

RYWC Meets/Competition:

Here at the Regional YMCA we encourage swimmers to focus on self-improvement and the pursuit of personal excellence through competition. Without competition it is difficult to realize ones development; therefore the Mako Swim Team provides competitive opportunities by participating in YMCA duel meets, YMCA championship events and USA Swimming sanctioned events.

Here is an overview of the two governing bodies (YMCA Swimming and Diving and USA Swimming).

- **YMCA Swimming and Diving:**

YMCA Swimming and Diving is a part of the YMCA of the USA organization. As a YMCA participant in this organization we exist within a local league (Connecticut YMCA Swimming and Diving) which consists of ten other YMCA's. We may participate in duel meets each season with other YMCA's from the league, as well as YMCA sanctioned meets and championships (the WYW Thanksgiving Invite, the YMCA CT State League Championships, the North East Regional YMCA All Star Championship and the YMCA National Championships). In order to participate in these events a swimmer must be a current active member of the YMCA. YMCA of the USA requires that all swimmers that qualify and wish to participate in the YMCA National Championships participate in a minimum of four YMCA events in which at least one is a sanctioned event.

- **USA Swimming:**

United States Swimming is the National governing body for competitive swimming. They select the teams for all international meets, including the Olympics. USA Swimming is organized into 56 Local Swimming Committees or LSC's, which all follow the same technical rules. The New Canaan YMCA Caimans Swim Team is a member of the Connecticut Swimming, Inc (CSI) LSC, which is run by parent volunteers. The LSC code is CT. If you are interested in becoming involved in this organization please visit the Connecticut Swimming web site (www.ctswim.org) which can be accessed through our team web page.

USA swimming publishes a yearly rulebook containing all swimming rules, national time standards and other useful information. If you would like to obtain a copy, contact USA Swimming at 719-578-4578. You may also download one for free at www.usa-swimming.org. Anyone joining USA swimming as a Non-Athlete member receives a rulebook as part of the membership fee.

As a member of USA Swimming the Mako Swim Club participates in sanctioned events throughout the short course and long course seasons which consist of regular season meets and championship events.

Competitive Seasons:

There are two main swimming seasons that complete the training year. The long course season will consist of mostly USA Swimming events, while the short course season will consist of participation in both YMCA and USA Swimming events.

- **Long Course season**

Runs April through August. Regular season meets are normally held in May through early July, and the championship season begins in July and ends in mid August. It gets the name long course season in reference to the length of the competition pool for the majority of the meets (50 meters). *Some meets for the younger swimmers may still be held in a 25 yard or meter pool.

- **Short Course season**

Runs September through March (April for those that will compete at the Short Course YMCA National Championships or Sectionals). Regular season meets are normally scheduled in October through mid-February and the championship season begins in mid-February and concludes in early April. It gets the name short course season in reference to the length of the competition pool for the majority of the meets (25 yards).

Types of meets:

Below is a list of the different types of meets that the RYWC Mako Swim team attends throughout the year as well as important information you should know about each type of meet.

YMCA Meets

- **YMCA duel meets** tend to be shorter events ranging from two to three hours in duration. These events do not require an entry fee and generally entries are submitted a week prior to the start of the meet. These meets are scheduled during the short course season only.
- **YMCA Virtual meet** is an opportunity for our swimmers to swim locally and compete nationally. The times from the intersquad or multi team event are sent to YMCA of the USA the results are merged with all of the results from other teams across the country. This event may or may not require an entry fee and generally entries are submitted a week prior to the start of the meet. This meet is scheduled during the short course season only at this time.
- **YMCA sanctioned events** can be one to three days long with sessions that last up to four to five hours in duration. These events often require an entry fee usually of \$6.00-\$8.00, and team entries must be submitted usually four to six weeks prior to the start of the meet in order to guarantee acceptance into the meet.
- **YMCA Championship events** are held over multiple days and are usually separated into sessions according to age groups. For example all 9-10 year old swimmers will compete only on Saturday while all 11-12 year old swimmers will compete only on Sunday. Meet entry fees are usually significantly higher, and team entries must be submitted prior to the entry deadline posted in the specific events meet announcement. These meets are scheduled during the short and long course seasons.
- **YMCA National Championships** are currently held in the beginning of April at a destination venue. The meet usually starts on a Monday or Tuesday and concludes on a Friday. Different events are offered on each day, and swimmers must be at least 12 years old and have achieved a qualifying time standard in order to be eligible for competition, in addition to meeting the participation requirements established by the YMCA of the USA. Entry fees are \$15.00/event or higher and team entries must be submitted prior to the entry deadline. No additions or changes can be made to the team entry after it is submitted.

USA Swimming Meets

- **Regular Season meets** can have many different types of names. The name usually indicates the types of events that will be offered in the meet. Regular season meets are generally two to three days long and sessions last four to five hours in duration (not including warm up). Swimming events will typically be offered for all age groups on each day of the meet. Entries for such meets are submitted four to six weeks prior to the start of the meet in order to secure acceptance to the meet and require an individual event entry fee ranging from \$6.00-\$8.00. These meets are scheduled during the short and long course seasons. The Mako Swim Club will host multiple meets throughout both the short and long course seasons where parent volunteer assistance is required.
 - **Meet Names and descriptions:**
 - **Qualifier**- offers assigned competitive events designated by Connecticut swimming so that swimmers may "qualify" for a championship meet.
 - **Invitational**- usually offers all of the available competitive events. These meets are developed and events are scheduled by the hosting team and may be limited to certain age groups or might be a trials/finals style competition. This type of meet is not restricted to the events that must be offered in a qualifier and may run additional distance events or limit the events that are offered.
 - **Quadrathon**- offers four competitive events.
 - **Pentathlon**- offers five competitive events
 - **Distance**- offers events that are usually longer in length such as the 400IM, the 800m/1000yd and 1500m/1650yd freestyle. These meets will sometimes offer events that are 200yds or meters of the non freestyle strokes (butterfly, backstroke, breaststroke) for younger swimmers.
 - **Trials/Finals**- offers a second round of swimming in addition to a preliminary round for swimmers that finish in the top of the field. Each meet is different in the number of swimmers that will qualify for "finals" session. The number of swimmers that qualify to swim in the "finals" session is dependent upon the number of lanes in the competition pool. The finals session in most all cases is held the evening of the preliminary event. Most championship meets are trials and finals meets for the 11 and over swimmers.
 - **Senior Meets**- these meets offer events for swimmers that are not restricted to the traditional age groups. In most, but not all cases swimmers need to be older than a certain age. The age set is at the discretion of the team hosting the event. Usually the set age limit is 12 years old of age.
- **Team Championship season meets** (Regionals, Age Groups, CT Seniors, Sectionals, USA Nationals, US Open) are generally three to four days long and sometimes require swimmers to miss school. Swimming events will typically be offered for all age groups on each day of the meet. Entries for these meets must be submitted prior to the entry deadline posted in the specific events meet announcement and entry fees range from \$7.00 to \$15.00. Championship meets also require swimmers to achieve a qualifying time standard in some or all events in order to eligible to compete. These meets are scheduled during the short and long course seasons.
- **Eastern Zone Championship meet** is a meet run by the Eastern Zone (a cluster of LSC's in the North East region of the USA). Each participating LSC sends a select group of age-group swimmers to compete in representation of their LSC. For more information about the Eastern Zone Championship please visit CSI's web site. There is a short and long course Eastern Zone Championship meets and qualified swimmers are strongly encouraged to attend.

Meet Entries and Swim Meet Sign-Up:

The RYWC Coaches determine and post the meet schedule in September for the short course season and in March for the long course season. When the schedule is made available a meet sign-ups will be posted on the team web site. The competitive events a swimmer is entered into are at the discretion of the coaching staff based on consultation with the swimmer. Entry into any meet other than a YMCA duel meet (with the exception of a facility surcharge) will result in the entered swimmers Meet Fees account being billed, regardless of whether or not they compete. Relay entry fees are paid for by the Regional YMCA.

After team entries have been accepted by the host team a copy of that entry will be posted on the meet schedule page on the team web site under that specific meet's information link. Once a meet entry has been submitted, the coaching staff may not be able to add your swimmer to the meet or make changes. This is at the discretion of the hosting meet management.

Sign-ups for meets must be done prior to the assigned deadline marked on the event page. *We ask that swimmers sign up so far in advance for YMCA sanctioned and USA Swimming events so that the team entry can be submitted in a timely manner to help secure acceptance into the scheduled meets.*

If you mark "NO" on the event sign-up page or do not indicate anything (fail to declare any kind of intention), your swimmer will not be entered in the specific event.

If a swimmer is signed up for a meet and cannot attend due to other conflicts, sickness or family emergencies they can be scratched from the event; however the swimmer will still be billed for the meet entry fees. Coaches should be notified prior to the start of the meet if your swimmer will be unable to attend via email. (Swimmers that sign up and cannot attend YMCA duel meets will not be billed for meet entry fees being that there are no such fees applied to these meets).

Meet Participation and Conduct:

Warm-ups:

- All swimmers are expected to be on deck and ready to swim at least **15 minutes** prior to the start of the first warm-up session. Upon arriving on the pool deck swimmers should check in with their coach and remain in the team area. Coaches usually send out schedule notifications regarding the warm up times and when swimmers should report to the team area on the pool deck.
- Swimmers that are **more than 30 minutes late** in regards to when they are supposed to report on deck will be scratched unless the coaches are notified in advance to the start of warm-up. The first time a swimmer is late the coaching staff may be able to reinstate them into the meet; however any occurrence of tardiness after that will not be tolerated and the swimmer will be sent home.

During the meet:

- All swimmers are to stay in the team area when not swimming. They must ask permission to leave the team area for any reason.
- Swimmers are asked to speak with a coach prior to and after each race. It is the responsibility of the swimmer to know what events they are swimming as well as their heats and lanes. Event information will be posted in the team area and heat and lane assignments will always be posted in multiple locations on the pool deck.

- The Mako Swim Club has a technology rule that is implemented during swim meets. Swimmers 12 and under are not permitted to use phones, ipads or any other kind of gaming console during swim meets. Swimmers 13 and over are allowed to use their phones as long as they remain socially responsible with the device.

After the meet:

- All swimmers are expected to help clean the team area before leaving.

Trials and Finals meets:

- All swimmers are required to swim finals if they qualify to do so. It is the swimmers responsibility to check the results prior to leaving the pool after the trials session to confirm whether or not they are swimming in finals. After the conclusion of each event swimmers from other teams have 30 minutes to scratch out of that event for finals. On occasion a swimmer who does not qualify to swim in the finals session will be scratched into finals because of other swimmers scratching out of that event, so it is important to wait until the swimmers event closes before leaving the meet. Our coaches may decide prior to the start of the meet if we will allow scratches from final and share that information in an event schedule notice.



Team Travel:

- For select meets/events the team will travel as a group. In regards to team travel it is understood that swimmers have the option of traveling with the team or with their parents; however they may only elect to do one or the other. Traveling with the team places the swimmer under the sole care of the YMCA coaching staff and chaperones until the team returns to the YMCA upon the conclusion of the meet/event. If a swimmer opts to travel with their parent it becomes the responsibility of the parent to transport their swimmer to and from the meet/event, provide meals and sleeping accommodations separate from the team. At any point during a meet/event a parent wishes to assume responsibility for their child they may do so; however by doing so they assume responsibility for the remainder of the meet/event releasing their child from the YMCA staff care and the child may not return to traveling with the team. When traveling with the team rooming assignments will be created by the coaching staff and swimmers will be guaranteed comfortable lodging, healthy meals and safe transportation.

Travel code for athletes that travel with the team:

- Athletes may not leave the team at any time without permission from the coaching staff or chaperones. Doing so will result in disqualifications from one or more events. A second offense will result in the athlete being dismissed from the meet/event and sent home at their parent's expense.
- A curfew will be established by the coaching staff/chaperones at the meet/event. Violating curfew will result in disqualifications from one or more events. A second offense will result in the athlete being dismissed from the meet/event and sent home at their parent's expense.
- Rooms must be kept clean. Failure to do so may result in a monetary fine.
- Members of the opposite sex are prohibited from entering each others rooms without a chaperone present. Violation of this policy will result in disqualifications from one or more events. A second offense will result in the athlete(s) being dismissed from the meet/event and sent home at their parent's expense.
- Athletes will respect and obey, without question, the chaperones' directives for both safety of the individual and the harmony of the team. Violation of this policy will result in disqualifications from one or more events. A second offense will result in the athlete being dismissed from the meet/event and sent home at their parent's expense.
- All athletes will refrain from any illegal or inappropriate behavior that detracts from the image of the RYWC or is detrimental to our performance objectives. Any violation of this sort will result in immediate dismissal from the meet/event and suspension from the team for the remainder of the calendar season. No refund will be awarded and coaches retain the right to withhold the release of the athlete.
- The coaching staff reserves the right to create any additional guidelines at the site of the meet/event.

ANY INFRACTION OF THE ABOVE WILL RESULT IN IMMEDIATE ACTION AND PRIOR TO THE RETURN TO THE PROGRAM A PARENT/COACH CONFERENCE MUST BE HELD.

Travel expenses:

- Each swimmer's family is responsible for the cost of travel. When traveling as a team, travel expenses will be kept to a minimum to the best of the travel coordinators ability. All fees for team travel expenses are due prior to the specific travel meet/event begins.
- Coach's accommodations will be financed by the YMCA for all championship meets. For any non-championship travel meets the cost of the coaches accommodations will be distributed evenly amongst the traveling swimmers.
- Connecticut Swimming Inc. offers travel reimbursement to swimmers competing at the USA Swimming national level. Please visit the CT Swimming web site to find out more about who is eligible and how much a swimmer is entitled to receive.

Required Meet Apparel:

All team members are required to wear the regular RYWC team suit at regular season swim meets as well as a RYWC cap. Based on a coach's decision, there might be certain occasions where a swimmer is encouraged to wear a tech-suit (i.e. trying to qualify for a championship level meet).

The team will hold a swim suit try-on in the fall for swimmers that need new suits. During the course of the season suits can be purchased through Metro swim Shop and caps can be purchased through the coaches or apparel coordinator. Team sweats, shirts and back packs are also available through Metro Swim Shop but are not required.

When attending meets swimmers should also come prepared with at least two pairs of goggles, a deck towel and a second towel to use at the end of the meet, as well as sweat pants, sweat shirt, and a RYWC t-shirt (provided to each swimmer in the short course season) to wear on the pool deck in between races. Deck shoes and socks are also recommended.

Peak Performance Meet Suit Suggestions (other than National Level):

(Regional Championships, CT Senior Open, Age Group Championships, YMCA All Star Championships)

- **10 and Unders:**
 - All swimmers will be expected to wear their regular RYWC team suit at championship meets. The coaching staff does not believe that swimmers at this age, physical stature, and skill level receive significant benefit from wearing a more advanced suit to justify the additional investment.
- **11 and 12's:**
 - Swimmers will be offered the option of wearing their regular team suit or either an Aquablade or Fastskin Pro depending on personal preference. The coaching staff believes that the regular team suit is acceptable for championship meets; however, swimmers at this age are technically proficient and physically mature enough to receive some benefit from the more advanced fabric. Boys may wear either the traditional brief or the jammer style suit. Girls should wear the traditional torso silhouette.
- **13 and Overs:**
 - Recommended wearing either a Fastskin Pro/ LZR suit (any style or silhouette).

National Level Meet Suit Suggestions:

(Sectional Championships, YMCA National Championships, Grand Prix Circuits, US Open, USA Nationals)

- **All Swimmers:**
 - Swimmers are required to wear either a Fastskin Pro suit or a LZR Pro or Elite Racer in the style and silhouette of their preference.