

Pottstown Seahawks Info Packet



2007-2008 Season



YMCA

We build strong kids,
strong families, strong communities.

www.ptfyseahawks.org

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Introduction

Welcome to the Pottstown YMCA competitive swim team. This packet contains general information, helpful hints, and our tentative meet schedule. The registration form, insurance form and code of conduct are also included.

Thank you for choosing the Pottstown YMCA for your winter swimming program. Swimming is a cooperative effort between swimmers, coaches, friends and parents. We are looking forward to working with all of you. With all of us working together, we can have a very rewarding season!

Pre-team

The pre-team program is our developmental team, where we concentrate on stroke mechanics and technique, teaching the fundamentals of the sport of swimming, and introducing the swimmers to the YMCA competitive swimming rules. We also try to instill good sportsmanship, cooperation, discipline and respect for others.

Generally swimmers on the pre-team participate only in home meets, but, depending on the number and ability of the swimmers we have rostered, the pre-team swimmers may be asked to travel to an away meet during the season.

Coach's Notebook

A spiral bound notebook is hanging on the swim team bulletin board in the lobby of the YMCA. The coaches need to focus on the swimmers during practice, for the safety and education of the swimmers. For any concerns or questions you may have during the season, please write your name, contact info and a brief note in the coach's notebook and the coaches will contact you ASAP.

Coach's Contact Information

Kathy Cook	Head Coach	610-323-1383	cooksne2@aol.com
Mark Agnew	Assistant Coach,	610-705-9229	mcagnew5@verizon.net
Amy Agnew	Assistant Coach	610-705-9229	mcagnew5@verizon.net
Andy Jones	Assistant Coach	610-718-9697	abones93@aol.com
Mark Ottinger	Assistant Coach,	610-970-7660	
Julie Steele	Assistant Coach		
John Zimmerman	Assistant Coach		
Jeff Richardson	Volunteer Coach		

Pottstown YMCA Aquatic Club (PYAC) Contact Information

President	Kristen Cossel	610-327-2567
Vice President	Stephanie Shoemaker	610-970-5299
Vice President – Girls Team	Tina Kane	610-970-3229
Vice President – Boys Team	Traci Evans	610-582-0420

Treasurer	April Kontostathis	610-323-3143
Bake Table	Jill Yarnell (girls) & Al Spina (boys)	
Communications Coordinator	Nancy Glinecke	
Social Coordinator	Linda Drohosky	
Spirit Wear Coordinators	Karin Spina & Donna Eddinger	
Fund Raising Coordinators	Suzanne Rokosny & Nancy Grajewski	

Team Objective

To provide a safe, enjoyable but disciplined atmosphere for swimmers of all levels from ages 6-18 to reach their potential in accordance with the principles and philosophy of YMCA competition.

Team Goals

We are looking forward to another fun season and a strong showing by both the girls and boys teams. We will continue to strive for team goals as well as individual performance goals and will emphasize the YMCA values of *“Caring , Honesty, Respect, and Responsibility.”*

General Goals for the team are:

1. To be good ambassadors for our sport, our YMCA, and our community. It is the responsibility of each team member to project a positive image of our program when interacting with their competitors, teammates, coaches, officials, and YMCA staff personnel. We strive to be the “class” team as well as the fast team!
2. To compete in a unified, spirited TEAM effort. It is the responsibility of each team member to cooperate with and contribute to the team effort. To have success as a team, members may be required to sacrifice individual preferences. Remember – there is no “I” in TEAM. The goal applies to practice habits – we work together to help the team improve.
3. To swim tough! We aim for aggressive, determined racing no matter what time in the season or what time is on the stop watch. Our race focus is on technique, pace, and mental toughness – being able to respond to the challenge of a close race under any circumstances.

Team Philosophy

To emphasize the YMCA values of “Caring, Honesty, Respect and Responsibility.” We teach swimmers to **CARE** about each other through their words and actions. Cheering and encouraging one another, lending support, being a “Big Brother” or “Big Sister,” and working together at practice are a few examples. We stress **HONESTY** in our sport by following the rules at practice and at meets. Our coaches teach the children how to **RESPECT** their teammates, the competition, the officials, and the staff. Finally, we try to instill in our swimmers **RESPONSIBILITY** for their equipment, behavior, and their choices and decisions. Some people may think of

swimming as an individual sport, we try to show the importance of both individual and team accomplishments through the values listed above.

Eligibility Requirements and Event Participation

1. Each swimmer must be a full, annual member of the Pottstown YMCA by the first meet and pay the appropriate swim team fees by November 15th.
2. Once a swimmer has been rostered he/she must continue to represent only that team in subsequent competition. Any person participating with another team, other than their school team, after Sept 1 of the current season becomes ineligible for further participation in the Penn-Del League. For example – a swimmer rostered on the Pottstown Y (PTFY) team may not be rostered with a different USA team.
3. Swimmer's age for the League season is determined by the individual's age as of December 1 of the current season. Invitational eligibility is determined by each meet.
4. Each swimmer is limited to three (3) official swimming events at a dual meet. Exhibition swims do not count as an official swim and do not earn points, but the times can be used to qualify for Districts.
5. A swimmer must participate in at least two (2) League meets to compete at championships. To compete at Districts, States, and Nationals a swimmer must participate in three (3) YMCA only meets. To compete at Nationals a swimmer must have participated in a sanctioned district or state meet.

Responsibilities

Coaches

1. Teach and support the philosophy of the YMCA
2. Set an example of good behavior and sportsmanship for the athletes
3. Instruct, supervise, and conduct scheduled practices
4. Maintain a team roster
5. Compile a team line-up for scheduled meets
6. Abide by and enforce all rules set up by the Pottstown YMCA

Parents

1. Encourage and support your swimmer!
2. Notify the coach of any schedule conflicts
3. Volunteer to help run meets
4. Participate in the fundraisers (see fundraiser section for more information)
5. Check bulletin board and swimmer's file regularly
6. Please do NOT interrupt practice. Express concerns directly to coaches at an appropriate time (before or after practice, after a meet, coach's notebook, etc.).

Swimmers

1. Be on time and ready for practice and meets
2. Listen to and cooperate with coaches and Y staff.

3. Be responsible for your equipment (cap, goggles, suit, towels, fins, etc.)
4. Respect others and their property including other Y members and the building
5. Express concerns directly to the coaches

Practice Rules

1. For tardiness (lateness) and/or discipline problems with coaches or fellow swimmers:
 - 1st time – warning (marked on attendance roster)
 - 2nd time – phone call to parents
 - 3rd time – no practice
2. Leaving practice early must be approved **prior to** practice.
3. Touching the bottom or pulling on the lane lines will result in swimming a 50 Fly before the next set or at the end of practice.
4. Each practice lane will work together as a unit. “The team that swims together, stays together!”
5. False starts during sprints will result in swimming extra at the end of practice.
6. First practice of the day puts in lane lines – last practice of the day takes out lane lines.
7. Diving or swimming across lanes will result in dismissal from practice.

Meet Rules

Please notify a coach in writing as soon as possible if you cannot attend a meet. If your child is ill, call either Kathy or Mark Agnew ASAP. You can call up to 10:30 p.m. the night before the meet and between 8:00-10:00 a.m. the day of the meet.

1. Missing a meet without notification of a coach or deliberately missing an event without a coach’s permission will result in 3 days suspension from practice; furthermore, the swimmer will be listed as exhibition at the next meet.
2. If a swimmer accidentally misses an event during a dual meet, the team will decide the discipline of that swimmer.
3. Swimmers are to sit together as a team at a meet. Do not leave team area without telling a coach or zookeeper.
4. Swimmers will ride on the bus to away meets, but may ride home with a parent. Please inform the coach before leaving.

Costs

The basic fee for swim team is \$150 for the entire season. An additional "Level Fee," which ranges from \$35 to \$165 is also required. Each team member must be a full facility member of the Pottstown Family YMCA and pay the basic swim team fee plus the appropriate level fee. Levels are determined by the coaches. Payment plans for the swim team fee are available for your convenience. All fees must be paid by November 15th.

In addition to the swim team fees, swimmers may choose to participate in invitational meets throughout the season. Some of the meets are attended by PTFY coaches. All invitationals require additional fees, usually ranging from \$3.00-\$5.00 per

event. There is also an extra fee associated with USA swimming, to cover the cost of the USA registration and coaches fees.

Fundraisers*

* Families are expected to participate in fundraisers that allow us to purchase new equipment and supplies for the swimmers.

We have three primary fundraisers that serve as sources of income for the swim team organization. The fees paid directly to the YMCA are used to rent the facility, provide transportation for away meets, and pay the coaches.

The swim team fundraisers also directly impact the swimmers. They are used for the Christmas Party and Banquet (including awards and team gift). They are also used for the purchase of equipment that is used in training and during the meets. In 2006-2007, we were able to pay off the scoreboard and timing system as well as purchase four new touch pads. This year (2007-2008), we will be purchasing 2 new touch pads, 4 new posts for the starting blocks, and a new record board. We will continue to raise funds as we plan on purchasing new and replace old equipment.

* The cash donation option will remain. The opt-out will be \$30 for one swimmer and \$50 for two or more swimmers.

The following three fundraisers are required for each family:

Krispy Kreme Doughnuts and Coffee: Nancy Grajewski has done much research and has had experience with this fundraiser in the past. It's a big hit and will bring in a very good profit! One dozen of doughnuts will cost \$6 and we will receive a profit of \$3. Coffee (12 oz. bag) will cost \$8 and we will receive a profit of \$3. Families with one swimmer must sell a combination of doughnuts and coffee that will bring in a profit of \$25 (or a combination of items and the difference in cash: example. 5 doz doughnuts sold = \$15 profit with \$15 cash donation to total \$30). Pick-up of the doughnuts and coffee is scheduled for Thursday, November 15, 2007 from 4:30 to 8:30.

Bake Table at Home Meets: At each home swim meet, we will set up a bake table. If you have a swimmer participating in the meet, we ask you to provide an item for the bake table (i.e. If you have a son or sons, you bring an item to the Boys home meets). Sign up sheets will be available on the pool door or bulletin board well in advance so you can select which type of item to bring (ex. hotdogs, soda, water, baked good, pasta salad, etc.). You can opt out of this fundraiser for \$5/meet. This money will be used to purchase more expensive items for the bake table (gatorade, nachos, etc.).

Winter Blast Invitational: Last, but not least, is the 4th Annual Winter Blast! This invitational meet will be held on Saturday, Dec. 29th. This is our most lucrative fundraiser. Last year we made close to \$5000 in just one day (not counting all the work to get ready for the meet!). We will also need a bake table donation for this meet. Parents of swimmers 12 and under will be expected to work at the meet (swimmers 12 and under will participate in the meet). Swimmers 13 and older are also expected to work the meet.

We understand that this is right after Christmas and those who are traveling will be excused. However, we will still need a bake table item or \$10 opt-out.

Other Fundraisers: Hey wait - you said three - true, we did - but we do have other fundraisers throughout the year. They are not mandatory, but are often very fun for the kids on the team. About twice a year we will have a Friendly's night. During this event, Friendly's donates 10% of the revenue from the store to our team! The kids enjoy seeing their friends at dinner. We also have occasional car washes, spaghetti dinners, pancake breakfasts, etc. Some of these fundraisers specifically support our National Swim Team, when they travel to Florida in April. All are a good time, and we hope you can join us and enjoy the chance to socialize with the swim team family.

Social Events

Team social events are an important part of building team spirit. This season there will be at least three team building events including a bowling party, Dodgeball Tournament, a Holiday party, and an end of season party. We may even be so bold to host the first annual Parent/Swimmer Swim Meet! All activities will be noted on the team calendar and posted on the bulletin board in the pool viewing area of the YMCA. Look for more information and sign-up sheets in your family folder.

Spirit Wear

The Seahawks offer a large selection of optional spirit wear. Some of the items included are t-shirts, sweatshirts, blankets, and stadium seats. New items this year include girl shorts, pajama pants, a swim bag, and a warm up jacket/pant combo. The proceeds from the sale of the spiritwear is another "fundraiser" for the team. Spirit wear will be ordered at the end of October so as to get the orders in as close to the beginning of the season as possible. We will not be doing two order dates this year. Please see the order forms for items offered, pricing and due date. If you have any questions, please contact Donna Eddinger (610-327-8698) or Karin Spina (610-582-1241).

Guidelines for Swimmers Qualifying for Nationals

- A swimmer must have participated in at least one national team fundraiser per swimming season.
- At least one family representative is required to work at least three meets per season.
- Swimmers will be given the opportunity to raise funds during the swimming season. Money raised through individual sales will be credited to each individual swimmer. Group fundraising events will be used to pay for the group expenses, such as food, van rental, etc.
- Hotel and flight reservations are to be made under the guidance of the head coach.
- The head coach and the YMCA must approve all publicity surrounding nationals and/or swimmers qualifying for nationals.
- The PYAC treasurer will handle all funds and maintain a separate national swimmers account. No money will be released without PYAC board approval.

Time Standards

District qualifying times:

<http://penndelswim.usswim.net/penndel/moreinfo/2008EastDistrictsQualifyingStandards.pdf>

National Qualifying times:

<http://penndelswim.usswim.net/penndel/moreinfo/2008NatsQualifyingTimes.pdf>

USA Swimming Motivational Times:

http://www.usaswimming.org/USASWeb/_Rainbow/Documents/b6f5e251-9707-4d80-92c8-c86992c20e00/2008MotivationalTimes-Top16.pdf

Frequently Asked Questions

How do I find information about the team?

Our bulletin board is in the YMCA lobby. All sign-up sheets, correspondence, directions to away meets, coach's notebook, and any other info will be there. Also, there is a file folder for each swimmer on the table inside the pool entrance. Please check the bulletin board and the file regularly.

How do I contact a coach?

A written note sent with your swimmer or a note written in the coach's notebook is the best way to communicate. You can request a phone call and coaches will call you after practice. During practice the coaches are focused on the swimmers and do not have time for lengthy discussions with parents.

Do swimmers need caps and goggles?

Yes! Girls need to wear caps and boys with long hair need to as well. Goggles are highly recommended to protect your swimmers eyes because the chlorine level is usually a little higher for inside pools. Swimmers also need an extra pair of goggles or an extra strap as a backup during swim meets.

Can I watch practice?

Yes, from the observation window in the Y lobby only. Please stay off the deck and do not interrupt practice.

What do I do if my swimmer cannot make a meet?

If you know in advance, give a note to any of the coaches or write in the coach's notebook by the Wed before the meet or sooner. If your child is ill, call either Kathy or Kevin ASAP. You can call up to 10:30 p.m. the night before the meet or between 8:00 – 10:00 a.m. the day of the meet. Short of an emergency, it is unacceptable to just not show up for a meet. Changing a line-up is not easy. Please call the coaches in advance!

What should I pack for a swim meet?

Here is a suggested packing list:

- Towels (2-3)
- Team swim suit (many swimmers pack an extra suit for backup)
- Cap (swimmer will be given a team cap)
- Goggles (plus an extra pair if possible)
- Sweat clothes to wear during the meet
- Dry clothes for the ride home
- A drink in a plastic container (not soda or milk)
- snacks – fruit, crackers, dry cereal, veggies, granola bars, dry bagels, etc. (there will be a bake table at most meets, home and away)
- cards or small games, stored in plastic bags

Can my swimmer sit with me during a meet?

Swimmers are instructed to sit together as a team. Your child may visit with you, but it is essential that he/she return to the team area. We don't want anyone to miss an event. They must notify the line-up person (zookeeper) every time they leave the team area (including trips to the restroom and/or snack area). Your cooperation in reminding the younger swimmers about this rule is greatly appreciated!

Can I leave with my swimmer when he/she is finished swimming?

All swimmers must stay to the end of a dual meet – it is a league rule! This encourages team unity and team spirit as well as good sportsmanship. If your schedule requires an early departure from a meet and you must take your child with you, please make arrangements with the coach in advance. At invitationals, swimmers may leave when they have finished their events.

What should my swimmer eat before a meet?

The night before the meet, a meal high in complex carbohydrates (pasta, bread, rice, etc.) and low in protein (chicken, meat, eggs, milk, etc.) is good. The day of the meet try to eat 2 hours before your warm-up time. A good breakfast is essential. Concentrate on carbohydrates – pancakes, French toast, fruit, juice, cereal with milk. If the meet is later in the day, eat a good lunch as well. The lunch should consist of light proteins and high carbs.

Foods to avoid: fatty, fried, greasy foods and cakes, chocolate and soda.

What are invitationals?

These are meets where many teams of various levels participate. They represent an opportunity for swimmers to swim against kids they may not see at dual meets and to swim in events that they may not have a chance to swim otherwise. These are optional and you must sign up and pay for each event you enter. There are specific rules for each invitational. Relay entries are determined by the coaches. If you do not want your swimmers in a relay, please note that on the sign-up sheet.

Certain invitationals are for USA Swimmers only. Your swimmer must be registered as a USA swimmer to participate. See Kathy Cook for USA information.

Our coaches go to some of the invitationals, but if a coach will not attend, a parent will be asked to pick up the team packet and any awards.

How does my swimmer qualify for championships?

Every swimmer who participates in two dual meets is able to participate in championships. This includes pre-team swimmers.

How does my swimmer qualify for the Charlie Hartley Memorial Meet?

This year swimmers will qualify for the Charlie Harley by meeting a time standard range, using maximum and minimum times. The meet is considered a “Silver Championship” meet – the swimmer must have a time between the minimum time and maximum time. It is the next step between championships and districts and will be a good “last chance” opportunity to qualify for districts.

How does my swimmer qualify for districts?

Swimmers must meet time standards to participate in the PA Eastern District meet. The time standards vary by age group. There is a time standards link on the swim team web site: www.ptfyseahawks.org

What is USA Swimming?

USA swimming provides opportunities to compete against swimmers that are not associated with a YMCA, and therefore will not be swimming at dual meets, championships, YMCA Districts, States, and the Y invitationals that we attend. Some of these swimmers are very, very, good and they are fun to watch. However, this is not the primary reason for doing USA swimming. The USA swimming program is all invitationals (and there is an invitational just about every weekend!), so you can decide which events to swim. This allows the kids to try new events that they might never get to swim at a dual meet. See the team web site for additional information and links to the USA swimming meet schedules. Signups for these meets are posted on the USA swimming bulletin board. Since we are a YMCA team, the Y meets take priority over USA meets.

How are relays determined at Districts and States?

Each YMCA is allowed one relay team per event, assuming the relays have qualified. The primary goal for relays at districts is to score points for the team and to qualify for states. The coaches will try to inform swimmers of their relay selections before districts – exact placements and strokes may be decided at districts.

The coaches use the following criteria to determine the district relays:

1. The team line-up. Swimmers will be placed to best help the team earn points (districts and states are team scored meets). The coaches determine the line-up.

2. Fastest times during the year, especially the last six weeks of the season (coaches splits are also reviewed)
3. Swim-offs during practices if needed
4. Tie-breakers: practice attendance and age (top vs. bottom of age group)

If only one relay in an age group qualifies for states (i.e. the Free makes it, but the Medley does not), the coaches will select the swimmers for that relay. This may involve a swim-off for spots, to be held the week after districts.

If both relays in the 10 & Under age group make it to states, each swimmer on the relays is guaranteed a spot on a relay at states. For the other three age groups, relays may change based on the results at districts. Relay positions may be decided in a swim-off to be held during the week after districts.

Information for new swimmers

Swimming: The Sport

The four competitive strokes are freestyle, backstroke, breaststroke and butterfly.

In ***freestyle*** events, the competitor may swim any stroke he/she wishes. The stroke used is usually the crawl, which is characterized by the alternate overhand motion of the arms and an alternating up-and-down flutter kick.

In the ***backstroke*** the stroke consists of an alternating motion of the arms with a flutter kick. On turns, some part of the swimmer must touch the wall.

The ***breaststroke*** is perhaps one of the most difficult strokes to master. It requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart shaped pattern and recovered under or over the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. No flutter, scissors, or dolphin kick is permitted. On turns and at the finish the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.

The ***butterfly*** is the most beautiful of the strokes. It features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor or use the breaststroke kick. The butterfly was developed in the early 1950s as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne.

The ***individual medley***, commonly referred to as the “I.M.,” features all four strokes. In the IM, the swimmer begins with the butterfly, then changes to backstroke, breaststroke, and finally freestyle.

Starts and Turns: Many races are won or lost by the swimmer’s performance in the start or turn. In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the gun or starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early, or gotten an unfair advantage, the race will be recalled.

In the ***medley relay***, all four strokes are swum. The first swimmer swims backstroke, the second swims breaststroke, the third swims butterfly, and the fourth swims freestyle.

The ***freestyle relay*** event consists of four freestylers, each swimming one quarter of the total distance of the event.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, he will be disqualified from the event, which means he will not receive an official time nor be eligible for an award or points for that event. Disqualification may result from actions such as not getting to the starting blocks on time, false starting, walking on or pushing off from the bottom of the pool, an improper touch or a missed touch at a wall, pulling on the lane lines, or unsportsmanlike conduct.

Running a Swim Meet

The following are the 'jobs' that are manned by the parent volunteers during a swim meet. If you have any questions, please ask a coach or a member of the parent's board. We hope you'll find a job that you'll enjoy! If you are interested in certification, please contact Al Cushman.

Starter-Referee: Needed at home meets, may be two individuals, **MUST BE CERTIFIED**; referee settles any disputes or judgment calls; starter calls the swimmers to the block, starts them with gun or horn.

Stroke & Turn Judge: One from each team needed at each meet, home and away; **MUST BE CERTIFIED**; watches swimmers for legal strokes and turns.

Console Operator: Only at home meets, operates the timing console, which registers place and times from the electronic pads and buttons.

Meet Manager Operator: Only at home meets, operates the meet manager computer. which interfaces with the timing console and stores the meet results.

Place Judge: One from each team, home or away, list the order of finish for each event.

Timers: one for each lane; home and away; backup timers needed for home meets; to time the swimmers in their lane in each event.

Runner: Needed only at home meets; records times on a form; collects place judge cards; gives to head scorer.

Scorer: One needed for each meet, home or away; takes line-up sheets and prepares score sheets; records times and places for each team; prepares a league copy and checks team records.

Announcer: One needed for each home meet to announce events.

Zookeepers: Also called "marshals"; 2-3 parents who help line-up the swimmers for their events (especially the younger swimmers).

Attachments

You will find the following forms/schedules attached at the end of this packet. Please return the code of conduct, the registration form and the medical release form by October 31st.

- Registration form
- Medical Release form
- Code of Conduct
- Tentative meet schedule