

YMCA BARRACUDA SWIM TEAM

The purpose of the Barracuda Swim Team is consistent with that of the KYCSL (Kentucky “Y” Competitive Swim League), which states:

“To provide boys and girls (ages 5-18) an opportunity to participate in supervised competitive swimming, under conditions that will promote Christian fellowship, skillful aquatic ability, systematic physical exercise, education and sportsmanship of the highest caliber.”

The program will teach fundamentals and techniques of swimming, which will enable the swimmer to compete at all levels. Although, we enjoy winning, we hope to keep the emphasis on participation, self-discipline, self-improvement and responsibilities as a team member.

Eligibility

In order to be eligible to swim with the Barracudas swimmers must:

- ◆ Be a member of the Ashland Area YMCA
- ◆ Complete and return application.
- ◆ Pay all swim team fees and keep current each month.
- ◆ Attend required number of practices as determined by the coaching staff (please call i.e. sickness, excessive homework and church)
- ◆ Be able to swim one lap of the pool of freestyle and backstroke
- ◆ Abide by all rules as established by the staff

The Program

The Barracuda Swim Team is a program that emphasizes a place for every swimmer regardless of their level of accomplishment. The coaches are responsible for training the swimmers and determining the level of instruction. Grouping the swimmers according to ability allows the coach, of that individual group, to refine and develop those swimmers to perform effectively.

All actions of swimmers, coaches and parents are representative of the Ashland Area YMCA. Everyone should keep this in mind.

Swimming Seasons

There are two swim seasons, fall/winter and spring/summer. Fall/winter seasons practices and swim meets are conducted indoors and are called “short course” pools. Our winter home is at the YMCA and begins Sept. 1st of each year. Summer begins May 1st and is considered long course season. Most meets that we will be attending will be long course (50meter). We will continue to practice at the Y unless otherwise notified.

League Participation and Swim Meets

Participants who choose to compete with the YMCA Barracuda Swim Team must make a season long commitment. The swimmer must compete in at least two “Y” meets, (within the KYCSL), to be eligible for competition in the State Championships and three YMCA meets for “Y” Nationals. They must also be in “good standing” with the team, which means all league and entry fees have been paid. Remember “Team Work” is essential for a successful year.

Whether “Y” or USA (United States Swimming), there are basically two types of swim meets: the invitational and the duel or tri meets. For an invitational, the host club invites any teams it wishes. These meets can be quite large. They are generally two or three-day meets and are divided into sessions with various age groups swimming either in the morning or afternoon. Invitational meets often offer team trophies, individual and/or age group trophies and medals or ribbons in various divisions. The types of awards given are entirely up to the host team. There are three YMCA Invitational Meets per fall/winter swim season. The league fee of \$25 per year per swimmer is your entry fee to the YMCA meets.

For USA Invitationals, swimmers are often grouped into three categories (A, B, C) according to their ability to swim different strokes and distances relating to time standards set at the state and national levels. Many invitational meets are structured to accept all or some categories of A,B,C swimmers. There are some meets throughout the meet season that a swimmer must hold an “A” time to be entered. The USA Invitational has an entry fee per event that swimmers enter. There is a USA card that must be purchased for \$66 year per swimmer.

In the duel or tri meets, the host team invites only one or two teams. The schedule of events is much shorter, the entries limited (number of swimmers per event, number of events per swimmer) and the meet usually lasts only a few hours (Saturday morning or afternoon). These meets are usually YMCA meets.

Practice Attendance and Behavior

The Barracuda’s are expected to attend as many practices as possible. All practices are mandatory! We recognize that there may be occasional conflicts (sickness, church, and excessive homework, out of town) but if a swimmer will be out of the water for a period of more than a few days, please notify the coaching staff. Parents please keep in mind that we need your help in seeing that children are at practice and on time. The more you practice the better the swimmer will progress. Any swimmer who is active in outside activities will be required to contact coaches and work out alternate practice schedules.

Bad weather/cancellations:

1. We will have swim practices on all of our usual days unless notified otherwise.
2. In case of bad weather, at least one of our coaches will always be there (unless the YMCA shuts down or severe weather prevents us from being there). Practice will not be canceled. Parents must use their own judgment about attending practice in bad weather. If in question, please contact the “Y” before leaving for swim practice.
3. If practice falls on a major holiday or on the day of a meet, we will not have practice.

Swimming is one of the most disciplined sports. Discipline is the responsibility of the swimmer and each must understand his/her role on the team. Swimmers are expected to be ready at their

respective practice times. We must plan to make the most of our scheduled workouts by being on deck, **on time**.

Parents: It is important to participate with your child on the swim team. The swimmer must be delivered to practice on time with constant encouragement and positive reinforcement. Once at practice the coaches have sole responsibility for the swimmer's training during practice. To discuss your child's progress please contact the coach by telephone or after practice to set up a convenient time to meet. Although my swim program has always had an open door policy for spectators, practices seem to go smoother and I keep the swimmers attention better throughout the practice if parents, brothers, etc. are not in pool area. There is an observation room available above the Natatorium. **Please no children or parents on pool deck during practice times (Effective September 1, 2007).**

Cancellations: If a meet should ever be canceled due to severe weather every attempt will be made to contact each swimmer and the meet will be rescheduled if possible. If in question about a cancellation, please contact the front desk at the Y or one of the coaches.

Away Meets: Parents are responsible for arranging transportation and motel/hotel accommodations to away meets. We want to encourage parents to attend these meets, as we are responsible for providing timers, judges and officials.

Communication and Parents Group

We have a Parents Group that helps with various activities of the team. The Parents Group will help organize the set up of the meets and organize parent workers to time, judge, and officiate the meets. At home meets we will offer concessions to visiting team/teams. All parents are expected to work at meets (please).

Team Equipment

Team uniformity is important for team spirit. We also have to make sure that everyone is prepared for swim practices. We host a swim shop in the beginning of the fall season. Kast-A-Way Swimwear, Inc., 9356 Cincinnati-Columbus Road, Rt. 42, Cincinnati, OH 45241-1197, phone # 1-800-543-2763. We are in the process in setting up a team website with them. You will be able to go to that website and order from it. Their website is www.kastawayswimwear.com. Then there will be a link to our website. All swimmers must provide the following equipment: suits (boys must wear drag and girls must wear double suits), cap, goggles, fins, pull buoys, hand paddles, wet bag. All "A" times standard swimmers must have a racing suit for all championship meets.

Team Activities

We will always try to schedule special activities throughout the swimming season. Your suggestions are always welcome.

Watch Barracuda Bulletin Board for information on Special Activities.

Team Sponsored Home Meets

The Barracudas will host several home meets during the year. We have hosted meets in the past that was organized as well as fun. We want to continue the tradition and in order to do this we need a lot of parent workers to do various jobs. Please plan on working at least three meets this season and get involved in all the aspects of hosting a meet. This gives parents a chance to be a good role model and show “team work” to our children.

Away Swim Meets: When attending away meets parents are still required to help out when needed. Host team will usually let us know what they need. It’s always nice for all parents to put in their fair share so there’s not just a few doing all the work. **TEAM WORK!**

Team Fees

1. YMCA Membership - Youth \$85 yearly. All participants must be a YMCA member.
2. \$40 per swimmer per month. \$30 developmental group (see coach).
3. One time per season League fee of \$25 per swimmer, sent to KYCSL (This is entry fee for all YMCA meets).
4. USA Card \$66 as of 2008 per year (Must have to participate in USA & KYLSC sanctioned meets). All fees must be paid at the beginning of swim season at the front desk.
5. \$100 per swimmer to go into escrow acct. (dev. \$50) for entry fees for any swimmers participating in USA meets. (checks payable to “Ashland Area YMCA Swim Team”). These fees are due by Oct. 5th of each year.
6. In September registration will be done in Aquatic Office and all fee’s will be paid at that time, including any past due fee’s. After September fees may be paid at the front desk at the beginning of each month.

*** All team fees must be paid in full each month. Please pay at the beginning of each month.**

If fees are in arrears team member may not participate in practice or attend meets.

*** YMCA membership is not refundable.**

*** Team fees are not pro-rated.**

*** There are no discounts.**

Communication

There are several ways in which we communicate information to all of our swimmers and parents. We need your help and cooperation in making sure you are informed about all aspects of the team activities.

Memos/Flyers, Swimmers’ Mail Boxes

The bulletin board is located on the pool deck and is a good source of information about upcoming events. We also place meet directions, sign up sheets, and various notices on the board. Swimmers must sign their name on sign up sheet if they plan to attend upcoming meets. If you are not signed up for meets, you will not be entered. Please try and come into the building periodically to see if there are some items posted that need your attention.

Each swimmer or swimmer family is assigned a mailbox located in the pool area. Newsletters, awards from swim meets and other correspondence will be placed in these at random. Additional information will be posted on the team bulletin board. Swimmers and parents should check both areas at each practice.

Phone Calls

Feel free to call anytime. YMCA phone: (606) 324-6191 (except during swim practices to talk to coaches). 😊

Swim Meet Procedures

1. **Warm-up:** The warm-up is an important part of successful swim meet and individual performance. Ordinarily warm-ups will begin 30-45 minutes before the actual start of a meet. Parents need to plan on having their child/children here 15 minutes before warm ups. Swimmers should be dressed, have all equipment and be ready to swim!
2. **Team Area:** It is customary for the Barracudas to have an assigned “team area” at meets and to stay together as a group. Swimmers are not to be in unauthorized areas of the building (i.e. weight room, gym areas, etc.). It is important for the swimmers to stay with the group so the coaches will not have to search for the child when it is time for them to swim. **Parents, please do not let your children overeat during a swim meet. Appropriate snacks while at a meet would be, fruit, bagels, pretzels, fruit roll-ups, or any other low fat, high carbohydrate, low in sugar snacks. No sodas at least one (1) hour before events. Water or Gator-aid are good choices. (Being hydrated is more important than snacks! Drink, drink, drink).**
3. **Heat Sheets:** Heat sheets will be posted in the team area that shows what events in which your child is entered. Parents of younger swimmers may wish to write the event number on the child’s hand. This helps to remind them when to report to the clerk of course.
4. **End of Race:** **At the conclusion of each race, all swimmers should ask the timers for his/her unofficial time. The swimmers should next come to the coaches so they can offer comments and feedback. This is very important!**

Etiquette Guidelines for Swimmers, Parents and Coaches

Proper sportsmanship behavior is expected of all swimmers, parents and coaches at all practices and meets. The following behaviors are considered UNACCEPTABLE by the Ashland program.

1. Use of and/or possession of any drug, alcohol, or tobacco product
2. Use of foul or inappropriate language
3. Non-compliance to directions or instructions given by a coach or an assigned representative at any organized function
4. Behavior considered demeaning or rude directed at any teammate, coach, official or representative of the Ashland “Y” program

Facility Use

The YMCA provides the swim team with a pool to use for practices and meets. Our staff, swimmers and parents have an obligation to use the facilities and equipment carefully and to respect the rights of others. Some points of importance are as follows:

1. Leave the pool deck and locker room tidy.
2. Never enter the water without the coach's permission.
3. Be courteous to others using the facility (including good behavior in locker rooms).
4. Never run around or abuse any part of the facility during or after workouts.

Responsibilities of Swimmers

To ensure a successful program, swimmers have the following responsibilities:

1. To be part of this team because your goals and ambitions are the same as those established by the coaching staff
2. To attend the designated number of practices as determined by the coaching staff
3. To follow the rules established by the coaches
4. To arrive 15 minutes prior to the start of practice or the meet warm-up and get ready immediately so you may begin on time (unless it is just impossible because of school).
5. To make sure handouts and announcements are delivered to your parents at home
6. BE PREPARED – bring all appropriate/required equipment or training aids to each practice.
7. To come to practice with a positive, appropriate attitude conducive to the Ashland Area YMCA Swim Team. **No disruptive behavior! (any disruptive behavior, swimmers will be asked to leave)** ☹️

Responsibilities of Parents

To ensure a successful program, parents have the following responsibilities:

1. To take an interest in your child's swimming and to support him/her emotionally by attending meets (Maybe you can't attend all meets, but at least one parent should be present at most of them.)
2. To praise your child when he/she is successful (an improved skill, an award, etc.) and to comfort, not scold, them in their moments of disappointment. Make sure that your love for them is not dependent on how well they perform and that they know it.
3. To pay dues and fees on time
4. To provide transportation for the swimmer to and from practice and to and from meets. The swimmer should arrive about 15 minutes prior to the start of practice or warm-ups.
5. To participate in team functions
6. To check swimmer mailboxes and the bulletin board for team correspondence.
7. To help staff the swim meets in these areas: TIMERS AND RUNNERS, CLERK OF COURSE AND AIDES, CONCESSIONS, SCORERS, RIBBON WRITERS, SET UP AND CLEAN UP, STARTER, AGE GROUP REPRESENTATIVE.
8. To stay away from gossip and rumors. If you don't understand something concerning the coaching, ask the coach before or after practice (NEVER DURING) and as a last resort, call him/her at home. One of the most destructive things to a team is prolonging rumors rather than getting to the bottom of them.

9. To support the Ashland Area YMCA philosophy with thoughts, words and actions during practice, at meets and at home. Believe it or not, our kids do learn from watching and listening to us.
10. Not to be on deck during swim practice.

Responsibilities Shared by Swimmers and Parents

The swimmer and the parent share some responsibilities. They include the following:

1. To check the bulletin boards at the pool for special announcements, upcoming meet notices and entry information.
2. To contact coaches with your plans regarding meets and make sure you have signed up on bulletin board in pool area (if you plan on going or not). They cannot read minds.

A strong triangle emerges when each party (swimmer, parent and coach) does its part and collapses when one party neglects its responsibilities or tries to assume those of another party. The latter situation usually arises with the very best of intentions. To avoid this, it is important that each party know the responsibilities of the other two and then avoid assuming them.

One of the pitfalls that parents fall into is coaching their child. This situation usually arises after a parent has observed some coaching instruction or attended a meet. He or she notices a shortcoming in his/her swimmer and attempts to correct it. It is the responsibility of the COACH to critique the swimmer's skills and not the parents.

As to the reason why the swimmer was not doing a skill better, there may be several. First of all, there are many, many skills to be learned in swimming, and they can't all be taught at the same time. Furthermore, there is a progression of skills, some need to be mastered before others can be learned. Some skills cannot be learned in a week, two weeks, a month, or even six months. It may take two years to entirely develop a stroke because the swimmer may need to develop more strength to acquire the next building block. Skill development will be something a swimmer will be working on during his or her entire swimming career. Once a skill has been learned, it will have to be practiced correctly to be maintained. Furthermore, skill techniques are continually evolving and faster techniques are continually being developed.