

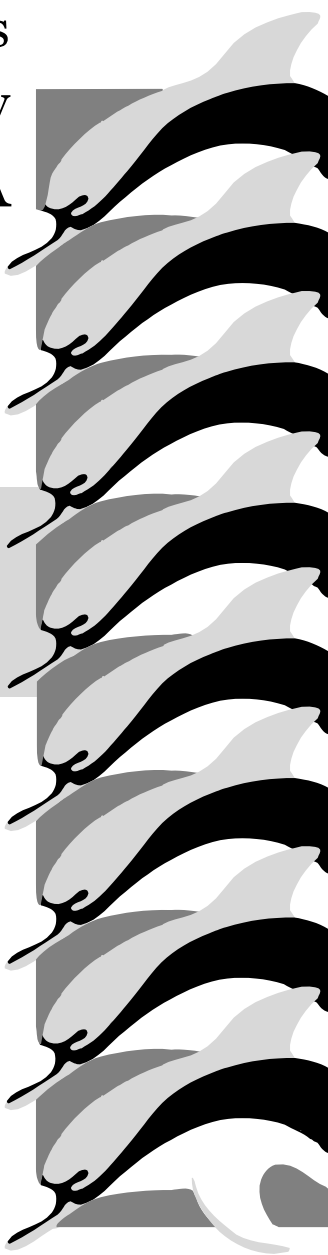
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Down East Family  
YMCA

**D E F Y**

**Dolphin Swim Team**

**Parent Handbook**

**2012-2013**



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*Caring \* Honesty \* Respect \* Responsibility*

# INTRODUCTION

Welcome to the Down East Family YMCA Dolphin Swim Team. This handbook will serve as your introduction to the team and is intended to give you an idea of how the team operates and functions as well as give expectations of swimmers and parents alike.

The team is registered with YMCA and USA Swimming. All swimmers are YMCA swimmers and have the option to join USA swimming. We offer year round opportunities for training and competition. Our team has grown to average about 90 swimmers, aged 6 to 20, during the winter season. We are equipped to develop swimmers of all abilities, from the novice to National qualifiers.

We are as proud of our state records and national qualifiers as we are our National Honor Society members and YMCA and Youth Leadership Award winners.

DEFY strives to offer a fun learning environment that allows an athlete to learn skills, set goals, develop a positive work ethic, while providing a positive experience where the self motivated swimmer can thrive. In doing so, we hope to provide productive student athletes that will be confident self motivated leaders and role models for the future.

## COACHES PHILOSOPHY

To provide an atmosphere that promotes individual and team development through a commitment to hard work, goal setting, personal achievement, self discipline and team spirit.

Swimmers who wish to engage in other extracurricular activities are encouraged to do so. We believe in developing well rounded individuals and recognize that family activities and academic achievement are considered higher priorities than swimming. Goal setting is an important part of our development of swimmers. We try to make sure that swimmers understand that their goals should be closely associated with the amount of time they are willing to spend working towards those goals.

We strive to challenge each swimmer to be their best. While swimmers develop at different rates, swimmers of different ages require different types of training, regardless of their speed or experience. Our goal is to develop a lifelong love for the sport of swimming for all of our athletes. We look at the big picture for each swimmer. We work to provide the foundation for swimmers to find success at this level and beyond. In the past 8 years more than 80% of our graduating seniors have gone on to swim at the collegiate level.

As with any other endeavor, swimmers will get from swimming what they are willing to put in. We will work with the swimmers to help set short term and long term goals consistent with the amount of time they are able to give to swimming.

## **SIGN UP /REGISTRATION**

In order to participate with DEFY swimmers must register and pay subsequent dues. Participating swimmers must fill out a Swimmer Information form and sign a Swimmer Code of Conduct form at the time of registration.

National YMCA policy states that swimmers must be members of their team's YMCA. Youth memberships to the Down East Family YMCA cost \$8 or \$10 per month depending on a swimmer's town of residence.

We offer an open registration, where families may register most anytime throughout the year. Registering after December 1<sup>st</sup> may prevent a swimmer from being able to compete with the team during the winter season.

Families in need of financial assistance should speak with Coach Matt. The Y does provide assistance to qualifying families for membership and program fees.

## **SWIMMER RESPONSIBILITIES**

All swimmers on DEFY have certain responsibilities to remain in good standing on the team. Swimmers not in good standing risk losing ongoing participation on the team. We ask swimmers, regardless of their age, to follow our rules and regulations.

- Follow the Code of Conduct for DEFY swimmers.
- Follow all YMCA rules when on YMCA grounds.
- Show up to practices and meets on time with the necessary equipment and a good attitude. Unsportsmanlike conduct or disrespect is not tolerated.
- Stay home if you are sick. Illness can spread quickly on a swim team. If you stay home from school, stay home from practice.
- Communicate with the coaches if they are not going to be able to attend a practice or meet that they are registered for.
- Attend all dual meets and the YMCA State Meet.\*
- Participate in team fundraisers.

\* There is flexibility to this rule with swimmers aged 11 & under. Communication with the coaches is the key!

## PARENT RESPONSIBILITIES

The DEFY Swim Team is a parent-run organization. We need every family to participate in some function to make the season a success. All parents have responsibilities in order to assist the coaches in creating a safe, fun and respectful atmosphere on our team. These responsibilities include the following:

- Being familiar with the Standard of Conduct and helping their swimmer meet this standard.
- Communicating concerns and issues to the coaches in a timely and appropriate manner. Please feel free to phone us or meet with us BEFORE or AFTER practice.
- Checking the Team Bulletin Board weekly for updates.
- Ensuring their swimmer is on time to practices and meets. If an absence is anticipated for a practice or lateness occurs due to an unforeseen event, please contact the coach as soon as possible.
- Ensuring their swimmer is mentally and physically prepared to participate in practices and meets. The swimmers should be healthy and well rested. Please do not allow your swimmer to swim when ill. If they stayed home from school due to illness, please do not allow them to attend practice!
- Ensuring their swimmer has the appropriate equipment to train and compete in.
- Participating in fundraising events that benefit the team.
- Participating in the DEFY organization in some capacity.

It is our experience that the swimmers who are most successful have parents who encourage their children and are involved in team functions. Parents are encouraged to support their children from the stands. Your child wants you to cheer for them when they succeed and encourage them when they don't. Please let the coaches do the coaching.

***In order to further assist the coaching staff in focusing their attention on the swimmers during practices, we respectfully request that parents do not approach their children during practices and meets. If your child approaches you, please be sure that they requested permission from a coach first. It is very important for your swimmer's progress that they develop a quality coach-swimmer relationship.***

## HOME MEET RESPONSIBILITIES

Aside from getting your swimmer to the meet on time and prepared (well rested, fed and with proper equipment), parents are responsible for running our home swim meets. Every parent is responsible for providing something for our concession stand. The concession stand is our biggest fundraiser each year. The money we make selling concessions is used to provide equipment for the team, as well as to cover the cost of awards, travel expenses and trainings for coaches and officials. Each Monday before a home swim meet, we will post a sign up sheet for concessions.

*The following are the roles needed to be filled for home swim meets. A sign-up sheet will be posted on the team bulletin board on the Monday preceding each home meet.*

**Concession help:** Parents are needed to help sell concessions. If we have enough help, those parents can rotate so that they won't miss their swimmer's events.

**Timers:** We need 13 timers for each meet. These parents get the best seat in the house! Timing is not difficult, and you don't need to fear messing up, because timers simply backup an automated timing system.

**Set up/Clean up:** We need an average of 6 people to help set up and clean up after swim meets. Those parents usually need to be available about an hour before and an hour after the meet.

**Officials:** We need officials for our swim meets, including Y States. These officials do not need any prior experience. We will send anyone interested to the proper trainings. We try to have new officials the opportunity to "shadow" experienced officials until they are ready to go on their own. This is the BEST way to learn about swimming. We encourage new families to get involved, as many of our seasoned officials are parents of senior swimmers and won't be with the team much longer.

**Swimmer line-up help:** Two people are needed to assure that swimmers make it to their events.

**Team area supervisor:** Two people are needed to supervise the area where swimmers sit between events and to occasionally check the locker rooms to ensure safety and proper behavior.

**Computer help:** We need people to be trained to assist with the timing console and laptop to run the meet. Another great view of the meet.

**Awards:** We need people to order, organize and prepare awards before and during swim meets.

## COMMUNICATION

Three primary methods of communication are the swim team bulletin board, the website and email. Please check the **team bulletin board** on the pool deck frequently to make sure you have the latest news. Here you will find information about upcoming meets, sign-up sheets for tasks needed to put on a home meet, and other information. One of the fastest ways to hear what is going on is to get on the **email** address list. Please give your email address to one of the coaches. Emails are sent using a blind cc so that your email will not be listed in the received line.

## PRACTICES

Practices are designed according to a swimmers age group. We follow guidelines recommended by USA Swimming according to both the structure and amount of time each age group practices.

**Flippers** (Jr Dolphins): Fridays 3:15-4pm & Saturdays 10:30-11:30am

**Purple:** Tuesdays 5-6pm, Thursday 3-4pm, Friday 5-6pm

**Green:** Monday 3-4:20pm, Wednesday 3-4:20pm, Friday 5-6pm  
(Alternate practices M/W 5:30-6:30pm limited #)

**Black:** Monday 4-5pm, Wednesday 4-5:30pm, Thursday 4-5:30pm,  
Friday 4-5pm

**Senior:** Monday 4-5:30pm, Tuesday 3-5pm, Wednesday 4:00-5:30pm,  
Thursday 5-6pm, Friday 4-5pm

**National Team Additional Practices:** TBA

Groups are divided mostly by what the swimmers can accomplish in practice as well as taking into account their age.

We will be constantly evaluating the swimmers to see if they are in the right group. Swimmers may be moved up or down throughout the season depending on how they are practicing compared to the rest of their practice group. We will have clear objective that a swimmer must accomplish in order to move up.

**Swimmers are encouraged to attend all practice sessions that they are eligible for; however, practices are not mandatory. Please notify the coaches if you swimmer will be absent from a practice they are registered for.**

## SEASON

The Winter Season begins on October 9<sup>th</sup> and continues through the last meet a swimmer is eligible for. Swimmers who participate in 3 YMCA meets and meet all other team requirements are eligible to swim at the YMCA State Championship the first weekend in March. Some swimmers may qualify for additional meets that may be held as late as mid April.

A swimmer is encouraged to practice with the team until their last meet. Once a swimmer competes in their last meet they are finished with their season. Our Spring/Summer Season usually begins in early May.

The Spring/Summer Season usually lasts from early May until the swimmer's last eligible meet, usually held in early August. There is a separate registration fee for the Spring/Summer Season.

## EQUIPMENT

Swimmers provide their own swimwear and accessories for practices and meets. All items should be marked with the swimmers name. This equipment includes:

- Practice suit (a durable suit that can withstand pool chemicals. It is not necessary or recommended to purchase expensive suits/styles for practice.)
- Team suit ("matching" suits are available to wear at meets but swimmers are not required to buy them.)
- Goggles
- Swim cap
- Water bottle

***Certain practice groups, like the National Team, may require swimmers to acquire additional equipment.***

***Team suits are ordered in October by the swimmer online at [www.metroswim.com](http://www.metroswim.com). If a swimmer does not order a team suit, we request that swimmer to order a suit with similar colors. Local businesses sell suits and many sites online sell suits for very low prices. These "grab bag" suits are great for practices. Some sites include: [www.swimoutlet.com](http://www.swimoutlet.com), [www.onlineswimshop.com](http://www.onlineswimshop.com) and [www.swim2000.com](http://www.swim2000.com).***



## YMCA MEETS

YMCA meets include dual, closed and invitation meets. These meets are held almost exclusively on Saturdays. Home swim meets are held at the Down East Family YMCA. Away meets are scheduled at any of the other 15 YMCA pools in Maine.

Early in the winter meet season a meet schedule will be distributed. As soon as a swimmers/family knows which meets they are unavailable for the season, they should let the coach know so that rosters can be done with more accuracy.

Swimmers usually compete against swimmers in their age group. A swimmer's age is determined by **how old they are on December 1 of the current season**. Age groups are 8 & under, 10 & under, 12 & under, 14 & under, and senior, which is actually 12 + older. If this does not make sense, it will soon enough. Some meet formats have non gendered, and/or multi aged events. Not all meets are scored as team results. Swimmers generally swim 3-4 times per meet and meet ribbons are awarded based on race finish. Meets can last from 2:30 – 4 + hours dictated by any of a dozen different factors. There should never be glass or hot beverages or street shoes on deck at any time. Swimmers should bring warm deck clothes and an extra towel. Swimmers should plan to sit with the team for the meet duration unless other arrangements are cleared with the coach.

If a swimmer is unable to attend a scheduled meet due to illness or other extenuating circumstances, they **MUST** notify the coach as soon as possible before the meet in question.

**Dual Meets:** All swimmers are strongly encouraged to participate in the 4 dual meets each year. There will be two away and two home meets. DE-FY provides busses to away dual swim meets, though swimmers are not required to ride the bus. A parent note is required if a swimmer elects to ride the bus only 1 way.

**Closed Meets:** Closed meets are offered both home and away. The team may provide a bus depending on the distance and number of swimmers attending. There are usually 3 – 4 teams at a closed meet which allows for a little more competition.

**Invitational Meets:** Invitational meets are held both home and away. Away invitationals usually include an additional meet fee to be paid for by the swimmer before the swimmer can be registered for that meet. We host one invitational meet on the Wednesday of February break. This is a big fundraiser for the team and families are strongly encouraged to make themselves available for that meet.

## YMCA STATE CHAMPIONSHIPS

To be eligible for states, a swimmer must have participated in at least 3 dual meets over the course of the season and still be in good standing with the Y and the team. Every DEFY swimmer is encouraged to participate in this meet. The team covers the individual entry fees for this meet.

The State Meet is held at the University of Maine at Orono on the first weekend in March. The sessions are split according to sex and age-group. The actual schedule will be available in early January.

It is critical that swimmers entered in this meet attend the meet. Swimmers who do not show up may affect other swimmers by eliminating a relay thus eliminating a swim for teammates.

The swimming events that each swimmer will participate in at this meet are selected by the coach. Every effort is made to put the swimmer in events where they have the best chance for the highest level of success. Sometimes a swimmer will be in an event, which may not be a favorite. Swimmers may swim a maximum of 3 events. Some swimmers only swim 2 times for various reasons.

Transportation to the state championship meet is the responsibility of each swimmer.

**Meet website: [www.maineymcaswimming.org](http://www.maineymcaswimming.org)**

## YMCA NEW ENGLAND CHAMPIONSHIPS

Unlike the State meet, this meet has cut off times, which require a swimmer to have swum a faster time than the cut time to be eligible to swim that event at that meet. This meet is in Boston at either Boston University or Harvard. Relay events do not have cut off times. Participation in this meet is not required even if cut off times are achieved.

A swimmer will compete in the age group that they are as of the first day of the meet. Transportation and accommodations are each swimmers responsibility. As with the state meet, if transportation is an issue for participation in the meet, let the coach know as soon as possible so that arrangements can be explored.

Swimmers will be responsible for their entry fees and a portion of the coach's travel expenses for this meet.

**Meet website: [www.melroseymca.org](http://www.melroseymca.org)**

# YMCA NATIONAL CHAMPIONSHIPS

Nationals are held in North Carolina each April. Unlike States and New England Championships, which are age group meets, Nationals is made up of 1 division, the senior division made up of 12 + older swimmers that have swum faster than an established cut off time.

All eligible swimmers are encouraged to set as a short or long term goal, entry to this meet. It is by far, one of the top swim experiences an age group swimmer can participate in.

All travel costs are the responsibility of each swimmer, although the swimmer may engage in authorized fund raising activities to help offset costs. Swimmers may be responsible for a portion of the coach's travel expenses for this meet.

**Meet website: [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)**

## USA SWIMMING LEAGUE

There are swim teams in Maine that are not YMCA teams. They have a national USA team charter and are eligible for any USA meet held in the U.S. YMCA teams are allowed to charter a team and be a part of Maine Swimming Inc., the governing organization for all Maine USA swim teams. DEFY is such a member.

Benefits of USA swimming include but are not restricted to the following: swimmers get the opportunity to pick and choose which meets and events to participate in as opposed to a Y meet where the coaching staff selects the events. Additional exposure to more racing and unusual events has more often than not resulted in faster success to a swimmer.

USA Swimming has a separate registration process and fee. Since all USA Meets have additional fees involved, including entry fees and coach's travel fees, swimmers registering for USA Swimming will be required to set up an account with DEFY to cover these costs. Swimmers must keep a balance of \$35 in their account in order to register for any USA Swim Meet. The DEFY US Swimming treasurer will notify families if their account goes below \$35. Swimmers may have any remaining balance returned at the end of the season or have the money remain in their account until their swimmer is no longer a part of the swim team. Swimmers without the necessary funds in their account at the time the team registers for a meet may not be entered in that meet. USA meets usually require payment at the time entries are turned in which may be up to 1 month prior to the meet.

**[www.usaswimming.org](http://www.usaswimming.org)**

**[www.maineswimming.org](http://www.maineswimming.org)**

## **SETTING RECORDS**

To set a DEFY age group record, a swimmer must be representing DEFY at either a YMCA or USA Swimming meet or appropriate time trial.

To set a Pine Tree Cluster YMCA (Maine YMCA league) swimming record, a swimmer must be a full YMCA member in good standing, representing their YMCA in any officially sanctioned YMCA meet.

To set a Maine USA Swimming state record a swimmer must be a USA swimming member in good standing and be participating in a sanctioned USA swim meet or time trial.

YMCA State records may not be set at a USA meet and visa versa. No DEFY team record may be set by a swimmer that has competed for any post secondary institution or masters swim meet.

## **FINANCES**

YMCA membership fee's and team fee's are paid to the YMCA and help the Y to pay the coaching staff as well as support staff needed to oversee/ manage the team program. The team is in turn responsible for its own expenses such as transportation, meet entry fees, officials, meet ribbons, banquet awards, equipment, etc...

DEFY raises its monies to operate by holding an annual winter season LAP-A-THON. Swimmers are issued a pledge card in which they are asked to raise money by soliciting pledges from relatives, teachers, friends, neighbors, businesses or any other creative place that can find. Awards will be given to swimmers who reach certain levels of money raised.

## **SEASON ENDING BANQUET**

The awards banquet is usually held in late March or early April. The banquet is a chance for swimmers to be recognized for their efforts over the winter season.

Typically the event is held pot-luck style at the Moore Community Center.

All swimmers receive a certificate of participation for the season. YMCA State Championship Awards are handed out at the banquet.

## COACHES CONTACT

All of the coaches listed are part-time coaches. Although Matt, Kate and Carolee are full time YMCA employees, they all have other responsibilities in addition to their swim team hours. Please use discretion when contacting the coaches after regular business hours. More often than not we are enthusiastic about talking about swimming and welcome the opportunity to speak with you about your swimmers progress or to answer any questions about swimming.

The cell numbers are listed as a way to contact the coaches regarding a swimmers tardiness or absence at a swim meet so that the coach can make the necessary changes to the meet line-up. Most other issues related to your swimmer should be handled using the Y's phone number (667-3086), email, or face to face before or after swim practices.

Matt Montgomery – Head Coach

Work: 667-3086 Cell: 460-8471

Email: [mmontgomery@defymca.org](mailto:mmontgomery@defymca.org)

Carolee Batson – Assistant Coach

Cell: 664-4378

Email: [lonepalm99@aol.com](mailto:lonepalm99@aol.com)

Jim Goodman – Assistant Coach

Home: 326-9430 Cell: 266-2818

Email: [jbgood@mainelywired.net](mailto:jbgood@mainelywired.net)

Jacques Tardie, Zach Cravens & Alex Britt—Assistant Coaches

## DOWN EAST FAMILY YMCA CONTACT

238 State St

Ellsworth, ME 04605

Phone: 667-3086

Fax: 664-0120

Website: [www.defymca.org](http://www.defymca.org)

# GLOSSARY OF SWIMMING TERMS

**BLOCK-** The starting platform.

**CONSOLATIONS-** The second fastest heat in the finals. These swimmers can not move in to the finals for places.

**CUT-** Qualifying time. A time standard necessary to attend a particular meet or event.

**DQ-** Disqualified. This occurs when a swimmer has committed an infraction of some kind; e.g., freestyle kick during butterfly. **DRILL-** An exercise involving a portion or part of a stroke, used to improve technique.

**DRYLAND TRAINING-** Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and / or weight training.

**EXHIBITION-** Competing in a heat as a “practice,” no points earned by exhibition swimmer, but the time is official.

**FALSE START-** Occurs when a swimmer is moving before the start gun is sounded. In USA-S and YMCA, one false start will result in a disqualification.

**FINAL-** The championship heat of an event in which the top swimmers from the preliminaries compete.

**FLAGS-** Backstroke flags placed 5 yards (short Course) or 5 meters (long course) from the end of the pool.

**HEAT-** Specific race in an event. Each race is numbered by heat, usually the last heats are the fastest times.

**I.M.-** Slang for Individual Medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

**OFFICIAL-** A judge on the deck of the pool at a sanctioned competition who enforces rules. There are stroke and turn judges, starters, timers and referees.

**PACE CLOCK-** Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

**PRELIMS-** Slang for preliminaries, also called Heats or Trials. Those races in which swimmers qualify for the championship and consolation finals in the events.

**SENIOR SWIMMING –** Swimmers 12 & older who compete in open (no age group) competition.

**SCRATCH-** To withdraw from an event in a competition.

**SPLIT-** A time recorded from the official start to the completion of an initial distance within a longer event. Also the time for one of the four individual in a relay. Under certain conditions, splits may also be used as official times, for example, the lead off swim in a relay, or the lead off portion of an event.

**TIME TRIAL-** A time-only swim which is not part of a regular meet.

**TOUCH PAD-** A large sensitive board at the end of each lane where a swimmer's finish is registered and sent electronically to the timing system.

# MEET SCHEDULE

## October 27 \$

PBAY Spooktakular (Camden)

## November 3-4 \* \$

MMD Invite (Waterville)

## November 17 - DUAL

MDI @ DEFY

## December 1 - DUAL

DEFY @ PBAY (Camden)

## December 7, 8 & 9\* # \$

Bowdoin Open (Bowdoin College)

## December 9 \$

MDI Sprint Meet

## December 15

BYB & MDI @ DEFY

## January 5 - DUAL

DEFY @ LRSC (Bath)

## January 12 - DUAL

MMD @ DEFY

## January 13\* \$

SYOA (Westbrook)

## January 26

DEFY & PRY @ BYB (Bangor)

## January 27 % \$

Senior Meet (Bangor YWCA)

## February 2

DEFY & NYCY @ WCY (Belfast)

## February 3 #

All Star Meet (Bates)

## February 10 \$

MDI Invite

## February 20

DEFY Invitational

## March 2 & 3

YMCA State Meet (UMO)

## March 15, 16, 17 & 18 \* # \$

Winter Combined Championships  
Bowdoin College

## March ? # \$

New England YMCA Championships  
(TBA)

## March 25- 28\* # \$

Winter Zones (Webster, NY)

## April 3 - 6 # % \$

YMCA Short Course Nationals  
(Greensboro, NC)

## Key

\$ Individual entry fees may apply

\* USA Registration required

# Time qualification enforced

% Minimum Age requirement of 12 years by April 7, 2010.

*Schedule is subject to change.*

*There will be more meets offered and announced throughout the season.*

*Swimmers must compete in 3 YMCA meets to be eligible for YMCA State Championships.*

*Swimmers are encouraged to attend the 4 Dual Meets (these are YMCA meets and count towards the 3 meet requirement).*