



PARENT HANDBOOK



2017-2018 BBYD DOLPHINS

BBYD Dolphins Parent Handbook

Parent Handbook

Welcome to the Boothbay Region YMCA, Dolphin Swim Team. The purpose of this handbook is to provide a resource that you as parents can use to help you to have a fun and successful swim team experience. Please email specific questions that are not addressed herein or on the website to dolphins@brymca.org

YMCA Youth Sports Philosophy:

The YMCA Youth Sports Programs promote growth in body, mind and spirit. The YMCA encourages participation through family involvement, positive competition and an emphasis on fun, safety, teamwork, fair play and skill development. At the Boothbay Region YMCA, the goals and objectives of the

Dolphin Swim Team are as follows:

1. Fun - At the YMCA, our goal is for every participant to have fun. To help ensure this, we make sure that everyone plays and plays fairly. We focus on teamwork and fun.
2. Fitness – Swim Team helps youth to develop a lifelong physical activity that can help keep them fit through their youth and into their adulthood and later years. We live in a coastal region and it's important that youth are comfortable and learn to be safe around the water.
3. Friends & Family – Swim Team is a great way for youth to participate in an activity with established friends, meet new ones and compete together on the same team. Swim Team relies heavily on parent involvement and volunteerism which allows families to enjoy the sport together.
4. Fundamentals - The YMCA also focuses on fundamentals. Our YMCA Youth Sports Leagues are instructional leagues, which means that participants will not only learn how to play the game, but will also learn skills necessary to play that game - all while having fun! On Swim Team, learning proper fundamentals means lots of work on stroke mechanics, starts, turns and finishes.

For Families and Swimmers Character Counts...

Everything you say and do should be consistent with the four core values of the YMCA:

- Caring – Treat others the way you want to be treated. Be kind and consider others' feelings.
- Honesty - Be honest with others and yourself; act so people can trust you.
- Respect - Treat yourself and others with respect. Be polite, positive and encouraging.
- Responsibility - Take responsibility for your actions. Set a good example in everything you do.

Code of Conduct / Honor Code... swimmers & parents

Family Involvement:

Family involvement is critical to the success of the team. The assistance of all families is needed to conduct home meets. There are many opportunities for involvement, and most of the duties do not require previous experience. A signup sheet will be posted on the bulletin board prior to home meets. All parents are expected to assist with at least one home meet.

Parent Responsibilities:

The most important thing you can do as the parent of a swimmer is to love and support your child, both in and out of the pool. This support is a key factor in fostering enjoyment and learning as well as contributing to the child's individual success in the pool.

- Volunteer to help run home meets.
- Be uplifting and supportive of your child throughout the season.
- Be patient. Each swimmer progresses at a different pace.
- The single most important thing that parents can do to help their child is to instill a strong and healthy sense of sportsmanship, character and self-image.
- Be a good role model for your child. Demonstrate proper sportsmanship and respect for officials, coaches, other parents and swimmers.
- Let our coaches do what they do best – coach! If you have a question for any of our coaches, please ask at an appropriate time (not during practice or a meet).

Dolphin Swimmer Responsibilities:

- Be on time and ready to swim. That means on the deck with equipment ready when your workout begins, not talking in the bathroom or hanging around the locker room.
- Have equipment available and adjusted before practice.
- Work hard and try your best.
- Strive to achieve attendance group goals.
- Alert your coaches if your body is telling you to slow down or stop.
- Maintain proper spacing between swimmers before you start drills.
- To pass a swimmer. The best time is at end/start of a set/rep. For example 6 X 100 Freestyle. Wait until you are at the wall and then ask to please move ahead before the next 100 starts. Touch the swimmer's foot in front of you when attempting to pass. Then pass quickly in the middle when it is safe to do so. If being passed please make sure to stay on the right side of the lane.
- Do not pull, yank or hit the swimmer in front of you!
- Listen and follow directions from coaches with no talking during drill instructions.
- Follow all pool rules.
- Demonstrate proper sportsmanship. There is no place in the pool or locker room for rude or belittling comments, bullying, displays of anger or disgust or talking back to coaches, volunteers or other adults.
- Actively participate in the meets, cheering on your teammates when you are in between events.
- Remember that you are the older swimmers on the team and our younger swimmers look up to you for direction and they model your behavior for better or for worse.
- Think positive. Be positive.

2017/2018 Dolphin Team Goals:

- Have fun and improve!

- 100% swimmer participation at the YMCA State Meet.
- Foster a life-long love of the sport and the friends they make along the way.
- Have every swimmer earn a personal best time this season.
- Compete in relays in each age group.
- Challenge ourselves in and out of the pool.

Joining the Dolphins:

First, contact Head Swim Coach Zach Gray and schedule an evaluation for the child or children who are interested ages 5-21. The evaluations can be done during practice during the first few weeks of the swim season.

- Must successfully pass the Boothbay Region YMCA Swim Test: Green Band test. Enter the pool, swim 25 yards freestyle without stopping, swim 25 yards backstroke, and tread water for 2 minutes.
- Youth must be 6 years of age by December 1st, up to age 21.
- Swimmers must be members of the Boothbay Region YMCA or CLC YMCA (CLC members receive the member rate).

Lastly, we require swimmers and parents to commit to the events listed below. More information on each of these events is included later in this handbook.

- Attend at least three YMCA swim meets over the course of the season
- Attend as many practices within their group's goal range as possible.
- Attend the YMCA Maine State Championship Meet on Friday, Saturday, or Sunday, March 2nd, 3rd, and 4th, 2018 in Orono, ME. (Each swimmer swims on only 1 of these 3 days based on age)

New Swimmer Group Placement & Wait List Policy:

New Swimmer Evaluations with Head Coach Zach Gray are for the purpose

of finding out which of our 3 training groups would be the best fit for the swimmer and the team. There are only two instances where a swimmer will not be able to join the Dolphin Swim Team following their evaluation.

- Swimmer does not pass minimum safety requirement as listed above in "Steps to Join." In this instance, Coach Zach will recommend the appropriate private, semi-private or group swim lesson for the swimmer to work towards passing the safety requirement.
- The training group that the swimmer is placed in is full. In this case, the swimmer will be placed on a waiting list in the order that he/she inquired about scheduling an evaluation with Coach Zach. If a spot in that training group opens up, it will be offered to the next swimmer on the waiting list for that group. If a spot is open in another group, Coach Zach may elect to allow the swimmer to participate in that training group until a spot opens up in the group they were placed in. This will be decided by Coach Zach on a case by case basis.

Financial Assistance Program:

We believe that everyone deserves the chance to succeed. Regardless of your financial situation, we will work with you to receive all of the benefits of a YMCA membership. Through the generosity of our donors, we are able to provide programs and services to those who may not otherwise be able to participate. If you cannot afford the full cost of a YMCA membership on the Membership for All sliding fee scale, you may apply for financial assistance. All Y members receive the same benefits, regardless of assistance. Financial Assistance is available for YMCA membership and Dolphin Swim Team membership.

Applying is easy and confidential:

- Complete, sign and date the Financial Assistance Application (also available at the YMCA Membership Desk).
- Provide your most recent tax return with everyone requesting assistance listed.
- Stop by the YMCA Membership Desk.
- Applications will be processed within two weeks from the date received.

Fundraisers:

- Concessions: At home meets, families are expected to contribute to the items that are available for sale at the concession stand. Please look for

more information regarding concession items on our Weekly Email Blasts.

- <https://www.swimoutlet.com/boothbaydolphins/> When purchasing practice suits, additional equipment or any swim gear please consider purchasing from this site. 10% of all sales are given to the team as a credit so we can order goggles/equipment for use of the team through Swimoutlet.com's affiliate program.
- Pie Sale for Thanksgiving. More info to follow.

Weekly Email Blasts!

You will be kept up to date with weekly emails during the season. These emails will contain information about upcoming events, including instructions on how to register, directions to events and deadlines for committing to events. It is important that you check your email weekly to stay up to date with what's coming up! Communication from the coaching staff to families is done via email. It is essential that we have the most up to date and accurate email addresses.

Swimming-related Questions/Concerns:

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Please make sure swimmers arrive on time for practice with a swim suit, goggles, towel, and water bottle ready to get in the water when their practice time starts. Parents are welcome to sit on the bleachers or lobby during practice as long as they do not interrupt swim team practice. All questions or concerns about swimming and swim practice activities should be directed to the swimmer's coach. Please do not approach your swimmer's coach during practice. Instead, catch your swimmer's coach before or after Team practice times or try emailing to set up an appointment to meet in person. The coach's cell phone number is for EMERGENCIES ONLY, i.e. sick child on swim meet day, running late for meet warm ups etc. If you do not want your swimmers pictures to be included on meet recaps, swim team flyers, the Boothbay Register, and etc please email Coach Zach with the request to not use images of your swimmer.

Training Group Descriptions & Practice Schedules

Group Practice Schedules

Equipment:

Practice suit(s), practice swim cap(s), team suit, towel, goggles, and full water bottle.

*Friday Mentor Program. All groups 4:00-5:00pm on Fridays.

A vital part of every successful swimmer's career is the bond formed at practices and meets with swimmers of all ages and abilities. That is to say

"The Team" bonding experience helps your swimmer dream and achieve goals never before imagined. We have Friday Mentor practices for all 3 practice groups. Veteran swimmers from Groups 2 and 3 aid these practices. Younger swimmers will also be paired up with more experienced swimmers for swim meets. Older swimmers are a great source of reassurance and on-deck support for younger or less experienced swimmers. All swimmers are welcome to attend.

Practice Policy: If the YMCA is closed practice is cancelled. If school is cancelled we make an effort to still have practice. For any practice if parents, swimmers, and or coaches feel that it is not safe to travel please feel free to do what you feel is in your best interest. If practice is cancelled a team email will be sent out.

Swim season concludes for each swimmer after they compete in their last meet.

GROUP 1

Tue/Thu 4:15-5pm. Mentor practices Friday 4-5pm.

Group 1 is our entry-level group is for swimmers who are new to competitive swimming and are working on learning the basics of the 4 competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Building a comfort level with the water and having fun are stressed. This groups consists of 8 and under swimmers and can have consist of new to swim team 12 and under swimmers.

Minimum Ability:

Swimmers must be able to swim one length of the pool basic freestyle and one length of the pool basic backstroke unassisted and be able to tread water effectively for at least 2 minutes.

Ultimately group placement is based on Head Coach Zach's discretion which is based on what is best for the individual and the team.

Goals:

Technique development and fun in the water is the main goal of this squad. Group 1 swimmers focus on body position, balance, sculling/feel for the water and coordination.

- Learn fundamental techniques of the four competitive strokes.
- Learn how to swim in a lane with other swimmers.
- Introduce racing starts and legal turns for all strokes.
- Introduce use of the pace clock.
- Make friends and develop a love for competitive swimming.

Attendance:

Swimmers are encouraged to make 2 practices per week to put themselves in the best position to improve.

GROUP 2

Mon/Wed 3:30-4:30pm, Tue/Thu 3:30-4:15pm, Mentor practices Friday 4-5pm.

Group 2 is for swimmers generally in the 9-12 age range that are comfortable in the water and have learned the basics of all 4 competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Swimmers will work on improving all four strokes, body positioning, starts, flip turns, goal setting, and fun water based games.

Minimum Ability:

Completion of Group 1 skills. Comfortable swimming 8 lengths in the pool without stopping. Ultimately group placement is based on Head Coach Zach's

discretion which is based on what is best for the individual and the team.

Goals

- Improved technique and endurance.
- Learn to swim all four strokes proficiently.
- Perform all starts and turns legally.
- Work towards swimming 100s on the 2:00
- Work towards kicking 50s on the 1:30
- Learn to swim the 100/200 Individual Medley
- Swimming their first "500" in a meet

Attendance:

Swimmers aged 9-10 are encouraged to make 3 practices per week to put themselves in the best position to improve, and 11-12 aged swimmers are encouraged to attend 4-5 times per week.

GROUP 3

Mon-Fri 3:30-5:00pm

Group 3 is for swimmers generally aged 13+ with a competitive swimming background. Swimmers will be comfortable swimming all four strokes (freestyle, backstroke, breaststroke, and butterfly). Swimmers will be refining their strokes, turns, starts, goal setting, race strategy, and comfortable racing a variety of events and distance. Group 3 swimmers are our leaders on the team and will help mentor our younger swimmers. Swimmers from this group often continue to swim in college and masters swimming.

Minimum Ability:

Completion of Group 2 skills. Comfortable swimming all four strokes. Ultimately group placement is based on Head Coach Zach's discretion which is based on what is best for the individual and the team.

Goals

- Improved technique and endurance.
- Learn to swim all four strokes proficiently.

- Perform all starts and turns legally.
- Learn to swim the 200/400 Individual Medley
- Swimming the first "1000" in a meet
- Increased efficiency in strokes.
- Learn and implement race strategies.
- Work towards swimming 100s on the 1:30.
- Work towards kicking 50s on the 1:00.
- Being comfortable swimming every event in swimming.

Attendance:

Swimmers are encouraged to make 4-5 practices per week to put themselves in the best position to improve.

Swim Meet Related Information:

- Team Suits are provided for all swimmers, and should be used exclusively at swim meets to prolong their life. A team t-shirt and swim team cap will be provided to each swimmer.

- Travel. The swim team has a van or bus that is available for swimmers free of charge for our scheduled away Dual and Closed meets. There are travel costs associated with participating in the Maine State YMCA Championship Meet, YMCA All Star Meet, Y-New Englands, and YMCA Nationals. Examples of these costs are gas, tolls, hotels and food. Hotels are generally only needed for championship meets that are away. It's extremely important that Dolphin families stay up to date with when upcoming events are occurring and when the deadlines for registration are. Meet registration deadlines – IMPORTANT –For planning purposes, it is vital to register for swim meets ahead of time. This gives the coach ample time to think about and place swimmers into appropriate events as well as communicate those events to you and your swimmers! Swimmers CAN NOT SWIM if the registration deadline is missed. Deadlines are as follows:
Regular Season YMCA meet registration deadline. There will be a sign up list at the starting end of pool for the swimmers to sign up for upcoming swim meets. They are welcome to write in their top 3 choices for events they would like to swim. The meet deadline for each meet will be emailed in the weekly email blast. Most dual meets the entry deadline will be by Wed at 5:00pm the week of the meet.

Athletes will be placed into individual events based on several criteria, including but not limited to:

- What is best for the team?
- What is in the best interest of the swimmer?

- What haven't they swum yet?
- What events did they request?
- What events come as recommendations from their group specific coach?
- How much do they like that event?

Relays will be chosen primarily on what is best for the team taking into account what is best for the swimmer. Head Coach Zach has final say as to who swims in which relay. We encourage swimmers to cheer on their teammates at meets. If a swimmer/family has another commitment that day please include it in the note section when signing up for that swim meet.

What to pack for your swimmer

- Team suit, goggles+ a spare pair, team swim cap
- 2 towels (one for on deck and one for locker room)
- extra suit/cap/goggles
- water; healthy drinks
- healthy snacks(bananas, fruit, veggies, granola, etc.)
- money for concessions (just in case)
- sweatshirt/sweatpants (to keep warm between events)
- Positive attitude

What to pack for yourself / other spectators

- camera/video (important, no flash at start of race)
- Layered clothes (some of the pool seating areas are very humid)
- Sandals or sneakers (in case you volunteer to time)
- Program, concession money

- Sit next to a seasoned parent to see how a meet is structured/how to read the events
- Pen and/or Highlighter to highlight your swimmer's events
- Magazine, book, paper
- Water

Away Meet Travel Guide

In the weekly email blast the address of the pool, warm up and start times, and any other instructions will be given.

YMCA STATE CHAMPIONSHIPS

All Dolphin swimmers are required to be available for the State championship meet, March 2-4th 2018. To be eligible for states, a swimmer must have participated in at least 3 YMCA meets over the course of the season and still be in good standing with the Y and the team. To make signing up for Y-States easier all Y-State eligible swimmers will be signed up for Y-States automatically. States have historically been held at the University of Maine in Orono. Every effort is made to put the swimmer in events where the team and the swimmer have the best chance for the highest level of success and events will be chosen by the coach. Swimmers may swim a maximum of 3 events. Transportation and accommodations are the responsibility of each swimmer.

YMCA NEW ENGLAND CHAMPIONSHIPS

Unlike the Y-State meet, this meet has cut off times. This meet is held at MIT in late March. Participation in this meet is not required even if cut off times are achieved. Transportation and accommodations are the responsibility of the swimmer.

YMCA NATIONAL CHAMPIONSHIPS

Nationals are held each April, most recently in Greensboro, NC. Unlike States and New England Championships, which are age group meets, the Nationals team consists of only the senior division (12 + older) that have swum faster than an established cut off time. April 3rd – 7th 2018 in Greensboro, NC. All travel costs, except the meet registration/team costs are the responsibility of each swimmer. Swimmers that meet financial need/hardships may apply for financial assistance to attend away championship meets.

Boothbay Dolphin Swim Team Banquet.

This is held in March and is where all of the awards and certificates from the season are given out. More info will be provided.