

2019-2020 GMVY Wahoos Swim Team General Information, Schedules, and Fees



The GMVY Wahoos are a competitive swim team based out of Middletown YMCA competing in the Southwest Ohio YMCA Swim League. We are also a USA Swimming registered team allowing for further exposure to different levels of competition. We compete in two seasons; The Short Course season (training and competitions in 25 yard pools) runs from September through March/April, The Long Course season (training in both 25 yards/meters pools as well as 50 meter pools with competitions in 50 meter pools) runs from late April/early May through July/August.

Competitions are generally divided into age groups: 6 and under, 7/8, 9/10, 11/12, 13/14, and 15 and over. We do not cut anyone from the team and all ages and ability levels are welcome to join. We do ask that your swimmer be evaluated prior to joining the team to insure they are placed in the practice group that will best suit their abilities and meet their needs for improvement. We will be holding evaluations at the following locations:

Friday, August 16 @ 6p-7pm
East Butler YMCA
6645 Morris Road
Hamilton, OH 45011

Friday, August 23 @ 6:30p-7:30p
Fitton Family YMCA
1307 NW Washington Blvd
Hamilton, OH 45013

Friday, August 30 @ 5:30p-6:30p
Middletown YMCA
1020 Manchester Rd
Middletown, OH 45042

**THERE WILL BE AN INFORMATIONAL PARENT MEETING ON SEPTEMBER 5th, 2019 AT THE
MIDDLETOWN YMCA FROM 6:30pm-8pm**

Questions? Contact Head Coach, Brett Burns at bburns@gmvymca.org, rbrettburns@yahoo.com, or 937-479-4198 or visit our website: www.gmvywahoos.org

Membership

Per the National YMCA Rules that Govern Competitive Sports, all swimmers competing for a YMCA team must be full privilege members of the YMCA Association that they are representing. For the Great Miami Valley YMCA Association, this means that they can be members of any one of our branches (Fitton Family YMCA, Fairfield Family YMCA, Atrium Family YMCA, Middletown Area Family YMCA, or East Butler County YMCA) to be eligible.

Practice Groups

****Important Update: Gold, Silver 1, and Silver 2 will be practicing at East Butler YMCA on Tuesdays and Thursdays. The White, Blue, and Senior groups will remain at Middletown for all practices.**

Silver 1 Group [Age Group Beginner] (typically 4-9): The Silver 1 group is our first phase of age group development. Swimmers will learn to swim the four competitive strokes legally and begin to learn how to swim them faster as well as learning the basics of starts and turns. They will also learn the beginnings of flexibility and dryland exercises.

- No minimum practice attendance requirements. We recommend attending 3 of the 5 sessions offered per week.

Silver 2 Group [Age Group Beginner to Intermediate] (typically 9-12): The Silver 2 group is our second phase of age group development. Swimmers must be able to perform all four competitive strokes legally in order to join this group. Silver 2 swimmers will be challenged to further develop and refine their technique, starts, and turns, and will be introduced to race strategy, basic elements of conditioning, and how to think critically as a swimmer. Silver 2 swimmers will continue to develop flexibility skills and dryland exercises.

- No minimum practice attendance requirements, however we recommend attending at least 3 practices per week.

White Group [Age Group Intermediate] (11-14): The white group is limited to 11-14 year old swimmers who are still developing technique and are ready for the next challenge but have not quite met the pre-requisite to join the gold or blue group. The emphasis in this group will be heavy on continuing technique development and will begin to further introduce race strategy, mental preparation, and elements of conditioning. These swimmers will be introduced a bit more in depth to flexibility and dryland exercises. White group will practice at the same time as Blue group and will be periodically challenged to attempt to complete the blue group test set.

- No practice attendance requirements, however, we STRONGLY encourage attendance at 4 or more practices per week.

Blue Group [Age Group Advanced] (typically 10-14): The blue group is a training/conditioning group for age group swimmers. Technique development will still be a priority but there will be a much stronger emphasis on conditioning, race strategy, and mental preparation. Blue group will continue to develop flexibility and dryland exercises with a higher degree of intensity. This group has a pre-requisite test set that must be completed before being allowed to join.

- No practice attendance requirements, however, with the conditioning element involved in this group, swimmers will have trouble keeping up if they are not regularly attending practices (i.e. minimum of 4 per week).

SENIOR GROUP DESCRIPTIONS:

Senior Group [Senior Intermediate] (typically 14-18): All high school age swimmers not invited to the Gold Group must register for the senior group. The senior group will focus on continued refinement of competitive stroke techniques as well as a heavier emphasis on training and conditioning for optimal performance. Flexibility, reaction time, and strength training are emphasized as parts of the senior group dryland regimen. Senior swimmers will participate in supervised weight training as a part of their strength conditioning plan. Senior swimmers are also expected to participate in leadership and volunteer opportunities representing the team and the GMVY association.

- No practice attendance requirements, however, the senior and gold groups are trained and conditioned based on an overload and taper concept. If swimmers are not attending practices regularly then the body does not adapt to the overload and consequently cannot produce a taper effect prior to a goal meet. For best results, attend ALL practices!

Gold Group (Typically 11-18): The Gold Group is our "Elite Level" senior group. It consists of experienced high school age swimmers (and experienced non-high school swimmers at the invitation of the Head Coach) who consistently practice and perform at highly competitive levels. Stroke technique, mental preparation, strength and stability training, and more will be emphasized within this group. This group will have a VERY heavy emphasis on training/conditioning.

Swimmers must have previous performances wherein they have achieved more challenging swimming standards. This group is meant to be more demanding and will require a higher level of commitment than the Senior Group. Minimum attendance and performance requirements must be met to be eligible for Gold Group:

1. ***Athletes must have achieved a minimum of one Southwest Ohio YMCA AA time standard or faster (Zones, Y Nationals, USA JR and SR Nationals) within the past 12 months.***
2. ***Athletes must attend a minimum of 90% of practices. Attendance will be tracked.***
3. ***Athletes are REQUIRED to have all necessary equipment at ALL practices.***

Practice Schedule

****Important Update: Gold, Senior, Silver 1, and Silver 2 will be practicing at East Butler YMCA on Tuesdays and Thursdays. The White and Blue, groups will remain at Middletown for all practices.**

Silver 1 Group:

Monday, Wednesday, Friday from 5:30pm-6:30pm at Middletown Y
Tuesday and Thursday from 7pm-8pm at East Butler Y
(Practices begin Monday, September 9th)

Silver 2 Group:

Monday and Wednesday from 5:30pm-7:00pm at Middletown Y
Tuesday and Thursday from 7pm-8:30pm at East Butler Y
Friday from 5:30pm-6:45pm at Middletown Y
(Practices begin Monday, September 9th)

White Group:

Monday-Thursday from 6:30pm-8:30pm,
Friday from 5pm-6:45pm,
Saturday from 8am-10:30am
(Practices begin Monday, September 9th)

Blue Group:

Monday-Thursday from 6:30pm-8:30pm, Friday from 5pm-6:45pm,
Saturday from 8am-10:30am
(Practices begin Monday, September 9th)

Senior Group:

Monday, Wednesday, and Friday: 3:30-6:30 (3:30-5:30 Water, 5:30-6:30 Strength Training)
Tuesday/Thursday: (AT EAST BUTLER YMCA) 3:30-5:30 (3:30-5:30 Water)
Saturday: 8:00a-11:00a (8:00-11:00 Water)
**(Mon-Fri 3:30p-5:30p Pre-Season Practices Begin August 12th.
Official Practices begin Tuesday, September 3)**

Gold Group:

Monday, Wednesday, and Friday: 3:30-6:30 (3:30-5:30 Water, 5:30-6:30 Strength Training)
Tuesday/Thursday: (AT EAST BUTLER YMCA) 3:30-5:30 (3:30-5:30 Water)
Saturday: 8:00a-11:00a (8:00-11:00 Water)
**(Mon-Fri 3:30p-5:30p Pre-Season Practices Begin August 12th.
Official Practices begin Tuesday, September 3)**

**GMVY Wahoos
2019-2020 Short Course Practice Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	3:30-6:30 @ Middletown	3:30-6:00 @ East Butler	3:30-6:30 @ Middletown	3:30-6:00 @ East Butler	3:30-6:30 @ Middletown	8:00a-11:00 @ Middletown
Senior	3:30-6:30 @ Middletown	3:30-6:00 @ East Butler	3:30-6:30 @ Middletown	3:30-6:00 @ East Butler	3:30-6:30 @ Middletown	8:00a-11:00 @ Middletown
Blue (All @ Middletown)	6:30p-8:30p	6:30p- 8:30p	6:30p-8:30p	6:30p-8:30p	5p-6:45p	8a-10:30a
White (All @ Middletown)	6:30p-8:30p	6:30p- 8:30p	6:30p-8:30p	6:30p-8:30p	5p-6:45p	8a-10:30a
Silver 2	5:30p-7p	7:00-8:30 @ East Butler	5:30p-7p	7:00-8:30 @ East Butler	5:30p-6:45p	OFF
Silver 1	5:30p-6:30p	7:00-8:00 @ East Butler	5:30p-6:30p	7:00-8:00 @ East Butler	5:30p-6:30p	OFF

Fee Schedule

The fees and requirements associated with the team are listed below:

1. Registration Fee
2. Team Fee
3. Meet Fees
4. Fundraising Requirement
5. Volunteer Requirement

Fees will be collected by the Welcome Center at the Middletown YMCA. At the time of registration, you will be responsible for paying the registration fee and choosing a payment method for the team fees as well as setting up an auto-debit authorization for the meet fees. Methods of payment must be set up with the Y prior to September 17th. We will have veteran parent board members at the parent meeting who will be able to assist anyone with questions.

Online Registration (via Team Unify, www.gmvywahoos.org) will begin **August 12th** for all new and returning swimmers.

1. Registration Fee

- Goes directly towards purchasing the items listed in parentheses below for the athlete

Gold, Senior, Blue, White, and Silver 2: \$120

(\$69 USA Swimming registration fee, \$3 Team Unify fee, \$37 3 team t-shirts, \$10 2 team caps)

Silver 1: \$50

(\$3 Team Unify fee, \$37 3 team t-shirts, \$10 2 team caps)

- Please note that Silver 1 does not receive a USA Swimming registration. If a Silver 1 swimmer wishes to compete in USA Swimming meets, let us know and we will help you with obtaining the USA Swimming registration which must be purchased.

2. Team Fee

- The Team Fee goes towards helping offset the amount of money it takes to cover the coaches' wages for practices and meets. The Team Fees do not cover all costs involved with running a year-round competitive team.

Senior & Gold: \$1260 or \$140/mo for 9 months. If choosing the monthly payment option, payments are due on the 17th of each month and start 9/17 with the last payment due on 5/17.

-Long Course season included at no extra cost.

Blue: \$864 or \$96/mo for 9 months. If choosing the monthly payment option, payments are due on the 17th of each month and start 9/17 with the last payment due on 5/17.

-Long Course season included at no extra cost.

White: \$864 or \$96/mo for 9 months. If choosing the monthly payment option, payments are due on the 17th of each month and start 9/17 with the last payment due on 5/17.

-Long Course season included at no extra cost.

Silver 2: \$774 or \$86/mo for 9 months. If choosing the monthly payment option, payments are due on the 17th of each month and start 9/17 with the last payment due on 5/17.

-Long Course season included at no extra cost.

Silver 1: \$675 or \$75/mo for 9 months. If choosing the monthly payment option, payments are due on the 17th of each month and start 9/17 with the last payment due on 5/17.

-Long Course season included at no extra cost.

3. Meet Fees

- When we attend meets, the host team charges a fee per event swum for each swimmer (usually from \$4-\$10) and usually a one-time surcharge per swimmer (usually from \$4-\$10). You will be asked to fill out an auto-debit authorization with an account of your choosing from which these fees will be drawn. These fees are debited at the end of each month for any events swum at meets for that month.

For example: We attended the Coffman Y Halloween Invitational in October and Johnny swam 5 events at this meet. They charged us \$5 per event with a \$4 swimmer surcharge. This would mean that the account set up for Johnny would be debited \$29 at the end of October (\$5 per event x 5 events + \$4 swimmer surcharge).

4. Fundraising Obligation

- We are constantly trying to improve the quality of service we provide to our swimmers and their families.
- In order to do this, we must be able to purchase new equipment, keep coaches certified and educated, provide athletes with new experiences, and many, many other important and necessary items that are not included in the prices of the Team Fees.
- Our fundraising efforts are meant to help the team be able to provide these types of things so that we are continually improving the Wahoos experience.
- Our current fundraising obligation is \$280 per family (not per swimmer). The Team Support Board (Parent Board) will have a Fundraising Chair who will be directing and organizing our fundraising efforts and will be able to provide more information about what fundraising opportunities we are currently offering.

5. Volunteer Requirements

- The lifeblood of the competitive swimming world is volunteers. It takes timers, officials, concessions workers, heat sheet sellers, scorers, awards sorters, and so much more to pull off a successful swim meet. This is part of what makes a competitive swim meet special and different from just swimming in lessons.
- It is absolutely vital that we understand it is a team effort to coordinate and run a swim team and more specifically, swim meets. The Wahoos family wants to insure that we are fostering a positive and cooperative approach when it comes to the obligation of volunteering for your team and for your swimmers.
- Every Short Course season the Wahoos host several meets at Middletown YMCA. We host two dual meets (vs. Countryside in October and vs. another SWOYSL team in November), one 3 day invitational (The Lisa French Memorial Invitational in January), and one 1 day invitational (The Last Chance Meet in February). Hosting and running these meets requires many volunteers and every Wahoo family is asked to pitch in to help these events run. We are also asked to provide volunteers at certain away meets and for the championship meets at the end of the season.
- Because we will not be able to run our home meets (and the league will not be able to run the championship meets) without volunteers, we ask each family fulfill a specific number of volunteer hours or shifts. Consequences for not fulfilling volunteer requirements will result in a fine. As stated previously, we want the primary motivation to fulfill volunteer requirements to be seen in a positive light as supporting the team and the swimmers, not simply to avoid the fine.
- We are currently asking all families to fulfill **five (5) volunteer shifts per season**. A shift is usually only a couple hours in length. These shifts can be fulfilled at any of our home meets or at any meet for which we are required to provide volunteers (i.e. Championships). You can be creative in how you fill your volunteer shifts. Have a teenager who doesn't swim but can run a stopwatch? Bring them and have them work one of your shifts!
- Upon registering, you will sign and initial an agreement to fulfill 5 volunteer shifts per season or be subject to a **\$100 per shift unfulfilled fee**.

Instructions for Registering for the GMVY Wahoos

1. First, per the National YMCA Rules that Govern Competitive Sports, all swimmers must be members of the YMCA Association that they are representing. You can be a member at any one of GMVY's branches to be eligible.
2. Second, your swimmer(s) will need to attend one of our evaluations to make sure that they are placed in the correct group. If you cannot attend one of the dates that we have listed, please contact Coach Brett (bburns@gmvymca.org) and we can work out a time to schedule the evaluation. This is important as different groups have different team fees and it will be necessary to know into which group your athlete is placed so that you are billed correctly.
3. Third, you will need to register with our website (www.gmvywahoos.org). There will be a "Click for Registration" tab and it will give you prompts to follow. Please make sure that you complete the Emergency Medical Form both online and print out a hard copy to complete, sign, and turn in before the first day of practice. Make sure to use an e-mail that you check regularly for this registration as we do most of our communication via e-mail.
4. Fourth, you will need to pay the registration fee and set up a way to pay the team fee at the Middletown YMCA Front Desk.
 - a. Due to our YMCA Association policy we are unable to accept payments through our team website.
 - b. When you register in person, the Welcome Center Staff will ask you if you want to pay the entire team fee at once or if you prefer to pay it over a 9 month period. If choosing the 9 month billing option, payments will be debited from your account on file on the 17th of every month beginning in September and ending with the last one in May.
 - c. They will also ask you to set up an auto-debit account authorization. This will be the account from which the meet fees are collected. It will also be the account from which the team fees are collected if you choose the monthly payment option.
 - d. Make sure to turn in the hard copy of your athlete(s)' Emergency Medical Form and Code of Conduct at this time.
5. Attend the mandatory Pre-Season Parent Meeting from 6:30p-8p on Thursday, September 5th at the Middletown YMCA.

PLEASE NOTE: We will be unable to allow any athletes to participate in practices if they are not fully registered with their Emergency Medical Form and Code of Conduct turned in prior to practice. Simply registering through the Team Unify site will not register your athlete for participation. Please make sure you have followed the registration instructions completely before bringing your athlete to practice. We do not want to turn anyone away from practice but we must also protect the Team and the Y.

Championship Meets

The Southwest Ohio YMCA Swim League takes part in a "Championship Series" at the end of the short course season. In order to compete in any championship meets at the end of the season, swimmers must have competed in three YMCA meets (dual meets or invitationals) during the regular season (USA meets do not count as YMCA meets). The championship meets are progressive, requiring the achievement of faster qualifying times for each successive meet.

"A" Championships: There are no qualifying time standards for this meet. All league swimmers who have competed in the minimum of three YMCA meets prior to the championships are eligible. Swimmers must have a legal time for any events entered (i.e. they must have swum the event legally in a previous meet)

Exceptions: 8 and under swimmers with 4 or more "AA" qualifying times may not compete at the "A" championships. 9 and over swimmers with 6 or more "AA" qualifying times may not compete at the "A" championships. Swimmers who have "AA" qualifying times but do not have 4 or more for 8 and under or 6 or more for 9 and over, may not compete in the events in which they have the "AA" qualifying time(s) at the "A" championships.

"AA" Championships: There are qualifying time standards for this meet. Swimmers must have achieved the qualifying time standard within the past year (i.e. any meet occurring from and including the previous year's "AA" championships to the present "AA" championships). Some swimmers may qualify to compete on a relay team if the relay achieves the time standard or if a provable aggregate of times is submitted.

Regional "Zones" Championships: There are qualifying time standards for this meet that are faster than the "AA" championship standards. There is no 8 and under age group at this meet. Some swimmers may qualify to compete on a relay team if the relay achieves the time standard or if a provable aggregate of times is submitted.

YMCA "Nationals" Championships: Swimmers must be age 12 and older to be eligible to compete in the YMCA Nationals Meet. These qualifying time standards are significantly more difficult than the "AA" and "Zones" standards. There are only one set of time standards, meaning a 12 year old must achieve the same time standard as an 18 year old. This meet is the pinnacle of YMCA Competitive Swimming. Some swimmers may qualify to compete on a relay team if the relay achieves the time standard or if a provable aggregate of times is submitted (all swimmers on the relay must be 12 or older)