

# Utah Valley Aquatics (UVRays) FAQ Document

## 2017-18 Short-Course Season

### What is the mission of Utah Valley Aquatics?

Utah Valley Aquatics, or UVRays, strives to foster the development of each swimmer's ability, desire, and discipline to achieve her or his full potential in and out of the pool.

This is accomplished by:

- Providing consistent and engaging workouts as well as competitive opportunities.
- Building positive relationships.
- Hiring and retaining coaches who give swimmers every opportunity to achieve excellence.
- Setting and achieving goals.

### What is our team motto?

“We rise by lifting others!”

### What is our 2017-18 theme? We continue with last year's:

“Always Hungry!”

### What is USA Swimming?

It is the U.S. national governing body of swimming. It promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events, and education. UVRays is a registered USA Swimming club. Access key swimming info at [www.usaswimming.org](http://www.usaswimming.org).

### What are UVRays? (What is a SunRay, a MantaRay, etc.?)

**SunRays:** This group prepares to compete in local swim meets. They learn proficiency in all four strokes (freestyle, breaststroke, backstroke, and butterfly). They refine their stroke mechanics and work on perfecting starts and turns. Practice is usually 45-60 minutes long. Swimmers should compete in at least one meet each month.

**StingRays:** These swimmers prepare to compete in state competitions. They are expected to compete in multi-day meets. They continue to refine and perfect their strokes in addition to gaining endurance and strength. Practice is usually 1.5 hours long. Swimmers should compete in one to two meets each month.

**MantaRays:** Well-versed in technique, these swimmers perfect strokes, focus on endurance, and compete in local and state meets. Practice for this group is usually 1.75 hours long. Swimmers should compete in one to two meets each month.

**National:** These swimmers have achieved a National or Zone cut or are on the cusp of doing so. They sign the National contract and meet the test set requirements. National swimmers commit 100 percent to improving their ability and fitness levels. They possess emotional maturity and display superb leadership: they are in the water when practice starts; they respect the substitute coach when their primary coach is absent, and they encourage the group to do the same; they do not stop during a set; and they push off the wall on time during the set and display correct lane etiquette.

### What are my training and competition responsibilities?

1. All swimmers are required to compete monthly in a meet.
2. Swimmers must attend the end-of-season championship meets for which they qualify.

3. Swimmers should consistently attend practice, respect their teammates, listen to their coaches, and display a positive attitude.
4. Swimmers wear a team cap when racing in meets and at practice.
5. Swimmers help set up and take down practice equipment.
6. Swimmers bring the requisite gear (see below) and use it in practice.

### What swim gear do I need?

SunRay	StingRay, MantaRay, etc.
Mesh bag	Mesh bag Snorkel
Swimsuit—extra, if possible	Swimsuit—extra, if possible Towel
Team swim cap—extra in bag	Team swim cap—extra in bag Water bottle
Goggles—extra pair in bag	Goggles—extra pair in bag Fins
Fins	Paddles
Towel	Pull buoy
Water bottle	

*With permanent marker write your first and last name on your gear. Collect your gear at the end of practice.*

### What are practice protocols?

1. Swimmers arrive at the pool no earlier than 15 minutes before their workout time. They are picked up no later than 15 minutes after the conclusion of their practice.
2. Swimmers should be ready to swim and get in the water on time. If a swimmer is late, he/she should provide a note to his/her coach explaining the tardiness.
3. Swimmers need to remain for the entire practice. If a swimmer has to leave early, please provide a note for dismissal to the coach at the beginning of practice.
4. During practice, swimmers are never to leave the pool area without a coach's permission. Swimmers' safety comes first in all these cases.
5. Swimmers display a positive attitude, are courteous and kind to their teammates, and show respect at all times. Bullying is not tolerated.

### What if I break my arm?

We hope you never break your arm, get the flu, or anything of the sort. But, if you have a persistent illness or injury that keeps you out of the water, communicate your situation to your coach and the team administrator (Grant Skabelund).

### What is short-course? What is long-course?

The winter, or short-course, season runs from September to March. Meets are held in a 25-yard pool.

The summer, or long-course, season runs from April to mid-August. Most meets are held in 50-meter pools (Olympic size).

### In what kinds of swim meets will I compete?

1. Intrasquad meet: a meet in which UVRay team members compete against each other.
2. Dual meet: a meet in which two teams compete.
3. Developmental meet: these meets generally do not have participation time-standards. Swimmers normally enter three events.
4. Qualification meet: these meets have qualifying time-standards that a swimmer must have swum in order to enter the meet.

5. Beehive Finale meet: this meet is for those who do not qualify for the state championship meet and is held at the end of both the short- and long-course seasons. If you qualify for this meet, you are expected to swim in it.
6. State championship meet: these meets occur at the end of the short- and long-course seasons and are administered by Utah Swimming. Generally, the time standards Utah Swimming sets fall between the national “BB” and “A” time standards.
7. Regional meet: a meet—such as Far Westerns in Northern California or the Holiday Open in Tempe, Arizona—that has qualifying times.
8. Zone meet: a championship meet with qualifying times—our swimmers compete in the Western Zone; there are four zones in USA Swimming.
9. Sectional meet: a championship meet held on the Zone level with qualifying times faster than Zones.
10. Junior National meet: a championship meet for swimmers swimming fast enough that they would be recruited by NCAA Division I schools.
11. Senior National meet: a championship meet for the best swimmers in the U.S.

### **What do I do at a swim meet?**

1. Arrive at the pool at warm-up time and check in with your coach to get instructions.
2. Warm up well. When you do a good warm-up, you’re more likely race fast.
3. Look for your events to be posted. You can write with a sharpie on your hand or arm these three things: Event Number, Heat, and Lane.
4. Relax until it is time to warm up for your event. Hydrate and/or eat, if needed.
5. Before your event, check in with your coach. Arrive behind the blocks at least three heats before your own, maybe more if you’re swimming a 25 or 50. Make sure you have your goggles. Check with the timers in your lane to make sure you’re in the right spot.
6. Race! Have fun competing.
7. Finish and get your time from your timers.
8. Check in with your coach to get feedback about your race.
9. Warm down! This is an important task that will help you race well.

### **What is a DQ?**

DQ is the abbreviation for “disqualification.” At sanctioned meets, a swimmer can be disqualified from an event if a start, stroke, turn, or finish is not properly executed. DQs are a natural part of a swimmer’s development. Don’t let a DQ upset you; learn from your mistake and you’ll swim your event legally the next chance you have.

### **What should I bring to a swim meet?**

Bring your team cap, team shirt, goggles, snacks, water bottle, towel, sweats, games, book, homework, camp chair, and know your events before you arrive.

### **What are the IM Ready and IM Xtreme (IMX) Challenges?**

USA Swimming’s IM Ready program prepares swimmers to move forward into IMX. IM Ready swimmers compete in a series of five events at shorter distances before swimming a series of five or six events at longer distances (IMX). IMX swimmers receive a national ranking. For more info, search for “IMX” at [usaswimming.org](http://usaswimming.org).

### **What useful resources are available?**

Websites: [uvrays.org](http://uvrays.org), [swimutah.com](http://swimutah.com), [usaswimming.org](http://usaswimming.org), [swimswam.com](http://swimswam.com)

Aps: OnDeck (TeamUnify), MeetMobile, DeckPass (USA Swimming), MeetBop

### **Why do we volunteer?**

For our swimmers to succeed, we **must** be involved. And there is plenty to do, from timing, to helping set up and take down, to becoming an official, to sorting awards, and more. Our swimmers succeed as they witness our commitment to them and their efforts.

### **How do I become an official?**

Being an official provides one of the best “seats” in the house at swim meets, it helps you learn the sport, and it allows the UVRays to host swim meets, which is a huge boost to both you and your swimmer. For more information, click on the officials tab at [swimutah.com](http://swimutah.com).

### **Why do we fundraise?**

We have one fundraiser each year to raise money for equipment and coaches’ travel. To purchase and maintain our equipment, we must engage in fundraising. Your family will be responsible to raise a minimum of \$50 per swimmer per year. This is an annual commitment and will not be prorated should you take time off or leave the team. Each season Utah Valley Aquatics organizes a fundraiser. Participation in this event is not mandatory. Swimmers may fundraise however they would like throughout the year.

### **Who runs UVRays?**

Head coach, Shari Skabelund, provides the UVRays’ vision and direction, but the club’s success is a team effort. We have a board of directors, two team administrators, a group of paid coaches, and many talented and committed families. Watch for the team updates that come via email each weekend, and get to know your coach, communicate with her or him, ask questions, pitch in, and build the opportunity for your swimmer(s).

Here is our current board’s contact information:

Brad Graham, president, [brad.graham@nebo.edu](mailto:brad.graham@nebo.edu)

Erik Jacobson, vice president, [ejacobson6@gmail.com](mailto:ejacobson6@gmail.com)

Kris Boyer, secretary, [roandkr@q.com](mailto:roandkr@q.com)

Grant Skabelund, treasurer, [grant.skabelund@gmail.com](mailto:grant.skabelund@gmail.com)

Bobi Bassett, team unity chair, [bobilyn123@yahoo.com](mailto:bobilyn123@yahoo.com)

Craig Bostock, compliance director, [craigbostock@yahoo.com](mailto:craigbostock@yahoo.com)

Heather Riding, meet director, [h\\_riding@hotmail.com](mailto:h_riding@hotmail.com)

Ofelia Allen, diversity director, [ofelia.allen@gmail.com](mailto:ofelia.allen@gmail.com)

And, here is our current staff’s contact information:

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