

2021 - 2022 MCY Swim Team Parent Handbook:

Table Of Contents:

- I. Welcome and Pearls of Wisdom - page 1
- II. Early Season Information - page 3
- III. Practice Information - page 4
- IV. Team Communication - page 6
- V. Swim Meet Information - page 6
- VI. Parent Responsibility and Billing - page 8
- VII. Team Goals - page 11
- VIII. Swim Terms - page 11
- IX. Swim Meet Basics - page 12

I. Welcome to the MCY Swim Team. We are so glad you have chosen to be a part of our team. Competitive swimmers learn many skills other than how to get from one end of the pool to the other:

- ***Some of the skills we hope to inspire in your swimmer include:*** Short Term and Long Term Goal Setting, Building Self-Esteem, Discipline, Responsibility, Time Management, Good Character Development and Good Sportsmanship.
- **All swimmers on the team have to be a member of the Miami County Y.**

*****For Your Information ~ Pearls of Wisdom from Coach Jim and Coach Pam:***

*****Number 1 information nugget we want all members on our team to know ~ If your swimmer does not attend practices then they do not feel like they are a part of the team and then do not want to stay and actually become a part of the MCY team. (This same thing goes for moms and dads, so take the time to get involved this season :)***

~ This handbook is designed to answer questions that may arise at the beginning and throughout the season. If you have questions or concerns that are not addressed in this handbook, please ask Coach Pam, Coach Jim or an MPAC member. Your comments and suggestions will help our program to become more successful, so we look forward to hearing from you.

~ Swimming fun-facts:

- 1) Swimmers have the highest GPA of all athletes.
- 2) At MCY we have great families with great athletes, great pools to swim in and many, many swimmers who are learning how to swim and keep on swimming throughout the rest of their lives.
- 3) Swimmers at MCY LOVE swimming.

~ We have many swimmers who are in Fall Sports, if you can get to a practice at least once a week before you end that sport, it will help ease your swimmers onto the team and keep them up to date on drills and training technique.

~ There are no ulterior motives and no hidden agenda here...just coaches wanting swimmers to learn to swim confidently and do their best at MCY!

~ We have noticed that swimmers who attend 75% of practices are the most successful swimmers on the team.

~ Early success in swimming does not necessarily translate into future success, so absolutely NEVER give up!!

~ Long Ago We Decided...we may have not had any Olympic Swimmers (YET!) not sure that we ever will, but we are definitely excited to see if we can make that happen!

- We have had many swimmers go on to swim at the collegiate level and look forward to helping your swimmer achieve their short term AND long term goals.
- All this to say - we take the swimmers that come to us with our goal to have these swimmers achieve their goals and make them better swimmers with technique and confidence.
- Swimmers have to have goals: short term, long term ~ why are they here? (We will be asking them and so should you.)

~ Three Things That Parents Can Do To Help with their Swimmer's Swimming:

- Always Be Positive with your swimmers (even if you don't feel positive :).
- Good Nutrition throughout the season is really important.
- Get your swimmers to practice as much as you can as 90% of their times depends on their attendance, especially when age-group swimming.

~ Three Things that Swimmers Can Do To Help with their own Swimming:

- Always Have a Positive Attitude

- **Acquire the Ability to Develop a bit of a Pain Thresh-hold.**
- **Tell Coaches about injuries as soon as they know.**

Some extra details to keep in mind at the beginning of the season...

#1) Please make sure your swimmer has fins and make sure they have their name in marker on those fins so they do not lose them.

#2) Make sure your swimmer has their YMCA membership card to check in each practice as it makes things quicker, every swimmer has to be a member of the Miami County Y.

#3) You need to have turned in your registration form to be on our Team Unify website and you will need to login in to see much of the information on the website.

1. First Things are First:

- Please fill out your swimmer's Registration Form/Payment Agreement form/Emergency Medical Form, Lindsay Law and the Concussion Signature Form today if you have not already done so...the EMF will be copied and at both Y's in case of emergency.
- *If there are important changes from previous years swimming with the MCY team, **we need to know, please talk to a coach, preferably Coach Pam :) we like to be informed when something important could affect your swimmer's practice and safety.**

2. Coaching Staff:

- Feel free to contact coaches when they are NOT on deck, e-mail or phone works best.
- Coach Jim Fulton will be working with all ages, but mainly 11 and up swimmers.
- Coach Pam Fulton will be working with all age groups, but mainly the 10 and under and doing all the team communications and meet entries.
- Coach Michael Speck - longtime friend and colleague and love of the sport of swimming - 13 and up swimmers at Robinson pool.
- Coach Zac Manson - MCY parent and former MCY swimmer - 11 - 12 swimmer coach in Piqua.
- Coach Nikki Alexander - MCY parent and helping to coach the 9 - 10 swimmers
- Coach Cynde Sroufe - MCY parent, and teaches swim lessons helping out the 10 and under swimmers

II. Early Season Information~

1. Kelly's Poco Loco will be@Robinson Y Thursday, October 5th from 5:00 - 7:00 pm:

- Speedo Contract ~ you are all encouraged to purchase Speedo items from Kelly's when needed because they sell quality items and have them available for try-on, although you are not required to purchase from Kelly, there are also great Companies online that once you know your size/kind interested in you can go elsewhere.
- Kelly's will bring our team suit for all to try on, extra goggles, fins, parkas and bags and in case you want to purchase these items she has them available to take home with you.
- Great news is that we do receive a discount on these products.
- We are asking all swimmers purchase the team suit if possible and an MCY cap will be given to all new swim team members to wear in meets.
- We will be placing an order for Personalized MCY silicone caps for all interested.
- Practices are not covered by our Speedo contract, swimmers may wear whatever Company you wish in practices. If you have any questions about this please feel free to ask Coach Pam.
- Team Suits are not mandatory, but it is great going to a meet and seeing all the swimmers from our team looking great together. They are a high quality, plain suit ~ we have several options for girls suits, with a new fly-back option this season.

2. We will have Spiritwear that is available to order ~ this is optional for all swimmers, parents and other family members, but we believe we are getting this process down and have a great Company to work with this year: Homestretch in Wapakoneta.

3. We will have Individual Pictures...This is available for all Swim Team members age 6 - 18 and we do ask that all members be in attendance if at all possible for the Team Photo even if you are not interested in purchasing the pictures. **Stay tuned for more information as we have it.**

4. Family Folders ~ Your family will have a folder at the Robinson Y under the Bulletin Board outside the pool room windows where swimmers/parents can come and check regularly for ribbons/medals ~ if you would like to help get ribbons into these files please let Coach Pam know if you can volunteer. Thank you for all of your help!

III. Practice Information ~

1. Practice time:

- **How does your swimmer get better this season?** Being in the water absolutely every time they have the opportunity to be in the water will show in their times in a race! Can't be there at every practice ~ we understand, not an easy task, but also know that missing every single Piqua practice or Robinson practice due to the length of the drive or other reasons, will have a detrimental effect on your swimmer's times this season.
- *Attendance will be taken at all practices for all practice groups and any time you are unsure how much your swimmer is coming, ask to see your "attendance score".*
- **Returning Swimmers** ~ If your swimmer has other activities every single week throughout the entire season, AND you are looking for improvements ~ like another sport 2 or 3 times a week, church night 2 times a week, other school activities etc. **they will probably not see huge improvements** - possibly another swimmer will see who is focused on improving their strokes and **coming more regularly**, it is a question - they may need to step out of their other activities to make the difference in their swimming. It all depends on your swimmers' focus :)
- ****We want everyone who wants to improve their performance in swimming to be a part of MCY Swimming...but please do not take away that you can improve by just putting your name on the roster...work has to follow.** We will discuss these philosophies during all practices with your swimmers and at parent meetings.
- **When your swimmer comes to practice they need to focus on working their heart out, the more the effort in practices, the better the time in a race, these two things are DIRECTLY related.** They need to be prepared with suits/caps/goggles/fins and water bottle (if they are 9 and above).

2. Practice Group Explanation/Philosophy:

- **Check out our website for an updated practice schedule...**all groups are subject to slight changes due to the amount of swimmers contained in each age group (look for any updates as the group is underway with practices at least one week in September/November).
- **Look in the "About" and "Resources" section on the homepage of the website under Practice Groups and Teaching Values for updates on coaching philosophy, any time Coaches come across good swimming articles and tips they will be placed on the website.**

- Every year, at the beginning of short course season, parents worry about how to get everyone to the right practice times...**PLEASE ask for help if you don't understand or need help**...we would like to provide help having swim families find each other to share rides. Please let me know if you need help...we will try to pair up swim families in need.
- **Carpooling might be a must** if you want your swimmer to get to their full potential...we want everyone to attend practices at both pools if at all possible ~ otherwise you are missing out on precious time in the water and much technique is worked on at the Piqua pool. (FYI - Piqua is a metered pool, Robinson is a yard pool.)
- 13 and up swimmers will be learning about Nutrition, Sleeping and Health Habits; Long and Short Term Goals and Target Times for the season, and Video learning days.

3. **Practice Guidelines:**

- Practices will start on time and finish on time, please allow for time to get to the pool and be ready to get in the water.
- Swimmers should not leave the deck without permission of the coach of their lane.
- Swimmers misbehaving will be excused from practice and parents contacted.
- Parents are welcome to observe practices. Parents should not come onto the coaching-deck area to talk with the coaches or swimmers during practices. Before or after a practice is always best to make contact with coaches.
- Practices will occur unless you are notified via email, Remind text message and MCY Marlins Swim Team FB page. The Y almost never cancels practices during the season and therefore we do not cancel practices except for lightning/thunder (out of the pool and off the deck for 30 minutes) or other acts of God outside of the pool.
- Practices may be cancelled due to inclement weather...there is a ½ hour mandatory out-of-the-pool time if lightning or thunder are spotted/heard even though we are inside.

IV. Team Communication: All information about the team, practices, meets, team pictures and Spirit wear will be communicated through three different sources this season:

- ***Coaches need to know about your swimmer:*** if they have long absences, illnesses, etc. please let us know through e-mail or an actual note handed to their coach at practices.
- **Medical concerns need to be known for each swimmer** ~ Emergency Medical Forms to be filled out by parents...they will be copied and placed at both Y's as a resource in case of emergency.

#1. Team Unify e-mail list ~ make sure all emails are correct on the TeamUnify Website, that will allow information to get to the right places. You can have up to 4 emails, plus swimmer emails so there are plenty of spots if you need many attached to your account.

- MCY Team Website: www.swimmcy.com
- Southwest League Website: www.swyswim.org
- Coach Pam's Email: headcoach@swimmcy.com - cell number 937 572 7664
- Coach Jim's Email: marlinmaker@gmail.com - cell number 937 572 7662

#2. MCY Marlin Swim Team Facebook Page ~ become a Facebook friend of the MCY Marlin Swim Team today...many items go there first just because it is easy for many to post. This is a closed group, so all members have to be added by a previous member or Coach Pam.

#3. "Remind" texting service ~ make sure you follow the directions for being a part of this group as they come out. This system will be used for any cancellations, meet directions or practice problems and good news, etc.

V. Swim Meet Information ~

- **Attendance at all meets is optional:** *New swimmers* ~ we suggest you pick one day for an Invitational, and 1, possibly 2 meets a month would be a good guide to begin the first year being on MCY Marlins swim team. *****All swimmers must swim in three meets during the season...**All High School swimmers must swim in their three meets before the HS meet season begins in December.
- This year 2020 - 2021 all returning swimmers that had their 3 meets last year that same number will carry through this season.
- 6 - 8 aged swimmers will NOT attend meets until after their practices start in November.
- ***Y Swimming includes a "tiered" Championship Series: **All swimmers are required to attend the "A" Championships at Trotwood Y the first weekend in March.**
- **To attend the "AA", Zone and National YMCA meets** ~ swimmers must qualify based on the time standards for these meets. Time standards will be the same as last year - already loaded onto our website and listed as the 2019 - 2020.
- The League website www.swyswim.org can also be reached by going to our team's website and then scrolling down to the right of the front page (in the Partners section) and clicking on the large Y logo. (It is the larger blue and purple Y logo.)

We hope to get back to this for the 2021 - 2022 swim season...TBA as we know you will know. We are at a bit of a loss so far this season and hoping to get things done as we know more.

Coach Pam :)
937 572 7664
headcoach@swimmcy.com

1. Meet Entries:

- **All meet entries will be done through our website www.swimmcy.com and the coaches will have final say on meet entries and will then contact the parent before the meet of any changes that need to be made.**
- In Y Swimming the parents/swimmers are “in charge” of signing up for meets and if you are unsure what to have your swimmer swim - please ask...we would be glad to help out in this area.
- The only departure from this model would be dual/tri-meets as the coaches will decide the swimmer’s events, there is no charge for these meets.
- ***Deadlines have to be closely followed***...we don’t usually have extra time, please keep up with deadlines as they come, they are usually given well ahead of the meet.
- Relay entries are determined by the number of swimmers entering a meet and done strictly by times and with the coaches discretion.
- ****If your entries are not in on time...your swimmer will not be entered in a relay.**
- Practice attendance in the early months may affect a swimmer’s placement in a meet or at the least the events they are able to swim and especially the relays they placed in at meets.
- All entries can be checked on the Team Unify website before a meet. If you change your mind you have until the due date to go into your account and change your entries. After the meet has been sent off to the host team...you are locked into those entries and paying for those entries. Our team is billed for those exact entries and if you miss that meet you are still responsible for those fees no matter the reason.
- No Relays at this time for the 2020 - 2021 swim season. Below is information from previous seasons.
- **Relay Fees for Invitational meets cost around \$20 a relay and that cost is then split between the four swimmers on that relay team. You must let Coach Pam know@sign-up time if you cannot or do not want your swimmer to swim in a relay, place remarks in the “Notes” section provided. The team is charged the full amount regardless of whether the relay swims or not. *IF* your swimmer is on a relay at an Invitational and for some reason cannot swim when it comes right**

down to that meet, if they cannot be replaced - the entire cost of the relay will go to your swimmer. IF your swimmer fills in at the meet for a relay swimmer who is not swimming due to illness or absence then your swimmer will be charged that part of the relay cost.

- Several Invitationals have entry due dates a couple of weeks out...so please pay close attention to emails and deadlines. Sometimes a swimmer can be added, but sometimes it is just too late.
- Coaches will take utmost care to fit every swimmer in their best events for dual meets.

VI. Parent Responsibility Information ~

1. How can you help?

- Organize carpools to practices and meets, be to the most amount of practices for your age group swimmer as you would like to see improvement.
- Organize fun events for swimmers by age group, by girls/boys all ideas are welcome.
- Organize a holiday party: Fall, Halloween, Thanksgiving, Christmas, Super Bowl Party...
- "Goodie bags" for a swim meet for a certain age group for a meet or practice.
- Become a MPAC Member
- Become an Official for the MCY team.
- Offer ideas for improvements with the current system of doing things, we are the first to admit we are not perfect. We welcome help every time it is offered.
- Offer help advertising the team with the newspaper, special functions, swim meet results, etc. The more folks know about our team's accomplishments the more they might be likely to become a part of it.

2. Marlin's Parent Board Organization: This group is responsible for helping with the many aspects of meets and extracurricular activities of the team.

- Current members of the MPAC group: Carrie Bass, Christine Bathgate, Gail Christenson, Sherry Evans, Anna Good, Michelle Hutcherson, Stephanie Ratermann, Cynde Sroufe, Mandy Twiss, and Lynne Zimmerman.
- All parents of a team member are welcome to come to meetings which rotate from Robinson to Piqua YMCA's each month.

- **We need you!** If you would like to volunteer to be a part of a Committee this season please let one of the coaches know and we will get you headed in the right direction. Or you can come and help out without being official, come when you have time to help.

3. Officials: A Swim Official is someone interested in the technical aspect of swimming.

- Our team is looking for those parents interested in becoming officials, anyone who has been a MCY parent for at least a year and plans on being a part of the team for at least the next couple of years...**we need you!** Please let us know!
- Our MPAC group pays for the Official's Training class of all parents that want to become an official. These classes are usually held in October and in May each year.
- Please let Coaches or an MPAC member know of your intent to become an Official today.

4. Meet Workers: We will need meet workers for our two home meets, it takes at least 30 workers for each home meet and most away meets we do not need to work until we get to the Championship Meet season in March...mostly timing and several other easy-to-train jobs. *If we can get everyone to work at least ½ of the dual meet*, no one family has to provide more jobs ~ we thank you for your efforts here!

- Each family will be required to work at our home meets (2) ~ the Fall Home meet is a learning meet for both swimmers and parents; and then the MCY Marlin Madness Invitational February 5th - 6th...**"Save the Date"** right now so you have it on your schedule! *You will be given the opportunity to sign up to work or jobs will be "auto-assigned" by February 1, 2022.*
- Worker positions will be available for the home dual meet and the Marlin Madness Invitational, sign up on our Team Unify website to get your first choice of jobs.
- We know this can be intimidating to new families, but please know there is a job for everyone - we will train you to work.

5. Job Sign-up: Parents may sign up for jobs on the TeamUnify website.

- Parents who do not fulfill their work obligation will be 'auto-assigned' to jobs as needed. It is the responsibility of parents to work the 'auto-assigned' shift (or find a replacement).

6. Job Positions Explained: The following is a summary of the jobs available at meets: (Jobs labeled with * do not require any previous experience or training.)

***Timers/Writers:** Take times during the races and write those results on paper.

***Runner:** Collect time sheets, DQ slips after each heat and return them to the scorer's table.

***Back-up Timer:** Take manual time with a stopwatch for each heat in case one of the main timers has a malfunction.

Computer Scoring: (Home meets & MCY Marlin Madness meet) Run the computer system that records results and prints out scoring, and ribbon labels.

***Ribbon Writer:** (Home meets & MCY Marlin Madness meet) Place scoring labels onto ribbons/medals and sort them out for each team, put our ribbons/medals into our family files.

***Heat Winner Ribbons:** (MCY Marlin Madness & possibly Championships) Give ribbon or other awards to the swimmer who wins his/her heat.

Clerk of Course/BullPen: (MCY Marlin Madness meet only) Responsible for running the bullpen and getting all swimmers lined up and to the blocks on time.

Referee & Starter: Responsible for running the meet by calling out heat and event numbers starting each heat. Must also oversee all turn and stroke judges and make the final decisions regarding disqualifications. ****Requires YMCA or USA Swimming Level 2 certification****

Stroke and Turn Judges: Responsible for carefully watching all swimmers to see that strokes and turns are executed legally. Must disqualify swimmers as needed. ****Requires YMCA/ USA Swimming Level 1 certification.***

***Heat Sheet & T-Shirt Sales:** (MCY Marlin Madness meet) Sell heat sheets & t-shirts before & during our invitational meet.

***Concession Workers:** (MCY Marlin Madness meet) Help set up & clean-up concession stand and sell food during the meet.

***Announcer:** (MCY Marlin Madness meet) Announce upcoming events in YMCA areas so that swimmers can get to their events on time.

7. Billing:

- Program Fees ~ cover coaches salaries, expenses, pool time, dual meets, Team Unify fees, equipment used by coaches for training, equipment to run a meet, coach's travel expenses, and swimmer incentives, etc.
- ****Prepaid Meet Account ~ you deposit money into this account to cover the fees associated with each meet. All Invitationals have fees associated with each event entered. Dual meets have no cost associated with events swam. It may be a good idea to pay as you go with each Invitational. The \$100 amount given to you is just a suggested amount.**
- Booster Fee is used to support the team through concessions, purchase ribbons, food, etc. Needs to be paid in full by November 1, 2021. Thank You. All billing concerns, please contact Leia Lander at l.lander@miamicountyymca.org or by phone at 440.9622.

VII. Team Goals ~

Have Fun Learning to Swim the Four Competitive Strokes and Become Strong in Mind and Body!

- We want everyone to have fun; swimmers, parents and coaches should all have a goal of having fun! We also have many serious times in the water so that we make sure we are practicing safe habits.
- We want all swimmers to learn the correct technique of the four competitive strokes, turns and starts.
- We want everyone to be able to improve their practice performances, meet performances and knowledge of competitive swimming.

VIII. Swim Terms ~

1. Swim Team Terms You Might need to Know this Season ~

- *DQ* = disqualification, elimination of the swimmer from the race usually because of an incorrect stroke, turn or start or error.
- *False Start*, leaving the starting blocks before the start in an individual event, or leaving the blocks before the previous swimmer touches the wall on a relay event.
- *Heat*, entries are divided into groups of swimmers based upon the number of lanes in the pool. The slowest swimmers, based upon previous times submitted by the coach, are entered in the first heat of the event, while the fastest swimmers are in the last heats of the event.
- *Individual Medley (IM)*, one swimmer swims all four strokes in one event in the following order: Butterfly, Backstroke, Butterfly and Freestyle.
- *Swimming Up*, a swimmer may compete in an older age group than their actual age. This is not done often but is a good way to utilize an overabundance of swimmers in one age group to make up for a shortage in another at a particular meet.

~ It is the hope of the coaches that all swimmers on the team attend the “A” Championship meet and if they make the “A” Plus Finals, “AA” and Zone time to also make every effort to attend those Championship meets/sessions in March at the end of the 2021 - 2022 Short Course season.

Welcome to the MCY Marlins Swim Team! Please let me know how I can make this winter Short Course season better for you and your family!

Coach Pam Fulton :)
MCY Swimming
8/19/2021

IX. Swim Meet Basics

WHAT TO TAKE TO THE MEET:

1. MCY Cap, goggles, suit and several towels
2. Water bottle.
3. Healthy and nutritious snacks to eat during the meet
4. Write the event numbers your swimmer will be swimming that day at the meet on their hand. You may want to use a sharpie marker because it will hold up better in the water. Writing the event numbers helps your swimmer remember what events they are swimming and what event number to listen for during the meet over the loudspeaker. When you get to the meet you will need to get a hold of a heat sheets to be able to write their specific heat and lane for each event.
5. You may want to have some money for snacks that are available at the meet along with usually a swimwear company that has swim gear available at a larger Invitational.

BEFORE THE MEET STARTS:

1. Arrive at the pool at least 15 minutes prior to the start of warm-ups...this time will be sent out the week of the meet. We do not know the specifics until the meet is set up and the number of swimmers is confirmed.
2. Find our team's "camp" ~ at most Invites you will find by going into the gym and looking for the sign on the wall or from the friendly faces of other MCY families.
3. Once your chairs, blankets and bags have been dropped off it is time to get suits on if not already on, get caps, goggles and towels and be ready to go into the pool room for warm-ups.

4. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day ~ they need to get the engine going and warmed up before they can go all out. It is also important to get their counts for the backstroke flags and a start or two off the blocks so that they feel comfortable with their new surroundings, this is especially important for younger swimmers...but older swimmers also need practice on backstroke if they are doing that stroke in the meet.
5. After warm-ups your swimmer will go back to the area where their team is sitting and wait until their first event is called. This is a good time to make sure they have used the restroom if necessary, get a drink, or just get settled in for the session. You may want to pack healthy and nutritious foods for your swimmer to snack on during the meet. Also make sure to pack a water bottle.
6. The meet will usually start 10 - 15 minutes after all the warm-ups are over.
7. All questions concerning meet results or an officiating call, or conduct of a meet should be referred to an MCY coach and then they will pursue the matter through the proper channels.
8. Psych Sheets or Heat Sheets...a Heat Sheet is usually available for sale in the lobby or possibly in the concessions area of the facility and lists all the swimmers, their times and the heat and lane that they are in for each session. A Psych Sheet lists all the swimmers in each event in the order of their "seed time" and is available before the meet usually via email through coaches. When the team entry is sent in each swimmer and their previous best time (up until the time the entries were due into the Host team) in that event is listed. ***If the swimmer is swimming in an event for the first time they will be entered as a "no time" or "NT". A "NT" swimmer will most likely swim in one of the first heats of the event. Sometimes we receive a psych sheet a few days ahead of the meet so that you have a bit of an idea what is coming up for the weekend...sometimes we do not.

Once the MEET STARTS:

1. It is important for any swimmer to know what event numbers they are swimming prior to the warm-ups...have at least the event numbers and what they are swimming so that they can prepare properly for the day. They may also swim directly after the warm-ups and so they need to again be prepared for the events of the day.
2. All meets are now computerized...so a swimmer will usually report directly to their heat and lane for the competition a number of heats before they actually swim. Swimmers should report with cap and goggles behind the blocks unless there is a Bull Pen for younger swimmers.
3. The swimmer swims their race to the best of their ability.
4. After each swim: Every swimmer is to ask the timers (people behind the blocks at each lane) for their time ~ this is your swimmer's responsibility. They are to report to their coaches before visiting mom and dad in the stands to receive notes on what they need to do next time swimming, or make sure they are aware of relays at the end of the etc.

5. Generally the coaches follow these ideas when giving instructions after a swim: positive comments about that particular swim, and suggestions for improvement.
6. Things you as a parent can do after a swim: tell them how great they did, their coaches will be sure to discuss technique with them...you need to reassure them that they did a good job and how proud of them you are. Take them back to the "camp" area and relax until their next swim. This is also a great time to check out the restrooms, get a drink or something light to eat.
7. The swimmer now waits until their next event is called and starts the whole process all over again for their next event. When a swimmer has completed all of their events and has made sure (by speaking with their coach) they are not involved in a relay for the session you are all welcome to go home for the day. ***It is really important for all swimmers on the relay to stay to swim on a relay where your swimmer is expected to be a member and then they do not show up for the event. We will then have three very disappointed swimmers and you will be required to pay for the entire relay if it does not swim. If we find a replacement then the payments will be spread out amongst all of the four swimmers swimming in the relay.
8. Results are usually posted somewhere in the facility. Awards are gathered for a team and given to the coach at the end of the meet and will be placed in the family file folders at each Y to be collected in the next couple of days at practices.

Coach Pam Fulton
8/19/2021