YMCA of Greater Richmond

Swim League

Patrick Henry Piranhas

Parent Handbook

2019-2020

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**Welcome**

Welcome to the YMCA of Greater Richmond Swim League! We are happy you have decided to join our family of competitive swimmers. We hope your child will have a positive, nurturing experience for many years to come. We have compiled this handbook to be a helpful introduction to the league and a useful guide for the 2019-2020 season. Of course, if you ever have any questions please do not hesitate to contact your coach or branch’s aquatics director. Have a great season!

**Our Mission:** The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all

**Our Philosophy:** The YMCA of Greater Richmond’s Intra Branch Swim League is a program designed to foster competitive swimming skills in an environment that promotes the values of caring, honesty, respect and responsibility. To ensure a successful league, all swimmers and parents will support the YMCA by:

* Adhering to the YMCA core values of caring, honest, respect and responsibility. Failure to abide by any of the YMCA core values may result in ejection from the YMCA of Greater Richmond Swim League.
* Showing respect to all coaches, YMCA staff and volunteers, and other swimmers and parents at all times.
* Utilizing positive encouragement in a supportive atmosphere for all swimmers, coaches, parents and staff members
* **Volunteering to assist in the successful operation of swim meets and the league operation.**
* Building relationships in an “Everybody Swims, Everybody Wins” environment.
* Having **FUN!**

**Parent Volunteer Opportunities**

The YMCA of Greater Richmond Swim League operates with the help of parent volunteers. We ask that ALL parents participate in volunteering at regular season swim meets, Holiday Classic, and the Championship meet in order to successfully run and operate a quality meet experience for you and your swimmer. Thank you in advance for your participation and time!

Please read over the following volunteer opportunities. All parents are required to help at least one meet per half season if their child participates in any of the swim meets. Sign-ups for dates and times will be on a first come first serve basis through our TeamUnify website. Please speak with your coach or branch’s aquatic director for instructions on signing up.

MEET DIRECTOR

* Home Aquatic Director or assigned volunteer acts as Meet Director.
* Away Aquatic Director ensures all volunteers are in place as the meet begins.
* Home Aquatic Director delegates clean up responsibilities at the end of the meet.
* Away Aquatic Director ensures all volunteers have rotated halfway through the meet.
* Home Aquatic Director knows where all supplies are kept and is familiar with the facility layout.

HEAD REFEREE

* A thorough knowledge of strokes and turns is necessary. Must be trained in strokes and turns.
* Three to five years of experience as strokes and turns judge is highly recommended.
* Calls a “meeting” with coaches and strokes and judges prior to start of meet.
* Must sign off on all DQ’s.
* Communicates closely with aquatics and meet directors.
* The final arbitrator of any dispute, including the full authority and responsibility for the conduct of the competition in conjunction with the home team’s Aquatics Director.

STROKES AND TURNS JUDGE

* It is highly encouraged to attend a volunteer training which shows the video from USS Swimming.
* Needs to “shadow” an experienced strokes and turns judge for at least an entire meet.
* Must be knowledgeable and familiar with DQ cards and the proper way to fill them out.
* Interaction is with the head referee only. Please direct all questions or concerns to the head referee.

STARTER

* Inexperienced starters must “shadow” an experienced starter for at least half a meet.
* Experienced starters may be “shadowed” in order to train inexperienced starters.
* Responsible for knowing how to set up equipment.
* Needs to practice speaking into starter for tone and speed.
* The starter controls the “pace” of the meet. Please keep the meet moving.

HEAD TIMER

* Meets with timers prior to start of meet.
* Ensures all stopwatches are working properly, verifies all timers have their timer sheets and reviews the process with them.
* Must be visible to all lanes throughout the entire meet.
* Needs to carry three (3) stopwatches as back up.
* Every time an event starts, head timer starts two (2) stop watches in case of a malfunctioning stopwatch with a timer.
* Must have all the requirements of a timer.

TIMERS

* Needs to be able to operate a stopwatch correctly.
* Verifies swimmer in their lane is in the proper lane (check lane timer sheet).

CLERK OF COURSE

* Recommended to have three (3) clerks of course per meet.
* One person calls names.
* Second person organizes and seats the swimmers in heats.
* Third person releases swimmers to the blocks and assists person seating heats.

ANNOUNCER

* Volunteer uses PA system or bullhorn to announce what event is being called to Clerk of Course and any other pertinent information.

RUNNERS

* Recommended to have three (3) runners per meet.
* First runner takes lane timer sheets from timers to head table after each event, not heat.
* Second runner takes DQ cards from strokes and turns judge to head referee then to head table.
* Third runner assists other runners, posts results, and gets DQ cards to coaches.

**YMCA of Greater Richmond Competitive Swim League**

2019-2020

|  |  |
| --- | --- |
| **Chester Family YMCA (Gators)**  3011 West Hundred Road Chester, VA 23831  (804) 748-9622  Team Contact: David Skinner  Pool: 25 meters | **Patrick Henry Family YMCA (Piranhas)**  217 Ashcake Road Ashland, VA 23005  (804) 798-5770  Team Contact: Teddy Anna  Pool: 25 yards |
| **Chickahominy Family YMCA (Twisters)**  5401 Whitesides Road Sandston, VA 23150  (804) 737-9622  Team Contact: Denise Ragsdale  Pool: 25 meters | **Petersburg Family YMCA (Tsunamis)**  120 North N. Madison Street Petersburg, VA 23803  (804) 733-9333  Team Contact: Liz Sawyer  Pool: 25 meters |
| **Goochland Family YMCA (Manta Rays)**  1800 Dickinson Road Goochland, VA 23063  (804) 556-9887  Team Contact: Austin Redmon  Pool: 25 yards | **Elizabeth Randolph Lewis Powhatan Family YMCA (Barracudas)**  2269 Mann Road Powhatan, VA 23139  (804) 598-0250  Team Contact: Matt Chocklett  Pool: 25 yards |
| **Manchester Family YMCA (Marlins)**  7540 Hull Street Road Richmond, VA 23235  (804) 276-9622  Team Contact: Kendra Hogg  Pool: 25 yards | **Shady Grove Family YMCA (Stingrays)**  11255 Nuckols Road Glen Allen, VA 23059  (804) 270-3866  Team Contact: Autumn Floyd  Pool: 25 meters |
| **Midlothian Family YMCA (Tidal Waves)**  737 Coalfield Road, Midlothian, VA 23114  (804) 379-5668  Team Contact: John Gallagher  Pool: Inside-25 yards, Outside-25 meters | **Tuckahole Family YMCA (Tiger Sharks)**  9211 Patterson Avenue Richmond, VA 23229  (804) 740-9622  Team Contact: Lizzie Stephenson  Pool: 25 meters |
| **Northside Family YMCA (Dolphins)**  4207 Old Brook Road Richmond, VA 23227  (804) 329-9622  Team Contact: Bo Davis  Pool: 25 yards | **Caroline Family YMCA (Krakens)**  17422 Library Boulevard Ruther Glen, VA 22546  (804) 448-9622  Team Contact:  Pool: |

**Swim Practice and Meet Information**

PREPARING FOR SWIM PRACTICE

* Swimmers should have a small, healthy snack prior to practice. See the nutritional section below for ideas.
* Bring a water bottle to every practice!

WHAT TO BRING TO A SWIM MEET

* Lawn chairs and/or blankets
* Markers to write down events
* Warm clothes for wet swimmers to wear between events
* Activities or books to entertain swimmers while not in the pool
* All swimmers should bring at least two towels and two pairs of goggles
* A swim cap
* Healthy snacks and drinks for the swimmer and family

NUTRITIONAL INFORMATION FOR SWIMMERS

* Healthy snack options for the swimmer and family include:
  + Fruit (oranges, grapes, bananas, raisins, apples)
  + Bagels
  + Low-fat/low-sugar cereals
  + Carrots and celery sticks
  + Low-fat/low-sodium crackers
  + Pasta
* Healthy drinks for the swimmer and family include:
  + Water- it is important for the swimmer to be drinking water prior to and during practice or the meet to ensure proper hydration
  + Sports drinks
* Please remember that most food sold at a swim meet is not appropriate for a competitive swimmer to eat at the meet. (Patrick Henry will not have any food sold at the home meets).

WARM UP TIMES FOR MEETS

* Each team will have 20 minutes for warm ups. For examples, before a 3:00 meet, warm-up times for the home team will be 2:00-2:20, 2:20-2:40 for a second team, and 2:40-3:00 for a third team.

YMCA OF GREATER RICHMOND SWIM LEAGUE BY-LAWS

* The YMCA of Greater Richmond Swim League is governed by a specific set of rules that are outlined the By-Laws. For a comprehensive copy of the By-Laws, please visit [www.ymcarichmond.org](http://www.ymcarichmond.org) or speak to your coach or branch’s Aquatics Director.

**YMCA of Greater Richmond**

**2019-2020 Swim League Schedule**

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| --- | --- | --- | --- |
| **Date** | **Host** | **Visitors** | **Theme** |
| October 5, 2019 | Patrick Henry  Tuckahoe  Caroline Midlothian | Petersburg, Northside  Chester  Shady Grove, Chickahominy  Manchester, Powhatan, Goochland | School Spirit |
| October 19, 2019 | Midlothian  Caroline  Petersburg  Patrick Henry | Chester, Powhatan  Northside, Chickahominy  Manchester, Tuckahoe  Shady Grove, Goochland | Halloween |
| November 2, 2019 | Shady Grove  Tuckahoe  Petersburg | Midlothian, Caroline  Chickahominy, Patrick Henry, Goochland  Chester, Northside, Powhatan, Manchester | Tie-Dye |
| November 23, 2019 | Shady Grove  Caroline  Midlothian | Tuckahoe, Northside, Goochland  Chester, Chickahominy  Patrick Henry, Powhatan, Manchester, Petersburg | PJ Party |
| December 7, 2019 |  | Holiday Classic at SwimRVA |  |
| February 1, 2020 | Midlothian  Petersburg  Patrick Henry | Goochland, Tuckahoe, Caroline  Chester, Northside, Powhatan, Manchester  Chickahominy, Shady Grove | Team Spirit |
| February 15, 2020 | Tuckahoe  Shady Grove  Caroline  Petersburg | Northside, Chester  Midlothian, Chickahominy  Patrick Henry, Goochland  Manchester, Powhatan | PJ Party |
| February 29, 2020 | Petersburg  Midlothian  Caroline  Patrick Henry | Chester, Chickahominy  Shady Grove, Powhatan  Tuckahoe, Northside  Manchester, Goochland | Tie-Dye |
| March 14, 2020 | Midlothian  Caroline  Petersburg  Tuckahoe | Patrick Henry, Powhatan  Shady Grove, Manchester  Goochland, Northside  Chickahominy, Chester |  |
| March 21, 2020 |  | Championship Meet at SwimRVA | Spring Fling |

**Meet the Coaches**

|  |  |
| --- | --- |
|  | **Head Coach, Kelsey Hilton**  Kelsey is an elementary school teacher in Chesterfield County.  She started her swimming career with Lakeside Swim and Racquet Club in the JRAC swim league. She joined the Shady Grove Stingrays YMCA and later joined their US swim team.  In high school, she taught swim lessons, was the mite coach for Lakeside, and an assistant coach with the Shady Grove swim team.  In 2010, she was hired as the head coach of Lakeside Swim and Racquet Club and currently holds this post.  Kelsey graduated from the University of Mary Washington with a Bachelor’s Degree in English as well as a Master’s of Science in Elementary Education. She is very excited to join the Patrick Henry Piranhas for her third year! |
|  | **Assistant Coach, Amanda Yeatts**  Amanda is a graduate of Randolph Macon College with specialties in Classical Studies, Elementary Education, Special Education & Women Studies. She is an elementary school teacher for Louisa County Public Schools. Amanda was the head swim team coach at Milestone Makos this summer. She swam for Lakeside Swim & Racquet Club in JRAC league for 11 seasons as well as Shady Grove YMCA for 10 seasons. She was a mite coach at Lakeside for three years and has also been teaching swim lessons for six years. Amanda is excited to come back and coach her fourth year for our Patrick Henry Piranhas! |
|  | **Assistant Coach, Danielle Utz**  Danielle is currently a senior at Randolph-Macon College studying communication studies. She grew up in Lynchburg, VA where she began swimming competitively for her local YMCA when she was seven years old and later swam for a USA swimming team, along with her high school team. She is also a member of the Randolph-Macon swim team. Working with children and being able to teach them the fundamentals of swimming have always been a passion of Danielle's and she is so excited to be a part of this team! |
|  | **Assistant Coach, Adam Huffman**  My name is Adam Huffman and I'll be an assistant coach for the Patrick Henry YMCA Swim Team this season. I am currently a student at Glen Allen High School where I am a captain on our Jaguar Swim Team and a member of the center for education and human development. I've been swimming since I was five and began swimming for Patrick Henry in the fourth grade. I can't wait to be a mentor figure to our young and old swimmers and make this season fun. The most important thing to me is close relationships and bonding, something I can't wait for this coming season. Go Piranhas! |

**Team Events**

|  |  |
| --- | --- |
| September 9 | First day of practice! |
| September 13 | Meet the Coaches Ice Cream Social and Movie Night |
| September 16 | Mandatory parents meeting |
| September 18 | Volunteer training |
| September 24 | Volunteer training |
| September 25 | Swimsuit fitting |
| October 5 | Home swim meet |
| October 19 | Home swim meet |
| October 31 | No practice |
| November 1 | Team movie night |
| November 2 | Swim meet at Tuckahoe |
| November 23 | Swim meet at Midlothian |
| November 27-29 | No practice |
| December 7 | Holiday Classic |