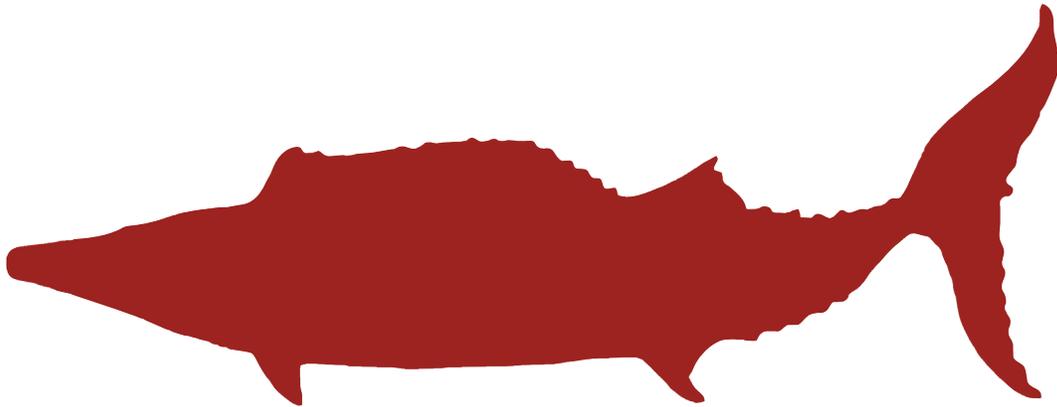


Updated 2019-2020



WILTON WAHOOS

Team Handbook



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Wilton Wahoos Mission

Welcome to the Wilton Wahoos! We are a widely respected swim team for swimmers of all ages and have one of the most highly regarded parents' organizations in the country. It is these two facets together that make the Wahoos the fine organization that we are. The Wahoos offer programs for swimmers who have just learned to swim the length of the pool through college age competitors; the Wahoos Swim Team consists of swimmers of all levels of ability, from beginners through Olympic competitors. We welcome swimmers of all ages and abilities to our team and encourage them to live up to our team motto:

“Excellence in developing personal potential through swimming and providing a safe, healthy and positive environment for Wahoos.”



Wilton Wahoos Squads

The Wilton Y Wahoos are both a “YMCA” team and a “USA Swimming” team. This means that we compete in meets organized by local YMCAs and in meets organized by CT Swimming, a subset of USA Swimming. Both groups offer swimming competitions for swimmers from the beginning level through national competition. Both full-time and part-time professional coaches who work for the Wilton YMCA branch of the Riverbrook Regional YMCA coach the team. Wahoos parents support the team through the Wahoos Parent Advisory Committee, WPAC. The parent group runs swim meets, chaperones swimmers on travel meets, raises funds, maintains the records of the club, purchases equipment that is used by the team, and organizes social events for the swimmers. All parents are automatically members and are actively encouraged to participate in the team's activities. The team is organized into squads by age and swimming level as follows:

Entry Level Squads

BRONZE (AGES 6-10)

An entry level pre-competitive program coached with the Aquatics Department, designed for the 10&Under swimmer with a serious intention to join the Wahoos. Swimmers will have the opportunity to practice two times per week for one hour. Wahoos Academy swimmers will learn the proper stroke technique of all four competitive strokes, streamlining, and basic diving in preparation for racing starts in a fun and creative environment. Swimmers will participate in one mini swim meet at the end of each session. Swimmers new to the program must be evaluated by a member of the Wahoos coaching staff or Aquatics Department prior to enrollment.

***Prerequisites:** *Swim 25 yards/meters of continuous freestyle & 25 yards/meters of continuous backstroke.*

SUPER BRONZE (AGES 6-9)

This is the first competitive training group offered by the Wahoos Swim Team. Swimmers in Super Bronze will be 9 Years Old or younger and have the opportunity to practice four (4) times per week for 1 hour learning how to better their stroke technique in all four competitive strokes, streamlining, basic diving techniques in preparation for racing starts, and to learn the rules governing the competitive strokes. Swimmers will participate in the competitive Meet Schedule designated for 12/Under Wahoos. Swimmers new to the competitive program must be evaluated by a member of the coaching staff prior to enrollment.

***Prerequisites:** *Swim a continuous and legal 25 Yards/Meters in 3 out of the 4 competitive strokes (Freestyle, Backstroke, Breaststroke, or Butterfly). Ability to Streamline underwater. Ability to focus and follow instruction for 1 hour. Demonstrate the ability to perform three of the four competitive strokes with reasonable proficiency.*

Age Group Squads

SUPER SQUAD (AGES 6-11)

Swimmers in this group have the opportunity to practice four times per week for one hour with an additional fifteen minutes devoted to basic stretching for increased flexibility and range of motion. It is recommended that swimmers attend at least two out of the four practices each week. Super Squad swimmers will continue to learn the proper stroke technique of all four competitive strokes, streamlines, racing starts and turns, how to use the pace clock and the rules for competition. Swimmers will compete in YMCA dual swim meets, USA Swimming invitationals, in addition to their expected attendance in the CT YMCA State Championship Meet, CT Regionals and CT Age Groups for those who qualify. Swimmers new to the program must be evaluated by a member of the coaching staff prior to enrollment.

***Prerequisites:** *Demonstrate the ability to perform 50 Yards/Meters of all four competitive strokes with reasonable proficiency. Demonstrate the ability to perform 100 Yards/Meters of 2 of the four competitive strokes and te IM with reasonable proficiency. Must be strong enough to handle one continuous hour of training. Must be able to focus for 1 hour of continuous learning.*



MAROON (AGES 8-12)

Swimmers in this group have the opportunity to practice five times per week for one hour and 15 minutes with an additional fifteen minutes devoted to dryland activities. Swimmers in this group begin to learn advanced stroke technique, racing starts and turns, and basic training skills. Swimmers are introduced to basic race strategy and practice sets. It is recommended that swimmers attend at least three out of the five practices each week. Swimmers will compete in USA Swimming invitationals, in addition to their expected attendance in the CT YMCA State Championship Meet, CT Regionals, and CT Age Groups for those who qualify. Swimmers new to the program must be evaluated by a member of the coaching staff prior to enrollment.

***Prerequisites:** *Swim a continuous 200 yard free with flip turns and streamlines. Swim a legal 100 yard IM. Swim legally 100 yards of 3 of the 4 competitive strokes. Demonstrate an effective racing start and backstroke start. Perform all turns and push offs efficiently including streamlining and underwater kicks. Demonstrate a proven ability to listen to coaches and make effort to improve. Understand and demonstrate the YMCA's 4 core character values*

GOLD (AGES 9-12)

This is the top level of our Age Group Program. Gold is designed to prepare the swimmers for the transition into our 13&over programs. Swimmers in this group have the opportunity to practice six times per week. Practice range from one hour thirty minutes up to two hours. Each practice begins with an additional fifteen minutes devoted to dryland activities. It is recommended that swimmers attend at least four out of the six practices each week. Swimmers in this group should be able to train repeats freestyle up to 500 yards and 100's of all strokes with strong technique. Swimmers learn advanced stroke technique and race strategy. Swimmers will compete in USA Swimming invitationals, in addition to their expected attendance in the CT YMCA State Championship Meet, CT Regionals, and CT Age Groups for those who qualify. Swimmers new to the program must be evaluated by a member of the coaching staff prior to enrollment.

***Prerequisites:** *Swim a continuous 500 yard free with flip turns and streamlines. Swim a legal 200 yard IM. Swim a legal 100 of all four competitive strokes. Demonstrate a willingness to train and compete in all strokes/distances. Understand and demonstrate the YMCA's 4 core character values. Demonstrate a commitment to improving in the sport and consistent practice attendance habits (4 out of 6 practices per week).*

Senior Level Squads

JUNIOR (AGES 13-14)

The Junior training group is one of four training groups for the 13&over Wilton Y Wahoos. The Junior squad is a transitional training group from the Age Group program for swimmers committed to advancing to a higher level of competition. All swimmers must be at least 13 years of age and are encouraged to attend no less than five practices per week throughout the year. Practices are Monday thru Friday evenings as well as Saturday mornings. Dryland sessions are offered twice per week and are mandatory. Competitions will vary depending on ability level. Championship meets include YMCA States, Regional Championships and the Age Group Championship meet for those who achieve qualifying times. To be considered for advancement to the National squad Friday and Saturday morning training, a swimmer must be among the top performers in practice on a daily basis and be able to train at an aerobic interval of 1:15 per 100 yards for a distance of 1,000-2,000 yards. An attendance record that exceeds 75% is also required.

SENIOR (AGES 15-18)

The Senior training group will have 6 regular practices per week. For those who sign a contract, an additional 2 morning practices per week and dryland will be offered during specific training cycles as well as having the opportunity to train with the National group Fridays and Saturdays. Training with the National group is by invitation only, and based on ability and practice attendance. Training emphasis will be aerobic in nature. However, there will also be an increasing amount of specificity of training for this group as the swimmers mature in this group. Dryland sessions are offered twice a week. Swim Meet options will expand to a Regional and National scope. Senior swimmers are recommended to attend 5-6 practices/week, or more if doing doubles, throughout the entire year to see consistent improvement.

***Prerequisites:** *A commitment level of 80% annually with the ability to train consistently at an aerobic training sendoff of 1:15 per 100 for a distance of 2,000 yards.*



NATIONAL (AGES 13-18)

The National training group is for student athletes who possess the ability, commitment, motivation, and dedication to truly be the very best they can be. Training will be at an elite level with a year round focus. Swimmers will have up to six 2-2.5 hour practices per week plus morning practices at peak training times during the season. In addition, swimmers are required to attend dryland and weight training sessions. Mental training and nutrition will be important facets of the National group. Membership into this group is by invitation.

***Prerequisites:** *A commitment level of 85% annually with the ability to train consistently at an aerobic training sendoff of 1:10 per 100 for a distance of 2,000-3,000 yards.*

Adult Swim Team

MASTERS

An organized training program for adults who are beginning to advanced swimmers, with personalized coaching and training. Focuses on stroke mechanics, starts, and turns, swimming efficiency and endurance, with an opportunity to compete in meets.



Practice Philosophy + Training Program

For a competitive swim program to succeed, it must begin with children at an early age, encompass, and challenge all who participate and follow a continuous developmental progression. Swimmers should be exposed to the water as soon as possible in order to learn the feel of movement and the fundamentals of swimming. This water sense can only come through continued and constant exposure to the water. Additionally, the swimming program must be a well-planned and well-organized series of developmental stages organized by the coaches and directed with a clear set of objectives.

Swimmer Attendance

Ample time is provided at each level of swimming for skill development and conditioning, as well as for the development of team unity and spirit. The following guidelines are set forth in order that all members of the team can benefit substantially from the Wilton Y Wahoos. The coaches recognize, however, that attendance may be restricted by other activities and studies. Most swimmer's schedule can be accommodated if the swimmer or his parents discuss the situation with the coach in advance.

Swimmer Practice Schedules + Guidelines

Practice schedules can be found on the team website. Always be punctual. Arrive at the pool in time to be on deck, or at the dryland location, at the start of the practice and with the proper equipment. On rare occasions, swimmers may be late. If you have another activity on a regular basis, be sure to advise the coach of your conflict.

Plan to stay for the entire practice session. Some of the swimmer's best efforts occur at the end of practice. If you need to leave early, be sure to tell your coach before the practice session.

The Wahoos would like to have every swimmer succeed at the highest possible level. If you have a conflict that makes the usual practice attendance difficult, discuss it with your coach so that he can make an appropriate arrangement. Changes in practice schedules do happen, especially during the winter months. These changes will be announced on the team website and sent via email.

Swimmer Dryland Training

Dryland sessions are offered for all groups. Dryland is progressive and age appropriate for each group. Flexibility, coordination and overall body strength exercises are stressed.

Swimmer Behavior

Swimmers are expected to treat each other as teammates with a spirit of respect, enthusiasm, and cooperation. Abusive language, lying, stealing or willful destruction of property will not be tolerated. Swimmers may not leave a practice without the coach's permission.

Swimmers are expected to follow the Y's rules for locker room behavior and to treat other Y members with respect and consideration. In particular, the swimmers should:

- Bring a towel out on deck and dry off so that they do NOT enter the changing area wet.
- Place their clothing in a locker rather than leaving it in a changing booth or on a bench.
- Suspension of locker room privileges for those who do not adhere to these simple behavioral rules.
- Code of Conduct must be signed annually by each swimmer.



Wilton Y Wahoos Action Plan for Addressing Bullying

Purpose

Bullying of any kind is unacceptable at Wilton Y Wahoos (the “Club”) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

OBJECTIVES OF THE CLUB’S BULLYING POLICY + ACTION PLAN

1. To make it clear that the Club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that (Name of Club) takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

What Is Bullying?

Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

Bullying is the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an oral, written, electronic or technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission) , or a physical act or gesture , or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of causing physical or emotional harm to the other member or damage to the other member’s property;

1. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
2. Creating a hostile environment for the other member at any USA Swimming activity;
3. Infringing on the rights of the other member at any USA Swimming activity; or
4. Materially and substantially disrupting the training process or the orderly www.usaswimming.org/protect operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).



Reporting Procedure

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to a Club Coach, Board Member, or other designated individual;
- Write a letter or email to the Club Coach, Board Member, or other designated individual;
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

How We Handle Bullying

If bullying is occurring during team-related activities, we **stop the bullying on the spot** using the following steps:

1. Intervene immediately. It is okay to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by **finding out what happened** and **supporting the kids involved** using the following approach:

Finding Out What Happened

1. **FIRST, WE GET THE FACTS.**
 - a. Keep all the involved children separate.
 - b. Get the story from several sources, both adults and kids.
 - c. Listen without blaming.
 - d. Don't call the act "bullying" while you are trying to understand what happened.
 - e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.
2. **THEN, WE DETERMINE IF IT'S BULLYING.** There are many behaviors that look like bullying but **www.usaswimming.org/protect** require different approaches. It is important to determine whether the situation is bullying or something else.
 - a. Review the USA Swimming definition of bullying;
 - b. To determine if the behavior is bullying or something else, consider the following questions:
 - What is the history between the kids involved?
 - Have there been past conflicts?
 - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
 - Has this happened before? Is the child worried it will happen again?
 - c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
 - d. Once you have determined if the situation is bullying, support all of the kids involved.



Supporting the Kids Involved

3. SUPPORT THE KIDS WHO ARE BEING BULLIED.

- a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
- b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
 - i. Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
 - ii. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
- c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

4. ADDRESS BULLYING BEHAVIOR.

- a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons he or she bullied. For example:
 - i. Sometimes children bully to fit in or just to make fun of someone who is a little different from them. In other words, there may be some insecurity involved. www.usaswimming.org/protect
 - ii. Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support.
- d. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
 - i. Write a letter apologizing to the athlete who was bullied.
 - ii. Do a good deed for the person who was bullied, for the Club, or for others in your community.
 - iii. Clean up, repair, or pay for any property they damaged.
- e. Avoid strategies that don't work or have negative consequences:
 - i. Zero tolerance or “three strikes, you're out” strategies don't work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
 - ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

5. SUPPORT BYSTANDERS WHO WITNESS BULLYING.

Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

- a. Be a friend to the person being bullied;
- b. Tell a trusted adult – your parent, coach, or club board member;
- c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. “Let's go, practice is about to start.”
- d. Set a good example by not bullying others.
- e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.



Wilton Wahoos Swimmer's Code of Conduct

Swimmer's Code of Conduct

Swimmers are expected to have signed and be aware of the Wahoos Code of Conduct, which specifically states:
As a member of the Wilton Y Wahoos:

I agree to conduct myself in a mature, courteous and responsible manner. I recognize that I represent the Wilton Family YMCA and the Wilton Wahoos. My behavior should facilitate a pleasant, healthy, and safe experience for all participants; to foster team unity and spirit; and to enhance the reputation of the Wilton Y Wahoos:

- I will adhere to all rules, regulations and procedures announced by the WYW staff.
- I will honor the announced schedules for practices and meets and curfew set by the WYW staff.
- I will compete and/or participate to the best of my ability.
- I will not in any way endanger the safety of another participant. I further acknowledge that the following conduct is unacceptable and will not be tolerated:
 - Use of camera or cell phone camera in locker rooms
 - All illegal activity
 - Possession or use of alcoholic beverages, illegal drugs or tobacco products
 - Use of profanity or inappropriate language
 - Vandalism or destruction of property
 - Inappropriate or unsupervised activities involving group members. Including, but not limited to, bullying. For purposes of this Code of Conduct, bullying is defined as any overt act or acts by a member or a group of members directed against another member, whether verbally, physically, or employing cyber social media with the intent to ridicule, harass, humiliate, or intimidate the other member while at practice, at a meet, or other team activity, which acts are committed with a persistent, repeated pattern of behavior.

I understand that failure to abide by the Wilton Y Wahoos Code of Conduct may result in immediate disciplinary action including, but not limited to, the following:

- Immediate suspension from the event, resulting in notification of parents, where arrangements will be made to have the participant picked up from the event and returned home.
- Suspension from the team
- Community service or completion of an alcohol abuse program may be required for reinstatement to the team. Forfeiture of all payments for participation in the event and/or program
- Dismissal from the Wilton Y Wahoos. If dismissal occurs while on a trip, the cost of the immediate return trip will be at the participant's/parent's expense.

Swimmer Name and Squad _____

Swimmer Signature _____

Parent Signature _____ Date _____



Wilton Wahoos Parent's Code of Conduct

Parent's Code of Conduct

1. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials, and spectators at every meet, practice, or other sporting event.
2. I will not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
3. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches on the pool deck, and will take time to speak with coaches at an agreed upon time and place. Any discussion after a swim meet will only occur 48 hours after the meet.
4. I will respect coaches and their authority during practice. I will never question, discuss or confront coaches during practice time. I will take time to speak with coaches at an agreed upon time and place.
5. I will refrain from coaching my child or other swimmers during meets and practices, unless I am one of the official coaches of the team.
6. I will only be on deck at a swim meet if I am a timer, meet marshal, or official. If I am on deck I will not approach the coaches or swimmers.
7. I will respect the Swimmer/Coach relationship and allow my child to be their own advocate for any issues they may have.
8. I will not engage in any negative discussions on the pool deck during practice or meets that is detrimental to the swim team.
9. I will adhere to the following guidelines while on the pool deck:
 - I will not use any recording devices.
 - I will remain seated on the bleachers.
 - I will not sit behind or stand in front of one of the lanes.
 - I will not communicate with my swimmer during practice.
10. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - **1st Time:** Verbal warning by official, head coach, or YMCA
 - **2nd Time:** Formal Letter of Complaint will be issued to all parties involved and filed with the YMCA and WPAC.
 - **3rd Time:** Parental Practice and/or Meet Suspension (two weeks from practice and one meet suspension) and a formal meeting with the Director of Competitive Aquatics. Written documentation of incident will be kept on file.
 - **4th Time:** Removal of swimmer from the team.

Print Last Name _____

Parent Signature _____ Date _____

Parent Signature _____ Date _____



Wilton Wahoos Authorization for Photographs

Permission & Usage of Photographs of Swimmers

I hereby authorize the Wilton Family YMCA and the Wilton Y Wahoos to take group and individual photographs of my child during the course of all the Wahoo activities.

These photos may be given to me as a parent or used for public relations purposes, advertising, posted on bulletin boards and used on the Wilton Y Wahoos website or the Riverbrook Regional YMCA website or social media.

I give permission for photographs to be taken of my swimmer(s).

I DO NOT give permission for photographs to be taken of my swimmer(s).

Swimmer Name (PRINT) _____ Date _____

Parent Signature _____ Date _____



Wilton Wahoos Equipment + Facility

Swimmer Equipment

- SWIMSUIT(S)
- MESH BAG
- FINS
- SNORKEL
- PADDLES
- PULL BUOY
- TOWEL
- GOGGLES
- WATER BOTTLE
- TEAM CAP

Please mark your swimmer's equipment clearly with his or her name. The team supplies kickboards and has some pull buoys available. Team suits and caps are required for team competition. For those swimmers who need team suits, a date will be set early in the fall for fittings. During the course of the season, you can purchase suits at Metro Swim Shop located at 666 Main Avenue (Rt. 7), Norwalk. Team caps are sold in the lobby during home meets or through the office or coaches. Goggles are also available.

YMCA Pool Facilities

25 YARD POOL

This warm water six lane pool is an excellent instructional pool for our younger swimmers. The pool is kept at 87 degrees. The Super Bronze, and occasionally Super Squad groups tend to train in this pool.

50 METER POOL

This six lane 50 Meter pool has two bulkheads which can be easily moved to produce two six lane 25 yard pools. All Wahoos training groups will get some 50 meter training exposure throughout the year. This pool is bubbled. Typically the bubble goes up about the third weekend in September and comes down the weekend before Memorial Day. The pool has a UV sterilization system supplemented by a computerized chlorination system to keep our pool water clean and safe. If chlorine levels become too high on any given day, practice will either be altered or cancelled. Pool temperature is held about 81 degrees; in the summer months water aerators are used to cool water to acceptable levels.



Wilton Wahoos Meet Information

Philosophy of Competition

The Wilton Y Wahoos participate in two types of swim competition: YMCA meets and USA swim meets. The following principles apply to all competitions:

1. We emphasize competition with yourself. Individual improvement in time or skill is more important than your place in the race.
2. Consideration for fellow teammates, opponents, officials, and parents are just as important as how you swim. We encourage support for others; positive attitudes and good meet behavior.
3. We encourage swimmers to learn to set reasonable and logical goals and to strive for excellence even when they experience short-term setbacks.

Governing Swimming Organizations

The Wahoos participate in swim meets run by two governing organizations: YMCA Swimming and Diving and USA Swimming. The technical rules of these organizations are almost identical and the meets are run in similar fashion. YMCA Swimming and Diving is part of the YMCA of the USA organization. United States Swimming is the National governing body for competitive swimming. They select the teams for all international meets, including the Olympics. USA Swimming grew out of AAU swimming when each sport under the AAU umbrella split out to form its own governing body. It has its headquarters in Colorado Springs at the Olympic Training Center and is organized into 56 regional Local Swimming Committees (LSCs), which all follow the same technical rules but are in most ways autonomous. Our LSC is called Connecticut Swimming Inc. (CSI), and is run by parent volunteers. If you are interested in becoming active in this organization, as many Wahoos parents are, contact your squad vice president or the team president or go to the Connecticut Swimming web site, CTSwim.org. USA Swimming publishes a yearly rulebook containing all the swimming rules, national time standards, and other useful information. If you would like to obtain a copy, contact USA Swimming at 719-866-4578. You may also download one for free at www.usaswimming.org. Anyone joining USA Swimming as a non-athlete member receives a rulebook as part of the membership fee.

Such as CT YMCA Championships and Y Nationals. Swimmers must be current, active members of the Y to compete in the Y championship meets. YMCA Swimming and Diving governs these meets. USA Swimming meets are usually significantly larger with many teams represented. They often last 2-3 days. At the end of each season championship meets are held.

Ages for Meets & USA Swimming Numbers

A swimmer's age for a USA meet is his age on the first day of the meet. The swimmer's USA number is the swimmer's birthdate followed by the first 3 letters of her first name, her middle initial and the first 4 letters of her last name: Annie M. Jones, born 5/19/79, has a USA Swimming number of 051979ANNMJONE A swimmer's age for the CT YMCA State Championship Meet is his/her age on the first day of the 13/over session that commences in early January.

Swimmer Meet Sign-Up

SUPER BRONZE, SUPER SQUAD, MAROON, GOLD, VARSITY, JUNIOR & SENIOR

It is very important that each parent indicate whether or not his/her swimmer intends to compete in the posted meet by the specified deadline. Please specify which days your swimmer is available to compete. If for any reason your swimmer does not attend the meet(s) you have committed to, you will still be billed for the meet entry fees.



NATIONAL

The coach selects the meets and events in consultation with each swimmer. If a swimmer cannot attend a meet because of a conflict, the parent or swimmer must inform the coach well in advance of the meet. All National team parents must still go onto the Swimmer Sign Up page of the website and declare their intention to attend the meet and sessions consulted by the coach. Once the entry deadline has passed, the swimmers will be billed for the meet entry fees, whether they swim or not, since the team must prepay for meet entries.

Swimmer Meet Preparation + Conduct

WARM-UP

Team warm-ups are usually held 1 to 1 1/2 hours prior to the start of the meet. Swimmers should be on deck dressed to swim 20 minutes before the start of pool warm-up for stretching and to check in with the coach so the coach can turn in the correct scratches for the day. If you are late, you run the risk of being scratched from your events. It is important to be on time or inform the coach of possible delays.

For safety reasons, the coaches supervise warm-ups in the pool. A good warm-up is vital to a successful meet. The ages and numbers of swimmers determine warm-up schedules for a given meet. Connecticut Swimming has established a number of warm-up rules to insure safety when a large number of swimmers from different teams are warming up at once. The most important of these is that there is no diving. During warm-up, swimmers must enter the water feet first with a minimum of jumping to make sure that no one is injured. At the end of warm-up there is usually the "one-way" sprint time when swimmers can practice diving from the starting blocks.

AFTER WARM-UP + DURING THE MEET

Immediately after warm-up, swimmers should dress in their Wahoos sweats/warm-ups, including socks and shoes. Stay warm, but if it is hot and sunny, stay in the shade and out of the direct sun. Report to the coach before each race. It is the responsibility of the swimmer to know their event, heat, and lane. Report to the bullpen and/or blocks in plenty of time to be by yourself and concentrate on your race. After your race, get your time from the timers and report to your coach. Be sure to dress again in full warm-ups.

MEET CONDUCT

Sit with the team in the team area at all times. Support your teammates by cheering, offering congratulations, and being positive. Show respect for the meet officials, as well as other teams and coaches. Be responsible for yourself. Remember, you represent the Wilton Y Wahoos! Handle yourself with pride and dignity.

Types Of Swim Meets

SHORT + LONG COURSE SEASONS

There are two main swimming seasons. The short course season is swum in 25-yard pools during the fall and winter months. Meets generally start in late October and end in late March. The long course season is held in the summer months and is swum in 50-meter pools. Since younger, less-experienced swimmers sometimes have trouble swimming well in pools more than twice as long, there are a few short course meets held during long course season for swimmers ages 9 & under.

USA SWIM MEETS

The Wahoos place their primary emphasis on USA Swimming competition, which is comprised of Age Group swimming (10 and under, 11-12, 13-14, and 15-18) and Senior swimming (any age as long as the requisite cut-off time has been achieved.) A schedule of USA Swimming meets is posted on the web page. A few days before each meet, a schedule of events for all swimmers may be available on the web site. This preliminary schedule is called a "psych sheet." The final choice of events is in the hands of the coach, in consultation with each swimmer.



Entry in a USA swim meet means that each swimmer's TeamUnify account will be billed for each event, whether or not they actually compete, since we must submit the entry fees with our entry. These fees vary per event for local, championship and national meets. Relay entry fees are divided equally among all eligible swimmers, whether or not they actually participate in the relay. Transportation to and from meets is the responsibility of the swimmers and parents. All parents are required to assist at meets, especially Wilton-sponsored meets. It is the cooperation of all—swimmers and parents—that makes a meet a success!

Reporting Times From Swim Meets

If electronic touch pads are used at a meet they provide the “official” time. Buttons and manual watches are used only for backup. When watches are used, the middle of the 3 times is the official time. Official results are posted throughout the meet so you can see how your swimmer did.

Official times are only recorded in individual events. In general, swimmers swimming relays do not have times recorded for their leg of the relay since they did not start from a starter's signal. The exception is the split time for the first swimmer in a relay, which is an official time and is reported.

Times Standards

Time standards are updated annually. When they become available, usually in late October, copies will be posted on the team website. Time standards are published for many different levels of achievement:

Time Standards for Age Group B - BB - A - AA - AAA - AAAAA Levels

Connecticut Regional Championships / Connecticut State Championships / Connecticut Senior Championships
Eastern Zone Championships / Y National Championships / Sectionals Senior National Championships / Olympic Trials

Major Championship Meets

REGIONAL CHAMPIONSHIPS

Those swimmers that fall into time standards established by CT Swimming lower than Age Group standards, compete at this meet.

AGE GROUP CHAMPIONSHIPS / CONNECTICUT STATE CHAMPIONSHIPS

Most age group swimmers train to be able to compete at the Connecticut State Championships known as “Age Groups.” The short course championships are held in March and the long course championships in July. To compete, swimmers must have swum at or faster than the published cut time for that event for their gender and age group. These cuts are published each year.

SENIOR CHAMPIONSHIPS

Any swimmer can compete in Connecticut Senior Championships regardless of age if he has made the cut times. Usually swimmers begin to achieve these times when they are 12-15. The short course Connecticut Senior Championship is held in March. In the summer season, the Senior Championship is held in July.

Y STATE CHAMPIONSHIPS

During meet season, a championship meet is held in which all the Ys in the Connecticut Y League participate. Each age group swims on only one day. There are no cut-off times. Each swimmer may swim 3 individual events and two relays.

REGION 1

This highly competitive meet is for swimmers in the Northeast who have or are close to Junior or Senior National times.

ZONE CHAMPIONSHIPS

Qualification is by time standards. Eastern Zone is from Virginia to Maine.



Y NATIONALS

Y Nationals is the culmination of training for many Junior, Senior and National swimmers. The spring national meet has rather demanding short course cut off times for young senior swimmers. Swimmers who score at Y Nationals are usually swimming at the USS Junior National or even Senior National level.

Summer Y Nationals is a long course meet, usually swum in the Eastern US. The cutoff times are not as demanding as the short course times, but swimmers who score have to swim just as fast as at Spring

USA JUNIOR NATIONALS CHAMPIONSHIPS

Generally this is the first national meet for USA swimmers. It is limited to swimmers 18 years or under and is held in both the short course and long course seasons. USA National Championships USA National Championships are held twice a year, once in the winter and once in the summer. Swimmers may qualify for Senior Nationals from any USA meet. The summer long course meet has very difficult cuts, adjusted to be at the 90th percentile of the world's best times in each event.

SENIOR NATIONALS

For USA swimmers of any age. Usually offered twice a year with time standards (faster than Jrs) established by USA swimming.

OLYMPIC TRIALS

Offered every 4 years just prior to the Olympic Games. Qualifying times must be achieved in Long Course only, with the qualifying period beginning about 18 months prior to the meet.

Additional Types of Meets

HIGH SCHOOL MEETS

Times achieved at high school dual meets and championship meets are acceptable as USA Swimming entry times, if the meet results are provided with a referee's signature.

WAHOOS SPONSORED MEETS

The Wahoos host a number of meets throughout the short course and long course seasons. These meets are important not only because they give the Wahoos swimmers an opportunity to compete in their home pool but they also serve as a source of fundraising for the team. It is mandatory that Wahoos families support these meets by working if their swimmer is participating.

Away Meets

TRAVEL MEETS

Swimmers on the Gold, Maroon, Super Squad and Super Bronze teams generally travel with their parents to away meets. All travel arrangements are the responsibility of their parents with the exception of occasional out of state meets, where the same procedures will be followed as for the senior teams.

The Junior, Senior, Varsity, and National squads often travel as a group with chaperones to major out of state meets. Swimmers generally share rooms, and the coaches usually make the room assignments. Swimmers are either fed as a group at the hotel or by the chaperones, or are asked to bring money for meals that they eat together at restaurants chosen for consistency with the team philosophy of sound nutrition. For junior and senior swimmers, there are usually several travel meets during the short course and long course seasons. Travel to national meets for those who qualify is handled in the same way.

CHAPERONES

Team chaperones are under the direction of the coaches and assist with both logistics and discipline at senior travel meets. If you would like to volunteer as a chaperone, contact your squad vice-president. Chaperones are often asked to do pre meet planning with coaches direction and it is their duty to help with the entire team and not just their swimmer. Team chaperones need to be registered with USA Swimming as a non-athlete member. They must take APT and some HIPPA training. The office will help with all of this.



REQUEST FOR TRAVEL FUNDS

In order to assist in the development of senior swimmers, Connecticut Swimming, Incorporated (CSI) our local governing body, offers some financial assistance for swimmers competing at the national level. In order to be eligible, a swimmer is required to have participated in 4 CSI-sanctioned meets in the previous 12 months. For this purpose, any Regional championship (but not Junior or Senior Nationals) may be considered. Swimmers must have been registered in Connecticut for 4 years. Swimmers registered for less time may also be considered on request, depending on available funds. College swimmers swimming with their home teams for the summer are only required to swim 2 CSI meets. In both cases, one of these meets should be Connecticut Senior Championships.

Connecticut Swimming as part of the Senior Championship meet announcement each season publishes travel fund request forms. The rules change slightly each year, so be sure to get a copy before your swimmer leaves for a USA National meet. The web address for Connecticut swimming is www.ctswim.org.

Working at Meets

It takes about 50-75 people to run any session of a swim meet, and almost twice that if two courses are run simultaneously. The Wahoos often run two 25-yard courses by dividing the 50M pool with a bulkhead. Most teams are delighted to have your help as a timer, table worker, or other official at any meet. Most parents discover that a meet is a lot more fun if they work as timers, since they have something to do during every heat, they have more room than in the stands, and they get a front row view to see their own children's races. If you have never timed before, anyone will be glad to loan you a watch and tell you what to do. At all meets our team attends we are expected to provide workers and we would be delighted to have your help.

There is no formal training necessary to become a timer, or worker taking care of posting, running, or award labels, although such training is available. We welcome and actively solicit your help in any of these roles.

Becoming a USA Swimming Official

USA Swimming Officials (AO's/Starter/Stroke & Turn, Referee) are often parent volunteers who have undergone some simple training in the technical rules for swimming. The Wahoos have always taken a leadership role in training and providing USA Officials. Several clinics are held each year. To become a stroke-and-turn official, you need only join USA Swimming, attend a 3-hour clinic, take an open-book take-home test, and work 4 meets as a trainee. We welcome new officials at all times. To begin officiating once you have passed your tests, simply show up at meets ready to work. You are always welcome.



Wilton Wahoos Communications

A large team with many squads, multiple coaches, and many different practice times often needs to communicate in both formal and informal ways. The methods of communication are outlined below. If you have questions about the team's activities, you should feel free to contact your squad's vice president, the team president, or any WPAC member. If your concern is specifically about your child's swimming, you should arrange to meet with your child's coach or the head coach.

Wahoos Web Page: www.wywwahoos.org

The Wahoos have their own web page to enhance communication with the parents. The web page is updated daily. All input to the web page should be communicated to the Wahoo swim office for approval and submission to our Webmaster.

Email

Coaches, Squad VPs and the Wahoo Team Office Manager send out emails to inform parents of upcoming events, changes in practices, general information, and more. Please make sure to check your emails often, especially during inclement weather as practice changes and cancellations are often announced via email or texts. Please verify your SMS# in TeamUnify.

Communicating With Coaching Staff

The Head Coach and other coaches may be reached daily in their Y office. In general, office hours are weekday afternoons. You can call for an appointment or leave a message on the voice mail. Each coach has a 3-digit extension, which is listed in the Addendum. You may also call the Y at 203-762-8384, and ask the front desk staff person to connect you to the coach's extension. The team fax number is 203-761-9819.

The coaches have regular team meetings with their swimmers and communicate via email regarding meets and practice schedule changes. If you feel that you might have missed an important piece of information, check with your squad vice president or look on the web page. All updates from coaches and office manager are posted on the team web site under "News."

There usually are parents' meetings for each squad at the beginning of the short and long course seasons. Please see that one adult from your family attends the meetings. This is an opportunity to ask questions and get the latest information.

48 Hour Rule

If you are upset about a swim or situation, please wait the cooling off period of 48 hours before contacting a coach, unless it is a safety issue.

Recruiting Policy

The Wilton YMCA and Wilton Y Wahoos have, for some 30 years, been highly visible in the swimming community. Premier facilities, an experienced and stable coaching staff, a well-run parents organization, and a continual level of excellence through the years, have drawn families from the surrounding areas and towns. With some 2000 swimmers within commuting distance, we as a team must be sensitive to what recruiting means, what is not allowed and what are acceptable behaviors when speaking with team members from other swimming programs.



We, of course, are very proud of our team and our swimmers accomplishments. The better we do in the pool, the more attention we get from parents in the stands. But we must not approach other swimmers or parents about our team first. Even congratulating another swimmer by talking to them first can be construed as recruiting, which is a violation of the Code of Ethics.

ASCA, the American Swimming Coaches Association, and USA Swimming have a section of their Code of Ethics regarding recruiting which tell us about this. Basically, when we are approached from a parent asking questions about our program, refer them to our web page and have them call one of our coaches at the number listed. Parents will of course want detailed answers. Answer them honestly, but keep to facts. Try to stay away from opinions, speak about your own swimmer, not anyone else's, and always speak positively about other programs.

From a coaches stand point, we return all phone calls, even from parents we do not know. If it is a call asking about transferring to our team, we will ask general questions to determine the level of interest and commitment from the interested party. We are always interested in talking to swimmers who want to work hard to get better and be a part of our YMCA program. If the general questions are answered favorably, we will invite the family to come to our office to meet and discuss their situation and determine if we can help. Before joining our program, the incoming swimmer must speak with their previous coach.



Wilton Wahoos Fees + Policies

Families pay 4 different fees to swim with the Wahoos. These fees are:

1. YMCA Membership Fee
2. The Wilton Y Wahoos Program Fee (different fee for each of the 8 squads)
3. The Wahoo Activity Fee (which includes the USA Swimming membership)
4. The Fundraising obligation (different amount depending on the squad of your highest swimmer). The cost associated with team travel is born by the swimmers attending the travel meet except for YMCA Nationals, which is partially subsidized by the parent organization. These fees are described in more detail below.

Y Membership Fee

Each Wahoo must be an active member of the Wilton YMCA branch of the Riverbrook Regional YMCA. The annual membership is payable when joining the Y initially and annually thereafter.

Program Fee

Annual Wahoo program fees can be paid in two different ways. The first being a one-time full payment of the squad fees, payable at registration. The second option is monthly. The first payment is due at registration and subsequent monthly payments are billed to your credit card on the first of the month, beginning August 1st and ending March 1st. Fees owed are based on the squad assignments. If a child moves to a new squad by November (for the first semester) or by the start of the long course season (for the second semester), pro-rated fees for the new squad will apply. Fees for those joining as NEW members during an interim period are also pro-rated. **The pro-rated discount does not apply to returning club members who also swim during the CIAC swim season.** These calculations are based on an 11-month swim year. Program fees are owed to the Wilton Family Y. They cover pool time, use of the facility and coaches' salaries. The fee schedule for the current year is found in the Addendum.

Payments are accepted via check, bank draft, and credit card. Credit cards and bank drafts are preferred. Those using bank drafts may include Y membership fees and the Wahoo program fees. Please speak to Linda Simpson at the Wilton Y Business Office regarding automatic drafts for membership. Multi-swimmer families, who pay their highest program fees in full, are eligible to receive a 10% discount on each additional swimmer's Program Fees. The discount applies to Program Fees only. Multi swimmer families who do not pay their program fees in full at time of registration will not qualify for the 10% discount. If a family wishes to apply for a scholarship or financial aid, please refer to the Wilton Family Y web page for information and supporting documents. An application form will have to be completed and submitted to the Y Family Services Director. Information submitted to the Y will remain confidential. The Y will determine all financial arrangements and scholarships. **No refunds after December 1st.**

Wahoo Team Registration

These fees support the Wahoos Swim Club. They contribute to the Wahoos budget, which must support all operating expenses—administrative needs, coaches' travel, supplies, etc. Annual club registration fees are due as part of pre-registration. As with Y program fees, these are also pro-rated for families joining during the swim year. See the Addendum for the annual fee.



Swim Meet Fees

Each team family needs to have a valid credit card on file in TeamUnify in order to bill meet entry fees. Once a meet is signed up for and entries are submitted to the host team, you are responsible for entry splash fees.

Travel

Team travel is arranged for selected meets. For each meet involving travel, a fee is identified prior to the meet. This fee, which includes all applicable hotel, food and transportation costs, must be paid in full before a swimmer will be allowed to leave for the meet. In addition, those with any delinquent Wahoos fees will not be eligible to travel with the team until full payment is received.

Wahoo Registration

All Wahoo fees (Club, USA Swimming, fundraising, and travel) in arrears from the previous season must be paid before a swimmer can register for the next season.

Releases to Join Another Team

A release from the Wahoos is needed to become affiliated with another USA Swimming team. All outstanding fees must be paid before the Wahoos will provide this release. No refunds are given if one transfers to another team.



Wilton Wahoos Parent Involvement

Wahoo Parent Advisory Committee (WPAC)

The Wahoos Parent Advisory Committee (WPAC) is the group that coordinates the activities of the Wahoos parent organization. It is made up of interested parents like you, and we welcome your involvement. If you would like to contribute in any way, please feel free to tell a committee member of your interest. All are welcome to attend committee meetings and participate. If you have a significant concern that you wish to discuss, please inform the President in advance so you can be placed on the agenda.

The WPAC, Head Coach, and any interested parents meet monthly at the Y. Watch the Wahoos Web Site for times, updates, and changes. The WPAC budget for the following year is prepared and approved in July of each year reflecting the September 1 through August 31 fiscal year of the team. August is a transition month with new committee members assuming duties from the departing members.

The role of the WPAC is to support the Wahoos team by coordinating social activities for the swimmers, staffing Wahoos-sponsored meets, fundraising for the team, and providing input and support to the coaching staff.

Social Functions for Swimmers

Each squad will have social get-togethers, usually in the form of pizza/pasta parties. Your squad vice presidents will organize and send out emails, or have a TeamUnify sign up created. In September, an event is held to kick off the new season. Wahoos Recognition Day is traditionally held in the spring (late April) to celebrate the accomplishments of all Wahoos team members.

Wilton Wahoos Work Commitment Program

The Work Commitment program was developed to meet three major objectives:

- **To benefit the swimmers.** A team of this size takes up a significant percentage of the available “swims” at any meet and it would be unrealistic to expect other USA Swimming and YMCA Swimming teams to always have room for us at their meets. Sponsoring our own meets, therefore, allows us to insure that our Wahoo swimmers have ample opportunities to race in a high quality environment and test the skills they work so hard to achieve, as well as the qualifying times they need to swim in championship meets at the end of the season. In addition they are able to compete in a familiar environment without the added time and expense of traveling.
- **To allow the Wahoo team to prosper.** The dollars that are raised from the major meets that we sponsor far exceed any other fundraising that the Wahoos do. This enables the team to purchase the equipment such as computers, scoreboards, touch pads, blocks, stopwatches, and training aids that are needed to maintain a premier swim team. Educational opportunities for the coaching staff, and travel to away swim meets for the staff.
- **To get more families involved.** The short course meets that are sponsored by the Wahoo’s require an average of 75 or more workers per session and a long course meet requires 50 workers. The Parent Work Commitment program helps to involve more families so that we can continue to host a significant number of meets and help our team prosper.



Travel Assistance for YMCA Nationals

Unless there is a situation where parents are not supporting the team, any swimmer from any squad who qualifies for either or both of these championship meets will receive financial support from the team.

Wahoos Fundraising

Fundraising is essential to meet the operating costs of the Wahoos team. The team raises funds through the meets we run but it is also necessary for each Wahoos family to make an additional fundraising commitment. Fundraising is determined per family (not per swimmer) and the amount that each family commits to fundraising is determined by the squad of their highest-level swimmer as of September 30th. In October, you will receive a request as to how you will fundraise, participating in programs or direct pay. See the team web site for amounts due per squad and for additional fundraising opportunities and who to contact.



Wilton Wahoos Meet Job Descriptions

1. Learn a new job...work the computer...work the Daktronics System...become a runner/poster...train to become a USA Swimming Official
2. Work a session when your child is not swimming. Get to know the rest of the team while helping your team.
3. Work at the meet when your child is swimming...think of it as a bonding opportunity.

The following pages give a brief description of the many opportunities that exist to be involved in Wahoo activities.

Wahoos Parent Advisory Committee (WPAC) Positions

WPAC: Coordinates and supports team social activities, staffs home meets, fundraises for the team, and provides input and support for our coaches. WPAC is comprised of interested parents and we welcome your involvement. If you are interested in getting involved, please contact a committee member. All are welcome to attend monthly meetings at the Y.

President: Presides over all meetings and supervises the business affairs of the club. The President is an official representative of the club and a member of all committees.

Vice President: Works closely with the President, presides at meetings in the President's absence.

Secretary: Keeps records of the Advisory Board meetings including distribution of minutes. Handles all Advisory Board correspondence and sends out notifications of all meetings. Coordinates meeting dates and reserves room.

Meet Coordinator: Prepares and oversees all home meets. Works with coaches, entry chair, YMCA staff, meet staffing coordinator, meet managers, and others to ensure home meets run smoothly and successfully.

Meet Staffing Coordinator: Prepares and oversees work sign up. Works with meet coordinator, coaches, computer, Daktronics & officials chairs to ensure all families with swimmers participating are helping at the meets.

Squad VP Coordinators: Coordinates communications between WPAC and all squad VPs.

Membership Coordinator: Coordinates with squad VP coordinators and other WPAC members to improve any and all aspects of team communication and camaraderie.

Team Development/Fundraising: Coordinates and reports on all activities which raise funds for the team. Tracks status of each family's commitment and works with the Office Manager to ensure all members fulfill their commitment.

Social Event Positions

Squad VPs: Works with squad coach and parents to facilitate squad-specific communications and social events.

Committee Chair & Meet Related Positions

Computer Chair: Responsible for all computer needs for meets, including training & staffing.

Daktronics Chair: Responsible for all Daktronics needs for meets, including training and staffing.

Officials Chair: Identifies and coordinates officials for all home and championship meets. Schedules clinics for USA Swimming certification and registration.

Meet Managers Chair: Works with Meet Coordinator and Meet Managers to ensure all meets run smoothly. Help set up for meets, organize workers, fill all jobs, check coach credentials and answers questions as they arise.

Hospitality Chair: Coordinates hospitality needs for home meets. Works with Meet Coordinator and Meet Managers.



Safety Chair: Ensures deck safety rules are followed and that safety marshals are aware of their responsibilities at home meets, including the need to fill out incident reports on all injuries. Maintain up to date first aid kits.

Meet Entry Chair: Coordinates meet entries for home meets.

Away Meet Job Chair: Coordinates Wahoo parent volunteer work assignments at all away meets.

Daktronics System: Responsible for Daktronics timing system training as well as meet staffing.

Meet Awards: Responsible for obtaining awards and coordinating volunteers to label awards and distribute to teams.

Home Meet Job Assignor: Develop and train team officials (referees, starter/recall, stroke & turn, administrative official) by offering classes for USA Swimming certification and registration. Identify and coordinate referees, starters and stroke & turn officials for all home and championship meets.

Safety Chair: Ensure that deck safety rules are followed and that safety marshals are aware of their responsibilities at home meets, including the need to fill out incident reports on all injuries. Maintain up to date first aid kits.

Team Related Activity Positions

Team Apparel: Establishes and organizes sales of coach-approved swim wear + spirit wear with Metro Swim + Tiger Sports.

Recognition Day: Organizes Recognition Day in the spring, coordinates food, trophies and any special awards.

Recognition Day Annual Team Awards: Orders team trophies for event. Coordinates with Squad VPs to ensure trophy accuracy and sorts trophies by squad.

Recognition Day Yearbook: Produces and coordinates printing of annual yearbook and distributes at Recognition Day. Includes team roster information, graduating senior pictures/reflections, ads and congratulatory messages.

Team Pictures: Organizes annual team photograph day.

Team Publicity: Publicizes Wahoo accomplishments with local media. Works with coaches to collect accurate information.

Senior Brunch: Organizes brunch for graduating Wahoo Seniors and their families.

Trained Wahoo Positions

Computer: Runs the swim meet computer program. Takes care of scratches, prepares heat sheets, retrieves results from timing system, prints event results. Training on the computer is required during meets; length of training is based on an individual's understanding of the program.

Daktronics Timing System: Operates the timing system used to record swimmers' times. Training required and done during a meet; length of training is based on an individual's understanding of the system.

Meet Manager: Organizes meet sessions, identifies and coordinates workers and assists Meet Referee the day of meet to ensure set up of computers and Daktronics, and sees that everything runs smoothly and efficiently. Must be USA Swimming registered, obtain background check and complete Athlete Protection Test through USA Swimming.

Official: All Officials are trained through CT Swimming and USA Swimming. Most Officials begin as a Stroke & Turn official and then progress to Starter and on to Administrative Official and/or Deck and Meet Referee. If is possible, however, to become an Administrative Official after working Computer.

- **Stroke + Turn:** Insures that strokes and turns are done legally.
- **Starter:** Starts the swimmers from the blocks.
- **Administrative Official:** Supervises Computer, Daktronics, tracking of disqualifications, production of heat sheets and any other functions assigned by the Meet Referee.
- **Deck & Meet Referee:** Runs the meet once warm-up session has started. Gives instructions to other officials working the meet.



Untrained Wahoo Positions

Announcer: Works with Administrative Official to help with announcements, results, and scratches for finals.

Back Up Worker: Works as needed. Required to check in at the beginning of warm up like all positions.

Gate/Gym Monitor: Works with Meet Managers to direct swimmers, parent workers and spectators.

Heat Awards: At 12&under meets, gives award (rubber duckie) to first place swimmer in every heat.

Heat Sheets Sales & Awards: Sells heat sheets first half of session. Gets award labels from computer person, places them on awards second half of session.

Hospitality: Works with the Meet Managers to assist with meet hospitality.

Marshal: Male and female workers assist Meet Managers to control pool deck. Duties include monitoring access to pool deck, locker rooms, and making sure swimmers are demonstrating safe behavior.

Poster: Posts heat/lane assignments and results.

Runner: Collects timer sheets after each event, delivers them to the Computer operator.

Timer: Operates stopwatch and plunger to record swimmers' times.

We look forward to working with you and getting to know you!

Home meets benefit our swimmers and our team!

The more parents who are involved and helping, the more fun it is for everyone!



Wilton Wahoos Nutrition + Sports Medicine

Swimming demands a tremendous amount of physical and mental energy and these requirements are directly impacted by the swimmers nutritional habits.

Guidelines for Good Eating Habits

- Eat two or more kinds of whole grain daily (wheat, oats, brown rice, barley, buckwheat, etc.) in the form of cereals, side dishes, pasta, and bread.
- Eat two or more servings of raw vegetables or salad and two or more servings of raw or cooked green or yellow vegetables daily. Potatoes may be eaten every day.
- Eat one piece of citrus fruit and up to three or four fresh fruit servings daily. • Eat beans or peas one to three times weekly, as you wish.
- Eat three full meals daily. Don't go hungry between meals; snacks are encouraged. For snacks, eat fruit, vegetables and raw salad, or whole grain bread or crackers that are free of oil or sweeteners.
- Flavor with herbs and spices instead of salt. Keep salt intake minimal.
- If you need to lose weight, increase vegetables and decrease grains. If you need to gain weight, decrease vegetables and increase grains.
- Vitamin supplements are recommended as well as sound nutritional habits.

Pre-Competition Meal

- Prepare your own food. It's better for you, less expensive and it eliminates fast, junk food.
- Eat a meal that is composed primarily of carbohydrates. This should be food that the swimmer enjoys but is not high in fat content or hot and spicy.
- If it is a morning meet, rise with enough time to eat breakfast. The meal should not be heavy but sufficient to start off what may be a long day.
- Eat 2 to 4 hours before competition begins, so the body has time to digest the meal.
- For snacks, eat fruit. Food high in processed sugar content is detrimental to a swimmer's performance.
- Meals should not be skipped entirely, because the overall performance of the athlete may suffer.
- Be sure to drink plenty of water during the meet. Do not let yourself become thirsty. A water bottle is required during practice and should be brought to meets.
- Some young swimmers direct their anxieties about the upcoming competition to their stomachs, making it difficult for them to eat a pre-meet meal. In this situation, a liquid pre-meet meal is a sound alternative to solid food.

Sports Medicine

Coaches, as well as parents, are interested in maintaining the physical well being of each swimmer. Consequently, if a swimmer has a physical problem, you should inform the coach so that he can take any special precautions. A sports injury usually requires the attention of a physician familiar with the sport. Such an injury needs to be brought to the coach's attention as well, so that he can develop beneficial practices for the swimmer.

The senior teams may be asked to participate in physical testing that will better enable the coaches to coach them. This will occur only if the coaches are convinced that it is in the swimmer's best interests.



Wilton Wahoos Glossary of Swimming Terms

Administrative Official: A USA official who is in charge of overseeing the dry side of the meet, including computer and Daktronics operation, and any other dry side function assigned by the Meet Referee.

Age Group Swim Meet: All USA registered swimmers 18 years old or younger who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire meet.

Bonus Heat: The first or slowest heat of finals, at swim meets where three heats of finals are swum.

Bull Pen: Place where swimmers report at meets, before their event, to receive their entry cards and to be arranged into their heat and lane assignments.

Circle Seeding: See pyramid seeding. Consolation heat. The first, or slower, of two heats of finals at a championship meet.

Course: Designated distance over which the competition is conducted. Long course (LCM) is 50 M and short course is 25 YDS (SCY) or 25 M (SCM).

Deck Seeding: Heat and lane assignments are determined for the swimmers at the beginning of each meet session, after scratches are taken out.

DQ/Disqualification: A swimmer is usually disqualified when he performs a stroke, touch, or turn incorrectly or when he enters the water before the start (false start).

False Start: When a swimmer enters the water before a race or moves during the start, he may be charged with a false start. This results in disqualification, since USA has a "no false start" rule.

Dual Meet: Meets conducted between two teams, usually with a limitation on the number of entrants from each team.

Finals: The session of a meet where qualifying rounds were held previously to determine the finalists. Usually there are 1-2 heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials-finals meets are on a championship level.

Heat: The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.

Heat Sheets: Printed listings of all swimmers by event number and entry time. These are also called the Meet programs or "Psych Sheets."

IM/Individual Medley: Individual medley. The event where a swimmer swims butterfly, backstroke, breaststroke, and any other stroke in that order.

Lap: Two lengths of the pool. Length. One length of the pool.

LSC/Local Swimming Committee: Local Swimming Committee. One of several regional groups such as Connecticut Swimming charged with the conduct of all USA activities in that region.

Medley Relay: Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, and freestyle.

Prelims/Trials: In certain meets, the qualifying rounds for each event to determine the finalists.

Proof of Time: A requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

Pyramid Seeding: In trials or preliminaries of trials-finals meets, the swimmers in the top 3 heats are intermingled so that the fastest three swimmers are in the middle lanes of the last 3 heats, the next 3 in the lane next to that in each of those heats, and so forth. This is also called "circle seeding." In finals, those finishing fastest by time swim in the top 1 or 2 heats (Final and Consolation Final).

Referee: The USA official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

Seed Times: The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmer's heat and lane assignment in a meet.

Seeding: The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.



Senior Meet: A meet with only one age group called “senior.” Swimmers of any age who have met the qualifying times may compete.

Straight Seeding: Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

Split: The time a swimmer achieves in one or more laps of his race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yds in a 100 yd race is the swimmer's 50-yd split.

Starter: The USA official responsible for starting each heat and calling the swimmers to the blocks.

Stroke + Turn Judge: A USA official, who determines the legality of swimmers' strokes, turns and finishes and disqualifies those who do not conform to USA rules.

Splash Magazine: A quarterly magazine about competitive swimming. The Wahoos have been featured in it several times. You are automatically subscribed as a member of USA Swimming.

Time Standards: A set of times developed by USA Swimming to assist swimmers in performance planning. They are based on percentiles of the 16th fastest time in each stroke in each age group.

Top 10: A tabulation of the top 10 times in the US in each age group and stroke. These are published annually in Swimming World. The "consideration" times that may be eligible appear in the USA rulebook and on the CSI website.

Touch Pad: An electronic pad which stops a clock when the swimmer touches it at the end of the race. This is usually the official time, although corrections are made if the swimmer misses the pad.

Unattached: The status a swimmer receives when changing from one USA club to another. A swimmer must swim unattached for 120 days from the date of the last USA meet he swam for the previous club. During this time they may compete individually, but may not be entered in relays. Connecticut high school swimmers compete unattached for their USA clubs during the high school swim season.

USA Swimming: Abbreviation for United States Swimming, the governing body for all amateur swimming in the US. National headquarters are in Colorado Springs, CO.

Wahoo: The Wahoo is reputed to be one of the fastest game fish in the world. It is a long, lean fish related to the mackerel and is found in the warmer Pacific waters. Because of its speed and tenacity the Wahoo was selected as the team symbol when the team was formed.

Once a Wahoo, Always a Wahoo.

