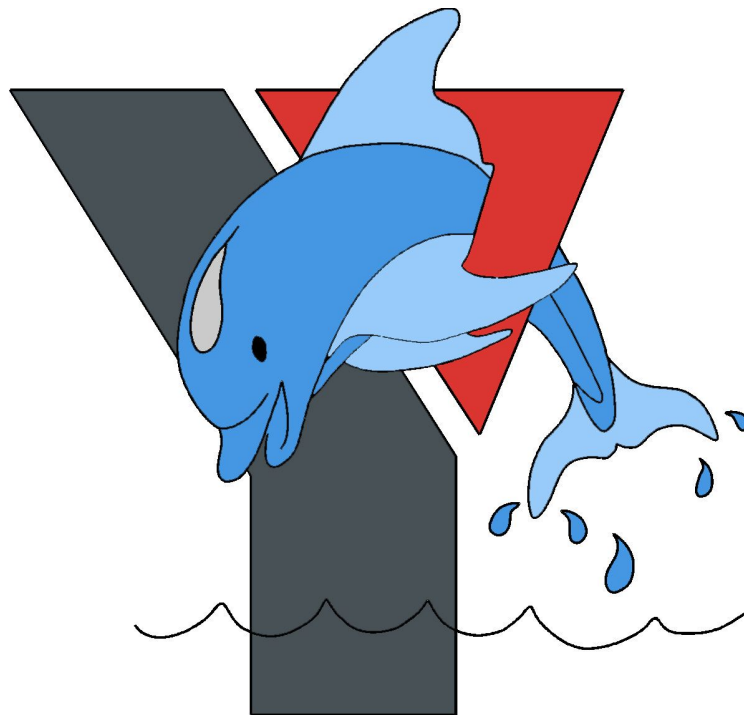


YMCA WINTER SWIM TEAM HANDBOOK



BLUE DOLPHINS

2010-2011

WELCOME TO A GREAT SEASON OF SWIMMING!

It is a pleasure to welcome you to the 2010-2011 winter swimming season for the YMCA Danville Aquatic Team. This handbook was prepared to provide you with information regarding planned activities, expectations, and policies. Please retain this handbook for use as a reference throughout the season.

CARING

HONESTY



RESPECT

RESPONSIBILITY

Contact Information

	<u>Phone #</u>	<u>Email</u>
Wes Spivey (Senior Program Director)	792-0621(YMCA)	wes.spivey@gamewood.net
Karen Black (Coach)	793-4564 (Home)	datswim@verizon.net
	799-5019 (Work)	
	251-6475 (Cell)	I typically do not use my cell, but will have it turned on the morning of a meet in case your swimmer can't make it
Deborah Navarro (Assist. Coach)	836-2864	geonavarro@verizon.net

Danville Blue Dolphins Website

For current events, meet results, directions, pictures, and more!



Swim Team Groups

Blue Group: This group consists of swimmers who are new to competitive swimming, have not yet mastered all four strokes, and/or have not mastered clock skills. Emphasis will be on technique and practices will be 60 min. in duration.

Gold Group: This group consists of veteran swimmers who require a more strenuous training regimen. Practices will be 1:30 in duration. Be prepared to work! 😊

Weekly Practice Schedule @ YMCA

Tuesday & Thursday (Begin Oct. 5th)

Gold: 5:30-7:00 p.m.

Blue: 6:00-7:00p.m.

Monday & Wednesday (Begin Oct. 18th)

Gold: 6:30-8:00 p.m.

Blue: 6:30-7:30 p.m.

- Swimmers are not required to attend every practice session, but are encouraged to attend at least 2 practices a week
- Announcements sheets regarding meet entry deadlines, fund raisers, party information, etc. are handed out at the **beginning** of practice. If you are late, please check the board outside the pool area and/or the window sill inside the pool area.
- **Team Leaders**: Veteran swimmers (13 & over) who have demonstrated leadership qualities will become team leaders. These leaders will aid in group activities and assist the younger swimmers during meets.

Swim Team Fees

YMCA membership is required to participate on the YMCA Blue Dolphins. The yearly youth membership is \$120. All fees (except t-shirt form) must be paid at the Y front desk. Dues may be paid in one (1) lump sum, or five (5) months payments. Monthly payment will be due on the 15th of each month, beginning in October and concluding in February.

- **NEW THIS SEASON!!!! Swim team fees will now cover the Franklin County Invitational AND Championship Entry Fees!**
- **Fee will also cover a team t-shirt and cap. Additional shirts and team sweats are available at an additional cost. See attached form.**

		Blue	Gold
First Swimmer in Family	/per month	\$40	\$45
	Total	\$200	\$225
Second Swimmer in Family	/per month	\$37	\$42
	Total	\$185	\$210
Third Swimmer in Family	/per month	\$34	\$39
	Total	\$170	\$195

Swim Suit & Accessory Information

The Finals

1-800-345-3485

<http://thefinals.com>

The Finals has agreed to give us a team discount for the New Wave (Butterfly Back) swim suit.

Girls suits: \$28.52

Boys suits: \$23.00

You will need to call for your discount and say you are part of the Danville YMCA swim team. Please place your orders after Sept. 15th so we have a chance to set up the team information. Thanks.



Pick Blue!

Size Chart

Finals Sizing Guide Female											
FINAL'S SIZE	24	26	28	30	32	34	36	38	40	42	44
FINAL'S SIZE					XS	S	M	L	XL	XXL	
CHEST	24	26	28	30	32	34	36	38	40	42	44
WAIST	21	22 ½	24	25	26	27	28 1/2	30	32	34	36
HIPS	25	27 ½	30	32	34	36	38	40	41	42	43
TORSO	54	55 ½	57	58 1/2	60	61 1/2	63	64 1/2	66	68	70
WOMEN'S DRESS SIZE					6	8	10	12	14	16	18
GIRL'S DRESS SIZE	7	8	10	12	14						

Finals Sizing Guide Male											
FINAL'S SIZE	24	26	28	30	32	34	36	38	40	42	44
FINAL'S SIZE			S	S	M	M	L	L	XL	XL	XXL
WAIST	24	26	28	30	32	34	36	38	40	42	44
BOY'S SIZE	6/8	8/10	14/16	18/20							

- Goggles are strongly encouraged for all swimmers

Swim Meet Schedule

Participation in meets is encouraged but not mandatory

<u>Pool</u>	<u>Date</u>
1. DAT Practice Meet (This will be held during regular practice to help orient parents/kids with meet format.)	Wed. November 3, 2010
2. Franklin County Invitational	November 6, 2010
3. Martinsville Invitational (canned food/toy entry fee)	December 4, 2010
4. DAT, Franklin County @ Eden	December 11, 2010
5. Wacky & Wild Wednesday (This will be held during regular practice)	December 15, 2010
6. DAT, MY, AHYD@ Altavista	January 8, 2011
7. HOME MEET vs. AY	January 15, 2011
8. Bedford Long Distance Meet	January 29, 2011
9. HOME MEET vs. Martinsville	February 12, 2011
10. Eden Invitational ***TENTATIVE*** (DAT will attend if several meets are cancelled due to inclement weather.)	February 19, 2011
11. PYSA Championships (Bedford, VA)	March 4-6, 2011

*******YOU MUST SWIM IN 3 OFFICIAL MEETS IN ORDER TO QUALIFY FOR CHAMPS*******

Awards

End of Season Award Banquet

- Every active participant will receive an award at the end of the season
- Swimmers who participate in more meets and/or more frequent practices (i.e. over 2xweek) will receive larger awards
- Additional awards will be given to those who display good attitude and character (i.e. most dedicated, most improved, etc.)

Weekly Awards (displayed on the swim team board outside the pool area)

- Most Improved: The swimmer(s) who improve in all three events at a meet

Miscellaneous

- 30-60 club: Those swimmers who break 30 seconds in any 50 or 60 seconds in any 100 shall receive an award

Swim Team Expectations

The swim team depends on the abilities of the coaching staff and on the volunteer efforts of the swim team families. Therefore, there are certain expectations for all of us:

The Coach

- Arrives on time and is prepared for every practice
- Works with every swimmer on the team
- Provides a safe, healthy training environment that keeps winning in perspective
- Helps swimmers set and evaluate goals
- Teaches good sportsmanship
- Treats all swimmers with respect and discretion
- Answers any questions of swimmers & parents regarding the participation & expectations during a swim meet

The Swimmer

- Maintains a consistent training schedule
- *Listens to coaches and follows directions to the best of his/her ability*
(Swim team is FUN, but it is NOT play time!)
- Communicates all meet/practice conflicts to coach as soon as possible
- Always acts as a positive representative of the YMCA Blue Dolphins
- Learns how to participate in a swim meet (i.e. knows what events they are swimming, pay attention and report to the clerk of course on time, and get to the proper lane)

The Parent

- Allows their children to enjoy swimming without undue pressure
- Allows the coaches to coach without undue pressure.
(Questions/problems should be brought to the coach privately and/or the aquatics director or a member of the parent board)
- Ensures swimmer's consistent attendance to practices and meets
- Regularly checks bulletin board for information
- Provides notice to coach **as soon as possible** in the event the swimmer can not attend a meet
- **Actively participates in swim meet operations** (see next sheet for further info)
- Ensures that swimmers arrive at meets on time (in order to participate on relays)
- Assists their swimmer(s) in swim meet participation (i.e. knows what events they are swimming, pay attention and report to the clerk of course on time, and get to the proper lane)

Directions

Altavista Area YMCA

Directions to Family Center & Pool at 1000 Franklin Ave.

Phone: 434-369-9622 Aquatics Director: Lori E. Francis

We have two buildings – the pool is not the building on the corner, but beyond the ball fields

- 29 North
- Rt. 43 Exit for Altavista
- Turn Right onto 43
- Turn Left at first light onto 7th Street then at Third stoplight
- Turn Left onto Franklin Ave. (pass Athletic Center on left)
- Family Center on Left after ball fields.

Martinsville YMCA

Take 58W out of Danville. Stay on 58 into Martinsville. 58W becomes Church Street – pass the Hardees then a Papa Johns Pizza. At a stop light turn left on Starling Ave – The YMCA is on the left (next to the Museum).

Eden YMCA

Take 29 S to the 700 Eden Exit. Stay on Route 700 for about 19 miles. Turn left onto E Stadium Drive at the stop light. Go several miles. After approximately 5 stop lights, turn left on Kennedy Street. Go over the hill and the Y will be on your right.

Franklin County

Take 58 W out of Danville. Take 220 N toward Roanoke once you get near Martinsville. Once in Franklin County (Rocky Mount) take the third Rocky Mount exit – 220 S Business exit – turn left at the top of the ramp. Pass a Kentucky Fried Chicken on your left then a Pet Clinic and turn right on Technology Drive. Wind down the street and the Y will be on your left.

Swim Meet Volunteer Positions

Swimming is a very parent intensive sport. There is no way that a handful of coaches can successfully run a swim meet. Parents will be needed for the following jobs at each home meet. ***A sign-up sheet will go up on the board at least 1 week prior to the meet.*** If you don't sign up, you will still be asked to help! We will be happy to teach anyone a position!

- **Timers** – can you push a button on a stopwatch? Then this is the job for you!
- **Place judges** – involves watching the finish line and writing down who came in 1st, 2nd 3rd, etc.
- **Score Keeper** – involves averaging the watch times and assigning points received for each finish
- **Concessions Helpers** – the concession stand helps us earn extra money at home swim meets. ***Note: All parents are expected to contribute food and drink to the concession stand. A sign-up sheet will also be posted at least 1 week prior to the meet.***
- **Clerk of Course** – The Clerk(s) organizes the swimmers, grouping them into the correct heat and gives them their cards. Typically we also ask the visiting team to provide a volunteer to help with their swimmers
- **Swimmer Line Up** – this person helps gather swimmers and gets them to the clerk of course
- **Score Card Runner** – involves picking up the cards from times & place judges and delivers them to the scoring area
- **Stroke & Turn Officials** – if you are interested in this position, please let Karen know so you can obtain certification
- **Starter** – Announces events and starts swimmers

Note: We will be having TWO home meets this season.

**Swimmer T-shirt
Size**

Danville YMCA Aquatic Team Application

Danville YMCA
810 Main Street
Danville, VA 24541
792-0621



SWIMMER'S NAME (last, first) NICKNAME SEX BIRTHDATE AGE

ADDRESS (PLEASE PRINT) HOME PHONE CELL PHONE

FATHER'S/GUARDIAN'S NAME PLACE OF EMPLOYMENT BUSINESS PHONE

MOTHER'S/GUARDIAN'S NAME PLACE OF EMPLOYMENT BUSINESS PHONE

PARENT'S ADDRESS (if different from above) **EMAIL ADDRESS**

NAME OF SWIMMER'S PHYSICIAN PHONE

PLEASE LIST ALL MEDICATIONS, ALLERGIES, AND/OR MEDICAL PROBLEMS

NAME OF PERSON TO CONTACT IF PARENTS CANNOT BE REACHED

REALTIONSHIP TO CHILD ADDRESS PHONE

SCHOOL GRADE

AGREEMENTS:

THE COACHES/YMCA STAFF AGREE TO NOTIFY THE PARENT/GUARDIAN WHENEVER THIS CHILD BECOMES ILL, AND THE PARENT/GUARDIAN AGREES TO PICK UP THEREAFTER AS SOON AS POSSIBLE.

THE PARENT/GUARDIAN AUTHORIZES THE SWIM TEAM/YMCA TO OBTAIN IMMEDIATE MEDICAL CARE IF ANY EMERGENCY OCCURS WHEN HE/SHE CANNOT BE LOCATED IMMEDIATELY.

YES _____ NO _____

I, the parent/guardian of the registrant, a minor, agree, that I, and the registrant, will abide by the Danville YMCA safety rules. Recognizing the possibility of physical injury associated with swimming, I hereby release, discharge, and otherwise indemnify the affiliated organizers and sponsors, their employees and associated personnel against any claim by or on behalf of the registrant as a result of the registrant's participation in the Danville YMCA swim program.

PARENT/GUARDIAN'S NAME (PLEASE PRINT)

SIGNATURE OF PARENT/GUARDIAN DATE

DAT Team Shirts and Sweats **ORDER FORM**

*****Each Swimmer will receive a FREE t-shirt with their session fees. This form is for ADDITIONAL t-shirts and sweats *****

*****Please turn in all order forms and money together to Karen Black by **NOVEMBER 2, 2010*******

(Note: we will need at least 12 t-shirts/hooded sweatshirts or sweatpants to be able to place an order)

Sizes Available – YS through XL

NAME (1 form per family): _____

Item Description	Quantity	Size	Price	Total
Short Sleeve t-shirt			\$12.00	
Hooded Sweatshirt			\$15.00	
Sweatpants			\$13.00	

GRAND TOTAL _____

Checks made out to the *Danville YMCA*. However, PLEASE give all order money and forms to Karen Black - not the front desk. I need to make sure that all money is turned in before placing the order. Thanks!