on the right. Travel up the hill to a “T” intersection and turn left. The pool entrance is on the back side of the building.

Indiana YMCA (invitational) (45 min.)

Follow Rt 56 out of Johnstown toward Indiana. Make a right onto PA 954. Follow to the light at Philadelphia Street, make a left. Follow Philadelphia Street out of town you will come to the YMCA at the light at Ben Franklin Street. .

Allegheny Valley YMCA (AVY)

Rt 22 W to Rt 66 N. Follow Rt 66 to 356 (around N Washington/Vandergrift/Apollo). Rt 356 to Freeport cross bridge into Freeport follow left lane (past sand pile for trucks) – past Deveraux Motor Sales, then a small bridge stay in left lane – when you start to climb a hill (this is business 28) get into the right lane and follow to first traffic light and right into YMCA parking lot.

Valley High School (New Kensington YMCA invitational) (1 hr. and 30 min.)

From Rt 22 get onto Rt 66N, towards Delmont. Take Rt. 66 to Rt 366. Rt. 366 is also known as the Greensburg Road. On Rt 66 start to look for Rt. 366 after you have passed Beaver Run Reservoir. The road will widen to a four lane road at the intersection of Rt 66 and 366. You will make a left turn onto Rt 366. This is a long and winding road. Once you pass over Rt 380, you are 6.7 miles from Valley High School. On Rt 366, as you near New Kensington, you will pass the PA Photo Center, miniature golf and driving range and Laidlaw bus depot on your left. As you enter New Kensington the road will curve to the right with turn-offs to the left. Bear to the right, this will keep you on Greensburg Road. You will approach a traffic signal at a Y intersection. To your right will be a Sunoco to your left will be United Chevrolet. After you pass the Sunoco, you go straight through three traffic lights. After you go

through the second light get into the left lane. One hundred feet past the third traffic light is the entrance to the Valley High School parking lot.

Butler High School (Butler YMCA dual and invitational) (1 hr. and 40 min.)

Follow Rt 56 out of Johnstown toward Indiana. Make a right onto PA 954. Take Rt 422 W to Lyndora Exit (Rt 356). At the first light (entrance to Moraine Plaza), turn left onto Rt 356. Follow Rt 356 past VA Hospital and Point Plaza Shopping Center where Rt 356 merges with Rt 68 E. Approximately $\frac{1}{4}$ mile past Point Plaza, at the light just past Dairy Queen, turn right into Butler High School.

Mon Valley YMCA

Follow 271 down to Ligonier. Make a right onto Rt 30 and follow to 119 South. Take 119 South to I 70 W. Follow I-70 W to the Charleroi – Rt 88 exit. Take Rt 88 North. The YMCA is on the left half way between Charleroi and Monongahela. Watch for a sign on the left at the top of a hill.

