

YMCA

Pacific Aquatic Club

YPAC

Member Packet



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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Welcome Letter

Dear Swimmers and Parents,

Welcome to our team. Your young swimmer is hopefully starting on a life long relationship with a great sport. Our team is a wonderful place for this to unfold.

Our goal is simple: to swim faster than we have ever before and to come together as a team in pursuit of that goal. 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 achieve a true mastery in it. They can learn through swimming what it means to live with passion, to pursue something with vigor, and not just settle for okay. They also learn what it means to fail and be able to pick themselves up the next day and forge ahead. This is a kind of inner confidence that is not easily gained, but incredibly valuable.

These lessons would lack meaning without the second part of our goal, coming together as a team. Swimming is a tough sport, and it fosters intense camaraderie. Rather than being a group of individuals trying to swim faster, we teach support for each other and the building of meaningful and lasting relationships. It is our hope that decades from now the swimmers will remember their YPAC days as some of the best in their lives, that some of the swimmers in their lane will be members of their wedding parties, give toasts, and that their kids will play together. When swimmers support each other, everyone swims faster, and the best part of the sport is realized.

At first, young swimmers are taught to love the sport. Mastering skills and having fun are the big projects. As they grow, the swimmers experience more training and more complicated technique. By Black Lane, emphasis is placed on dedication and work ethic, while an overall positive experience is kept at the front. Through each phase, our coaches are committed to helping the swimmers learn, grow, swim faster and become a team. Welcome to YPAC. We hope you and your family have a great experience.

Sincerely,

Eric Whitten, Head Coach

New Member Guide

Congratulations on becoming a member of the Pacific Aquatics Club! Now that you've joined our team, please complete the following steps.

Step By Step Guide:

- Register for the Team
 - Complete the Swim Team Registration Form
 - Complete the Emergency Contact Form
 - Complete the US Swimming Athlete Registration Application
 - Read and sign the Code of Conduct Form
 - Read and sign the Volunteer Requirement Agreement
 - Bring all five signed forms, along with a check to Pacific Swimming, to your coach (Note: please do not hand the forms and check to the front desk)

- If you are not a YMCA member yet, register to become a member at the front desk (Note: please do not register to be on the team at the front desk. Register for the YMCA only. The coaches will take care of the team program registration for you).
 - Payment is done through monthly bank draft system or through monthly credit card payment. Sorry, the dues are not prorated for members joining later in the month.

- Purchase necessary gear:
 - Practice swim suit
 - Team race swim suit (please inquire when the next order will be placed)
 - Practice swim cap (latex and/or silicone)
 - Team swim cap (purchase through Coach)*
 - Goggles (clear and tinted)
 - Water bottle
 - Swim mesh bag
 - Snorkel
 - Towels (for the meets)
 - *OPTIONAL:*
 - Team Parka
 - Swim Bag
 - Team Clothing (Sweatshirts, T-shirts, Beanies, Baseball Hats) purchased through Head Coach
 - Fins
 - Hand Warmers
 - Swim Shampoo
 - Sunscreen

***Team Swim Caps:**

Our team has a team cap, which should be worn at all team meets and functions, where appropriate. The team cap is a sign that the swimmer is a part of our team. It also allows the coaches to better determine our swimmers from others in the pool at the same time. Swimmers may purchase a cap at any time. We have both silicone and latex. Latex caps can be received for free one per swimmer per meet at the meet. Coaches will always have caps on hand for sale and distribution.

We have two colors of caps: red and white

Our red cap is our general cap for all of our swimmers. This is our official team cap.

The white cap is our Far Western cap. Swimmers who get Far Western times get these caps.

The white qualification cap will be distributed when the swimmer first gets the cut and then again at those qualification meets for free. Swimmers who want to buy more can do so while they still have the cut.

Swim Gear Sites:

www.swimoutlet.com

www.metroswimshop.com

www.norcal.com

www.swimshop.com – this is a local retail store, which is also online

www.sportsbasement.com – this is local retail as well. They have two locations in San Francisco. YMCA members get a 10% discount at stores. Please show your membership card at time of checkout.

The Presidio YMCA does not endorse any of the websites listed above. Each person orders at his/her own risk.

❑ Familiarize yourself with the following websites:

- www.ymcapac.com – this is the YMCA Pacific Aquatics Club team website
 - Login: You will receive login information shortly after joining the team by email. Please let the coach know if you don't receive this information.
 - On the website you will find:
 - Information about upcoming meets
 - Team directory
 - Monthly team updates
 - Information about team events
 - Signup to volunteer
- www.swimconnection.com – this is the website where swimmers register to enter meets. It also allows you to keep track of all your swimmer's times.
- www.pacswim.org – this is the website for our USS section, which provides information on upcoming meets and any other information concerning swimmers in our section.

- Register For Any Upcoming Meets through ome.swimconnection.com
- Download free app OnDeck Parent by Team Unify, Inc. from iTunes, which allows easy access to up-to-date information on swimmers, including attendance for each swimmer, every swim meet swum, best times, and upcoming swim meets. Team alias is pac (all lower case).
- Review the New Member Packet

SWIM MEETS

Meets are where swimmers get a chance to check their progress. On average the team attends one to two meets 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: 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. Those 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 he/she can enter and each event’s relative time standard.

When a swimmer swims an event, his/her time will fall into one of several time standard categories, C being the lowest and A being the highest. As a swimmer becomes more serious about swimming, and attends practice on a regular basis, he/she 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, he/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 www.swimconnection.com under PC-Pacific.

Swimmers should use the time standards to set long-term goals. Swimmers should want to earn Personal Bests (PB’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:

- a. Zone 3 (Z3QT)
- b. Senior I and II
- c. Junior Olympic (JO)
- d. Far Western (FARW)
- e. Sectional (SECT)
- f. YMCA Nationals
- g. Junior Nationals
- h. 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 to two meets 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. If a meet starts on Friday afternoon, we encourage swimmers to swim all three days, if there are events in their age group for that day. If a swimmer cannot make a meet, please notify the coaches by email well in advance.

Note: If your swimmer plans to compete in a meet that is NOT one of our scheduled meets, he/she will still be representing the YPAC but will not be provided a coach, unless special circumstance arrangements have been made with the head coach prior to the meet. Ensure your swimmer has a signed copy of the Racing Start Certification Checklist.

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, 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 four 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 Head Coach Eric Whitten at ewhitten@ymcasf.org. You can register for the meet on-line by going to the ome.swimconnection.com. Membership is free for this site, and you don't need to become a member to sign up for meets. Signing up for the typical eight maximum events for a meet will cost approximately \$30 for a two-day swim meet. The site accepts credit cards. You may also mail in your registration.

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

Financial Aid: Making the program Financial assistance is available. Please do not limit your participation due to inability to pay. Should a swimmer need financial aid to help with either the monthly dues for the YMCA or meet fees, the family should apply for that aid from the

YMCA directly. You can get a Financial Aid Application form at the pool's front desk.

Meet Registration - OME

1. Go to http://www.pacswim.org/page/doc_forms.shtml
2. Select the form [2013 Year-Round Athlete Pacific/USA Swimming Registration Application](#)
3. Download form and fill out
4. Once form is submitted and completed you will receive as USA Swimming ID for your swimmer athlete child
5. Before or after getting you ID you can sign your swimmer up for a meet here: <https://ome.swimconnection.com/ome/meets>.
6. Once there you will need to sign up and register as a member for meets

Below are screen shots of what you should be looking for.

Swim online connection meet Entries

Enter Meets Registration Help

Identification

Account ID

Username * This is a required field. ?

Password * ?

Confirm Password *

Personal Information

First Name *

Last Name *

Email *

Convenience

Show Meets For

The meets list page will by default only show meets associated with this swimming association.

Notify me when new meets are posted *

You will receive an email whenever new meets are posted for the selected swimming association.

Privileges

Your account will be created with standard privileges. After your account has been confirmed and created, you may come back to this page (click on the "My Account" tab) and this section will allow you to request special privileges.

- If you are a coach or team representative, you may request **coach/team rep** privileges to easily manage entries for your whole team!
- If you host swim meets, you may request **meet host privileges** to easily manage all meet entries at SwimConnection!

Save Cancel

Swim Connection - Google Chrome

Be sure to select Pacific Swimming.

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Swim online connection meet entries

Enter Meets | Registration | Help

Meets | Standards

My Swimmers Meet Entries

Nothing to show here. However, if you were a registered user, you would be able to see all the meets your swimmers are registered to. [Registration is free. Signup Now!](#)

Upcoming Meets 18 meets shown

Swimming Association: Pacific Swimming | Month: All

Date	Status	Meet	Course	Association	Host	Location	Closes
10/12/2012 - 10/13	Open	WCAB Club Series Meet no. 2	SCY	Pacific Swimming	Walnut Creek Aquabears	DVC Aquatic Center at Diabl...	10/09/2012 11:59 PM
10/13/2012 - 10/14	Closed	Napa Valley Swim Team Shor...	SCY	Pacific Swimming	Napa Valley Swim Team	Napa Valley College	09/27/2012 11:59 PM
10/19/2012 - 10/21	Open	King of the Hill Challenge	SCY	Pacific Swimming	Reno Aquatic Club	Carson Aquatic Facility	10/10/2012 11:59 PM
10/19/2012 - 10/21	Open	Pac Swim - Zone III SC Wint...	SCY	Pacific Swimming	Pacific Swimming - Zone III	John F. Cunningham Aquatic ...	10/11/2012 11:59 PM
10/20/2012 - 10/21	Open	QuickSilver Swimming	SCY	Pacific Swimming	QuickSilver Swimming	Gunderson High School Pool	10/10/2012 11:59 PM
10/20/2012 - 10/21	Closed	Zone 1 S Off Age High Point	SCY	Pacific Swimming	Santa CRUZ Aquatics	University of California - ...	10/10/2012 11:59 PM
10/20/2012 - 10/21	Closed	Orinda Aquatics Zone 2 PC-CBA+	SCY	Pacific Swimming	Orinda Aquatics	Soda Aquatic Center, Moraga	10/10/2012 11:59 PM
10/27/2012 - 10/28	Open	SSS Zone 3 Short Course PC-...	SCY	Pacific Swimming	Sebastopol Sea Serpents	Sebastopol, California	10/17/2012 11:59 PM
10/27/2012 - 10/28	Open	Sunnyvale Fall Classic Shor...	SCY	Pacific Swimming	SUNN Swimming (Sunnyvale Sw...	Sunnyvale Swim Complex (Fre...	10/17/2012 11:59 PM
10/27/2012 - 10/28	Closed	BAC C/B/A+ Short Course	SCY	Pacific Swimming	Burlingame Aquatic Club	Burlingame High School	10/17/2012 11:59 PM
11/02/2012 - 11/04	Open	Vallejo Aquatic Club SCY Cl...	SCY	Pacific Swimming	Vallejo Aquatic Club	John F. Cunningham Aquatic ...	10/25/2012 11:59 PM
11/03/2012 - 11/04	Open	QuickSilver Swimming	SCY	Pacific Swimming	QuickSilver Swimming	Gunderson High School Pool	10/24/2012 11:59 PM
11/09/2012 - 11/11	Open	Carson Tigersharks Fall Fre...	SCY	Pacific Swimming	Carson Tigersharks	Carson Aquatic Facility	10/31/2012 11:59 PM
11/09/2012 - 11/11	Open	Senior III & IV Meet	SCY	Pacific Swimming	Terrapin Swim Team	Concord Community Pool	10/31/2012 11:59 PM
11/10/2012 - 11/11	Open	QUICK Distance C/B/A+	SCY	Pacific Swimming	Piranha Swimming	Honeybee Pool, Rohnert Park	10/31/2012 11:59 PM
11/16/2012 - 11/18	Open	GGST Z1S Race to JOs' SC Cl...	SCY	Pacific Swimming	Gilroy Gators Swim Team	Morgan Hill Aquatics Center	11/07/2012 11:59 PM
11/17/2012 - 11/18	Open	PC C/B/A+ Short Course High...	SCY	Pacific Swimming	Mendocino Coast Sea Dragons	C.V. Starr Community Center...	11/07/2012 11:59 PM
11/17/2012 - 11/18	Open	OAQ Zone 1S SC	SCY	Pacific Swimming	Osprey Aquatics	Willow Glen High School	11/07/2012 11:59 PM

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Under the Enter Meet tab select Pacific Swimming.

Then click on any of the meets as the YPAC will be attending that are open: listed on our website: www.ympac.org.

Swim online connection meet entries

Enter Meets | Registration | Help

Meets | Standards

Meets > [WCAB Club Series Meet no. 2](#)

WCAB Club Series Meet no. 2 Meet Sheet
 Fri, Oct 12 - Sat, Oct 13 2012 • DVC Aquatic Center at Diablo Valley College

Limited to swimmers of Diablo Country Club, Diablo Viking Aquatics, Pleasanton Seahawks, Walnut Creek Aquabears, and unattached members of those teams

Hosted by: Walnut Creek Aquabears
 Meet Director: [Todd Krohn \(aguabears@sbcglobal.net\)](mailto:todd.krohn@aguabears@sbcglobal.net)

[online meet entry](#)

[Modify previous entries to this meet](#)

Sessions

Open	Friday PM	Warm-up 4:30PM-5:15PM. Session starts at 5:30PM
Open	Saturday	Warm up 7:45AM-8:45AM. Session starts at 9:00AM. 11 & Over Swimmers can swim EITHER 200 Fly OR 50 Fly, BUT NOT BOTH

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Click on Online Meet Entry



Enter Meets Registration Help

User Identification

I am a Registered OME User

Your SwimConnection account at SwimConnection Club Pages Central (<http://swimconnection.com>) **does not work as an OME account.** Sincere apologies for the inconvenience. You need to create a new account (free) for OME. Note that it is not required to be a registered user to use OME, although it has many advantages. [Signup for an OME Account](#)

Great! All of your personal profile (with your swimmers) will be available for fast processing. Please enter your username/password and click on the "Continue" button.

Username Password

I am NOT a Registered OME User

Select "I am a Registered OME User"

Fill in your Username and Password for this site that you've just created.



Enter Meets My Swimmers My Account Help

Meets Standards

Meets > [King of the Hill Challenge](#) > [Entries Summary](#)

Ready for Payment

Registration Id	Name	Team	Age	Gender
You have not entered any swimmer for that meet yet.				

Enter Swimmers to the Meet

0 swimmers

Registration Id	Name	Team	Age	Gender
No swimmer specified yet.				

[Enter Swimmer](#) [Guide me on how to enter a swimmer to this meet](#)

Swimming Association Registration No

You may also identify the swimmer in the following ways: [By Name and Birthdate](#) [Enter all info manually](#)

Once you login again be sure to have selected Pacific Swimming.

Then enter the Registration Number that you would have obtained from the Registration at the USA **2013 Year-Round Athlete**[Pacific/USA Swimming Registration Application](#) or enter none.

1. Pick events your swimmer wants to swim, and click the "Best" button next to each of them. This will fill in his or her Best time or an "NT" for No Time.
2. Scroll to the bottom of the page and click on Save at the bottom left.
3. Click on "Go to Payment Page" on next page. You should be home free from there.

Review the above carefully let your coach know if you have any questions or need additional assistance.

At the Meet

Punctuality: All swimmers are expected to arrive in the morning in time for the warm up, even those swimmers whose events are 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: In general, 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. Once the swimmer obtains his/her heat and lane assignment, it is the swimmer’s responsibility to communicate this information to his/her coach for every event he/she is swimming (This is referred to as “checking-in”). It is also the swimmer’s responsibility to make it to the starting block for his/her event on time. After the swimmer has finished swimming his/her event, he/she must warm down first, then see his/her coach afterwards. His/her coach will give the swimmer feedback of his/her race (This is referred to as “checking-out”). Meets can be confusing at first. If you are a new swimmer, we will make sure that an experienced swimmer is guiding you at first. 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. Please ensure your swimmer stays warm when he/she is not in the pool competing.

Illness: No sick swimmers at swim meets. If swimmers are too ill to compete, they should go home and rest. In addition, we want to protect well swimmers from sickness.

Competition Diet: Swimmers should refrain from eating sugary foods on days prior to or during competition. Swimmers should stay hydrated throughout the meet. Each family is encouraged to bring healthy snacks and/or drinks to the meet to share with the rest of the team.

Measuring Your Swimmer's Progress

Philosophy: The YMCA Pacific Aquatics 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 meeting the swimmer's own goals in the pool during practices and meets.

PB's: PB stands for PERSONAL BEST and 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 PB 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 his/her PB's 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 she or he may be making great strides in stroke technique which may take longer to show results in her or his 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. Further, 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 really the primary goal.

Team Records: Team records will be updated only after sanctioned team meets. If a swimmer competes at a non-sanctioned meet and breaks a team record, he/she will have to wait until after a sanctioned team meet to see his/her current time recorded on the team record.

High School Swimmers: The team supports our swimmers in their desire to compete for their local high school teams. These swimmers need to do a good job of communicating 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. Additionally, swimmers should train with our team as long as possible before high school season begins and return to our team as soon as the High School swimming season is completed.

TEAM STRUCTURE/GROUP DESCRIPTIONS

Decisions on a swimmers group placement and/or advancement are exclusively made by the coaching staff, led by Coach Eric Whitten. 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 5-9): This is our entry-level swim team group with a focus on having fun, while learning the basic mechanics of the four competitive strokes. Emphasis is placed on learning skills that will make the swimmers faster. The pace of practice is high enough that swimmers begin to improve their endurance. They also learn racing starts and streamlining skills. All of this takes place in a fun environment. After a short time in the group, they will be ready for competition. Try-outs are required in order to join. Swimmers must be able to swim a 25-yard lap of strong side-breathing freestyle and be able to swim a 25-yard lap of backstroke.

Practice is offered three days a week for 30 minutes per session. Swimmers should attend at least three meets total per year.

Green Lane (Ages 6-10): This is our second level of competitive swim team with an emphasis on becoming “race ready” while having fun. This program is meant to properly prepare the swimmer for participating in swim meets and developing an identity as a swimmer. Try-outs are required in order to join. Swimmers should have the basic elements of all four strokes: freestyle, backstroke, breaststroke, and butterfly.

Practice is offered three times a week. Practice duration is 45 minutes long. It is recommended to come as often as you can to practice 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

Green Lane is focused on mastering the fine details of the different strokes and learning how to swim consistent with national and international competition rules. Swimmers should attend at least four meets total per year.

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

Red Lane (Ages 8-12):

The focus of the Red Lane is on pushing the skills developed from the Green Lane. Swimmers in this group are encouraged to learn the meet entry process and begin to compete in meets regularly. Practices are offered six days a week. Practice duration is from 1.0 to 1.25 hours, depending on the practice day. Swimmers should attend at least three of the six practices weekly. Participation in other sports and activities is encouraged to enable a well-rounded athletic education.

Goals of Red Lane:

- Perform competitive starts, turns, and finishes efficiently and effectively
- Compete in at least 50% of all team USS meets per year
- Efficient streamlines
- Swim all events legally
- Read pace clock and understand intervals
- Begin to understand Pacific Swimming time standards
- Time Goals—C/B/A
- Swimmer is motivated to listen to coaches and try to improve
- Courteous to other swimmers in the pool
- Enthusiastic about swimming

Blue Lane (Ages 10-15):

Swimmers are competent in all four strokes and are continuously improving on the 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.

Practices are offered eight days a week. Workout duration is from 1.5 to 3.5 hours, depending on the workout day and time. Swimmers should attend at least three of the eight workouts a week. Teammates become more committed to their goals and teammates the more practices they have together.

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
- Listen to coaches!

Black Lane (Ages 12-18): This group is for the older and/or highly advanced competitive swimmers. Swimmers are able to swim all four strokes well and maintain good technique on sets. 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.

Black lane swimmers have eight practices per week and should attend at least four of the eight practices weekly. Workout duration is from 1.5 to 3.5 hours, depending on the workout day and time. Practices will consist of both dry-land and swimming workouts with swimming as the most important portion. Swimmers are expected to attend all afternoon practices.

Goals of Black Lane:

- Compete at a swim meet at least once per month.
- Achieve minimum “A” standard in every stroke
- 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

Swim Team Events

Swim Team events exist to help develop and inspire your swimmer. Events cannot run or be successful without the support of the families. Families are expected to volunteer and support swim team events throughout the year.

Team Meals: Throughout the year, the Parent Committee will organize meals to develop team-spirit and build relationships. The meals are normally sponsored by some of the swim team families. These meals serve as a chance for the swimmers to bond with their teammates.

Team Banquet: The team's annual banquet is held in the Spring at the end of the swim season. This is an inspiring event, during which the entire team and their families celebrate the achievements throughout the year. All swimmers on the team are recognized at this event.

Parents are asked to help with the planning, set-up, and take-down of the annual Swim Team Banquet. There is a Banquet Committee that does the majority of the planning for the banquet.

NOTE: Attendance at the banquet is required for all swimmers.

Team Building/Public Service Events: There will be periodic team building events during the year. Past events include bowling, going to the movies, and volunteering in a public service event. These events are meant to build team camaraderie. Public service events are designed to develop the swimmer's sense of social responsibility. Parents are often asked to volunteer or chaperone at these events.

Fundraising/Annual Giving Campaign: Fundraising is an essential part of supporting the YMCA in carrying out its mission as a non-profit, community service organization. We ask that all families help us support and give back to the community through these efforts at whatever level is comfortable for your family. Our Annual Giving Campaign provides funding for financial aid for families who wouldn't otherwise be able to afford the team, in addition to community service programs that the YMCA offers throughout the community.

Annual Swim-A-Thon Fundraiser (February/March): The Swim-A-Thon is our primary fundraiser for the year. These funds go towards supporting the team and all its activities/equipment needs for the year. In addition, these funds provide **financial aid** for swimmers for expenses other than membership/monthly team dues, such as equipment, meet registration, and travel. Parents need to help their child find sponsors who will pledge a certain amount of money for each lap the swimmer swims during the allotted time. In addition, parents are expected to help with lap counting and the organization of the post Swim-A-Thon celebration. Participation in the Swim-A-Thon (or other fundraisers) is expected for all swimmers.

Parent 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 are needed to support the team:

Parent/Guardian's Role: A parent/guardian's #1 job is to be a cheerleader and supporter for his/her 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. Parents/Guardians should refrain from giving their child technical feedback or training advice, as this is the role of the coach.

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 the swimmers and provide corrective feedback. If a swimmer is not working hard enough, or is not paying enough attention to what they are doing, it is the coach's job to correct that behavior. Coaches are responsible for correcting a swimmer's stroke or technique, writing workouts, and scheduling meets. Our coaches strive to always balance their feedback with both positive and corrective 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: Ideally swimmers will attend all practices for their relative groups. The YMCA recognizes the importance of well-rounded athletes and therefore swimmers are allowed to be on a reduced or alternate practice schedule to allow swimmers to compete in another sport or dedicate time to their studies, while maintaining a year-round training schedule with the team.

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. Coaches notice when swimmers are not at

practice, and (believe it or not) they worry.

It is very important that your swimmer practice and compete regularly. An on-and-off schedule of training and competition puts your swimmer at risk for injury and is very hard physically and emotionally on your swimmer, as they bounce back and forth between being in shape and out of shape. *Consistency is the most important tool swimmers have for creating their own success.*

PLEASE No sick swimmers at practices. If swimmers are too ill to practice, they should go home and rest. In addition, we want to protect well swimmers from sickness.

Vacations – please communicate with your coaches in advance regarding vacation.

Communications at Practices: Parents are not allowed on the pool deck during practices. Under USA Swimming and Pacific Swimming rules, any person on deck must be insured by USA Swimming. The only people covered under these rules are swimmers, coaches, officials, lifeguards, and board members.

If you have questions regarding your swimmer, please contact your swimmer's coach or Head Coach Eric Whitten BEFORE or AFTER practice. Coaches are always willing to discuss your swimmer's progress. However, during practice times, their attention must be focused on your swimmer's training.

Coach Eric Whitten can be reached by email at ewhitten@ymcasf.org should questions arise away from the pool. Please allow at least 24 hours for a response.

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.

Locker Rooms: Swimmers ages 9 and up are to use either the men's or women's locker room. (Parents may also accompany swimmers ages 11 and under in the men's or women's locker room, if desired.) Swimmers ages 8 and under are to use the Family Locker room (where parent supervision is required). Swimmers should use the age appropriate locker room at all times, including for restroom breaks during practice.

Locker rooms are for the express use of showering, changing and using the restroom. At no point should swimmers be engaged in play, extended conversation, or any other inappropriate activity while in the locker rooms. At no point should two swimmers of any age or gender be in a locker room alone.

Parents are also responsible for supervising their swimmer(s) at meets as discussed above.

Mandatory Parent Involvement

VOLUNTEERING: Much of the YPAC's success is a result of the help the club receives from its parent volunteers. Volunteering is an integral part of our club. It takes a lot of energy and time for the coaches to plan training regimens and daily practices. Coaches spend a lot of time and energy on the pool deck for workouts and competitions. YPAC wants its coaches to continue to focus their efforts directly on the swimmers, which creates a need for parents to help out behind the scenes with planning/running major events, assisting with some administrative tasks, and many other small but crucial jobs, as well. To ensure that the extra effort needed for the success of the club is made, YPAC requires that all families contribute a certain number of volunteer hours on an annual basis.

Each YPAC family, except for Yellow Lane families, is **required** to fulfill **twelve hours** of volunteer work for the year (September through August). If a swimmer is not a current member for a full year, the family is required to volunteer at a rate of an hour per month. All hours that are not fulfilled by a family by the end of the swimming year will be charged at a rate of \$25.00 per hour not worked. Yellow Lane families are required to fulfill six hours of volunteer work.

People may ask why volunteering is important to participation with YPAC. We are a swim team; our primary outward goal is to make the swimmers the best they can possibly be. However, our true primary goal is to make them good and productive citizens of their communities, using swimming as the vehicle of education. We as a swim team, and the Y as our parent organization, are about being a part of the larger community and helping others.

Many examples of the ways one can help are outlined below. The list covers both meet-related volunteer jobs and jobs that are ongoing. Please discuss your interest in a particular position with a PACPAC (Parent Advisory Committee member).

Volunteer Opportunities:

Pacific Aquatic Club Parent Advisory Committee (PAC PAC) Member—Comprised of parents and guardians to provide support and advice to the coaches on matters, such as scheduling of meets, team-building days, fundraising, and parent participation. It is not a board of directors and has no fiduciary or executive responsibilities for the team. Joining the PAC PAC allows you to fulfill your required twelve volunteer hours per year. Please contact Coach Eric Whitten if you are interested in becoming a member.

Volunteer Coordinator—Assign and coordinate volunteers throughout the year. Track volunteer hours for the club and communicate with each family about their volunteer status.

Webmaster—Maintain the YPAC website by working with the staff to keep information on programs current and accurate.

Meet Director—Run any YPAC-hosted home swim meets by coordinating with other volunteers to ensure the events are effectively organized and staffed.

Meet Computer Chair—Run the computer system at all YPAC-hosted home swim meets. Take all entries to create a program before the meet. Use computerized meet management system to create all check-in sheets, heat and lane assignments, timing sheets, results, and other documents during the course of the meet. Organize additional volunteers, as needed.

Snack Bar Chair—Determine menu for the snack bar and coordinate all food donations and procurement for any YPAC-hosted home swim meets. Supervise snack bar, set-up, and run snack bar during the meet.

Newsletter/Communication Coordinator—Collect, format, and distribute the club’s newsletter. Work directly with the coaches to gather content for the newsletter. Works with Webmaster to keep website up to date and current.

Social Events Coordinator—Organize and plan social events for the club, such as the Awards Banquet, and other “out of the pool” events for the swimmers (Example: Food Bank volunteering).

Team Records/Time Standards Coordinator—Maintain an up-to-date account of all club swimming records for both short and long course races.

Stroke and Turn Officials—Train with Pacific Swimming to become a Stroke and Turn Official and work at home meets and/or other meets your swimmer attends. It is very important that our club has enough Stroke and Turn Officials to cover our share of our zone responsibilities. We strongly encourage parents to become Officials because our team is required to provide multiple Officials at every meet. If we do not have Officials, the coaching staff must do the officiating. Becoming a Stroke and Turn Official, allows you to fulfill your required twelve volunteer hours per year. For further information, please visit: http://www.pacswim.org/page/member_officials.html. Contact team head official Todd Lee, if interested.

Team Gear Coordinator—Coordinate distribution of basic team gear. Order any special team gear for specific events, such as Zones, JO, Far Western, etc. Coordinate special suit fittings for the team.

Registration Coordinator—Confirm that all program members are registered with USA Swimming/Pacific Swimming. Follow up with any members who have incomplete registration. Update computer databases, as needed. Publish an annual member directory.

Special Projects—To be determined by the coaches.

Meet Timer—Sit in a timing chair and press the buttons, which is needed at both away and

home swim meets. Our team is responsible for providing three parent timers for at least one lane of the competition pool. It is imperative that parents share the load of timing, so that all parents are able to supervise their children and to watch them compete. Timing will be coordinated at each meet by parent sign-ups. (FYI: Timers are provided snacks while timing at the meets.)

Away Meet Coordinator—Sign up volunteers to staff the away swim meets and ensure that all positions are filled. Generate signup sheets before the meet and report hours to the Volunteer Coordinator after the meet. Ensure the team tents are transported to and from the swim meets. Communicate with the swim team families who will be attending the meet to bring healthy snacks/drinks to the meet to share with the rest of the team.

Team Photographer—Take photos of team members and team coaches. Work with the Team Booster Coordinator to help create picture poster boards of swim events. Create a team member and team coach photo board.

Fundraiser Coordinator—Inform and encourage the swim team families to donate to the Presidio YMCA Annual Giving Campaign fundraiser and to the annual swim team swim-a-thon. Distribute fundraiser forms. Coordinate swim-a-thon event.

Team Booster Coordinator—Work with Team Records/Time Standards Coordinator and coaches to recognize those swimmers who have received milestone achievements after every swim meet. Ensure coaches recognize those swimmers through verbal announcements before practice, through the team website, or through display boards. Coordinate the distribution of all parka patches and awards for milestone achievements for those swimmers who meet certain time standards. Recognize first time swim meet swimmers, swimmers making their first A time, swimmers achieving a personal bests (PBs), swimmers making JO or higher, etc. Organize display board with pictures of swim team annual banquet and other swim events. Create swimmer-of-the-month poster. Acknowledge swimmers' other achievements.

Lane Parent—Responsible for assisting in or leading communications, lane building activities, on-boarding new families, etc.

Swim Team Fees

The monthly fees to the YMCA are due 10 days before the first of each month. Please refer to the Presidio YMCA catalog, or ask someone at the front desk, for the current monthly fee rates. Not all swimmers pay the same monthly fee. The monthly fee is determined by the lane color your swimmer has been assigned. Swimmers may not practice nor compete unless their monthly fees are paid by the fifth of the month.

Payment is done through a Bank EFT or Credit Card Charge that will withdraw the funds from your account automatically each month. If you have questions about this please speak to the front desk or email Aquatics Director David Fisher at dfisher@ymcasf.org.

Any swimmer who swims for part of the month will be billed for the whole month. The YMCA does not allow pro-rated programs.

Financial Aid: All members of the YMCA Pacific Aquatics Club are eligible for financial aid. Financial assistance is available, to the extent possible, due to the generosity of our donors. *Please do not limit your participation due to inability to pay.* Should a swimmer need financial aid to help with either the monthly dues for the YMCA or meet fees, the family should apply for that aid from the YMCA directly (you can get a Financial Aid Application form at the front desk of the pool or at the main post).

If the swimmer needs financial aid to help with equipment purchases, the swimmer should present a YMCA Financial Aid Application form to the Aquatics Director.

USA Swimming Registration: Swimmers must be members of USA Swimming/Pacific Swimming. Swimmers must pay to join USA Swimming when they first join the team. USA Swimming/Pacific Swimming registration is for one calendar year (January – December).

Participation/Hold Policy: Our team does not place holds on swimmers accounts while they are not able to participate. Swimmers who are gone for some duration of time have the option of continuing with the team absentee or un-enrolling. If a swimmer un-enrolls from the team, his/her spot will not be held, and he/she will have to inquire about space upon his/her return.

Leaving the Team: In the unfortunate event that your family must leave the team, it is imperative that both parents and swimmers have a conversation with the coaches. This conversation is important for both the swimmer and the coaches. In addition, at least 30 days' notice is required to stop billing for the swim team. Without notification, the YMCA will continue to bill swimmers, and coaches will assume the swimmer is still a part of the team.

Code of Conduct

TO BE SIGNED BY ALL SWIMMERS, COACHES, PARENTS/GUARDIANS PRIOR TO PARTICIPATION.

Swimmers may not participate in practices, meets, or events without a completed Code of Conduct on file.

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 before signing their acceptance.

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 come into contact with (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.

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 my body by avoiding illegal substances, alcohol, and tobacco.

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).