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# DOLPHINS SWIM TEAM 2015-2016 HANDBOOK





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Parents' Informational Meeting  
September 8<sup>th</sup> 6:00-7:00pm Teen Center



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Dear CBFYMCA Parents and Swimmers:

We are looking forward to the 2015-2016 swimming season here at the Central Bucks Family YMCA. You can feel the “buzz” in the pool, on the deck and in the hallways as our swimmers, coaches and parents renew friendships, set goals for the upcoming season and plan for how to make the season a success. If this is your first year at CBFYMCA, welcome to our swimming family. Please take the time to introduce yourself to parents, swimmers and coaches around you. All of us are willing to share information, give input and tell you about our experiences. If you are a “veteran” family, please take the time to welcome our new swimming families. We are looking forward to a fantastic year of building great kids and strong swimmers!

This handbook was created as a tool to share general information about the program and to have you better understand what you as a parent can do to support your child’s swimming. Be sure to check out the swim team’s web page regularly, and sign up on the swim teams Facebook page.

All strong teams are dependent on the enthusiastic support of their parents. The Swim Team Parent Board and the Coaches expect help from each of you. We work hard to facilitate information exchanged among parents, coaches and Y management. This group coordinates volunteers to run meets, to provide social opportunities for our athletes, to create publicity for our program and to reinforce the Y values. Let us know how you might help. We will offer opportunities to sign up at parent meetings and through dialog with parents throughout the season.

Thank you for your interest. We hope you will join us in making the 2015-2016 CBFYMCA Swim Season a great one.

Wishing you a great season!

Tim Ryan  
Director of Competitive Aquatics



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# COACHES' BIOS

**TIM RYAN** | [tryan@cbfymca.org](mailto:tryan@cbfymca.org) | 215.348.8131, X1149

## **HEAD COACH AND DIRECTOR OF COMPETITIVE AQUATICS**

Tim has over fifteen years' experience within the YMCA competitive swim team program recently serving as Competitive Swim Director of the Upper Main Line YMCA, whose boys and girls 13-14 team earned gold at the 2014 YMCA PA State Championships. In previous years, Ryan has held positions with the Northeast Family YMCA, Ambler Area YMCA and Hatboro Swim Club as aquatics director or coach.

## **BETSY MCCORMICK**

### **AGE LEVEL & TECHNIQUE COACH**

Betsy was the coach of the Dolphin Swim Team for numerous years before taking a break to pursue other opportunities. She's thrilled to be back on the YMCA deck with these young swimmers, many of whom she taught to swim when they were preschoolers!

## **EVE ZUCKER**

### **TECHNIQUE COACH**

I have always loved working with children of all ages and abilities and have a great fondness for the sport of competitive swimming, so the two have gone hand in hand for me for most of my life.

I started competitive swimming at age 8 for a summer team and loved it so much that I began year round swimming right after that. I swam competitively throughout high school and then at Penn State. However after swimming briefly in college, I turned my love of the water to water polo. During summers in between college, I had the honor of coaching alongside my legendary high school coach at Hideaway Swim Club.

After college, I was an assistant coach for an AAU/USS program called Spirit, which is run at the George School and many years later I coached at SWAC, when the program was fairly new. After a few years of a hiatus while raising my three sons, I was given the privilege of being asked to join the coaching staff here at the YMCA.

I am passionate about the sport of swimming but even more so, I thoroughly enjoy working with children, motivating and guiding them, both in and out of the pool. Every time I step on the deck I learn something from them and hopefully they learn something from me. My main goal is for the swimmers to have fun, while learning discipline, the meaning of hard work and relish the camaraderie that goes hand in hand with a team sport such as swimming. I look forward to a

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## **GRETCHEN BOOTH TECHNIQUE COACH**

I started swimming at the age of 10 but it wasn't until the age high school where I had a coach that saw potential in me. He was a coach who inspired me to want to teach/coach and make a difference in swimmer's lives. Because of him, I learned to believe in myself and dreams are always accomplishable if you set your mind to it and work hard.



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At age 13 my swimming career took off where I dropped 12 seconds in one season in the 100 back. My goal was to make it to states as a freshman, and I did.

In high school I was a four time state qualifier and broke the backstroke record which I held for 20 years. In college, I was MAC Champion and a National Qualifier.

*My Background:* I am lifeguard certified; Assistant Manager of a swim club, Water Safety Instructor certified and have taught swim lessons. I have a Master's Degree in Education and taught K-2 from 1992 – 2005 in the Abington School District. I have also taught swim lessons on and off at the YMCA.

*My Passion:* I love to teach and make a difference whether it be in a classroom or in the pool,. Having a teaching career and raising a family has separated me from the pool for some time but I am very glad to continue my passion. I am thankful to be able to swim for the Masters Swim team at the Central Bucks Family YMCA and to have been asked to coach the swim team. I am so excited to continue teaching swimmers hoe to improve their stroke and develop them into being the best that they can be. I want to make a difference in swimmer's lives, just like someone made a difference in mine. I love to live by the motto "You don't get what you wish for; you get what you work for"

## **SALLY CARR TECHNIQUE COACH**

It's a "Mom thing". When first becoming a Mom, one of my initial thoughts was that I want to encourage my child to take every opportunity that presents itself and that I would do all that I could to support them. Little did I know then that it would be through my children that I would be afforded the greatest opportunities?

When my three kids were just six, seven and eight years old, their father and I decided to invest in a small vacation home in a town within the Pocono Mountains. We soon discovered what a great family place it was and decided that I would spend the summer there with the children.

That is when we also discovered the Fawn Lake Forest (FLF) Swim Team! The kids soon joined and discovered that they loved to swim. I am not a competitive swimmer but learned to swim with ease and have always been drawn to the water. I love to swim, water ski and anything else that allows me to be in or close to the water.

There were daily swim team practices at FLF; sometimes two a day! I took them to practice and stayed to watch and learn in order to support and encourage them. A few years later, I was asked to be the Assistant Coach! What an honor and what great fun! I would go on to lead the team as one of the Head Coaches.

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I consider myself a “Mom coach” because while my expectations are high for the kids I coach, I bring the understanding, supportive Mom aspect to the pool.

When my children started junior high, we were no longer spending as much time in the Poconos and I retired from the FLF team.

It was at that time that I applied for a coaching position with the High School. I was accepted at Central Bucks West as their swim team's Assistant Coach. I coached for five years with West; until my youngest daughter graduated. I was also given the opportunity to teach swim lessons through the Central Bucks School District's Community School program. I taught private swim lessons, managed the pool deck, and filled in for group lessons when needed. I was working full time also as a special education job coach for Central Bucks School District. During that time I had the distinct pleasure of teaching children with disabilities learn how to swim. Again, those children taught me more valuable lessons than I could ever teach them. For that I am grateful.

I took a break from coaching for two years for a new, fulltime job; leaving the school district after 12 years. I found I missed the pool and the kids. I am thrilled to say that I am back to the aroma of chlorine at the CBFYMCA! Go Dolphins!

**OLIVER MCCORMICK  
TECHNIQUE COACH**

Bio coming soon

**NICOLE SKINNER  
TECHNIQUE COACH**

Bio coming soon



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# OVERVIEW OF CBFYMCA SWIMMING

The CBFYMCA Swim Team Parents Association Board welcomes you to the competitive swim program.

The swim program runs year round at CBFYMCA and focuses on developing great kids and strong swimmers during the Fall, Winter, Spring and Summer Seasons.

The objectives for the CBFYMCA Swim Team are:

1. Promote the development and growth of each swimmer to their maximum potential in and out of the water.
2. Teach life lessons while developing character and sportsmanship through the sport of swimming.
3. Provide opportunities for all swimmers to compete both in YMCA swimming and USA Swimming events.
4. To support Central Bucks Family YMCA's values and objectives.

The Swim Team Parents Association objectives:

1. Encourage and coordinate volunteers.
2. Provide feedback and suggestions to Swim Team leadership.
3. Assist and guide new families as needed.
4. Fundraise.

In this registration packet, you will find everything needed to register as well as a full description of the Competitive Swim Program offered at the Central Bucks Family YMCA. We recommend that you take the time to read and digest the information carefully and completely. If you have any questions, please feel free to contact Tim Ryan at [tryan@cbfymca.org](mailto:tryan@cbfymca.org) or 215-348-8131 ext 1149



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# PROGRAM DESCRIPTION

## 2015-2016

**WINTER SEASON:** September 14 thru April 1. We will continue to develop technical skills while shifting the focus to endurance and speed. We participate in 6 dual Y meets and 2-3 USA meets as well as champs, districts, states and nationals.

**SPRING SEASON:** May and June. We will focus on stroke, skill development and conditioning in preparation for the summer competitive swimming season.

**SUMMER SEASON / USA Long Course:** July. We will focus on stroke, skill development and conditioning with 2-3 short course meets. Children aged 10 and above will also have the opportunity to swim in a long course meet. Those meets are generally swum in 50 meter pools or open water.



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# Y SWIMMING

As a Y team, we are members of the PennDel Swim League, Pennsylvania YMCA East District, Madison Division.

We abide by all the rules of the National Y Swim Committee. An athlete's age for **YMCA competition is determined by the swimmer's age as of December 1.**

Each individual team includes swimmers in 5 age groups

- Mini (6-8)
- Cadets (9-10)
- Preps (11-12)
- Juniors (13-14)
- Seniors (15 and over)

## **PENN-DEL SWIM LEAGUE DUAL MEETS**

During these meets our team competes against one other Penn-Del team. Swimmers usually swim 2 - 3 events, with the coaches preparing the line-up. These meets are usually on Saturdays and last about 4 hours. We participate in six dual meets during the winter season. All swimmers must participate in a minimum of 3 dual meets.

## **PENN-DEL LEAGUE CHAMPIONSHIP**

All the swim teams in the Madison Penn-Del Division will compete. All swimmers are welcome, provided they participated in at least two Y dual meets. This meet is generally a one-day event with different age groups swimming in the morning and afternoon.

## **CHARLEY HARTLEY PENN- DEL SILVER CHAMPIONSHIP**

Considered the "Silver" Meet of the Penn Del League. Swimmers who do not qualify for Districts have the potential to qualify for this meet. This is generally a one-day meet with different age groups swimming in the morning and afternoon. This meet is typically held at GCIT.

## **YMCA EAST DISTRICT CHAMPIONSHIP**

PA Districts follow the League Championship. In order to participate, you must compete in at least 3 dual meets or 2 dual meets and 1 championship meet (either Charley Hartley or League Champs). Swimmers from Cadet level (age 9) and older who've met qualifying times may participate. This Championship meet is hosted at LaSalle University, and includes swimmers

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from approximately 40 Y swim clubs (approximately 1300 total swimmers) from eastern Pennsylvania. Traditionally, this meet is a three-day meet with different age groups swimming in 4 different sessions.

**YMCA  
STATES**

The top 6 finishers in each event from Districts qualify for PA States and swim with the top 6 finishers in each event from 2 other Districts at YMCA Pennsylvania States Championship. PA States is held at Penn State University in mid-March.

**YMCA  
NATIONALS**

Y Nationals is one of the most highly attended meets in the United States. Y Nationals are held in the Spring and in the Summer. Approximately 2,000 athletes from over 250 Y's gather for 4 days of high-level competition and lifelong team bonding. Those swimmers attaining the meet's qualifying times can participate in the final swimming championship of the winter swim season. In 2016, Spring Nationals will be held in Greensboro, NC.

**YMCA  
INVITATIONALS**

This is a swim meet open only to YMCA's. Swimmers are allowed to swim 3 or 4 events per day. These meets usually last 1, 2, or 3 days. These meets are optional for CBFYMCA swimmers and may include travel and additional fees.



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# USA SWIMMING

Swimmers who wish to supplement Y swimming participate in USA Swimming. These meets offer a large number of events not available at Y sanctioned meets providing the swimmer with a broader swimming experience. USA Swimming is the national governing body of swimming and requires separate registration in the USA Swimming organization.

CBFYMCA is a member of USA Swimming's Mid-Atlantic Swimming Local Swimming Committee (LSC) which includes New Jersey, South Mercer and Monmouth Counties; Delaware; and Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford Counties.

## **USA SWIMMING MEETS**

Swimmers compete in an age category based upon their age the first day of the meet. These meets usually include many teams and may have 500+ swimmers. USA Swimming meets usually begin with Friday evening sessions for all ages, and then divide older and younger kids into separate morning and afternoon sessions on Saturday and Sunday. The athletes are grouped by ages as well as times standards (i.e. USA Swimming A, B, and C time standards being used). This ensures the athletes will be competing against swimmers of similar abilities.

## **USA MID-ATLANTIC JUNIOR OLYMPICS**

This is a championship meet held each season for 14&U swimmers. The meet consists of prelims and finals over three days.

## **USA SENIOR CHAMPIONSHIPS**

This is a championship meet open to swimmers of any age who meet the qualifying times.

## **USA JUNIOR NATIONAL CHAMPIONSHIPS**

This is a five-day prelim final meet for swimmers 18&U. Time standards are difficult, especially for the younger age groups.

## **USA NATIONAL CHAMPIONSHIPS**

In non-Olympic years this is the highest-level national competition. It takes place over five days in a prelim, semi-final, final format.

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**2015-2016 SWIM SEASON CALENDAR CAN BE FOUND AT  
[WWW.CBFYMCA.ORG](http://WWW.CBFYMCA.ORG)**



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# DESCRIPTION OF TRAINING GROUPS

Listed below are training group descriptions for the upcoming season. Practices for all levels will start on **September 14, 2015**.

Swimmers currently enrolled in the spring and/or summer 2015 season are guaranteed placement and do not need to be evaluated for Fall/Winter 2015 season.

Those who did not participate in 2014-2015 swim season. Evaluations will be held in August for the Fall Season and in October for the Winter Season. Positions are limited. Those who participated in the Fall Season will be guaranteed placement in our Winter Season. Swimmers will be evaluated by the coaching staff and placed in appropriate practice training groups based on age and proficiency.

**All swimmers are required to register for Y Swimming. There is a Registration Fee of \$50 and swimmers must attend 3 meets November – February. If you wish not to compete please look into our non-competitive team.** Our noncompetitive team practices 3 days a week on the 4 competitive strokes, starts, turns and endurance.

LEVEL	TYPICAL AGE	SKILL LEVEL	DESCRIPTION	PRACTICES PER WEEK	MEET REQUIREMENTS	HOURS PER WEEK IN WATER
All levels are technique based and build on endurance throughout the program.						
Mini Aqua	6-8 by Dec. 1 <sup>st</sup> for fall and winter	Intermediate 6-8	Swim must be able to swim 25 meters of all 4 competitive strokes in a legal manner	Practices: 4 offered 2 expected	3	4



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			breaststroke and butterfly			
Mini Purple	6-8 by Dec. 1 <sup>st</sup> for fall and winter	Advanced 6-8	Swimmers must be able to swim 50 meters of all 4 competitive strokes correctly. Swimmers will swim about 1,000-2,000 meters per practice.	Practices: 4 offered 2 expected	3	4
Cadet/Prep Blue	9-12 by Dec. 1 <sup>st</sup> for fall and winter	Beginner 9-12	Swimmers must be able to swim 50 meters freestyle with flip turns and rotary breathing, 50meters backstroke, 50 meters breaststroke or butterfly in a legal manner. 1,000-2,000meters	Practices: 4 offered 3 expected	3	4
Cadet/Prep Green	9-12 by Dec. 1 <sup>st</sup> for fall and winter	Intermediate 9-12	Able to swim 50 meters of all competitive strokes in a legal matter with intermediate technique. 1,500-2,500meters per practice	Practices Offered: 4 Expected: 3-4	3	4



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Cadet/Prep Orange	9-12 by Dec. 1 <sup>st</sup> for fall and winter	Advanced 9-12	Able to swim 100 meters of all competitive strokes in a strong legal manner with proper technique. 2,000-5,000 meters per practice. Swimmers selected by coaches will be asked to participate in the coaches mentoring program.	Practices Offered: 6 Expected: 4	3	9.5
Jr./Senior Yellow	13 and older by Dec. 1 <sup>st</sup> For fall and winter	13-18	Able to swim 200 meters of all competitive strokes in a strong legal matter with proper technique. 2,000-5,000 meters per practice Swimmers are also encouraged to participate in the mentoring program.	Practices: 6 Expected: 4-5		10.5

NOTE: Test sets are performed normally twice a year, once at the end of Fall Season and again at the beginning of Spring Season. It is the coaching staff's philosophy that swimmers remain with their training group for the entire training season. This allows coaches to work with the swimmers in their development based on the coaches' knowledge of the swimmers progress and potential ability. Please note that the requirements and commitment for each training group increase as the swimmer advances through the program



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# PRACTICE SCHEDULE

**Please look at the Team Calendar for practices that are not running due to holidays.**

## **Mini Aqua practice times**

Tuesday: 5:00pm-6:00pm  
Thursday: 5:00pm-6:00pm  
Friday: 5:00pm-6:00pm  
Sunday: 4:00pm-5:00pm

## **Mini Purple practice times**

Tuesday: 6:00pm-7:00pm  
Thursday: 6:00pm-7:00pm  
Friday: 6:00pm-7:00pm  
Sunday: 5:00pm-6:00pm

## **Cadet/Prep Blue practice times**

Tuesday 6:00pm-7:00pm  
Thursday 6:00pm-7:00pm  
Friday 6:00pm-7:00pm  
Sunday 6:00pm-7:00pm

## **Cadet/Prep Green practice times**

Tuesday 6:00pm-7:00pm  
Thursday 6:00pm-7:00pm  
Friday 6:00pm-7:00pm  
Sunday 6:00pm-7:00pm

## **Cadet/Prep Orange practice times**

Monday 4:00pm-6:00pm  
Tuesday 7:00pm-8:30pm  
Wednesday 6:00pm-7:30pm  
Thursday 6:30pm-8:00pm  
Friday 7:00pm-8:45pm  
Sunday 4:00pm-6:00pm

## **Jr/Senior Yellow practice times**

Monday 4:00pm-6:00pm  
Tuesday 7:00pm-8:30pm  
Wednesday 5:00pm-6:30pm  
Thursday 4:00pm-6:00pm  
Friday 7:00pm-8:45pm  
Sunday 4:00pm-6:00pm

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# MENTOR PROGRAM FOR JUNIOR/SENIOR LEVEL

All swimmers in this age group are required to experience what it means to be a deck assistant for at least 1 practice during the winter season. Head coach selects kids who show strong desire/maturity to learn the responsibilities of a deck assistant on a regular basis. Amount of participation is dictated by head coach and child availability.

## EQUIPMENT NEEDS

### SWIM SUITS AND ACCESSORIES

Each swimmer must purchase an official CBFYMCA Swim Team suit and, if appropriate, a CBFYMCA Swim Team Cap (1<sup>st</sup> cap is issued at no cost with registration). Although your swimmer may wear any competitive swimsuit (or multiple swimsuits) during practice, s/he must wear the team suit and cap at all meets. The CBFYMCA Swim Team prides itself on its unified look at meets. Your cooperation and support is appreciated.

### OTHER EQUIPMENT

Depending on the swimmer's training group the coach may require additional equipment such as swim fins, kick boards, pull buoys, etc. The list by training group is below. Personal Best Swim Shop has this list as well as the equipment.

Level	Kickboard	Fins	Tennis Ball	Pull Buoy	Hand Paddles	Water Bottle	Mesh Bag
Mini Aqua	X	X				X	X
Mini Purple	X	X				X	X
Cadet/Prep Blue	X	X				X	X
Cadet/Prep Green	X	X		X		X	X
Cadet/Prep Orange	X	X		X		X	X
Jr./Senior-	X	X		X	x	X	X



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## APPAREL

Each swimmer receives a team t-shirt as part of their Team Fee. We will offer various CBFYMCA logo apparel for purchase. Order details will be posted on the swim team web site.

### Where can I pick up the equipment I need?

#### Personal Best

411 Doylestown Rd, Montgomeryville, PA 18936  
(267)263-4693

# FINANCIAL REQUIREMENTS

All financial questions are best answered by contacting Coach Tim Ryan via phone (215-348-8131 ext.1149). All fees are payable to CBFYMCA.

- 1) All swimmers must be Members of the Central Bucks Family YMCA. The swimmer's membership level may be an Individual Youth member or part of Family membership (see YMCA membership guidelines or speak to membership services for further information on membership options).
- 2) Program Fees: You have the option to pay monthly bank draft or in a lump sum.
- 3) If a swimmer participates in a fall sport and decides not to register for the swim team until after the sport ends we cannot guarantee placement on the team. Contact Tim Ryan for more information 215-348-8131 x:1149

## 2015-2016 SEASON COMMITMENT SEPT-MARCH

Level	2015-2016 Season Sept 14 – April 1	Break down by month Sept-March
Mini	602 (20.75per week)	86
Cadet/Prep Blue and Green	644 (22.21 per week)	92
Cadet/Prep Orange	791 (27.27 per week)	113

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Jr. Senior	833 (29.75 per week)	119
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**2016 SPRING MAY & JUNE**

Level	2016 Spring 8 weeks	Break down by month
Mini	164	86
Cadet/Prep Blue and Green	176	92
Cadet/Prep Orange	216	113
Jr. Senior	230	119

**2016 SUMMER JULY**

Level	2016 Summer 5 weeks	Break down by month
Mini	164	86
Cadet/Prep Blue and Green	176	92
Cadet/Prep Orange	216	113
Jr. Senior	230	119

**4) Y Team/ USA swimming registration fees (due to CBFYMCA welcome center).**

- (a) Y Swimming Registration Fee \$50: This fee is for all swimmers participating on the team. This cost covers league fee dues, and a CBFYMCA Dolphins swim team t-shirt, and cap.
- (b) Y/USA Swimming Combined Registration Fee \$120: This includes registration for Y AND USA Swimming. Swimmers in 9-12 Cadet/Prep practice group and the Junior/Senior practice groups are strongly encouraged to register for both Y and USA swimming.

**5) Other Possible Expenses**

Depending upon your swimmer’s participation in swim events there may be other expenses. These expenses are not covered by the YMCA Program Fees or Team Registration Fees. The costs may include costs for invitational swim meets, swimsuits and caps or training equipment (e.g. goggles, kickboards, fins, etc.). These expenses are paid directly by the swimmer.



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# PARENT VOLUNTEER OPPORTUNITIES

Behind every successful swim team is a group of parents who facilitate the operational aspects of a swim meet. This includes but is not limited to, recording meet entries, arranging travel, recording results, officiating at meets, organizing fun activities, publishing newsletters and coordinating team attire. This and much more is accomplished through the CBFYMCA Swim Team Parents Association.

As the parents of children on the swim team, you are part of this very special organization. The Parents Association is an extension of the CBFYMCA Swim Team that provides important services for the team. Your responsibility to the Swim Team, the swimmers, and the Parents Association is to actively participate in the swim program. Swimming at CBFYMCA is a family sport!

For those of you who are new to CBFY, we depend on the support of 100 % of the parents whose children swim in the program. All swim meets are run completely by parent volunteers. For each home dual-meet, over 22 volunteers are needed. Away meets require more than 10 volunteers. Additionally, there are many "behind the scenes" activities that occur on the day of a swim meet where we can use your talents and time.

Because of the numerous volunteering opportunities that exist, there is something for everyone's interest and desire. Although some volunteer positions such as officiating require special training and certification, most positions simply need your time. Stopwatch timers, place judges, banquet volunteers, team coordinators, party organizers, are just a few examples of how you may help.

For those of you who like to organize and manage, consider volunteering as one of our committee chairpersons.

## **VOLUNTEER OPPORTUNITIES THAT REQUIRE TRAINING:**

**YMCA Swim Official I:** Level I Swim Officials are certified to function as Stroke and Turn Judge, Relay Take-off Judge, Place Judge and Timer. Successful completion of a written examination/online test is required for certification. Minimum age requirement is 21 and must be associated with a YMCA sponsored Swim Team.

**YMCA Swim Official II:** Level II Swim Officials are certified to function as Referee, Starter and Chief Judge, as well serve in the role of any Level I Swim Official. Successful completion of a written examination/online test is required for certification. Minimum age requirement is 21 and must be associated with a YMCA sponsored Swim Team. Level I Swim official certification and 1 year experience is required.

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**USA Officials Certification:** YMCA Certification is required to perform specific roles at league dual meets, as well as at Districts, States, and Nationals. USA certification is required for officiating at USA swim meets.

### **POSITIONS THAT DO NOT REQUIRE CERTIFICATION:**

**Age Group Coordinators:** Two or three parents are required to coordinate each age group. Responsibilities include: organize race day parent volunteers and coordinate age group socials.

**End of Season Banquet Volunteers:** The CBFYMCA Awards Banquet is held at the end of the Winter swim season (end of March/early April). At this banquet, graduating seniors are honored and each swimmer receives a team gift. One person is required to coordinate planning the event within the budget established by the Board, and others are required to help implement the different facets of it (e.g. decorations, awards, registration). It is a huge undertaking, but ALWAYS a fun and tear-filled event. We love our CBFYMCA swimmers!

**New Family Ambassadors:** Each year we have new families joining our extended CBFYMCA Swim Team family. Veteran parents are needed to welcome new families and serve as a resource for questions.

**Team Apparel:** Part of our swim club's branding and team building is for our swimmers and our parents to proudly wear their CBFYMCA gear at swim meets. We would like help coordinating the ordering and distribution of the team gear.

**Publicity/PR.** This role helps build our brand within the community by coordinating press releases and other PR materials on the various events and the great kids coming out of our swim club.



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# ROLE OF THE PARENT

## CARING, HONESTY, RESPECT, AND RESPONSIBILITY

Our swim team emphasizes having fun and learning the sport of swimming.

Coaches encourage:

- Developing self-confidence, self-respect and an appreciation of your worth as an individual.
- Developing a commitment for daily living based on values of Caring, Honesty, Respect, and Responsibility.
- Growing as a responsible member of the family and community.
- Physical fitness and mental well-being are conditions to be achieved and maintained.
- Recognizing the worth of all people.
- Developing the capacity for leadership and using it responsibly.

Your role as parents of the Swim Team is to reinforce the program and its values with your child, to support the YMCA staff, and to demonstrate caring, honesty, respect, and responsibility in your personal actions with swimmers, coaches, and other swim team families.



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# COMMUNICATION CHANNELS

**CBFYMCA Website:** Families are highly encouraged to make use of the CBFYMCA website as your primary source of communication. Go to [www.cbfymca.org](http://www.cbfymca.org)

**CBFYMCA Dolphins Facebook Page** The CBFYMCA Facebook page will reinforce the information on the web site. It will direct you to the web site when important information is updated. It also serves as the resource for pictures from swim meets and other events, as well link to press coverage about the swim team. Go to [www.facebook.com/CBFYDolphins](http://www.facebook.com/CBFYDolphins)

**Practice.** During swim practices, the coaches may inform the swimmers of specific information about meet schedule, transportation, or plans/goals. Check with your swimmer about any information they may have received. All information will be posted on the website.

**Penn-Del Website.** The Penn Del Swim League maintains a website with information on the League including team standings, scores, and an event calendar at <http://www.penndelswim.org>.

**Middle-Atlantic USA Swimming Website.** The Mid-Atlantic USA Swimming LSC maintains a website with information pertaining to USA meets. It also provides access to a large amount of swimming information. It is located at: <http://www.maswim.org/>.

**YMCA National Swimming Website.** The YMCA National website includes a myriad of information surrounding every aspect of YMCA swimming. The website contains information for athletes, coaches, administrators and officials. It also contains meet schedules and results, including Spring Short Course Championships and Summer Long Course Championships. The website also contains the rules and guidelines governing YMCA swimming. [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)



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# CODE OF CONDUCT

## SWIMMER GUIDELINES

### Practices:

1. Swimmers must be on deck with all proper equipment 15 minutes before practice starts. This includes bringing a water bottle to every practice.
2. Swimmers are expected to behave in a friendly and courteous manner towards fellow teammates and coaches at all times.
3. Swimmers are not to hit or push another swimmer during practices, meets, or any other team function.
4. Swimmers are prohibited from interfering with the progress of another swimmer in any form.
5. Swimmers will not disrupt other activities that go on at the YMCA by being loud or disruptive.
6. Swimmers will leave the locker rooms in the same condition they found it.
7. Swimmers are expected to perform the tasks given to them by the coaching staff.
8. Swimmers swim and coaches coach. Please allow the coaching staff to perform their duties.
9. Failure to comply with team rules may result in a meeting with coach, swimmer, and parent present.
10. Repeated failure to adhere to team policy may result in removal from the team without refund.

### Meets:

1. All swimmers are responsible for their own transportation to and from swim meets.
2. Warm-up times will be listed on the team website. Swimmers need to be on deck and ready 15 minutes before warm-up in order to properly stretch.
3. After warm-ups, swimmers should dry off to avoid hot and cold temperature extremes and dress in appropriate meet attire.
4. Check in with coaches upon arrival. Swimmers who are not checked in prior to the start of warm up or have not communicated their late arrival to coaches will be removed from relays at dual meets and will be scratched from events requiring positive check-in at Invitational and USA Swim meets.
5. It is the responsibility of each swimmer to check to know what and when they are swimming before warm up.
6. Swimmers must check in with their coach for instruction before and after every race.
7. Swimmers are expected to swim all entered events unless directed otherwise by the coaching staff.
8. Coaches will assign swimmers to relays. Swimmers may be added to or removed from a relay at any time during a meet and, therefore, must check with the coach at the



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beginning of each day and after his/her last scheduled event. Swimmers entered in relay events are expected to swim.

9. Swimmers may not leave a meet unless given permission from the coach prior to the start of meet or session warm up. Before leaving, swimmers should pick up all possessions and clean up the team area.
10. Swimmers must respect their fellow swimmers, coaches, meet officials, and meet volunteers, in a manner that will bring credit to themselves, their parents, and the team.
11. Swimmers will not talk to or interrupt USA swimming officials at swim meets.
12. All swimmers will obey all YMCA, USA Swimming and Middle Atlantic Swimming regulations.
13. The use of inappropriate or profane language in any facility or at any team function will not be tolerated.
14. Alcohol or illegal drug use will not be tolerated. Violators will be subject to immediate suspension or expulsion from the team with the incident reported to Middle Atlantic Swimming and USA Swimming.
15. Swimmers who are late to or absent from dual meets without prior notice will not be placed in relays at the next meet and/or will be required to swim their individual events exhibition.

## **PARENT EXPECTATIONS**

### **Accounts:**

1. Read the team newsletter, website material, and meet packets on the website to stay informed and for explanations of all charges.
2. If you sign up for a swim meet you are authorizing us to charge you for the meet fees listed in the meet packet for that particular swim meet, along with a meet fee which covers coaching staff travel and expenses.

### **Meets:**

1. Do your part as a parent to support your child and her/his team; volunteer when required, needed and/or asked.
2. Do your best to help you swimmer prepare for his/her meets and practices. Arrive on time and with any necessary gear, drinks and snacks. Questions regarding appropriate gear should be handled well in advance of the meet.
3. Set a good example of behavior for swimmers to follow while at meets and at practices.
4. Parents are not allowed, under any circumstance, to be on deck during competition unless authorized by the meet officials. If authorized to be on deck parents are not allowed in the team area.
5. Parents may not talk to officials during meet competitions.
6. If a swimmer must leave before his or her events are completed the parents must notify the coach personally prior to the start of the session.



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7. Understand that not all races will be your swimmer's best performance; learning to deal with adversity is part of the growing process.
8. Always find a positive aspect of your swimmer's race to praise/support.

### **General:**

1. Understand that swimming is a challenging and character building sport that requires consistency, determination, and resilience from you and your swimmer. Please make sure swimmers attend as many practices as possible.
2. Help your swimmer with proper diet and nutrition.
3. Support your team by attending team informational meetings. Participate as a volunteer either on a club committee or as a meet official.
4. Attend team social functions, parties, and banquets with your swimmers.
5. Communicate regularly with your swimmer's coach to keep her/him apprised of current events in your swimmer's life.
6. Refrain from coaching your child...at home, on the pool deck, from the stands, from the hallway of the pool.
7. Allow the coaching staff to perform their jobs without interference at practice as well as meets. Refrain from directing your swimmer... from the pool deck, from the stands, from the hallway of the pool.
8. Refrain from comparing your child to other swimmers; each swimmer develops at their own pace.

## **COACH**

### **General:**

1. Focus on improving technique.
2. Train swimmers to be able to swim multiple events in all four strokes.
3. Build overall body/core strength in the water.
4. Focus on training for race strategies.
5. Encourage swimmers to:
  - a. Swim outside of comfort zone.
  - b. Seize the opportunity to race.
6. Encourage the development of age appropriate goals.
7. Season plan based on regular attendance.
8. Encourage good nutritional habits.
9. Coaches will...
  - a. Have high expectations.
  - b. Regularly challenge swimmers to step outside their comfort zone.
  - c. Provide positive reinforcement.
  - d. Embrace excellence.



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**By signing below, we acknowledge that we have gone over these guidelines together and that we agree to abide by the rules and expectations laid out in this document.**

Swimmer Name: \_\_\_\_\_

Swimmer Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return this form to the welcome center Attention to Tim Ryan by September 7, 2015**