



Stingray Swimming Handbook

2009 - 2010

SIDNEY – SHELBY CO. YMCA

Stingray Swimming Handbook

2009 - 2010

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INTRODUCTION

Welcome to the Sidney Shelby County YMCA Stingray Swim Team! The following orientation information is designed to give team members and parents an introduction and helpful information.

The Sidney Shelby County YMCA is located in the Ohio Southwest Cluster of YMCA's. Our meets are with teams from the Southwest District and we swim under current NCAA rules and regulations.

Our swim team serves the spirit of competition; keep physically fit and fellowship of the team. We hope to provide each swimmer the opportunity to grow both socially and emotionally, through learning the values of team sportsmanship and team cooperation. Through the program, character traits of caring, responsibility, honesty, and respect will not only be learned and practiced, but also required.

All who participate will enjoy the friendship and camaraderie that grow when families are engaged in the same activities. Our goal is to have the finest swimming program with the finest and most enthusiastic swimmers and parents. You and your children make it possible and worthwhile.

Information throughout the season can be found at our website <http://www.sidneyswimming.org>. Please consider this the primary source of information.

ELIGIBILITY :

This program is open to all Sidney Shelby County YMCA members, ages 18 and younger that have completed the YMCA Minnow level swimming lessons. The swimmer must exhibit competency in 50 Yards of freestyle and backstroke.

THE STINGRAYS.....

The Stingray swim team is divided into age groups for competition. The team member's age on December 1, 2009, determines the age group in which the team member will swim during the 2009 - 2010 season. The age categories are as follows:

- 8 & Under Swimmers
- 9 & 10 Year old Swimmers
- 11 & 12 Year old Swimmers
- 13 & 14 Year old Swimmers
- Seniors

PRACTICE TEAMS:

For practice, the team is divided into groups based on ability and desire to participate. The groups are:

WHITE TEAM:

The beginning level of the Swim Team where special attention is placed on building the young swimmer's positive attitude towards themselves and the sport through emphasis on teamwork, individual skills, techniques, and sportsmanship. The swimmers are introduced to goal setting as the season progresses. Our goal with the white team is to see each young beginner athlete achieve his or her maximum capability. The white team will attend a minimum of two practices per week with 3 practices available. This allows the white team member to participate in other activities yet teaches them the responsibilities that come with being a team member. As ability increases and interest and dedication grow, swimmers are encouraged and are eligible for the upper level programs.

GOLD TEAM:

The intermediate level program is designed for those swimmers who, through their efforts, desire more challenge and an increasing level of competition. Time and financial commitments will be required in excess of the white team. The gold team members are required to attend a minimum of 3 water workouts per week with 4 practices available. The gold team may also engage in light weight lifting and other strength building and endurance increasing activities. Additional time is spent on correlating the mental and physical aspects of swimming and goal setting is introduced early in the season. Swimmers are encouraged to extend themselves and reach far for their goals.

BLACK TEAM:

The most advanced and intensely dedicated swimmers will comprise the black team. This group will have high standards of excellence necessary for membership. This group will receive the most demanding mental and physical training program. The Head Coach will head the black team and will personally supervise these individuals. This group will be required to attend 3 water workouts per week with 4 practices available. Additionally, major and continuing emphasis may be placed on weight training, strength and endurance programs, and running in the pre-season. Those members of the black team will budget their time so as to participate in many meets while still meeting all classroom requirements. Goal setting is introduced on opening night and members will receive mental training on competitive sports throughout the entire season. Team members are taught with correlation between practice effort and race performance and will be pushed at workouts. Black team members want to excel and reach their absolute maximum performance and have made the decision to concentrate their major time and effort to achieve their goals in swimming.

TEAM PHILOSOPHIES :

The team will operate under the Sidney Shelby County YMCA Youth Sports philosophy, which promotes “Players first, winning second.” A detailed description of this policy is outlined in the Youth Sports Code of Ethics Manual and Addendum.

The team will also operate under the YMCA Competitive Aquatics philosophy, which is to:

- **Work with every swimmer on the team.**
- **Work on basic skills and teach good physical fitness habits.**
- **Teach fair play concepts.**
- **Help swimmers set and evaluate individual goals.**
- **Keep winning in perspective.**
- **Encourage a lifetime involvement in sports and physical activity.**
- **Work with the whole person – Spirit, Mind, & Body.**
- **Focus on winning by self-improvement of times and skill.**

TEAM INFORMATION

SWIM TEAM COACHES :

Name	Address	Phone	Cellular Phone	Email
Mary Jannides	1611 Beck Dr. Sidney, OH. 45365	937-492-1985	937-638-7584	mkjannides@embarqmail.com
Chad McClain	2170 Westminster Dr. Sidney, OH. 45365	937-419-2278	937-658-0320	chad.mcclain@hotmail.com
Lee Huskey	1650 Timberidge Dr. Sidney, OH. 45365	937-492-7159	937-726-8349	lbwwhuskey@woh.rr.com

TRIAL WEEK OPPORTUNITY :

A trial week is offered to new swimmers to give them an opportunity to experience the swim team environment and to allow the coaches to evaluate the swimmers’ abilities. The trial week opportunity occurs the first week of team practice, in early October. The 2009 - 2010 trial week opportunity begins September 28, 2009.

PRACTICE SCHEDULE :

The 2009 - 2010 season begins September 28, 2009 and ends with the championship meet that the swimmer qualifies. National qualifiers will practice through mid April.

	White Team (Chad McClain)	White 2 Team (Chad McClain)	Gold Team (Lee Huskey)	Black Team (Mary Jannides)
Monday	NA	6:30 – 7:00PM Classroom 7:00PM - 8:30PM	6:30 – 7:00PM Classroom 7:00PM - 8:30PM	6:30 – 7:00PM Classroom
Tuesday	6:30PM - 7:15PM	6:30PM - 7:15PM	6:30PM - 8:30PM	7:15PM - 9:15PM
Wednesday	NA	7:00PM - 8:30PM	NA	7:00PM - 8:30PM
Thursday	6:30PM - 7:15PM	6:30PM - 7:15PM	6:30PM - 8:30PM	7:15PM - 9:15PM
Saturday (Optional)	8AM - 9AM	8AM - 9AM	8AM - 9AM	8AM - 9AM

SWIM TEAM BANQUET :

The coaching staff honors the team members at an annual banquet held at the end of the competitive season.

SWIM TEAM TERMS AND DEFINITIONS :

Disqualification – (DQ) – The swimmer’s time for the event does not count. Disqualification occurs when the swimmer makes an illegal turn, makes an illegal finish (i.e. Illegal touch), swims using the wrong stroke, or makes a false start (i.e. Starts the race before the starter starts the race).

Dual Meet – at a dual meet:

- 2 teams participate.
- The meet is completed in one day (usually 1:00 PM – 6:00 PM).
- There is no charge for swimmers or viewers.
- Parents of the participating teams are the officials.
- There are three (3) swimmers in an individual event and three (3) relay teams in a relay event.
- An individual may swim three (3) individual and two (2) relay events.

Invitational– at an invitational meet:

- Many teams participate.
- The meet lasts all day and sometimes two (2) days.
- There is an admission fee and event fees.

Order of Events at a Meet - Events at a meet usually follow this order:

- Medley Relay
- Long Freestyle (200 yards)
- Individual Medley
- Short Freestyle (25 to 50 yards)
- Butterfly
- Intermediate Freestyle (50 to 100 yards)
- 500 yard Freestyle
- Backstroke
- Breaststroke
- Freestyle Relay

Heat Sheet – program of events used at an invitational.

Individual Medley – one swimmer swims all four competitive strokes (in order of Butterfly, Backstroke, Breaststroke, Freestyle).

Legal Touches – How one may “touch” the wall when finishing a race.

- Freestyle – any part of the body
- Backstroke – a standard touch or flip turn is allowable.
- Breaststroke and Butterfly – two (2) hands, simultaneously.

YMCA Championships

- Each swimmer is given the opportunity to compete at his/her ability level.
- Times are set by the league to determine “A” (Sectional), “AA” (League), “Zone”, & “National” Championship participation.
- The Championships are based on increasing difficulty in swimmers’ times. – Sectional, League, “ZONE”, and “NATIONALS”

TEAM MEMBER GUIDELINES

YOUR COMMITMENT AS A TEAM MEMBER

Being a member of the Sidney Shelby County YMCA Stingray Swim Team, brings with it certain responsibilities and obligations. The swimmer has a commitment to the team and will periodically miss other activities because of a meet or workouts. The swimmer should budget and plan his/her time accordingly. It should be remembered that schoolwork comes first. We want you to be a team member that excels in the pool and in the classroom.

ALWAYS

- Carry and present your YMCA membership card.
- Be proud to be a member of the YMCA Swim Team.
- Concentrate and give 100% mentally and physically.
- Challenge yourself and your teammates to improve and work harder.
- Behave your best at all times.
- Think positively; a positive team attitude will help determine success.
- Place all paper, cans, and disposable items in garbage cans.

AT PRACTICES

- Be at practice on time with swimsuit, goggles and caps.
- Be at practice the entire time (unless permission is granted otherwise by the coaching staff)
- Set up practice time mentally. Come to improve your strokes and practice hard. Total effort builds better swimmers and better individuals.
- Shower before entering the pool.
- Use the restrooms before and after practice. ~ NOT DURING.
- Use equipment with care and replace after use.
- Turn off all faucets and showers after use.
- Dry hair and clean water from ears.
- Chewing gum is prohibited.
- Notify the coach if you are ill. You may call the coaches at home.

AT MEETS

- Notify the coaches at home if you are ill the day of the meet.
- Arrive on time for warm-ups (expect to warm up with the team and the coaches) and remain in the pool / team area during the meet.

- Wear a team T-shirt (if you have one).
- See the coaches for the order of events and line-ups. The coaches will be in the team area or poolside if the team area is not in the pool.
- At Dual meets, the order of events and line-ups will be posted in a common area.
- At invitationals, the coach will have the order of events and you will need a Heat Sheet.
- If you, or your team member, have questions regarding what event the team member is swimming, please discuss this with the coach. The coach needs to know which events a team member wants to swim as well as provide an opportunity for all swimmers to participate.
- Listen for the announcements of 1st, 2nd, 3rd calls to the clerk of course for your event.
- Report to the clerk of course prior to the event to receive a lane slip.
- All members of a relay team must be present to swim.
- Advance to the starting blocks prepared to swim. If there is no clerk of course, the lane slips have been filled out and the timers in each lane will have them.
- Mentally go through the race before stepping on the block; be ready and be confident. Remember that you have prepared yourself in practice.
- Always get the official time after a race and report to the coaches.
- Return to the team area. Remain there and relax until it is your time to swim.
- When a swimmer swims well, tell the swimmer. Cheer and applaud the swimmer.
- Practice good sportsmanship.
- Help your teammates, especially younger and new swimmers.
- Help clean up equipment and clean the pool area after home meets.

WHAT TO TAKE WITH YOU TO PRACTICE

- YMCA Membership card to gain access to the locker rooms. Dress in the locker rooms.
- Only carry equipment and towels into the pool area. A mesh equipment bag is perfect for all your equipment.
- Soap, shampoo, and conditioner for the shower after practice.
- Bring several towels. Bring a sweatshirt and/or sweatpants.
- It is wise to collect all valuables and put them away in one bag so it may be locked to safeguard your clothes and personal property.

WHAT TO TAKE WITH YOU TO A SWIM MEET

- YMCA membership card.
- Bring dry clothes for after the meet.
- Bring a chair and something for the swimmers to occupy their time at invitationals.

- Most daylong meets have food for sale. A small amount of money may be taken for lunch or a swimmer may bring a sack lunch.
- If the swimmer owns an inexpensive sleeping bag or blanket, he/she may take it to the meet as a place to rest.
- Bring several towels. Bring a sweatshirt and/or sweatpants.
- It is wise to collect all valuables and put them away in one bag so it may be locked to safeguard your clothes and personal property.
- Pocket cash for heat sheets, snacks, etc.
- Highlighter and a sharpie

SWIMMER'S DIET

Proper diet is very important for athletics. Although swimmers are in water, their muscles work very hard and the body does sweat, just like it would playing baseball or running. The following information was taken from the Competitive Swimming Manual by Dr. James E. Counsilman. Please read the next section closely and try to apply it to your diet habits throughout the season.

THE MEAL BEFORE COMPETITION

"I have already mentioned some prevalent misconceptions about the precompetition meal (i.e. that it should be high in protein). The precompetition meal should actually be normal or lower than normal in protein and fat and high in carbohydrates. Carbohydrates come primarily from Group 4 (Breads and cereals), but also include foods from Group 3 (Vegetables and fruits), particularly potatoes."

"Certain foods require a long time to digest and thus slow the emptying of the stomach. They should be avoided. Other foods may dehydrate the stomach and cause discomfort."

FOODS TO AVOID IN THE PRECOMPETITION MEAL

GREASY FOODS

ANY FRIED FOODS, SUCH AS FRENCH FRIES, PIES, AND DOUGHNUTS; MEAT FRIED IN GREASE, SUCH AS CHICKEN, FISH, BREADED TENDERLOIN, SAUSAGE, LARGE AMOUNTS OF CHEESE, WHOLE MILK, PEANUT BUTTER, AND NUTS OF ANY KIND.

HIGHLY SEASONED FOODS

PIZZA, SPAGHETTI, HIGHLY SEASONED MEATS, AND CHILI.

SALADS

CUCUMBERS, RADISHES, RAW CARROTS, CORN ON THE COB. THESE FOODS ARE RELATIVELY HARD TO DIGEST AND MAY CAUSE STOMACH DISTRESS WHEN THE ATHLETE IS NERVOUS.

ANY FOOD THAT CAUSES FLATULENCE

BEANS, JUNK FOOD SUCH AS CANDY, POP, POPCORN, AND PEANUTS.

FOODS THAT ARE TOO SWEET

FOODS CONTAINING LARGE AMOUNTS OF SUGAR, CANDY, DEXTROSE OR FRUCTOSE, HONEY, AND SO ON. THESE FOODS DRAW FLUID INTO THE INTESTINAL TRACT AND MAY CAUSE DEHYDRATION OF THE TISSUES. HIGH LEVELS OF SUGAR IN THE BLOOD MAY ALSO CAUSE THE PANCREAS TO SECRETE EXCESSIVE LEVELS OF INSULIN, WHICH WILL IN TURN CAUSE THE LIVER TO TAKE SUGAR OUT OF THE BLOOD, LEAVING THE PERSON WITH A LOWER THAN NORMAL LEVEL OF BLOOD SUGAR. THIS PHENOMENON IS REFERRED TO AS INSULIN SHOCK AND IS ANOTHER REASON FOR THE ATHLETE TO REJECT FOODS OF HIGH SUGAR CONTENT BEFORE COMPETITION.

The Timing of the Pre-Event Meal

THE FINAL PRE-EVENT MEAL SHOULD BE EATEN AT LEAST THREE HOURS BEFORE THE ATHLETE IS TO COMPETE. IF THE SWIMMER IS TO SWIM ONE EVENT IN THREE HOURS AND ANOTHER TWO HOURS LATER, HE/SHE MAY EXPERIENCE SOME HUNGER PAINS BEFORE THE SECOND EVENT. HE/SHE MAY ALSO NEED MORE FLUIDS. A LIMITED AMOUNT OF NONCARBONATED SOFT DRINK OR FRUIT JUICE WITH A TEASPOON OF SUGAR PER HOUR GIVEN IN SMALL AMOUNTS WILL PROVIDE THE FLUID, RELIEVE THE HUNGER PAINS, AND CAUSE NO DISCOMFORT. SOME ATHLETES CAN ALSO TOLERATE SUCH COMMERCIAL LIQUID PREPARATIONS AS SUSTAGEN OR NUTRAMENT. THESE ALSO SHOULD NOT BE CONSUMED AT ONE TIME, BUT SHOULD BE TAKEN OVER A PERIOD OF TIME. ONCE AGAIN, LET ME repeat: AVOID JUNK FOOD!

FLUIDS

A GLASS OF WATER OR EVEN TWO GLASSES OF WATER PLUS THE DRINKS MENTIONED IN THE PLANS THAT FOLLOW MAY BE TAKEN WITH EACH OF THE MEALS. SKIM MILK IS PREFERRED TO WHOLE MILK BECAUSE OF THE HIGH BUTTERFAT CONTENT OF THE LATTER, WHICH SOMEWHAT SLOW THE EMPTYING OF THE STOMACH. YOU SHOULD DRINK AT LEAST EIGHT (8), 8 OZ. GLASSES OF WATER, EACH DAY.

SALT

FOOD SHOULD BE UNSALTED OR ONLY LIGHTLY SALTED, ALTHOUGH MORE SALT MAY BE ADDED DURING HOT WEATHER. SALT CAUSES WATER RETENTION, AND A PERSON CAN GAIN AN UNWANTED POUND OR TWO VERY QUICKLY.

THE FOLLOWING MENUS CAN SERVE AS A GUIDE FOR THE SWIMMER PLANNING HIS/HER OWN PRECOMPETITION MEAL. HE/SHE SHOULD STUDY THEM CAREFULLY AND SUBSTITUTE ONLY WHEN THE SUBSTITUTION CONFORMS TO THE PRINCIPLES STATED EARLIER IN THE TEXT.

BREAKFAST		
PLAN 1	PLAN 2	PLAN 3
ORANGE JUICE OR HALF OF A GRAPEFRUIT DRY CEREAL, SUGAR, SKIM MILK SCRAMBLED EGGS TOAST WITH MARGARINE & JELLY OR JAM SKIM MILK	TOMATO OR APPLE JUICE LEAN HAM SLICE 3 OR 4 PANCAKES, MARGARINE, AND SYRUP OR A SWEET ROLL CANNED PEACHES SKIM MILK	SERVING OF PRUNES OR KADOTA FIGS OATMEAL WITH SUGAR AND SKIM MILK WAFFLE, MARGARINE, HONEY OR JELLY HOT TEA WITH SUGAR AND LEMON
LUNCH		
PLAN 1	PLAN 2	PLAN 3
HAMBURGER PATTY (NAPKIN PAT GREASE) BREAD, ROLL, OR BUN TOMATO SOUP MADE WITH SKIM MILK FRUIT JUICE (ORANGE, APPLE, OR PEAR) PLAIN COOKIE, OR CAKE	ROAST BEEF BAKED OR MASHED POTATO, MARGARINE BREAD AND JELLY GREEN BEANS FRUITED GELATIN SKIM MILK	TOASTED CHEESE OR CHICKEN SANDWICH MASHED POTATO, MARGARINE VEGETABLE OR VEGETABLE SOUP PUDDING, GELATIN OR FRUIT SKIM MILK

SKIM MILK		
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DINNER		
PLAN 1	PLAN 2	PLAN 3
SMALL STEAK (NAPKIN PAT GREASE)	FRUIT JUICE OR BOWL OF SOUP	FRUIT SALAD
SPAGHETTI OR RICE	LEAN MEAT (NO GRAVY) FISH OR CHICKEN	BAKED FISH OR CHICKEN
ROLL OR BREAD	VEGETABLE	VEGETABLE
VEGETABLE	BAKED POTATO, MARGARINE	BOILED POTATO, MARGARINE
PLAIN CAKE	CORN BREAD, MARGARINE	WHOLE-WHEAT BREAD MARGARINE
CHOCOLATE MILK	SHERBET WITH PLAIN COOKIE	BANANA
	SKIM MILK	SKIM MILK

SWIM TEAM ADVISORY COMMITTEE GUIDELINES

YOUR COMMITMENT AS A SWIM TEAM PARENT :

A swim team parent faces new commitments, including weeknights and weekends from October through March. Please be aware that in addition to the basic requirements of being present, we request even more.

Parents should remember that progress can be measured only by the individual's own improvement, not by comparison with other swimmers. In this regard, the place that a swimmer finishes in a race or meet does not necessarily indicate improvement or regression. A swimmer could finish last in an event with 40 others and still turn in his/her own best time. Times in a specific event may vary considerably from meet to meet because of the amount of rest, diet, mental state, and other variables. Therefore, a small increase in the time for a specific event should not be considered a crisis. On the other hand if a swimmer is content with his/her time for an event, he/she cannot expect to improve. The swimmer should always set goals that challenge him/her to swim faster.

Progress in school should be a controlling factor in swimming. If a swimmer does poorly in his/her studies, he/she may be spending too much time in the water, or he/she may not be using their available time properly. If a member of the team is not performing up to par in

school, he/she will be dropped from the team until such time as the coach is advised that his/her academic performance has returned to the desired level. Parents' help and advice is obviously needed in this matter, although the coach would rather hear of this from the swimmer himself or herself.

AT PRACTICE

- See that your child is on time.
- Allow the coaching staff to do their job. Please watch practice from the social room windows.
- Please save questions until practice is completed. Focused time in the water is crucial to a swimmer's progress.
- Encourage your swimmer to attend all practices.

AT MEETS

- Have your swimmer at the warm-up on time and encourage participation.
- Encourage good sportsmanship and good manners from your child.
- Strive for behavior at its best, not just winning.
- Insist on enough sleep for your child and others who may be in your care.
- Support, encourage and congratulate all swimmers.
- Relay swimmers are usually not determined until the day of the meet. Check with the coach to see what your child is swimming.
- Swimmers and parents stay until the end of the meet to cheer on team members and clean the area.
- No smoking is permitted in the YMCA.
- Attend all parent meetings.
- Lend a helping hand for advisory committee's work; a few people cannot effectively do all the work.
- Realize that we depend on parents to run our home meets and assist at Championships. Please be willing to help.

AT OTHER TIMES

- Think Positively.
- If you have a concern, speak with the coaching staff. You may contact the Program Director.
- Be positive; constructive criticisms and suggestions are the most productive.
- Support your team; be proud to be a YMCA team parent; and show that you are interested.

- Encourage your child to work diligently and set realistic goals.
- Purpose of the Swim Team Parent Advisory Committee :

SWIMPAC officers include First Chair, Second Chair, Treasurer, Secretary, and YMCA staff member. The terms of these officers are usually for 2 years. The terms overlap in order to help preserve continuity of the leaders. SWIMPAC usually meets the first Monday of the month in Child Care located in the basement. Be sure to check the team web site or meeting minutes for specific dates.

The SWIMPAC officers communicate with each other between parent meetings as necessary. Any concerns that you may have are best brought to the attention of any SWIMPAC officer as soon as possible. Please do not wait for meeting time. In this manner, discussions and solutions may occur prior to the meeting, thus allowing the parent meeting to be as efficient as possible.

FEE STRUCTURE

The swim team fee is a seasonal fee of two hundred and ten dollars (\$210.00). The swim team fee will be \$190 for each additional swimmer within the same family. One half (1/2) of the full amount is due October 1, 2009. The remainder of the fee will be due January 1, 2010. Checks must be made payable to the **YMCA Stingray Swim Team** and must be submitted to the YMCA Front Desk.

Along with the seasonal fee, an invitational fee of seventy-five dollars (\$75.00) is required. This fee must be made payable to the **YMCA Stingray Swim Team Invitational Fee**. This fee is to establish an escrow account in which the Treasurer will monitor throughout the season. This account will pay for the individual event fees accrued throughout the season for invitational and championship meets. The \$75 is just to establish the account. It is extremely likely that this initial payment will not last for the entire season (most invitational fees are between \$125 - \$175 for the season); therefore you are responsible for keeping a positive balance, so that Invitational fees can be paid on time. The Treasurer will have the account balances at the committee meetings. Notices will be sent when payment is due, but no guarantees will be made that they will be in time to insure your child a place in an invitational.

If either fee remains unpaid by October 1st 2009 and January 1st 2010, the team member(s) will be unable to participate in the team activities, including practices. If the escrow account carries a negative balance when Championship entries are due, the child will not be entered until the balance is paid. If there are circumstances, which prevent payment, please contact the Program Director, Sam Casalano.

You may pay your fees at the YMCA front desk or online, using the YMCA website. In either case, obtain 2 receipts, one for you, and the other is to be deposited into the "swim team" box located outside of the pool. This second receipt is for the team treasurer to help keep an accurate record of your account.