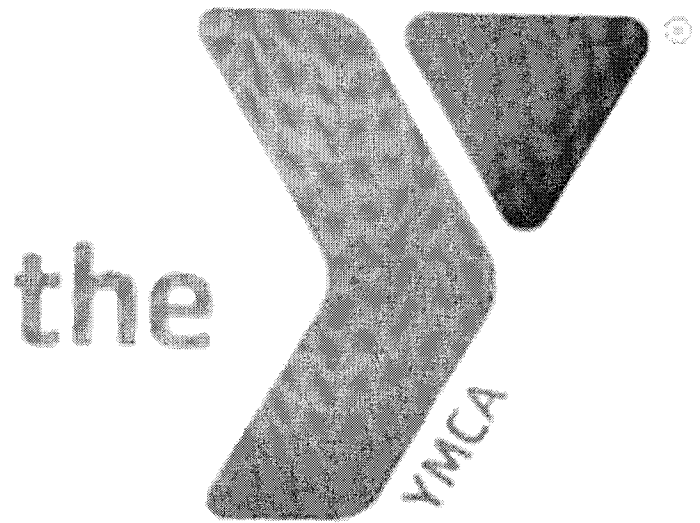


**Fair Acres  
Family YMCA**



**CatTracks  
Swim Team  
Parent Hand-  
book**

**2015-2016**

Welcome to the 2015-2016 Cat Tracks Swim Season!

Please read carefully the following Cat Tracks Swim Team handbook.

Our desire is to clearly outline the purpose of our team and the expectations for swimmers and parents.

Please have a parent and all swimmers sign the “contract” and return to complete each swimmer's registration.

We welcome all questions and comments!

We are looking forward to a great year!

Sincerely,

Cat Tracks Parent Advisory Board

## Registration 2015-2016

Registration for the upcoming session, and subsequent sessions will be handled at the Y front desk. Forms are currently available there and on our website for both program registration and Y membership. Registration has started and will continue through the first week of practice.

Returning families will have their Team Unify accounts activated so they can update contact information. The team can also add new swimmers to your family account.

New families will be instructed on how to create their Team Unify account after Y registration info has been verified.

Y-Membership. This year the team is requiring a Fair Acres Family YMCA membership for swimmers. Fair Acres Family YMCA membership offers great programs and facilities in addition to the Cattracks swim team. Visit [www.fairacresymca.com](http://www.fairacresymca.com) for more information on membership rates including local employers who have discounted fee arrangements with the Y.

### **Our website:**

Team Management and Communication made easier! [www.cattracksswim.info](http://www.cattracksswim.info)

Use our website, powered by Team Unify to:

Manage your contact information

Keep track of your swimmer's times and progress including comparison to qualifying times

Communicate with the team

Plan your swim season

Find forms

Get directions to a swim meet

You can also use the OnDeck Parent app for ios and android. Many of the features found on the website are available on this mobile platform. Download it for free today.

Cattracks on Facebook-another way we communicate and share about the team is on our facebook page which can be found at <https://www.facebook.com/cattracksswim>

## Swim Meet Registration and other fees.

Cattracks is a program of the Fair Acres YMCA. Volunteer parents commonly referred to as a "board" serve in advisory capacity and help organize events and assist the Coaching staff. In order to reduce the workload on our volunteer group and shift the sole responsibility for handling and tracking payments to the Y, we will be handling swim meet registration and the collection of any other fees in a different way from past years. **You must keep your swimmer's account current in order to be eligible to sign up for future events.**

**The Y offers financial assistance through Friends of the Y program. Please contact the front desk for more information.**

Meet declaration process.

Once the team has decided to go to the swim meet, the Y will set up that event in their computer system. Swimmers should register for and pay for the meet at the front desk **no later than the Monday prior to the swim meet's date** (which is typically the following Saturday). Most meets are a flat fee of \$15-20.

You can also call the Y front desk once the meet is announced and register your swimmer over the phone if you have a bank card or account on file already.

The Y can take cash, check and bank cards at the front desk.

**IMPORTANT NOTE-Coach may elect to utilize a sign-up sheet in order to get an idea of who is going and for swimmers to choose their events or indicate other preferences. This is to guide him in doing entries and is not a substitute for registering in advance of the deadline for the meet.**

The sale of swim caps and other team apparel will also be handled by the front desk (after the initial distribution of team and parent shirts at the beginning of the season.)

## **Seven Pillars of the CatTracks Swim Team**

**Pillar One- YMCA Core Values.** **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. **Respect**-to treat others as you would have them treat you. **Responsibility**-to do what is right, what you ought to do; to be accountable for your behavior and obligations.

**Pillar Two- Safety First.** Although swimmers can get hurt, we do everything we can to prevent injuries.

A lifeguard will always be on duty during practice times. All guards and swim team coaches are certified in YMCA Lifeguarding, CPR/AED for the professional rescuer, first aid and oxygen administration. Our swimmer to guard ratio is 1:25. If we have over 25 swimmers in the pool a second lifeguard will be put on duty, over 50 three lifeguards will be put on duty.

**Pillar Three- Sportsmanship.** Sportsmanship is coaches and swimmers showing respect for all involved in the YMCA. We ask all swimmers to show consideration for members and guests sharing the pool with our swim program.

**Pillar Four- Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for swimmers, and learning to cooperate in a competitive world is an essential lesson of life. Through the YMCA competitive swim program we want to help swimmers learn these lessons.

**Pillar Five- Family Involvement.** The swim team encourages parents to be involved appropriately in their swimmers' participation in our swim program. In addition to parents volunteering at swim meets and during practice, we encourage them to be at practices and meets to support their swimmers' participation. For more volunteer opportunities please contact Anne Schneider.

**Pillar Six- Swimming For All.** The swim team is an "inclusive" swim program. We offer programs to all swimmers regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children/teens in our society and to encourage the kids/teens and their parents to do the same.

**Pillar Seven- Swimming For Fun.** Swimming is naturally fun for most kids/teens. Sometimes when adults become involved in swimmers' sporting activities they over-organize and dominate the activities to the point that it destroys swimmers' enjoyment of them. If we take the fun out of swimming for young athletes, we are in danger of the young athletes taking themselves out of swimming.

## **Practice Etiquette**

1. Be on the deck and ready to swim at scheduled practice times.
2. Wait for your coach on deck before getting into the water.
3. Always swim from wall to wall- No stopping or walking on the bottom of the pool.
4. Walk on the pool deck.
5. When you are swimming breaststroke or butterfly, make sure you touch the wall with two hands every time.
6. If you know how to do flip turns on backstroke and freestyle- you are expected to do them all the time
7. We circle swim at practice. Circle swim rules are as follows:
  - a. Swim down the right side of the lane and back on the right side. (The right side would be the side to your right from which every end of the pool you are looking at.)
8. We expect all swimmers to be caring, honest, respectful, and responsible at all times.
9. While the coach is talking swimmers are not.
10. If you have a question, always ask your coach, and please raise your hand.
11. When you are at the wall, keep your head above water and your eyes on the coach.
12. Swimmers should be in the pool area during the entire practice. Trips to the restroom should take place before practice starts. No hanging out in the locker rooms.
13. Have FUN!

## **Parents**

1. Coaches will reevaluate participants the first few days of practice and may recommend changes to better meet your swimmer's needs. We realize that some participants have little or no experience in competitive swimming while others are quite accomplished. By separating the groups by ability, we hope to move swimmers ahead as soon as they master the progressive skills.
2. Please get your swimmer on deck in suit (preferably a one piece), goggles, and cap at scheduled starting times.
3. You are encouraged to watch practices, there are bleachers on the swim deck.
4. Please stress to your swimmer that they are expected to conduct themselves properly on the grounds, in the building, and especially in the locker rooms. Any swimmers who do not act accordingly may be asked to leave the program. We follow the same rules that are in place at the YMCA. At the end of practice, after swimmers have cleared the deck, parents are responsible for seeing that a responsible adult pick up their swimmers.
5. We are a competitive team and want parents to encourage the success of their swimmers. However, the success of swimmers should be measured against the stopwatch rather than other swimmers.

## **What's this swim team competition and how does it all work?**

Here on The Fair Acres Family YMCA swim team (CatTracks) we have the opportunity to compete against other teams. While not required, competing with the team is encouraged. It gives swimmers the ability to contribute to the success of the team. And as an individual swimmer, the events show the swimmer's progress as they improve their competitive skills. Swimmers are always trying to beat their own best times. With that said the best reason to compete at a swim meet is because it's FUN!

One of the best things about competitive swimming is that EVERYONE participates and contributes to the success of the team. NO one sits on the bench. Swimmers participate with other swimmers in their own age/gender groups. Those age groups are 6 & Under, 8 & Under, 9-10, 11-12, 13-14, and 15-21.

Last year we had excellent meet participation by team members throughout the year. This culminated with CatTracks WINNING the West Regional Championships in Monett!

A swim meet may be a YMCA closed meet or an open meet. A closed meet, is a meet, which only YMCA teams are participating in and is officiated by the correct certified officials, while an open meet may include non YMCA teams. Swimmers are required to be YMCA members 30 days in advance of a closed YMCA meet.

CatTracks participates primarily in closed meets against other teams here in SW Missouri. Those teams include Osage Prairie (Nevada), Monett, Pat Jones (Springfield), Seymour, and Lebanon. We have also traveled to Jefferson City and some other Missouri locations.

The YMCA competitive swim season culminates in the late Winter with a series of championship meets.

- Heartland West Regional Championships – Monett
  - No qualifying times
  - Regional Championships may be counted as one of the required closed meets.
  - Includes teams from central Missouri (last year there were 12 teams)
- Heartland AREA Championships – Edwardsville, IL
  - Qualifying times required for event eligibility
  - Swimmers must have competed in at least 3 closed YMCA meets from the start of the Fall season up through Regional championships. (This requirement is lowered to 2 closed meets for swimmers who participated in High School swimming.)
  - Swimmers are required to be on the team roster as of Dec. 1<sup>st</sup> (this does not mean “winter only” swimmers cannot participate, it only means their name must be on the Dec. 1<sup>st</sup> roster)
  - Swimmers must be YMCA Members at least 90 days in advance of meet.
  - Includes swimmers from all Heartland AREA teams (~26 teams), last years meet was comprised of approx. 700 swimmers
- YMCA Short course National Championships – Greensboro, NC
  - National Qualifying times required to be met
  - Must have competed in at least one meet (AREA Champs) with time standards
  - 12 years old and up

## Policies / Schedule & Calendar as of 9/14/2015

### Cancelation Policy:

Practice will only be canceled when the YMCA OR the pool is closed, unless there are unusual circumstances. We will practice as normal on school holidays or when school is closed. We leave your choice to attend in inclement weather to your own best judgement. The Y policy is to close the pool for 30 minutes from the last lightning strike during thunderstorms. The Y will also close the pool for contamination reasons, generally for 24 hours. In the event of cancelation the Y front desk will be notified as well as email and facebook postings as time permits. The Y has an app for both Apple and Android devices that may contain the latest on facility status. It will also substitute for your membership card to check in. See the front desk for more information.

### Attendance Policy:

CatTracks does not require a certain number of practices or mandatory attendance. However with that said obviously a swimmer will improve and get more out of being on the team if he/she comes to AND participates in practice. It's a basic, the more you put in, the more you get out. Participation is a factor in event choices for swim meets and also plays a major role in some end of season awards. We do expect you to arrive on time and be ready to swim on time at any given practice. Please contact coach with any attendance concerns. Coach always appreciates knowing when and why a swimmer may be missing from practice.

### Practices:

TBA after practice groups are determined.

Your swimmers night and time to practice:

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# **EVENTS**

## **8 & Under Age Group**

100 Individual Medley

25 Free

25 Fly

25 Back

25 Breast

50 Free

## **9-10 Age Group**

100 Individual Medley

50 Free

50 Fly

100 Free

50 Back

50 Breast

100 Breast

100 Fly

100 Back

## **11-12 Age Group**

50 Freestyle

100 Freestyle

200 Freestyle

50 Backstroke

100 Backstroke

50 Breaststroke

100 Breast

50 Butterfly

100 Butterfly

200 Individual Medley

## **13-14 & 15-21 Age Groups**

50 Freestyle

100 Freestyle

200 Freestyle

500 Freestyle

1000 Freestyle

1650 Freestyle  
100 Backstroke  
200 Backstroke  
100 Breaststroke  
200 Breaststroke  
100 Butterfly  
200 Butterfly  
200 Individual Medley  
400 Individual Medley

GIRLS		BOYS				
2015/16	2014/15	2013/14	2015/16			
	1:48.34	1:57.97	8 & U 100 IM	2:09.61	1:52.46	
	17.46	18.14	8 & U 25 Free	18.36	17.33	
	20.91	22.32	8 & U 25 Fly	22.95	21.00	
	21.39	22.49	8 & U 25 Back	23.17	21.36	
	24.58	26.19	8 & U Breast	25.87	24.54	
	41.09	44.66	8 & U 50 Free	44.73	40.38	
2015/16	2014/15	2013/14	9-10	2013/14	2014/15	2015/16
	1:24.74	1:27.21	9-10 100 IM	1:28.93	1:25.03	
	0:32.36	0:33.55	9-10 50 Free	0:33.77	0:32.73	
	0:38.88	0:40.88	9-10 50 Fly	0:40.63	0:38.85	
	1:14.70	1:18.30	9-10 100 Free	1:19.59	1:15.90	
	0:38.24	0:39.55	9-10 50 Back	0:41.02	0:39.26	
	0:45.89	0:45.13	9-10 50 Breast	0:46.50	0:44.66	
	1:37.00	1:42.58	9-10 100 Breast	1:47.01	1:40.27	
	1:42.23	1:57.40	9-10 100 Fly	2:00.64	1:43.87	
	1:25.41	1:29.18	9-10 100 Back	1:39.85	1:32.43	
2015/16	2014/15	2013/14	11-12	2013/14		2015/16
	0:29.10	0:29.55	11-12 50 Freestyle	0:30.47	0:29.45	
	1:05.26	1:06.33	11-12 100 Freestyle	1:10.67	1:06.97	
	2:25.52	2:30.98	11-12 200 Freestyle	2:39.91	2:30.23	
	0:34.61	0:35.50	11-12 50 Backstroke	0:37.23	0:35.99	
	1:17.43	1:20.94	11-12 100 Backstroke	1:24.23	1:19.59	
	0:38.91	0:39.98	11-12 50 Breaststroke	0:42.13	0:40.41	
	1:26.65	1:30.96	11-12 100 Breast	1:38.23	1:31.76	
	0:33.59	0:34.62	11-12 50 Butterfly	0:35.50	0:34.37	
	1:22.51	1:29.50	11-12 100 Butterfly	1:23.37	1:20.62	
	2:46.67	2:51.55	11-12 200 IM	2:58.93	2:50.18	
2015/16	2014/15	2013/14	13-14	2013/14	2014/15	2015/16
	0:27.33	0:28.23	13-14 50 Freestyle	0:27.12	0:25.97	
	1:00.17	1:01.63	13-14 100 Freestyle	0:59.82	0:57.02	
	2:13.55	2:17.75	13-14 200 Freestyle	2:15.21	2:08.51	
	6:24.19	6:37.57	13-14 500 Freestyle	6:11.69	5:52.75	
	13:11.95	13:08.29	13-14 1000 Freestyle	12:31.76	12:30.06	
	21:53.19	21:53.19	13-14 1650 Freestyle	21:21.20	21:13.32	
	1:10.10	1:11.87	13-14 100 Backstroke	1:09.82	1:07.58	
	2:38.53	2:47.69	13-14 200 Backstroke	2:47.35	2:35.05	
	1:20.09	1:22.03	13-14 100 Breaststroke	1:21.54	1:18.22	
	3:02.75	3:14.83	13-14 200 Breaststroke	2:54.84	2:50.02	
	1:09.73	1:13.56	13-14 100 Butterfly	1:09.52	1:06.16	
	2:39.72	2:40.09	13-14 200 Butterfly	2:28.89	2:33.03	
	2:31.99	2:35.69	13-14 200 IM	2:33.55	2:28.15	
	5:32.82	5:42.19	13-14 400 IM	5:20.29	5:25.14	

Year	GIRLS		Event	BOYS	
	2013/14	2014/15		2013/14	2014/15
	0:27.10	0:28.23	15-21 50 Freestyle	0:24.61	0:23.83
	0:59.50	1:02.07	15-21 100 Freestyle	0:53.39	0:51.81
	2:16.27	2:25.73	15-21 200 Freestyle	2:06.40	1:59.40
	6:05.61	6:12.69	15-21 500 Freestyle	5:47.89	5:37.44
	12:51.69	12:51.69	15-21 1000 Freestyle	12:01.49	12:01.49
	21:27.19	21:27.19	15-21 1650 Freestyle	20:13.29	20:13.29
	1:07.25	1:10.78	15-21 100 Backstroke	1:05.31	1:03.09
	2:35.51	2:41.61	15-21 200 Backstroke	2:37.19	2:27.94
	1:23.24	1:26.65	15-21 100 Breaststroke	1:12.02	1:10.93
	3:00.80	3:07.64	15-21 200 Breaststroke	2:49.48	2:41.84
	1:10.13	1:13.97	15-21 100 Butterfly	1:03.40	1:02.02
	2:44.88	2:39.69	15-21 200 Butterfly	2:28.03	2:19.71
	2:29.54	2:38.69	15-21 200 IM	2:23.84	2:17.51
	5:32.81	5:32.89	15-21 400 IM	5:07.69	4:53.56

## NOTES

## Swimmer and Parent Contract

It is the goal of the Fair Acres Family YMCA to guide children in becoming caring, honest, responsible and cooperative participants in the our programs. It is important for participants to grow to respect themselves as well as the rights and feelings of others. Swim team members must follow all practice etiquette as follows:

- Be on the deck and ready to swim at scheduled practice times.
- Wait for your coach on deck before getting into the water.
- Always swim from wall to wall- No stopping or walking on the bottom of the pool.
- Walk on the pool deck.
- If you know how to do flip turns on backstroke and freestyle- you are expected to do them all the time
- We circle swim at practice. Circle swim rules are as follows:
  - Swim down the right side of the lane and back on the right side. (The right side would be the side to your right from which every end of the pool you are looking at.)
- We expect all swimmers to be caring, honest, respectful, and responsible at all times.
- When you are at the wall, keep your head above water and your eyes on the coach.
- While the coach is talking swimmers are not.
- Swimmers stay in the pool area during the entire practice. Trips to the restroom should take place before practice starts. No hanging out in the locker room during practice.
- Attend required number of practices and meets required for practice group.

We ask that parents use the following etiquette:

- Please stress to your swimmer that they are expected to conduct themselves properly on the grounds, in the building, and especially in the locker rooms. Any swimmers who do not act accordingly may be asked to leave the program. We follow the same rules that are in place at the YMCA. At the end of practice, after swimmers have cleared the deck, parents are responsible for seeing that a responsible adult pick up their swimmers.
- We are a competitive team and want parents to encourage the success of their swimmers. However, the swimmer's success should be measured against the stopwatch rather than against any other swimmer.
- Each family provides a minimum of one adult member to work as a volunteer during each home meet their swimmers participate.
- Each family helps provide workers at away meets.
- Parents must follow all posted rules from the host team.
- Parents are not allowed on the pool deck during a meet unless volunteering (except for designated areas at home meets). (Parents may greet young swimmer at the locker room doors after an event.)

I agree and understand all swim team policies.

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Swimmer's Signature

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Date

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