**NEAL CENTER FAMILY YMCA HEARTLAND HURRICANES Swim Team Parent Handbook**

Neal Center YMCA 833-849-9494 Blake Fairchild Executive Director Kendall Heuerman Aquatics Director

**HEARTLAND HURRICANES COACHING STAFF**

**COACH DAVID DUNCAN** Coach David started swimming at the age of 10 in San Diego, CA. He continued swimming through college. David started coaching Heartland Hurricanes Swim Club in 2017. David is currently the Senior and Pre-Senior Coach.

**COACH ELIZABETH BRAUNECKER** Coach Elizabeth started swimming at the age of 5 in Ft. Wayne,IN. At the age of 12, her family moved to Naperville,IL. That year she qualified for her first YMCA national swim meet with the Naperville YMCA. She lettered for Naperville North all 4 years of high school and then went to Vincennes University. That is where she met her husband. They were married in 1990 and have 5 children. She started coaching for the Effingham Red Tide team in 2001. In 2010, she took the head coaching job for the Mattoon YMCA SAMY Seals until 2015.  She has been with the Heartland Hurricanes since 2015. Sharing her love of the sport with all ages is one of her greatest joys.

**COACH MATT POWELL** Coach Matt started swimming at the age of five for the Sullivan Blue Dolphins and also swam for the Decatur Swim Club under Tony Young (current ISI Sports Director). He was an age group state and senior state qualifier. He swam for Eastern Illinois University (1994-1997) and was selected as a team captain during his senior season. His favorite events were the 200 breastroke and the 400 IM. He has served as an assistant coach for the Heartland Hurricanes (1 year), Jasper Aquatic Wildcats (2012-2016), Vincennes Swim Team (2008-2012), Sullivan Blue Dolphins (1993-1994) and he has been the head coach of the Olney Tigersharks summer swim team since 1999. He has taught the past 16 years at Richland County High School in the Science department and is also serving as an assistant football coach.

**NEAL CENTER FAMILY YMCA MISSION**

**MISSION:**

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. The YMCA is a charitable, not-for-profit organization, whose mission is to fulfill the needs, by providing excellence in leadership, programs, services, and facilities, consistent with Christian values.

**YMCA CHARACTER DEVELOPMENT INITIATIVE:**

Caring, Respect, Honesty, and Responsibility are the core values, which help to differentiate the YMCA from organizations that exist only to provide recreation, sports, etc. The YMCA programs are only conduits of our mission; character development is our product. At the Y, we are for Youth Development, Healthy Living, and Social Responsibility.

**FINANCIAL ASSISTANCE:** The YMCA’s tenet of “no one is turned away due to inability to pay,” is a commitment and goal within all YMCA programs and is supported through donations, scholarships, discounts and financial partnerships.

**SWIM TEAM INFORMATION**

**SEASON DATES**:

1st Day of Practice: Tuesday, September 3, 2019  Last Day of Practice: TBA (Depending on swimmers ability)  Practice Cancellations: Thanksgiving and Christmas breaks will be announced at a later date.

For bad weather cancellations, please check our website, Team Facebook, Instagram and Twitter.

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**SWIM GROUPS**: Determines practice schedule and workout

**Novice**: Able to complete 25yd freestyle & backstroke. Focus: Stroke Development, especially breaststroke and butterfly and learn swimming etiquette.

**Practice:** Monday, Tues & Thurs from 4:30-5:45pm

**Cost:** $45

**Age Group:** Able to complete a 200 yd IM. Focus: Stroke Development, endurance, race strategy and clock training.

**Practice:** Monday-Friday: 4:30-6:00

Saturday 8:00-9:30 \*\*Make up Only\*\*

**Cost:** $55

**Pre-Senior**: Understands the clock. Focus: Stroke development especially breaststroke and butterfly.

**Practice:** Monday-Friday: 4:30-6:00

Saturday 8:00-10:00

**Cost**: $75

**Senior**: Able to complete 200yd IM legally. Focus: Fine tuning stroke mechanics, speed, and building endurance.

**Practice:** Monday-Friday: 4:00-6:00

Tuesday and Thursday: Meet in fitness room

**Cost**: $85

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**PAYMENTS**

**Facility Memberships:**

You must be a member of the Neal Center YMCA in order to swim on the team. Individual and family memberships available. Membership may be paid in full for 1 year or 6 months, or may be paid monthly by bank draft. Membership fees will **NOT** be automatically cancelled at the end of the swim season. You must do that in person at the Welcome center. You must have a membership at the Workman Sports complex. Individual or family memberships available. Membership may be paid in full for 1 year or 6 months.

**Swim Team Fees:**

Swim team fees are to be paid in full at the start of the season or taken out of your bank account by monthly bank draft on the 1st of every month through the YMCA. No refund is given if paid in full. Swim team fees will be automatically cancelled at the end of February. Any swimmers swimming in March will be accessed for monthly dues at that time.

**Meet Fees:**

Most meets require a nominal meet fee to be paid for individual and relay events. These meet fees are not included in the Swim Team fees. These fees will be paid to the Heartland Hurricanes Booster Club. All fees must be paid before a swimmer is able to compete in their next meet. Once you have registered for a meet and entries turned in, you are responsible for the fees, even if you choose afterwards to not attend the meet for any reason due to charge from the hosting YMCA.

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**SWIM MEETS**

**DISTANCES FOR AGE GROUPS:** Swimmers compete according to age and gender. These are the standard meet events. More events offered some meets. Swimmers are encouraged to try new strokes and distances.

6 & Under  25’s for all 4 strokes

8 & Under or 7 & 8 25’s for all 4 strokes, 50 Freestyle, & 100 IM

9 & 10  50’s for all 4 strokes, 100/200 Freestyle, and 100 IM

11 & 12 50/100’s for all 4 strokes, 100/200 Freestyle, & 200 IM

13 & 14 100/200 for all 4 strokes, 50, 200, and 500 Freestyle, and 200 IM

15 & over 100/200 for all 4 strokes, 50, 200, and 500 Freestyle, and 200/400 IM

YMCA Meets – age group is determined by age on the first day of the meet

USA Meets – age group is determined by age on the first day of the meet

**MEETS:**

**DUAL**  A meet in which two YMCA teams participate; usually lasting 2-3 hours. Coaches may decide what events the child will swim in this meet upon confirmation of attendance.

**INVITATIONAL** A meet in which the host team invites other swim teams to compete. Some are one day invitational lasting all day. Some are three-day invitational starting on Friday evening and run through Sunday. Entries are due to coaches/parent representative by date specified on the entry form. Failure to meet entry deadline may result in the swimmer not being entered in the meet.

**WHAT TO BRING TO A MEET**

**SWIMMERS:**

-Sleeping bag or blanket, pillow, chairs, food and drink (No junk food, carbonated drink or dairy products) money (for concession stand) combination lock (if swimmer wants to leave things in a locker room) games, homework, crafts, books, etc.

-Swim bag which includes the following; Team suit, extra suit for drag or in case team suit becomes ruined, towel(s), sweat suits or comfy clothes, goggles, team cap(s),  personal hygiene items (shampoo, soap, brush, etc.), extra set of dry clothing to wear home.

**PARENTS:**

Chairs, pen/highlighter, busy work (book, needlework), permanent marker to write events on swimmer’s hands, cooler for food and drink

**NOTE:**

Label all your items (including HHYST wear).  Parents wear light clothing as it is hot/humid indoors. Please refrain from bringing items like footballs, frisbees, etc., that can cause injury in the staging and bullpen areas.  A sturdy laundry basket or family tote may be useful for toting swimmer’s belongings.

**WHAT TO EAT AT A MEET**

**GENERAL INFORMATION:**

Good daily nutritional habits are best long-run insurance. For individual suggestions of do’s and don’ts as to what to eat, or how long before an event a swimmer should eat, consult a coach. Most coaches advocate no eating one-hour before an event, since blood is in the stomach digesting food instead of in the muscles where it is needed. High carbohydrate intake is proven to enable the swimmer to store energy needed for races. Cereals, rice cakes, and bagels are the best source of energy before and during meets. Avoid fats – they take too long to digest.

**ITEMS TO PACK IN THE COOLER:**

Vegetables, crackers, bagels, fruit, rice cakes, sports drink,  water, soda for PARENTS ONLY! Swimmers should not drink caffeinated/carbonated drinks because they can cause dehydration.