

Sage YMCA

Piranhas Swim Team



2018-2019

Notes

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YMCA Mission Statement

To put Christian principles into practice through programs that promote healthy spirit, mind, & body for all.

Sage YMCA Swim Team

The Sage YMCA Piranhas Swim Team embraces the core values of the YMCA: Caring, Honesty, Respect, & Responsibility. Furthermore, the team seeks to provide opportunities for social and emotional development, a physical recreational outlet, and an atmosphere of good sportsmanship, teamwork, and fun for all.

The Sage YMCA Piranhas plan to enable every child to gain from his or her experience, regardless of the order of finish. The total swim team experience should be an enjoyable one. The program should proceed in a manner that will enhance and improve one's interest and respect for the sport of swimming.

The team participates in both YMCA and USA Swimming events. All swimmers are required to be Sage YMCA members, as well as USA Swimming members to participate on the team and in swim meets.

Objectives of the Piranhas Swim Team

1. To ensure swimmers grow in confidence and learn life skills that will benefit them in and out of the water.
2. To provide instruction, training, and competition to swimmers of all abilities.
3. To learn the value of hard work, commitment, and teamwork.
4. To know, and always show, a high level of good sportsmanship.
5. To provide a structure for family togetherness and interaction.

History

In the fall of 1973, the YMCA of McHenry County opened its door to the residents of McHenry County. One of the initial programs offered by the YMCA was a competitive swim team program.

The Piranhas has grown in size, skill, and success since their origin. Many swimmers have progressed through the age groups beginning as an "eight and under" and continuing through High School.

In March 2011, the YMCA of Metropolitan Chicago took over operations and the Y was officially renamed, "Sage YMCA" on June 4, 2011. Affiliation with the YMCA of Metropolitan Chicago is an exciting opportunity that will lend more support to the Piranhas and contribute to the team's growth.

Piranhas Coaching Staff

Ed Richardson Head Coach - Senior Group

Grant Dahlke Lead Coach - Intermediate Group

Maggie Gomberg Lead Coach - Age Group

Liz Forsberg Lead dry land Coach

Meghan Uhl Lead Pilates Coach

Logan Dahlke Assistant Coach

Igor Komarov Assistant Coach

Caitlin Pieroni Assistant Coach

Michaela Pieroni Assistant Coach

Meredith Schaefer Assistant Coach

Carly Wolf Assistant Coach

Noah Siegmeier Assistant Coach

Contact Information

Ed Richardson Head Swim Team Coach

 erichardson@ymcachicago.org

 815-526-1636

 Emergency Cell: 847-401-7002

 \* Only for use to get in contact with the coaches on morning of swim meets.

Melissa Farmer Aquatics Director

 mfarmer@ymcachicago.org

 815-526-1636

**Please direct all questions to the lead coach in charge of your swimmer's group first, then to the head coach, then to the aquatics director.**

Communication

A traditionally inherent problem in organizations the size of ours is communication of information. We need regular communication to and from all the swimmers, coaches, and parents of our team, and we have set up the following to accomplish this:

**"Piranha Nook":** in our nook, you will find the team bulletin board and the file folders

**Bulletin Board:** Parents should make every effort to look at the bulletin boards weekly. Various announcements will be posted here.

**File Folders:** Every family will find they have a folder in the nook. It is very important swimmers check this folder, daily. Ribbons, invoices, flyers, and other important documents are distributed in the folders. Coaches also have a folder so parents can drop things off for them there. Please do NOT turn things into the Member Service Desk.

**Team Meetings:** Coaches and swimmers may have team meetings throughout the season to discuss any important information.

**Parent Meetings:** A parents meeting will be held at the beginning of the season, usually the week before practice starts. Parents should make every effort to make this meeting so they are always "in the loop."

**Piranhas Website:** The website is becoming more and more important to daily team operations. The site will be interactive and give you the most up-to-date information possible. You will also sign up for meets, choose meet events, and sign up for meet jobs on the site. The web address is: www.pirranhasswimteam.org

**Piranha Post:** The team newsletter is sent out weekly, on Mondays. This is the most important method of communication. Please read the Post carefully each week, so as to not miss any information, events, or deadlines. It will be sent out in an email form.

USA Swimming – Safe Sport

Safe Sport is a USA Swimming program that educates swimmers, coaches, and families about behavioral misconduct both inside and outside of the water. The program includes bullying, physical abuse, emotional abuse, and sexual abuse. Bullying and other forms of abuse are not tolerated by USA Swimming and is in direct conflict of the USA Swimming values.

The Sage YMCA Piranhas wholeheartedly support this program to keep our swimmers, coaches, and families safe from misconduct. Any swimmer or coach found in violation of this program will be immediately suspended (& terminated, if found guilty, after a thorough investigation).

For more information, please visit: http://safesport.org/pdf/handbook.pdf

Parent Volunteer Responsibilities

Running a successful team is a group effort. The YMCA and the coaches put a lot of work into the season, but parental help is often needed. We ask that every parent volunteer for the Piranhas in some way throughout the year. Volunteers are needed at both home & away meets, and throughout the year.

1. Home meets: Hosting home meets not only provides our swimmers with a comfortable, convenient place to compete, but they also generate income to help us offset the costs of team events throughout the year. The more we are able to make through meets, the better we are able to minimize the financial obligation required of each family. You must volunteer in order for your swimmer (s) to compete.

2. Away Meets: Other meet hosts will always ask us to provide officials and times to help run the meet.

3. Seasonal Volunteers: We have a group of parents who assist the Y and coaches with needs of the team. Duties may include becoming a member of the Parent Advisory Committee (PAC), directing officials during home meets, heading the volunteer committee, and much more.

Parent Volunteer FAQ's

*Why is every family required to volunteer at home meets?*

It can't be done without you! Hosting fun, efficient meets requires numerous volunteers to plan, organize, and run. Meets also are a great way to get to know other families on the team and in the swimming community.

*Will I be able to see my child swim his/her events?*

Of course! Many volunteer jobs are positioned around the deck and provide a great view of each race. For off-deck positions, there are always multiple volunteers so that you may step away to watch your child compete.

*Why do I have to volunteer at away meets?*

Teams often use all of their parent volunteers to run computers, concessions, awards, etc. Teams will ask visiting teams to supply one or two parent volunteer timers. Timing a meets is a great way to be involved, get the best seat in the house, and be in the middle of the action!

*Do I need any special training to volunteer?*

With the exception of officiating, none of the volunteer positions require advanced training or expertise. Meet organizers and volunteer coordinators will provide you with any necessary direction.

Meet Volunteer Jobs

**Admissions:** When you work admissions, you need to be at the meet one half (1/2) hour before warm ups begin, and you will collect admissions and sell heat sheets. Your responsibility ends at the conclusion of the session.

**Announcer:** The announcer is on deck and announces each event in the meet.

**Awards:** This job involves sorting and labeling ribbons that are being presented to swimmers. Generally, this job begins a little later than most, and ends when the final award has been processed.

**Check-In:** This person is responsible for setting up and running check-in tables. This includes the swimmer check-in table, as well as the volunteer check-in table.

**Clerk of Course:** The Clerk of Course is responsible for organizing swimmers before each event. This is also known as the "bullpen."

**Computer Scoring:** Volunteers at the computer table enter all of the individual results into the computer, distribute the results to the awards table, and post the results. This job begins once the first heat is run and ends when the final heat has been entered and tabulated.

**Concessions:** Concessions are completely run and staffed by parents.

**Electronic Scoring:** This involves running the timing system, so it requires you to be on the deck for the duration of the meet.

**Floaters:** Floaters are do-it-all'ers who will be assigned to jobs on an as-needed basis. This is good for those who have no preference on job duties.

**Hospitality:** At our larger meets/invitationals, these volunteers staff the coaches and officials hospitality room. This may include serving or cleaning up food.

**Marshalls:** The Marshalls are the "police officers" of the meet. Their responsibility is to see that swimmers are called to the bullpen and that "swim meet etiquette" is being followed. Marshalls may be responsible for stopping swimmers or spectators from going in specific areas.

**Officials:** Our officials are responsible for starting and judging each event in the meet. We are always looking for new officials. You do not need any prior swim knowledge, as you will learn it all in the official’s training. This is a great opportunity to learn more about our sport, and to be in a volunteer role that keeps you close to the action.

**Runners:** A runner's job is to collect the time cards from each lane and give them to the computer scoring table. Runners will also take results from the table and post them in the gym for parents and swimmers to see. Comfortable shoes are a must for this job.

**Timers:** Each lane will have two timers to record each swimmer's time. This job begins with a timers meeting about 15 minutes prior to the start of the meet, and ends with the end of the session. This is the most common of all volunteer jobs.

Parent Advisory Committee (PAC)

Members of this committee assist the YMCA and the coaches with planning activities and making decisions that may impact the swim team. There are a variety of positions that need to be filled and/or assisted to help our meets run smoothly and keep the team energetic. Information gathered from this committee is taken under advisement and is not the final word concerning the YMCA and its programs. For answers to questions about the PAC please contact Nancy Pieroni (swimnep@sbcglobal.net) or any other member of the PAC.

A Parent's Role

In addition to volunteering, parents have a very important role when it comes to the success of their swimmers and the Piranhas as a whole. Your swimmer will need your emotional support and love throughout the season, particularly at meets.

After your swimmer finishes an event, here are some things to remember to tell your swimmer how great he/she did! The coaching staff will be sure to discuss stroke technique and racing strategies. YOU need to tell him/her how proud you are and what a great job he/she did. Remember, your job as a parent is to feed, transport, and hug. Please let the coaches do the coaching.

If your swimmer DQ'ed, help him/her understand that DQ's area learning experience and happen to everyone.

Encourage your child to prepare for his/her next event. This includes getting dressed, staying warm, finding someplace to sit and relax, and getting a drink and/or something light to eat.

Meet Supervision

Swimmers must be with a parent/guardian at all meets. In the event that a parent cannot travel with a swimmer, that family must find another parent to be responsible for the swimmer. This applies to all meets, including YMCA Nationals.

Practice Supervision

The YMCA of Metropolitan Chicago has implemented new policy for the supervision of minors under the age of 11. All swimmers, 10 years of age and under, must be supervised by a parent/guardian at all times, unless actively participating in a program. This includes all areas of the YMCA, including the locker rooms. Parents **must** accompany their children if they are going to use the Family Locker Room to change.

Swimmers who are 10 years of age and younger, must be signed in and out of swim practice each and every day. If a parent is unable to be present, another parent must be responsible to sign the swimmer in and out daily.

Fundraising

The Piranhas Swim Team is a program of the Sage YMCA of Metropolitan Chicago, which is a non-profit organization. The YMCA will support the team as a much as possible. Generally, speaking, the team will not fundraise. The majority of funds will be raised through concession at home swim meets and by hosting various invitational meets. Other fundraising ventures will only be considered for special large purchases, i.e. a scoreboard.

Meet Sign Up

Swimmers will be asked to sign up for meets well in advance of the competition date. Sometimes entry deadlines are 4-8 weeks before the meet. Please be sure to pay close attention to entry deadlines. Once the deadline has passed, coaches will NOT be able to get a swimmer into the meet.

When a meet is open for registration, families will be emailed through our team website. Families are to log into the team website, commit to the meet, and if applicable, choose the event(s) in which your swimmer wants to swim. All entries must be made before the registration deadline. Late entries will NOT be accepted.

Meet Fees

As our program continues to grow and the number of swimmers attending meets increases so too has the cost of our meet entries. As a result, starting this season, we will need to have families pay for their swimmers entries in to our Championship Meets ( Regionals, Districts, Y State, Age Group Champs, and Nationals ). The rest of the regular season meets will be paid for, by the team, as in the past.

Registration Fees

All swimmers on the Sage YMCA Piranhas Swim Team must be members in good standing of the Sage YMCA. In addition to the membership, all swimmers must be registered members of USA Swimming.

The monthly fee for the Sage YMCA varies depending on the type of membership each swimmer/family has purchased. Membership must be active before any swimmers may swim in any practices or participate in any meets.

The USA Swimming fee is $78 each year and is transferrable. Fees run January 1st - December 31st. This fee is payable upon registration ( it is included in the $125 registration fee ) and is valid through December 31st of the following year (essentially, you receive 15 months of coverage instead of 12 months).

All fees must be paid by December 1st. If your balance has not been paid in full by this time, your swimmer will not be allowed at practice until it has been paid. Refunds are not available after the start of the season. This program cannot be prorated and no financial assistance is available.

Meet Information Sheet

**Before the meet:**

* + Make sure you attend the meets for which you register! If your swimmer gets sick at the last minute, please email or call your Lead Coach or the Head Coach as soon as possible.
	+ Review your swimmer's events before leaving the house. Swimmers are considered unprepared if they arrive at a meet and do not know what they are swimming.
	+ Eat a healthy breakfast! Fueling right starts first thing, so be sure to eat right the morning of a meet.

**What to bring:**

* + Double check the contents of your meet bag. Swimmers should have their team suit, 2 team caps, team apparel, 2 pairs of goggles, and 2 towels.
	+ All swimmers should have warm-ups or sweats to wear between events. It is important to stay warm!
	+ Flip flops or deck shoes - swimmers should NOT be walking around barefoot!
	+ Extra towel, blankets, or chairs - something to sit on in the team area during the meet. Parents will need these too!
	+ Something to do. Swimmers and parents should bring cards, books, or another quiet activity to do between events.
	+ Water bottles, Gatorade, healthy snacks. it is important for swimmers to fuel right during a meet. Pasta, pizza and chips are NOT race fuel! Granola bars, bananas and other fruit, bagels with peanut butter, vegetables, pretzels and protein bars are all good options.

**Upon arrival to the meet:**

* + Always arrive 15 minutes before the start of warm-ups. Coaches will list arrival times in the Post immediately prior to the meet. Please do not be late!
	+ If necessary, go to positive check-in (this is your attendance for the meet directors & officials) and check-in with the officials. Do not miss this!
	+ Set up your space in the team area. Sometimes it will be in the bleachers, sometimes on deck, sometimes in a gym, and sometimes outside. Be prepared for anything.
	+ Swimmers should check in with a coach upon arrival.
	+ Swimmers should be on deck 5 minutes before warm-ups are scheduled, and be ready to warm-up (no gum, swim cap on, stretching).
	+ Swimmers should follow coaches’ directions after warm-ups. Sometimes coaches will ask swimmers to meet in a specific area for a team meeting.
	+ Swimmers should write down all event information, specifically event number, heat, and lane. This is commonly done on the skin (usually hand or arm) with a permanent marker. Knowing this information is key to not missing an event.

**During the meet:**

* Swimmers should stay in the team area. Swimmers should pay attention to the progression of the meet and be ready for each event. Depending on the meet, swimmers should be prompt when heading to the blocks or the bullpen.
* Immediately following each race, **swimmers need to see the coaches!!** It is important the swimmers and coaches can discuss the event and how to improve going forward.
* Unless volunteering, parents are NOT allowed on deck. Please help represent the Piranhas in a positive way by adhering to this policy.
* Coaches are not available to anyone but the swimmers during a meet. Please contact coaches after the meet with any questions or concerns.
* If possible, Piranha families should sit together at meets to be a great cheering section.
* As a parent, please remember to be positive and supportive of your swimmers. Let the coaches worry about the swims.
* Swimmers should always check out with a coach before leaving the meet. Sometimes relay changes are made last minute, so it is important no one leaves without talking to a coach.
* If swimmers are presented awards during the meet, please be sure to be prompt to the ceremony and wear Piranhas gear.

**After the meet:**

* Please clean up after yourselves. We ask all swimmers and parents to be good representatives of Sage YMCA by leaving our team area nice and clean.
* Awards and ribbons will typically be handed out back at the Y. Ribbons will be put in family file folders. Coaches will distribute awards as soon as possible.

Championship Meets

The Sage YMCA Piranhas participate in both YMCA and USA Swimming. We will compete in a variety of meets throughout the year and participate in both championship meet tracks.

**YMCA Swimming USA Swimming**

Districts/Jr. Districts Regionals

State Senior Championships

Nationals Age Group (JO) Championships

Common Swimming Terms

**Bullpen:** Place where swimmers line up in order to swim their event. If there is no bullpen, swimmers must be alert as to what event is in the water. Swimmers should be headed on the deck about two events (not heats) beforehand. Starters will NOT wait for a swimmer to get to the block. Missed events will typically disqualify the swimmer from the remainder of the meet.

**Event:** Describes the gender, distance, and stroke the swimmer will be swimming, for example, boys 25 free, girls 100 IM, boys 200 back, etc.

**Heat:** The group of six to eight swimmers with whom they are swimming. Meets are typically seeded slowest to fastest heat. Heats are sometimes circle-seeded, meaning the fastest person is in the middle lane in the last heat, the second fastest is in the middle of the second to last heat, etc.

**Lane:** The area of the pool in which the swimmer will swim. This area is often divided by lane lines and or sides of the pool. Fastest swimmers are seeded in the middle lanes.

**Positive Check-In:** Swimmers must mark the "check in" sheet at the meet to indicate they are present and swimming in the meet. If the swimmer does not check in, they will be scratched from the meet. It is imperative to be on time to the meet warm ups because the check-in sheets are often removed by that time.

**Fly over starts:** This is start in which the swimmer finishing his/her race will stand against the wall and lane line motionless while the starting swimmer "flies over." Once the starting swimmer is away, the swimmer in the water will get out of the pool. There are no fly over's in backstroke or relays.

**Disqualifications (DQ's):** All swimmers will be disqualified at one time or another. It may happen because of an illegal stroke, turn, touch, kick, or start. The most important thing for the swimmer to focus on is why he/she was disqualified, so it doesn't happen again. Officials who do not disqualify an illegal stroke are doing a disservice to the swimmer, as the bad habit will become harder to correct.

**Individual Medley (IM):** Swimmer in this event swim all four strokes in the following order: fly, back, breast, free.

**Medley Relay:** Four swimmers are on the relay team, swimming the event in the following order: back, breast, fly, free.

**Illinois YMCA Swimming:** This is the state YMCA website with information about other YMCA teams throughout the state. www.ilmoymcaswimming.org

**ISI:** Illinois Swimming, Inc. is the governing body of Illinois Competitive Swimming. It is also our Local Swimming Council (LSC) under USA Swimming. www.ilswim.org

**USA Swimming:** USA Swimming, Inc. is the National Governing Body for amateur competitive swimming in the United States. It was founded in 1978 in accordance with the Amateur Sports Act. www.usaswimming.org

**YMCA Swimming & Diving:** The National Governing Body for YMCA Swimming & Diving. www.ymcaswimminganddiving.org