



Dear Swimmers and Parents,

Welcome to the YPAC Pirates! Your young swimmer is hopefully beginning a lifelong relationship with a great sport, and our team is a wonderful place for this to unfold.

Our goal is simple: to come together as a team and to swim faster than ever. The game in swimming is to keep going faster. As each new level is achieved, it becomes more difficult and requires more commitment. Swimmers learn what it means to be dedicated, to work really hard for something, and to experience the sense of profound accomplishment when achieving a goal. They can learn through swimming what it means to live with passion, to pursue a goal with vigor, and to not settle for just okay. They also learn what it means to persevere through challenges and develop the resilience to forge ahead. This helps build an inner confidence that is not easily gained, but incredibly valuable in preparing your swimmer for future success.

These lessons would be incomplete without a sense of community and the value of teamwork. Swimming is a rigorous sport, and it fosters intense camaraderie. Rather than being a group of individuals just trying to swim faster, we teach support for each other and strive to build meaningful and lasting relationships. As our team continues to rebound from the shutdown during COVID, it is our mission to rebuild and energize a strong and welcoming community. We want to support each other and to develop a culture that helps instill a passion for swimming that lasts throughout your child's life. When we support and celebrate each other's success, everyone swims faster—and when swimmers swim faster, the magic of swimming is revealed.

Our team focuses on the whole development path of a swimmer. At first, young swimmers learn about the sport, focus on technique, and begin to develop an understanding of what it means to be a swimmer. Mastering skills and having fun are big projects. As they grow, the swimmers experience more training and develop more advanced technique. By Black Lane, the emphasis is placed on dedication and work ethic, while an overall positive experience is kept at the front.

Above all, we are here for your child to develop not only as a swimmer, but also as a person. Throughout each phase of your child's journey, our coaches are committed to helping your swimmer improve, define and meet their swimming goals, and develop lasting friendships in a team environment. Welcome to YPAC. We hope you and your family have a great experience!

Sincerely,

David Moretz, Head Coach

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Training Groups



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Training Groups



Decisions on a swimmers group placement and/or advancement are exclusively made by the coaching staff, led by Coach Dave Moretz. Swimmers advance to the next level when it is appropriate with concern to their development and ability. Many factors are taken into consideration, such as age, practice and meet performances/attendance, technique, attitude, maturity, commitment, and ability to handle the next level. Swimmers should expect to spend an average of 1-3 years in each group.

Yellow Lane (Ages 6-10)

This is our entry-level swim team group with a focus on having fun learning the basic mechanics of the four competitive strokes. Emphasis is placed on learning skills that will make the kids faster. The pace of practice is high enough that swimmers begin to improve their endurance. They also learn racing starts and streamlining skills. After a short time in the group, they will be ready for competition. Swimmers must be able to swim a 25-yard lap of strong side-breathing freestyle and swim a 25-yard lap of backstroke, breaststroke and butterfly. Practice is offered two days a week for 45 minutes each. Try-outs are required in order to join.

Green Lane (Ages 7-12)

This is our second level of competitive swim team with an emphasis on becoming "race-ready" while having fun. Green Lane is focused on mastering the fine details of the different strokes and learning how to swim consistent with national and international competitive rules. This group is meant to properly prepare the swimmer for participating in swim meets and developing an identity as a swimmer. Swimmers should have the basic elements of all four strokes: freestyle, backstroke, breaststroke, and butterfly. Practice is offered three days a week for 45 minutes. It is recommended to come as often as you can for consistent improvement. There is no attendance requirement for this group; however, athletes will improve more quickly and develop deeper relationships with their teammates the more often they attend practice. Try-outs are required in order to join.

Goals of Green Lane:

- Swim a 100 IM legally
- Swim a 200 Freestyle
- Learn to swim all four strokes legally
- Learn correct body position
- Learn correct breathing techniques
- Ability to dive from blocks
- Do a flip turn
- Push off and streamline to flags with dolphin kick
- Acquire basic understanding of the pace clock
- Create safe environment where the swimmer feels prepared and supported to start competing
- Enthusiastic about swimming
- Social interaction/ group training environment

Training Groups



Red Lane (Ages 10–13)

The focus of the Red Lane is on building on the skills developed in Green Lane. Swimmers in this group are encouraged to learn the meet entry process and begin to compete in meets regularly. Workouts are offered five days a week. Practice duration is one hour. Swimmers are encouraged to attend at least two practices weekly. Participation in other sports and activities is encouraged to enable a well-rounded athletic education. Try-outs are required in order to join.

Goals of Red Lane:

- Swim a 200 IM legally
- Swim a 500 Freestyle
- Swim all four strokes legally
- Practice correct body position
- Practice correct breathing techniques
- Ability to dive from blocks
- Do a proper flip turn
- Consistently push off and streamline to flags with dolphin kick
- Utilize pace clock
- Create safe environment where the swimmer feels prepared and supported to start competing
- Enthusiastic about swimming
- Social interaction/ group training environment

Blue Lane (Ages 13–15)

Swimmers are competent in all four strokes and are continuously improving on technique. Swimmers are expected to know and keep track of their individual times. Swimmers in this group begin to set goals and understand commitment. Competing at swim meets is highly encouraged at a rate of about once per month.

Workouts are offered five days a week. Workout duration is 2 hours, and swimmers are encouraged to attend at least three of the practices a week. The more practices swimmers attend together, the more committed they become to their goals and each other. Try-outs are required in order to join.

Goals of Blue Lane:

- Compete in at least 50% of all team USS meets per year
- Understand and begin to achieve Pacific Swimming time standards
- Time Goals—B/A/JO/FW/PRT
- Begin learning how to manage effort and intensity through practice
- Participate in dry-land workouts and stretching techniques
- Learn and improve goal setting skills
- Improve on controlling attitude and focus within workout
- Enthusiastic about swimming
- Create a core group of “training friends”
- Respect for staff, teammates, and officials

Training Groups



Black Lane (Ages 14-18)

This group is for the older and/or highly advanced competitive swimmers. Swimmers can swim all four strokes well and maintain good technique on sets. The focus is on race, technical, and physiological training. Swimmers are encouraged to set higher attendance expectations and are educated in time-management and goal setting. Swimmers learn that hard work can be fun! All Black Lane swimmers are expected to be good role models for younger swimmers.

Practice is offered five times per week. Workout duration is 2 hours daily. Practices will consist of both dry-land and swimming workouts, with swimming as the most important portion. Swimmers are strongly encouraged to attend all afternoon workouts, and attend every Black Lane meet. Try-outs are required in order to join.

Goals of Black Lane:

- Compete at a swim meet at least once per month.
- Continue to develop goal setting skills
- Learn leadership skills
- Passionate about training and competing
- Swimmers will learn to actively monitor and improve their stroke technique
- Swimmer understands and takes responsibility for attendance and performance, work habits in practice, and how these three relate to meet performances
- Consistently improve commitment level and training/racing ability from year to year
- Training attitudes should be productive and supportive of themselves and teammates
- Attend all meets
- Swimmer demonstrates an ability to balance school, social, swimming, and family

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Swim Meets



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Swim Meets



Meets are where swimmers get a chance to check their progress. On average the team attends one meet per month. Swimmers are strongly encouraged to attend all meets available to them. There are two types of meets:

1. **Open Meets:** These are open to all swimmers, including those who have no previous times on record (NT). These events are typically referred to as "C/B/A meets".
2. **Qualifying Meets:** These meets require swimmers to achieve a standard qualifying time in order to participate.

C/B/A Meets

C/B/A refers to the categories of times that United States Swimming has set up for motivational purposes and to recognize achievement. There are time standards for each event starting with one lap swims for those eight and under and moving to mile swims and 400 IM's as they get older. Standards vary for each age group, and for boys and girls. Age groups are divided up by twos starting with eight and under; nine – ten; eleven – twelve; and so forth. There will be certain meets in which age groups will be combined, but the swimmers will still only be compared to others in their age group. A swimmer's age group determines the events which they can enter and each event's relative time standard.

When a swimmer swims an event, their time will fall into one of several time standard categories, C being the lowest and PRT being the highest. As a swimmer becomes more serious about swimming, and attends practice on a regular basis, they should expect to move up in the time standards for their age group. For example, if a swimmer has a "C" time in the 50 free, she will try to then earn a time fast enough to be a "B" time, and then an "A" time, and so on. These times standards can be found at: <https://www.pacswim.org/userfiles/cms/documents/801/2021-2024-motivationaltimes-top16.pdf>

Swimmers should use the time standards to set long-term goals. Swimmers should want to earn Personal Bests (PBR's) each time they swim, and therefore move closer to the next time standard with each meet. Once they meet a new time standard ("I got my B time!") they will set the next long term goal of earning the next time standard in that event.

Qualifying Meets

Certain meets require "minimum" times for each event entered. These meets are meant to present competition above that normally seen at C/B/A meets.

Meets with Qualifying Time standards include:

- Zone 3 (Z3QT)
- Junior Olympic (JO)
- Far Western (FARW)
- Sectional (SECT)
- YMCA Nationals
- Junior Nationals
- Senior Nationals

Signing up for a Swim Meet

Scheduling and Attendance: The schedule of meets for each calendar year is set out in advance. The team attends roughly one meet per month. Ideally each swimmer will attend all meets for which they are qualified. Additionally, we would like all swimmers to attend both days of each meet in order to swim more events and therefore have additional chances for great swims.

Registration: Once a meet opens for registration you will receive an email from YPAC reminding you to register. The email announcing the event will have a link taking you directly to the sign-up page for that particular meet. If you are a member of one of the online swimming services, such as SwimConnection or FastSwims, you can also set up your account to notify you. Once you have received this notification it is important to sign up for the meet immediately. Some meets will fill up rapidly and delaying on signing up may cause your swimmer to be closed out of the meet.

Choosing Events: Swimmers are responsible for choosing and paying for their own swim meet events. Swimmers typically can sign up for up to three events each day of competition. Swimmers should sign up for the maximum amount of events allowed daily (if you feel there is some reason not to do this, please consult the coach). Swimmers should always swim different strokes and distances throughout the season because this makes for a well-rounded swimmer. If you have questions about what events to sign your swimmer up for, please speak to your child's coach or contact Coach Dave at dmoretz@ymcasf.org. Signing up for the typical six maximum events for a meet will cost approximately \$36 for a two-day swim meet.

Long Course v. Short Course

There are two swimming seasons per year: long course season and short course season. Short course (SCY) means racing in a 25-yard pool, which is what we have at the Presidio YMCA. Long course (LCM) meets take place in a 50-meter pool which is commonly referred to as an Olympic-size pool.

Financial Aid Statement

We strongly believe that swimming should be accessible to all. Financial aid is available for both facility members and community participants, so please do not limit your participation due to financial constraints. Financial aid can be used towards both monthly dues and meet fees. To learn more about the process and how to apply, please look at our website here: <https://www.ymcasf.org/financial-assistance>. If the swimmer needs financial aid to help with equipment purchases, the swimmer should talk to either the Head Coach or Aquatics Director.

At the Meet

Punctuality: All swimmers are expected to arrive in the morning in time for the warm up, even if their event is not until later in the day. Swimmers must arrive at the meet by the time that warm up starts unless otherwise specified by the coach.

Getting to your events: Each event (say the 8 and under 50 free) has more swimmers than there are lanes in the pool. Therefore, the race will be run multiple times (called "heats"). Swimmers are responsible for knowing their events, heats, and lanes and making it to the starting blocks for their events on time. Meets can be confusing at first. If you are a new swimmer, we will ensure that an experienced swimmer is there to help guide your first experience. You should always feel free to ask other parents for assistance. They are happy to help.

Supervision: All swimmers must be supervised at meets by a parent/guardian at all times. Please do not leave your swimmer at the meet without supervision. The coaches, swim team, and YMCA of San Francisco are not responsible for your child/participant during those hours that they are expected to be supervised by parents, including, but not limited to, before and after practice times and during swim meets.

Illness: If swimmers are too ill to compete, they should go home and rest.

Competition Diet: Swimmers should refrain from eating sugary foods on days prior to or during competition. Swimmers should refrain from eating sugary foods at a meet until all swimmers have completed competition.

Measuring Your Swimmer's Progress

Philosophy: The YMCA Pacific Aquatic Club aims to provide youth with opportunities to build leadership skills, have new challenging and enriching experiences, connect and care about their community, and develop positive relationships with adults and peers in a safe environment. We believe that every young person has the ability to achieve, and we are here to support their opportunity to succeed. Achievement can be measured in a variety of ways including enthusiasm for the sport and the team; dedication to the team and to training; and in meeting the swimmer's own goals in the pool during practices and meets.

PRs / PBs: PR (Personal Record) or PB (Personal Best) refers to a time that is the swimmer's best time in a particular event (e.g., a swimmer's PB for the 50 free might be 30.45). Earning new PR times is a goal at each swimming competition, as swimmers are always trying to improve ("shave time off of") a previous time. A swimmer should memorize all of their PRs so they know what time they are trying to beat.

Times: Times are one important measure of progress. Young swimmers and those just starting out may "shave" or "drop" several seconds on a regular basis off event times every time they swim. This is normal for a young and/or newer swimmer, but becomes harder as swimmers get older and more experienced. However, a swimmer should not get discouraged as they may be making great strides in stroke technique which may take longer to show results in their swimming times.

Ribbons/Placing in Events: While ribbons are great and swimmers should be proud of their placement in an event, placing is not the only determinant of whether a swimmer had a successful meet or event. There are infinite factors that go into placing. For example, a swimmer could get 1st in their event, but be the only swimmer swimming in that age group. Or, a swimmer could get 10th in an event filled with 30+ swimmers in their age group – quite an accomplishment. Also, competition changes from meet to meet. Therefore a 4th place against a group of highly competitive teams could mean as much as a 1st place against a less competitive group. It is important to be proud of ribbons and placement, but to remember that swimming one's best is the primary goal.

High School Swimmers: The team supports our swimmers in their desire to compete for their local High School teams. Swimmers need to communicate with our team coaches. We would expect that swimmers will look at their training and competition schedule with their high school team, and supplement with practices at the Y as agreed upon by both their coaches.

Swimmers should plan to train with YPAC as long as possible before High School season begins and return to our team upon the High School swimming season's completion.

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Participation and Responsibilities



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Participation and Responsibilities



The YMCA Pacific Aquatics Club is a member of USA Swimming and competes in Pacific Swimming Zone 3. We are a parent-supported club, and therefore are dependent on your participation in order to be successful. There are many ways parents need to support the team:

Parent/Guardian's Role

A parent/guardian's #1 job is to be a cheerleader and supporter for their child. Competitive swimming is a demanding sport, and swimmers will face numerous challenges throughout their swimming careers. Swimmers can train for long periods of time without dropping significant times in their swims. This can be discouraging. A parent/guardian's role is to help recharge their swimmer and inspire them to keep moving towards their goals.

The greatest gift you can give your swimmer is your consistent presence in their swimming lives, and your consistent verbal support. Check them out in practice; come to the meets. Tell them how proud you are of them. Tell them how hard you know they are working. Remind them of all the progress they have made, and remind them that you KNOW they can make the next step.

Coach's Role

It is the coach's job to challenge and inspire the development of the swimmer. Coaches are responsible for building a supportive relationship with the swimmer, correcting stroke and technique, writing workouts, and scheduling meets. Our coaches strive to always balance their feedback with both positive and constructive comments.

Coach and Parent Relationship

Coaches and parents should work as reinforcements for each other, for the benefit of the swimmer. If both parents and coaches are hard on a swimmer, the swimmer can feel as if they are failing. If both parents and coaches are too easy on the swimmer, a swimmer can lose focus and flounder. If parents and coaches are giving the swimmer conflicting information, the swimmer becomes confused, and again feels unsuccessful. An optional Parent/Coach/Swimmer conference may be requested.

Practice Attendance

Swimmers are encouraged to attend all practices for their relative groups. The YMCA recognizes the importance of well-rounded athletes. Therefore, swimmers may practice on a reduced or alternate schedule to accommodate other commitments. Swimmers should plan to communicate such changes ahead of time to their coach.

Consistency is the most important tool swimmers have for creating their own success. An on-and-off schedule of training and competition puts your swimmer at a greater risk for injury. It can also be physically and emotionally hard on your swimmer, as they fluctuate in fitness.

Participation and Responsibilities



Arriving late or leaving early affects the quality of the practice. For their safety, as well as to maximize the benefits of their training, swimmers should be in the water at the scheduled start time and should participate in the entire practice. Swimmers are expected to communicate with their coaches if they plan to miss a practice.

PLEASE No sick swimmers at practices. If swimmers are too ill to practice, they should go home and rest.

Vacations: Please communicate with your coaches in advance regarding vacation.

Supervision

Coaches are only responsible for the child while in the pool or on the pool deck during practice. Once a child leaves the pool deck for any reason or practice is over, parents or guardians are responsible for the child.

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Code of Conduct



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Code of Conduct

The YMCA Pacific Aquatics Club (YPAC), in collaboration with the YMCA of San Francisco, is designed to provide youths the opportunity to learn, practice, and compete in the sport of swimming as a member of a team and to develop positive attitudes in their relationships with other youths and adults. The Pacific YMCA emphasizes the development of the whole child through values-based programming, focused on the values of cooperation, loyalty, sportsmanship, and teamwork, and does not tolerate negative conduct from coaches, swimmers, officials, parents, or spectators, or anyone involved with YPAC swimming. To that end, the following Code of Conduct was developed.

All participants are expected to read this document carefully.

CODE OF CONDUCT

The overriding expectation is that all participants in the YPAC organization will act in ways that will benefit the organization, and that will reflect well upon themselves, the team, the coaches, the families, the Pacific YMCA, and the City of San Francisco.

In addition, swimmers should look to the YMCA's Four Core Values as guides for behavior towards themselves and others.

Caring - To love others, to be sensitive to the well-being of others, to help others.

Honesty - To tell the truth, to act in such a way that you are worthy of trust, to have integrity, making sure your choices match your values.

Respect - To treat others as you would have them treat you; to value the worth of every person, including yourself.

Responsibility - To do what is right, what you ought to do, to be accountable for your behavior and obligations.

Participants will demonstrate these four core values in the following ways:

I WILL: Always treat everyone I encounter (coaches, teammates, parents, officials, other swimmers, lifeguards) with the four core values of CARING, HONEST, RESPECT, and RESPONSIBILITY in mind.

I WILL: Be HONEST when I do not understand something and ask questions to get more information.

I WILL: Be open and HONEST with my coaches and teammates.

Code of Conduct



I WILL: Show RESPECT for other people's bodies at all times (no hitting, pushing, intimidating, etc.).

I WILL: Show RESPECT for other people's minds and spirits at all times (no inappropriate jokes, teasing, etc.).

I WILL: Show RESPECT for other people's belongings.

I WILL: Show RESPECT for Coaches and Officials by following their directions and decisions.

I WILL: Take RESPONSIBILITY for my actions when I make a mistake.

All participants understand that: This Code of Conduct is not intended to be all-inclusive. Should other negative conduct occur that is not described here, the coaches will decide upon an appropriate disciplinary response.

DISCIPLINARY RESPONSE: In case of conduct that does not adhere to the code, the coaches will meet immediately with the swimmer and the family to determine the appropriate response.

All YPAC rules and codes of conduct are to be adhered to whenever the swimmer is representing the YPAC team (at the pool, on deck, in the locker room, lobby, restrooms, bleachers, and parking lot, and at meets away from the home pool).