

Wapakoneta Family YMCA

Wahoos Parent Handbook



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Dear Wahoos Swim Family,

Welcome to the Wapakoneta Family YMCA Wahoo's Swim Team! We are entering our 9th year of YMCA swimming and are looking forward to another exciting year. The hard work and determination of the swimmers and coaches has paid off as we have ended the past seven seasons as Northwest Cluster Division II Champions!

This Parent Handbook is designed to answer many of your Wahoo-related swimming questions. We hope you will spend some time reading through the contents so you can become more knowledgeable about the swim team.

A Registration Form, Emergency Medical Form, and Acknowledgement of Wahoos Parent Handbook are included in the front pocket of this Handbook. One Emergency Medical Form must be completed per swimmer. Additional Emergency Medical Forms can be obtained from the Courtesy Counter.

When signing up your swimmer(s), please turn in your Registration Form, Emergency Medical Forms, Acknowledge of Wahoos Parent Handbook and your 1st installment or payment in full. Place the forms and money in an envelope, mark the envelope "Wahoos", and hand it in at the Courtesy Counter at the Wapak YMCA. You will receive a receipt for your payment in your swimmer's file. Remember, if you are paying with cash, you must put your name on the envelope. **Swimmers will not be permitted to attend practice until all forms and 1st installment are received and swimmer is a Wapak YMCA member in good standing.**

Make sure to check our website at www.wapakymca.org. Click on "Wahoos Swim Team" to find updated information about meet schedules, meet results and other pertinent Wahoo information.

Practice for the 2009/2010 swim season will begin on Wednesday, September 9th. Other information including practice schedules, swim team requirements, etc. is included in this handbook.

Thank you for your interest in the Wapakoneta Family YMCA Wahoos. We hope to make this swim season memorable for you and your swimmer!

Sincerely,

The Wapakoneta Family YMCA, Wahoo Coaches, and Wahoo Parent Advisory Committee

General YMCA Information

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA Swim Team Purpose

To promote the YMCA philosophy through swimming while providing an equal opportunity for all to compete and be part of a team. We work with swimmers on technique, teach fair play, help set and evaluate goals and exercise total spirit, mind and body. The YMCA Wahoo's is a competitive swim team and strives to promote healthy competition.

YMCA Aquatic Department Statement

To initiate, preserve & model the practice of safe activities within our aquatic environment by incorporating caring, honesty, respect and responsibility.

YMCA Pool Facility

The YMCA pool is 25-yards long with six lanes. The facility is located at 1100 Defiance Street, Wapakoneta, OH 45895. Phone number is 419-739-9622. Fax number is 419-739-9623. Website is www.wapakymca.org. Click on "Wahoos Swim Team" to access swim team information.

YMCA Leadership Staff

Ruth Knous, Chief Executive Officer

Sarah Finkelmeier, Program Director (Fitness/Aquatics)

Melanie Schnippel, Program Director (Youth Sports/Teens)

Lisa Adkins, Business Director

Marc Dyrness, Property Manager

Penny Wuebbenhorst, Office Manager

YMCA Membership

All Wahoos swimmers must be full privilege members of the Wapakoneta Family YMCA. A current Wapakoneta Family YMCA membership is MANDATORY for all Wahoo swimmers and is based on a one-year commitment. YMCA membership includes the use of the gymnasium, running track, Wellness Center, fitness classes, pool and whirlpool. Certain age restrictions apply.

Parent Advisory Committee

A dedicated group of individuals contributes much time and effort to make the Wahoo's run as efficiently as possible. The role of the Parent Advisory Committee is to assist the YMCA staff and coaches in conducting the competitive program. The Parent Advisory Committee is accountable to the YMCA staff and is not a policy making committee. This committee does not approve expenditures or make purchases without prior approval of the Program Director. If you are interested in finding out more about the Parent Advisory Committee or any subcommittees, please see the Program Director.

Wapakoneta Family YMCA Wahoo Parent Advisory Committee 2009/2010

Aquatics Director:	Sarah Finkelmeier	419-739-9622	sfinkelmeier@wapakymca.org
Chairperson:	Alan Davis	419-236-8360	alan@alandavisinsurance.com
YMCA Board:	Aaron Holtz	419-773-0434	aholtz@bright.net
Meet Director:			
Concessions:			
Team Spirit:	Brigitta Hogan	419-739-9477	brigitta@langephotographics.com
	Angel Stahler	586-215-5248	angelstahler@gmail.com
Fundraising:	Julie Stonehill		julieweigt@hotmail.com
Awards:			
Communication:	Deb Zwez	419-738-1250	jzwez@woh.rr.com
Coaches:	Tammy Slechter	419-236-1242	htkcad@bright.net
	Allen Metzger	567-356-0594	metzgers@bright.net
	Marc Vondran	419-303-6041	mvondran@woh.rr.com
	Brady Prater	567-644-9595	bradyprater@hotmail.com

The Wahoo Parent Advisory Committee is a group of dedicated swim parents who meet monthly to help our team run as efficiently as possible. Although the Parent Advisory Committee is not a policy-making group, their input is invaluable in running a smooth and efficient swim team.

Parent Advisory Positions

If you are interested in serving or chairing any of the committees below, please see Sarah Finkelmeier.

Team Spirit

Provide swim team members and parents with information pertaining to team clothing ordering.

- With Program Director approval and a signed purchase order, select and order all team clothing, including team swimsuits, T-shirts, swim caps, etc.
- Arrange for swimsuit vendor to be present at practice.
- Arrange for T-shirt sponsors and collect money.
- Create a T-shirt design.
- Build team spirit with motivational ideas.
- Plan the end-of-season banquet.
- Regularly attend Parent Advisory Committee meetings and provide updated information on progress of committee.

Fundraising

- Create fun and motivational fundraising ideas to help fund the swim team.
- Present fundraising ideas to swim team Parent Advisory Committee.
- Plan and coordinate fundraising events, including volunteers, facility rental, equipment, etc.
- Regularly attend Parent Advisory Committee meetings and provide updated information on progress of committee.

Concession

- Manage the overall running of the concession stand including purchasing (with Program Director approval) and pricing.
- Set-up, work, and tear-down concession stand during home meets or invitationals.
- Monitor money during meets and give to Business Director at the end of each meet.
- Store items for concession stand between meets.
- Secure enough workers for a meet so everyone can see their child swim.
- Ensure concession area is left clean and tidy.
- Regularly attend Parent Advisory Committee meetings and provide updated information on progress of committee.

Communication/Publicity

Coordinate the maintenance and updates of the Wahoo webpage on the YMCA website to ensure current information for swimmers, parents and community.

- Ensure the community is kept well-informed of Wahoo progress by contacting the local media for team coverage at meets or fundraising activities with approval of the Program Director.
- Ensure the Wahoo swim team is marketed to the best of its ability with approval of the Program Director.

Awards/Trophies

- Order ribbons for meets, buttons for improvement, trophies, plaques for end of year, etc., with Program Director approval.
- Ensure all swimmers receive their awards.
- Work with the coaches and Program Director to order end-of-year banquet awards.
- Maintain the swimmer Improvement Incentive Program.

Parental Participation

Parental Participation in the sport of swimming is a MUST for a successful swim team. Swimming is a sport that relies heavily on parental support, and the Wahoo's encourage all parents to take an active part on the team. The following are ways in which parents can contribute to a successful season:

1. **One parent or representative of your swim family is required to work at every meet your swimmer attends, or when Committee Chairpersons request a need.** We are hosting a Halloween Invitational and possibly Sectionals at our YMCA this year and we require that each swim team family take an active role on the swim team by working the Halloween Invitational and Sectionals. A sign-up poster for working meets and invitationals is available in the YMCA lobby by the Wahoo table. Please see the following page for a list of jobs parents must help with at swim meets.
2. **We ask that parents donate items to the concessions stand.** Our concession stand is a big money-maker for the team, and several times you will be asked to donate items to the concession stand, such as soda or snacks to help offset expenses for the team. The size of your donation will be based on the number of swimmers in your family. If your child is not swimming in a meet and you are asked to donate an item, you must find a way to get your donation to the meet. If you are asked to donate an item and fail to do so, you will receive a warning. The second offense will result in your swimmer being unable to participate in the following meet.
3. **We ask that parents help out with all Wahoo fundraisers.** The money raised through these fundraisers allows the swim team to purchase new items for the Colorado timing system and other swim team equipment.
4. Parents are encouraged to attend meets with their swimmer and show their support. **Please cheer on your swimmer and give them positive feedback, no matter what place they take.** And remember; set an example for your swimmer by always using good sportsmanship.

Worker Assignments

All jobs allow flexibility to watch your swimmer's events.

Set-up/Clean-up

Set-up: Four parents per meet. Make sure lane lines are in the pool. Set up timing system. Make sure chairs and tables are placed where they are required. Blocks are in place, recall rope & poles are in, sound system is ready. Arrive one hour before warm-ups are scheduled to begin.

Clean-up: Four per meet. All equipment put away properly, restrooms cleared of debris and lost & found items, all areas cleaned up properly.

Starter

One official per meet. **MUST BE CERTIFIED.** Oversees a fair start.

Announcer

Call events (1st, 2nd, 3rd). Announce event that is on the blocks, on deck.

Officials

Six per meet. The Referee (one is required) has full authority over the meet and assures that all rules are being enforced. The Stroke & Turn Judges (4 required) watch swimmers as they race and report any violations of strokes and turns. All officials must be YMCA certified. If you are interested in becoming an official, please call Sarah Finkelmeier at 419-739-9622, or one of the coaches. Parents are encouraged to participate in these clinics. The cost of the certification will be covered by the YMCA.

Timers/Writers

2 per lane (12 per meet). Activate timing equipment for each lane. Careful attention is needed for this critical position. Special focus is needed for the start and finish of the race when operating the stopwatch. May record time on event slips.

Clerk of Course

Three per meet. Person to whom swimmers go to line up for their event.

Runner

One per meet. Pick up lane event slips from timers, D.Q. slips from officials after each heat/event and take them to scorer's table.

Ribbon Writers/Scorers

Four per meet. Label and divide place ribbons for each event. Record result on ribbons. Write officials time from timing system on lane slips and award & record event points.

Concession Workers

Four per meet. Sell concessions during the meet. Set-up and tear-down food stand.

Back-up Timer

One per meet. This person will operate two stopwatches to replace any timer that has a problem.

Colorado System Operator

Two people per meet.

Wahoo Practices/Procedures

We want to thank you for joining the Wapakoneta Family YMCA Wahoos Swim Team. We are excited you have chosen us to help build characteristics in your child or children which will far exceed what they accomplish in the sport of competitive swimming.

Objective

The Wapakoneta Family YMCA Wahoos Swim Team has been established to teach the sport of competitive swimming. We utilize this sport to build spiritual, mental and physical well-being of all persons.

With this objective in mind, the coaching staff has developed a program that takes a swimmer from beginner to highly competitive. The program is structured to allow an individual to progress through the system at their own pace.

Philosophy

Although competitive swimming is sometimes viewed as an individual sport, the Wahoos Swim Team is structured around the team concept. We encourage swimmers to set individual goals that align with our overall goal for the team. This develops the characteristics needed for our participants to build the skills necessary for them to succeed in the future. Learning to work with a diverse group of individuals to reach a common goal will take them farther in life than how fast they swim in a pool.

The YMCA's involvement in sports has been one means of teaching Christian ideas, values, and behavior based on this purpose. Sports in the YMCA have never been an end in itself, but rather a vehicle for achieving a much more global purpose: promoting character development through the four values of caring, honesty, respect and responsibility.

Coaching Philosophy

Our coaching staff will focus on individual improvement. We teach each of our swimmers to focus and rate their success on their accomplishments. Our coaching staff does not believe that success is only measured in what place is achieved at a given meet, but rather by how much each swimmer improves his or her own times. We will teach each of them to set real goals and work hard to achieve them. We will encourage them to constantly set new limits and realize they can achieve anything they are willing to work toward. Success in this sport takes time, discipline, mental toughness, and the ability to learn from failures and accept challenges.

Swim Meet Philosophy

As stated above, our objective is to teach each participant competitive swimming. To accomplish this, each swimmer will have multiple events and will swim each event available within their given abilities.

The coaches develop a strategy for each meet and it would be impossible to list them and explain them in this document. However, below is a brief description of the types of meets the Wahoo's swim, and the coaches' perspective.

Dual Meets and Tri Meets:

A dual meet consists of the Wahoo's versus one other team. A tri meet consists of the Wahoo's and two other teams. These types of meets allow the coaching staff to evaluate each swimmer in a competitive environment and focus on a particular stroke or what we have worked on in a given week. All events are selected by the coaching staff based on the skills recently focused on at practice. No swimmer can scratch an event without the approval of the coaching staff.

Invitationals:

An invitational consists of the Wahoo's and multiple teams competing against each other. Swimmers can pick their own individual events (with some input from the coaching staff). All relays are selected by the coaching staff. The parent must pay the cost of the events for the swimmer which usually averages \$3.00 - \$3.25 per event.

Championship Series:

The Championship Series falls at the end of each season. It begins with Sectionals which is a meet established to qualify swimmers ages 12 & Under for Cluster Champs. The Cluster Championship meet is the second in the series. This meet is for all swimmers 13 & above and anyone who has qualified from the Sectional Meet. It is the expectation of the coaching staff that your swimmer will participate in this series of meets.

Swimmer's Eligibility

All swimmers must be a current member of the Wapakoneta Family YMCA. Membership must remain current throughout the Wahoo season.

First priority in registration is given to those Wahoo families who have previously swum on the team. Registration forms, emergency medical forms and money from new Wahoo families will be held until the day after the first Wahoo practice of the season to determine if there will be adequate room to accept new swimmers.

All individuals are required to be able to swim the length of the pool. The swim team is not designed to be swim lessons or a stroke clinic. If your child needs work learning the basics of the strokes, this instruction can be obtained through private or group swim lessons at the YMCA.

All swimmers must be a current YMCA member in good standing and have a completed registration form, emergency medical form, Acknowledgement of Wahoos Parent Handbook and 1st payment on file before he/she attends their first practice.

Payment in full must be completed by January 15th in order for swimmer to compete in Sectionals and Championships.

Competition age is determined by the age of the child before December 1, 2009.

Practice Groups and Schedule

Our practice groups are set-up by ability level, not age. This is important to ensure your swimmer(s) get the correct instruction based on their present ability. We want the swimmer(s) to attend as many practices as possible. The amount of time they spend practicing is directly linked to their improvement. The coaching staff may recommend a swimmer attend a different practice group to ensure they have continued improvement.

A Group

The swimmers in this group have just begun competitive swimming or have not learned all four strokes (back, breast, fly and free). Typically this involves our 8 & under and 9-10 age groups. Practices are set-up to go over basic drills to ensure they have a solid foundation on the proper mechanics for all four strokes.

***Practice Schedule: Monday, Wednesday and Friday 5:15 pm to 6:00 pm
Sunday 4:00 pm to 5:00 pm***

Group Goals

- Introduce Swimmers to the sport of competitive swimming
- Learn proper stroke mechanics
- Learn the rules of competitive swimming
- Learn what it means to be part of a team
- Qualify for YMCA Championships
- HAVE FUN!!!!

B 1 Group

The swimmers in this group have participated in competitive swimming in the past and have a solid foundation of all four strokes. This group can range in age from 11 to 16. This is typically our largest group of swimmers. Practices are set-up to continue basic stroke mechanics but also increases in yardage to ensure the swimmers build strength and endurance.

***Practice Schedule: Monday, Wednesday and Friday 6:00 pm to 7:00 pm
Sunday 4:30 pm to 6:30 pm***

Group Goals

- Improve stroke techniques
- Begin structured training plan
- Prepare for B-2 Group
- Qualify for YMCA Championships
- Qualify for YMCA Zones
- Support, Respect and Develop Team Unity
- HAVE FUN!!!!

B-2 Group

Swimmers in this group have the highest level of ability for our team. Although this group can range in age, it consists of High School Swimmers, Ohio AA, Zone Qualifiers and National Qualifiers. Practices are set-up to continue stroke development but have a greater emphasis on endurance, strength building and intensity.

***Practice Schedule: Monday, Wednesday and Friday 7:00 pm to 8:30 pm
Thursday 7:00-8:00pm, 2 lanes. This practice will start on
October 15th
Sunday 4:30 pm to 6:30 pm***

Group Goals

- Maintain/Improve Stroke Mechanics
- Very Structured Training Plan
- Attend Practice on a Consistent Basis
- Qualify for YMCA Championships
- Qualify for YMCA Zones
- Qualify for YMCA Nationals
- Enhance Team Unity by becoming Leaders
- Prepare for College Swimming
- HAVE FUN!!!!!!

Fee Schedule

Plan #1

Full Season YMCA Swimming: Approximately 29 weeks, September 9th through YMCA Championships, which conclude in March.

The maximum fee for any family will be \$500.

1 st Swimmer Fee	\$235
Additional Swimmer Fee	\$185

Plan #2

High School Team and YMCA Swimming: High School Swim Team Members must attend three YMCA meets prior to Championships.

High School Swim Team Member Fee: \$150

Payment Due Dates

September 9 th or upon registration	¼ fee due
October 15 th	¼ fee due
November 15 th	¼ fee due
January 15 th	Final payment due

Cash, checks, money orders and credit card payments are accepted. Please make checks payable to “Wapak YMCA”. Fees should be placed in an envelope marked “Wahoos” and turned in at the Courtesy Counter.

You will receive receipt of your payment in the swimmers file at a later date. Remember that if you pay with cash, your name should be marked on the envelope.

All plans require a Wapakoneta Family YMCA membership!

Examples of Fees Due

Example 1

Oldest swimmer (High School Team)	\$150
2 nd swimmer (not high school)	<u>\$185</u>
Total Fee	\$335

Example 2

Oldest swimmer	\$235
2 nd swimmer	\$185
3 rd swimmer	\$ 80
4 th swimmer	<u>Free</u>
Total Fee	\$500

Example 3

Oldest swimmer (not on High School Team)	\$235
2 nd swimmer (High School Team)	<u>\$150</u>
Total Fee	\$385

Practice

When attending practice, swimmers should bring:

- Swimsuit (one piece). A black competition suit is recommended for swim meets.
- Towel (the YMCA has a limited number of towels and washer and dryers and cannot keep up with the bather load during swim team)
- Goggles-2 sets (available for sale at the YMCA Courtesy Counter)
- Swim cap-2 caps (available for sale at the YMCA Courtesy Counter)
- Fins (only Positive Drive Fins). Available at Poco Loco: 201 W. Elm St., Lima OH 45801. Phone number: 419-221-1019 or 888-796-7626
- Water bottle (swimmers may bring a sports drink but it must be in a non-transparent water bottle)

During Monday, Wednesday, Thursday and Friday practice, those parents who are members of the YMCA have full usage of the facility. YMCA Potential Members may wait in the pool area or lobby during their swimmer's practice.

Sunday Practice

During Sunday practice, the YMCA is only open for Wahoo practice. At this time, only the locker rooms, pool and lobby may be occupied. Absolutely no use of other YMCA facilities (wellness center, gym, track, etc.) during non-usage hours will be permitted. You must pack a towel for your swimmer. It is important to note that the doors to the outside will be locked during this time, so if you are picking up your child from practice, you will not be able to get into the building.

Communication

Communication between coaches, swimmers and parents is of highest importance. The team's primary way of communicating is through the Wahoo table, located in the YMCA lobby next to the trophy case.

Swimmers and parents should check this table each practice for important Wahoo updates. Included on this table is a file box with each swimming family's name on a folder. Sign-up sheets for meets will be put in each swimmer's folder and must be turned in by a deadline. It is also important to check the flyer holders for directions to other swim meets, upcoming trainings, receipts for swim team payments, and other pertinent information. Warm-up times for meets will be posted on the Wahoo table a few days before the scheduled meet. As a parent, it is your responsibility to check the Wahoo table and your swimmer's file to ensure you are aware of current Wahoo information.

Many times parents have questions for coaches, but we ask that you not attempt to address these issues with coaches during practice times. You may approach a swim coach before or after practice, but please do not interrupt practice.

It is extremely rare that practice is cancelled, but in the event of a cancellation, an e-mail will be sent out to those who have provided their e-mail addresses on the Registration Form. If you would like to be added to the e-mail list, please e-mail Tammy Slechter at htkcad@bright.net.

Meets: What to bring

During swim meets, the Wahoo's are usually grouped as a team in the gymnasium or other space at the meets location (home and away meets). Swimmers should bring a blanket or sleeping bag to spread out on the floor and parents may bring a lawn chair for their space. Swimmers should pack their team suit and a spare, two pair of goggles, a swim cap or two, sandals or flip flops, two towels, warm clothing to wear in between events (the gyms tend to be cool), and clothing to wear home. Swimmers are also encouraged to bring something to read or play to fill the time between their events. While most of the meets feature a concession or snack stand, swimmers may want to pack a cooler with water, energy drinks, energy bars, sandwiches, etc, depending on the length of the meet.

Swim Meets: What to expect

At most meets, swimmers ages 8 and under (and sometimes 10 and under) will be organized by the clerk of course prior to their event. The clerk will help line-up swimmers in the appropriate events; parents need to help swimmers hear the event announcement and help their swimmer get to the clerk of course in a timely fashion. Older swimmers are expected to handle their own event cards and get themselves to the blocks in time for their events.

Prior to the meet, coaches will post the events your swimmer will swim. In the event of an Invitational, where you and your swimmer pick the events, be sure to check the listings to determine who is swimming in a relay—the coaches choose the relay teams and they are listed on that lineup.

Many swimmers use a marker to write their events on their hand or arm to help prompt them to be on time for the event.

Team T-shirts

Each swim team member will receive a Wahoo team T-shirt. We are very lucky to have many generous business sponsors who make it possible for us to provide all Wahoo members with a team shirt, free of charge. If you know of a business that may be willing to sponsor the Wahoos, please contact Sarah Finkelmeier as soon as possible.

Team Swimsuits

It is recommended, although not required, that your swimmer wear a team swimsuit for competition. If you do not wish to purchase a team suit, a black suit is recommended. Poco Loco will be at the YMCA in late September to allow your swimmer to try on team swimsuits. Flyers will be posted at the Wahoo table and in each swimmer's file.

Team Pictures

Team photos are scheduled for Sunday, October 11th. Individual photos will be at 3:15pm and Team photos are at 3:45pm. It is requested that each swimmer wear their team t-shirt for the team photo. For information on team pictures, please check the Wahoo table.

Swim Meet Lingo

Exhibition- a non-scoring swim event

DQ- disqualified; time is not official

Heat-entries are divided into groups of swimmers based upon the number of lanes in the pool. The slowest swimmers, based upon previous times submitted by the coach are entered in the first heat of the event, while the fastest swimmers are in the last heats of the event.

Seed-the starting position for a swimmer in the line-ups. Seeds are determined by the swimmer's best time (submitted by the coach) in comparison to the best times of the other swimmers.

I.M.-Individual Medley-one swimmer swims all four strokes in one event in the following order: butterfly, backstroke, breaststroke, and freestyle.

Medley Relay – This relay event consists of all four competitive strokes in the following order: backstroke, breaststroke, butterfly, freestyle.

False Start-leaving the starting block before the gun or horn sounds in an individual event; or leaving the block before the previous swimmer touches the wall on a relay event.

Clerk of Course-person or place event cards are picked up by swimmers.

The best way to become familiar with swimming lingo is to attend swim meets, ask questions, and take an active role in your child's swim program. Every parent was a first time swim parent!

The following resource may be useful:

<http://toledoymcaswimming.usswim.net/NWOhioYMCASwimLeague.htm>

Acknowledgement of Wahoos Parent Handbook

This page serves as an acknowledgement of receipt of your copy of the Wapakoneta Family YMCA's Wahoos Parent Handbook and is to be signed and turned in with your swimmer's registration and emergency medical forms.

I hereby acknowledge that I have received a copy of the YMCA's Wahoos Parent Handbook and have read and understand its provisions. I understand that new provisions may be added and that existing provisions may be amended or repealed from time to time.

Signature

Date