

Canton YMCA Barracuda Swim Team
2022-2023
Fall/Winter Swim Season



Parent Association & Swimmer Bylaws &
Handbook

Canton YMCA Barracuda Swim
Team site: <http://www.canycudas.org>
Team email: canycuda@gmail.com

Welcome!

Swimmers & Families,

It's a pleasure to have your family on the Can-Y-Cuda Swim Team! We have a busy and exciting season planned. This handbook should cover many of your questions regarding the team, but if we've missed something please talk to one of us or a seasoned swim team family member.

The swim team is completely run by family volunteers. This means the families are responsible for every aspect of the team (except for coaching. We fund the team, we run home meets, we schedule activities, we manage fundraisers, we pay the bills, and we take care of any job necessary to provide a rich and memorable experience for our kids. Volunteerism from every family is a must. You will be asked to help with or chair a committee, time at meets, set-up and tear down home meets, attend meetings, and assist with a variety of other important jobs. Please be generous with your time...it's all for the swimmers!

Being part of the Can-Y-Cuda Swim Team is about more than just swimming. It's about teamwork, camaraderie, academic and athletic excellence, responsibility, volunteerism, respect, honesty, learning to set goals, a competitive spirit, and family. Our dedicated and knowledgeable coaching staff does an excellent job of developing our swimmers. Being on the swim team is hard work but very rewarding. It's fun to observe each swimmer work hard throughout the season, see improvements in their abilities, and watch their hard work pay off at competitions.

Please let us know if we can help you in any way.

Our contact information is:

Kara Fitzjarrald, Co-President
(309) 224-6344

Trina Jochums, Co-President
(309) 224-6620

Brenda Bleichner, Vice President
(309) 241-6881

Mandy Wheeler, Treasurer
(309) 338-3235

Emily Gates, Secretary
(303) 257-1138

We are Looking forward to a great 2022/2023 season!

Sincerely,
The Executive Board

Can-Y-Cuda's Philosophy

The Canton YMCA Barracudas, alias Can-Y-Cudas or Cudas, is a team which accommodates all swimmers from those who have recently learned to swim to national qualifiers. Ages range from 5 to 18 years of age. We strive for quality instruction and workouts, which suit each swimmer's abilities and goals.

Program Goals

- Promote the physical, mental, and spiritual welfare of swimmers and parents.
- Teach competitive swimming which is not only an exciting sport, but a technical and specialized activity.
- Teach total fitness since all components of fitness influence faster swimming.
- Engage in athletics with a full gamut of youth sport experiences which teach swimmers to deal with winning, losing, officials, awards, competition, teammates, coaches, spirit and strategy.
- Motivate swimmers for self-improvement throughout the season and life. This is accomplished through awards and individual recognition.
- Establish a meet schedule which encourages participation, motivation and success.
- Keep the parents informed, aware and active in team matters.
- Cultivate positive mental attitudes for positive attitudes are contagious. This is especially true for the older swimmers who serve as the role models for our younger swimmers.
- Promote swimming as a good sport for life participation.
- *Have fun!*

The Swimmer's Youth Sports Pledge

I pledge to be a team swimmer.

I will respect my opponents, my teammates, the rules, and the officials.

I will always swim the best I can.

I will strive to improve myself in Spirit, Mind & Body.

Things to remember:

- We are a swim team.
- I am swimming with members of my team – I'm not swimming against them.
- We work together to score points for the team.
- We encourage each other and try to be happy for another's success.
- We always try to swim our best in practice as well as in the meets.
- Everybody swims, everybody wins.
- Winning is not defined by the place you finish.
- We finish every race with pride and integrity, regardless of place.
- There is no "I" in "team".
- Keep trying to better your own time.
- There's no crying in baseball (or is that swimming?)

Coaches

- Caleb Taylor - Head Coach
- Cyrus Newburn - High School/Intermediate Coach

Parent Association Officers / Executive Board

- **Co-President** –Kara Fitzjarrald, Trina Jochums
- **Vice President** – Brenda Bleichner
- **Treasurer** – Mandy Wheeler
- **Secretary** – Emily Gates

Team Dues

Team dues are based on the group the swimmer is assigned. Coaches will assess each swimmer's ability to determine the best group to place each swimmer (taking into account the number of swimmers on the team). The swimmer will then be given a set time for their practice schedule.

All team members must pay dues in-full for the initial five months (Oct-Feb) of the season by October 15th. If this creates a hardship, please contact the President or Treasurer to set up a monthly payment plan. Paying dues monthly incurs a \$5/month surcharge. One invoice will be created/sent per month to the responsible parent or guardian (the parent who signs the Registration Form & Code of Conduct documents). Monthly payments must be paid at the beginning of each month for the upcoming month.

Advanced Swimmers who practice in September shall pay dues for September at the beginning of September, and swimmers who qualify for championships in March or April are expected to pay dues as the beginning of those months.

A discount of \$5 per month will be given for families with 2 or more swimmers for regular season only. For example, the oldest/highest level swimmer will pay full dues and the 2nd (and subsequent 3rd, etc.) swimmer will receive a \$5 discount per month per swimmer.

Graduates or guests who attend 5 or more practices in any given month or any season will pay Advanced Fees.

Swim Dues

- **Advanced (High School)** \$330 (Sept-Feb Dues)
- **Advanced** \$275 (Oct-Feb Dues)
- **Intermediate** \$250.00 (Oct-Feb Dues)
- **Beginner** \$225 (Oct-Feb Dues)

Meet Fees

Typically, there are no entry fees for Dual or Tri meets.

Invitational meet entry fees vary. Fees incurred for invitationals will be determined by the host team and will be added to each swimmer's account balance. Invitational event fees usually range from \$3 to \$5 per event, but they could be more.

Swimmers who qualify for the Junior District, District, State, or National competition will be required to pay the entry fees prior to participating in these meets.

Meet registration is done through the Cuda website, www.canycudas.org or via the On Deck App.

Practice Times*

- **Beginner** Tuesday & Thursday 3:45 - 4:30pm
- **Beginner (Advanced)** Mon, Wed, & Fri 3:45 - 4:30pm
- **Intermediate** Monday – Friday 4:30 - 5:30pm
- **Intermediate (Advanced)** Monday – Friday 3:50 - 5:30pm
- **Advanced** Monday – Friday 3:30 - 5:30pm

*All practice times are subject to change at the coaches' discretion.

**Please note - all swimmers should reach out to Coach Caleb for main group assignments. He may need to assess the swimmer's skills in order to determine appropriate group placement. The coaches that are responsible for each group may need to further assess skills to determine placement. Each coach will communicate their needs and specific time slots for their swimmers.

Group Descriptions

This is a breakdown of what each group focuses on during practice. These guidelines help the coaches determine what group is appropriate for each swimmer.

- **Beginner:**

- Introduction to competitive swimming
- Base level technique instructions
- Butterfly, backstroke, breaststroke, and freestyle

- **Beginner (Advanced):**

- Introduction to interval training
- Progressive stroke development
- Starts, turns, finishes, and dolphin kick

- **Intermediate:**

- Interval training
- Introduction to advanced technique concepts
- Starts, turns, finishes, and dolphin kick

- **Intermediate (Advanced):**

- Introduction to advanced interval training
- Introduction to performance training
- Advanced technique concepts
- Starts, turns, finishes, and dolphin kick

- **Advanced:**

- Advanced interval training
- Performance training
- Advanced technique concepts
- Starts, turns, finishes, and dolphin kick
- Stroke mastery for peak performance

Cuda Swim Team Rules

1. Each swim team member must be a member of the YMCA prior to the first day of practice and at least 30 days prior to competing in their first meet. A YMCA Membership must be maintained through the entire swim season. Swimmers must be a member 90 days prior to the District meet in order to compete.
2. Swim meet participation is highly encouraged as it provides valuable experience in the pool and with competing for the individual swimmer, as well as possibly improving the final team placement through each individuals point accrual. Meet registration can be completed online through the team site, www.canycudas.org. The invitational fees should be placed in the team lockbox or given to an officer. There is no refund if the swimmer fails to show up for the meet. Dual and tri meets typically do not have any additional costs; however, it is still necessary to sign up prior to the meet. In order to compete at Junior Districts, Districts, State, or Nationals, the swimmer must have competed in a minimum of three (3) invitational meets. All swimmers (except first year swimmers) are required to participate in 3 meets in order to remain an active member of the team.
3. Swimmers (or parents of young swimmers) must check in with their coach on the pool deck prior to the start of warm-ups at the meets. If a swimmer does not check in or has not made special arrangements *directly* with his/her coach prior to the meet, the swimmer will be scratched from the meet. Missing warm-ups is only allowed on an individual basis for extenuating circumstances.
4. Attendance at practice is essential. Inform your coach if you know you will be absent. Practice attendance may be utilized to determine relay composition. If you need to miss practice for an extended time, speak to your coach prior to or immediately after your absence. Do not attend practice if you aren't feeling well or if you have had a fever within the last 24 hours.
5. If you are continually late or absent from practice, your coach will need a written or verbal explanation from a parent/guardian.
6. Swimmers will be placed in a practice group based on their abilities and experience, as determined by the coaches.
7. The use of alcohol or drugs is prohibited. Suspension from the team will be determined by the Parents Association Executive Board. Any high school swimmer advancing to the Illinois State High School competition is subject to random drug testing as required by the IHSA.
8. Parents are encouraged to speak with the coaches, when necessary, before or after practices only. This will allow each swimmer the full benefit of the practice time and coach instruction. You may also communicate with the coaches via email.

9. All swimmers must have their team fees paid in full to be eligible to be entered in Jr. Districts, Districts, State, or National competitions. Arrangements can be made with the Parents Association Executive Board if the balance cannot be paid because of financial issues.
10. All swimmers must respect the authority of the coaches and officials at all times.
11. All swimmers are expected to be on their best behavior on the pool deck, in the locker rooms, and at ALL swim team functions including practices, meets, and team sponsored social events.
12. In addition to these team rules, the Canton YMCA Code of Conduct must also be adhered to during attendance at any swim team function. This includes practices, meets (home & away), and in locker rooms (home & away). The Y's core values include: CARING, HONESTY, RESPECT, & RESPONSIBILITY. Each swimmer and parent/guardian will be required to sign a Code of Conduct at the beginning of each season.
13. Abusing the team rules will result in disciplinary action. The coaches and Executive Board will determine the appropriate level of discipline per case. Discipline can range from removal from practice to suspension from the team. Multiple offenses will result in removal from the team. Parents/guardian will be notified of all offenses and disciplinary actions.
14. When you order team apparel (shirts, swimsuits, sweats, towels, etc.) you will be required to pay at the time of ordering. We will not charge them to your account.
15. Please **do NOT put any cash** in the team box. All cash must be given directly to the treasurer or president.

Communication

The primary source of communication is Email and Text, but we utilize other sources also.

- **Email** – Our team email address is canycuda@gmail.com. It is important to provide a current email address at the beginning of the season and frequently check your email throughout the season.
- **Text** - Team Unify has functionality within to send mass text messages. We will utilize this feature. Once you have a team unify account, you will need to update your cell phone number and carrier then validate your cell phone number.
- **Team website** – Our team website is www.canycudas.org. It is through the website that you will register for meets, access the team handbook, find meet results and more.
- **Facebook** – Our public Facebook page is www.facebook.com/Cudas61520. Be sure to Like and interact with our page to help promote the team and let others know what we are all about.
- **Bulletin Boards** - we have two team bulletin boards at the YMCA. One is located on the wall between the track and the boy's locker room and the other is located on the landing of the stairs leading to the pool balcony.
- **Lockbox** - A team lockbox is also located on the landing near the viewing deck and should be used for swim payments. NO CASH PLEASE.
- **On Deck** - This is an app you can download on your smart device that has all of the functionality of Team Unify.

Meetings

The Parent Association will hold two team meetings at 5:30pm in the YMCA Preschool Room the first Monday of October and February. All parents / guardians are highly encouraged to attend. Other meetings will be called on an as-needed basis depending on upcoming events and other committee obligations.

Fundraising & Volunteering Requirements

The monthly swim team dues do NOT cover coaches' salaries/wages, equipment needs, insurance, and other obligations. We have chosen to keep dues low. Therefore, fundraising from all families is mandatory to maintain a successful program. If you are not willing to or cannot help fund raise, please discuss with the President or Treasurer.

Use your strengths to benefit the team. Everyone has an area in which they are gifted. If you know you will not be able to help at a particular event, please let the Committee Chairperson know as soon as possible (preferably 2-4 weeks prior). There are always pre- and post-event responsibilities that you can volunteer to help with.

We will have a concession stand at all home meets. All families will be asked to donate food, baked goods, and/or beverages that can be sold during the meet. Families will be informed prior to the event and asked to sign-up for donations.

Our main fundraisers include: the Cuda Classic Invitational Meet, Cuda Discount Cards, and a Cash Raffle. We do have other smaller easy events throughout the year. Sign-ups and instructions will be available prior to each fundraising event.