



# The Tsunamis Competitive Swim Program

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# The Tsunamis Competitive Swim Program

Welcome to the SFY Swim Team Family...



## **Philosophy & Mission:**

Like all YMCA sports programs, YMCA Competitive Swimming and Diving programs are based on the Judeo-Christian values of ***caring, honesty, respect and responsibility***. The Sussex Family YMCA embraces the principles and values of the YMCA of Delaware to help swimmers build self-esteem, self-reliance and character; learn to care, communicate and cooperate with family and friends, appreciate diversity, become better leaders and supporters, develop specific skills and most importantly, to HAVE FUN and enjoy!

The **coaching staff** of the Sussex Family YMCA work diligently to create a program that meets the mission by:

- Working with *every* swimmer; giving equal attention to the most highly skilled and novice participants on our team
- Instructing athletes in proper stroke techniques and racing strategies while demonstrating the importance of warm-up and conditioning exercises
- Working on basic skills and teaching good physical fitness habits. Coaches will lead age appropriate discussions about diet, rest and involvement in other activities
- Helping swimmers set and evaluate individual goals. Competing against oneself is the best way to improve skills and enhance self-esteem. All participants are encouraged to measure their skills, set long and short term goals and work to achieve those goals.
- Encouraging lifelong fitness habits
- Emphasize overall personal development by recognizing the importance of physical fitness, mental attitudes and spiritual growth.

## COACHING TEAM:

Tina Nigh-Johnson  
Gretchen Pippin

Lydia A. Schmierer  
Ray Newbold

The SFY Coaches are a team of passionate and knowledgeable professionals who are working together to build a successful competitive swim program for youth ages 6-18 years.

SFY Coaches are available to answer any questions/concerns regarding your individual swimmer. Please communicate any questions or concerns to the coaches as early as possible -however do not interrupt a practice session.

We encourage you to speak to the deck coach concerning-

- **Practice sessions**
- **Meets entries**
- **Performance**
- **Coaching philosophy**

Other questions/concerns should be directed to Coach Lydia A. Schmierer; **Email-** lschmierer@ymcade.org or phone 302-296-YMCA ext. #116

- Team Philosophy & Policy
- League Policy
- Dual Meet Participation
- USA Swimming Participation
- Invitational Meet Participation

## Practices:

There are weekly practices for every swimmer. Practice sessions are designed for stroke mechanics, endurance, speed and racing strategies. It is important for each swimmer to attend practice on a regular basis in order to achieve success and growth. Missing practice sessions may result in suspension from an upcoming swim meet.

Practice expectations-

1. **Be on Time for Practice-** Whether arriving in a car pool or individually, be sure to arrive on time. The training period is carefully planned by the coach- missing warm up can cause injuries.
2. **Be Prepared-** Proper equipment is required for all practice sessions
3. **Be Respectful of the Coaches-** Coaching on deck can be challenging due to large groups, noise, etc. Please pay full attention to directions and ask questions to clarify if needed
4. **Be Accountable-** All participants will be held accountable for their practice ethic, personal goals and behaviors in our community.

## Program Structure:

Practice groups are based on both age and ability and will be assigned by the coaches. It is extremely important to respect the level and practice sessions assigned to each swimmer.

- **Level 1** is designed for the novice swimmer ages **8 & under**. The focus is stroke mechanics, proper technique of all four competitive strokes and an introduction to endurance swimming.
  - **Requirements-** Swimmer must be able to swim one length of freestyle and one length of backstroke without stopping.
  - **Practice-Monday & Wednesday 4:30-5:30pm**
  - **Meets-** Attend a minimum of 4 dual meets
  
- **Level 2** is designed for the novice swimmer ages **9 & older**. The focus is stroke mechanics, proper technique of all four competitive strokes and an introduction to endurance swimming.
  - **Requirements-** Swimmer must be able to swim one length of freestyle and one length of backstroke without stopping.
  - **Practice-Monday & Wednesday 4:30-5:30pm**
  - **Meets-** Attend a minimum of 4 dual meets
  
- **Level 3** is designed for the more experienced swimmer. The focus is on stroke mechanics, proper technique of all four competitive strokes and endurance swimming with an introduction to goal setting.
  - **Requirements-** Swimmer must be able to swim 2 lengths of freestyle and 2 lengths of backstroke without stopping; also have a working knowledge of breaststroke and butterfly.
  - **Practice-Monday & Wednesday 4:30-5:30pm**  
**Tuesday 4:00-5:00pm**
  - **Meets-** Attend a minimum of 4 dual meets
  
- **Level 4** is designed for the experienced swimmer who is serious about training and competition. Stroke mechanics, heavy conditioning and dry land training will be taught, with an emphasis on competitive training and competition strategies
  - **Requirements-** Swimmer must be able to swim a competitive/legal 100IM (including start/turns) without stopping
  - **Practice-Monday & Wednesday 5:30-7:00pm**  
**Tuesday & Thursday 5:00-6:30pm**
  - **Meets-** Attend a minimum of 4 dual meets and recommend 2 Invitational Meets
  
- **Level 5** is designed for the serious swimmer. Individual goal setting, refined stroke mechanics, dry land and training in middle to long distance events are taught.
  - **Requirements-** Coaches recommendation
  - **Practice-Monday & Wednesday 5:30-7:00pm**  
**Tuesday & Thursday 5:00pm-6:30pm**
  - **Meets-** Attend a minimum of 4 dual meets and recommend 3 USA Swimming or Invitational Meets

## Training: Summer 2010

- June 7<sup>th</sup>-June 10<sup>th</sup> evaluation and instruction on freestyle and backstroke
- June 14<sup>th</sup>-June 17<sup>th</sup> evaluation and instruction on breast stroke and butterfly
- June 21<sup>st</sup>-July 31<sup>st</sup> continued stroke mechanics, proper technique, competitive starts, turns and endurance
  - Monday- Mechanics & Individual Attention
  - Tuesday- Lactate sets; Swimming at maximum intensity and then recovering, trains your body to sustain a faster speed over the total distance.
  - Wednesday- Distance, starts and turns, relays
  - Thursday- Drill sets, technique

**Equipment** is the responsibility of the individual swimmer. SFY coaches encourage Parents/Guardians to require their swimmers to pack/unpack their bags before/after each practice.

### SFY team suits and swim caps are required to be worn at all swim meets.

- **Caps-** Swimmers are required to wear cap to every practice and in every meet if their hair obstructs their eyes and/or can be placed behind their ears
- **Suits-** Competitive suits are required for all practice sessions
- **Goggles-** Competitive goggles that are tight fitting will be worn during all practice sessions. See coaches for recommendations
- **Water Bottles-** A requirement for ALL PARTICIPANTS; during training sessions and meets
- **Snacks-** Please make sure your swimmer has eaten an appropriate snack prior to swimming

## Communications:

- **Bulletin Board-**The SFY team bulletin board is located in the lobby outside the Aquatics Office. This board is updated daily. It is the responsibility of parents and swimmers to review this information.
- **Swimmer Mailbox-** Every swimmer/family has a mailbox. Mailboxes are located underneath the swim team bulletin board. Please check your mailbox after each practice.
- **Website-** [www.swimmingtsunamis.org](http://www.swimmingtsunamis.org)
- **Email-** All announcements are sent via email (re: updates/changes in policy, practice, meets and/or weather. Please check your email daily.
- **Newsletter-** Newsletters will be posted on the website and emailed periodically during the season.

## Meets:

SFY Tsunamis participate in the Chesapeake & Potomac (C & P) Swim League for dual meets during the winter season and the Delmarva Swim Association (DSA) during our summer season. Each swimmer has a minimum number of required dual meets that they must attend to maintain team membership, based on what level they are assigned by the coaches.

SFY Tsunamis also participate in summer and winter invitational meets. Invitational meets require additional fees and are recommended for Level 3-5 swimmers only.

SFY will be joining USA Swimming as a team in the fall of 2010. Coaches will be certified and able to be on deck during team attended meets. USA Swimming meets also require additional fees and are recommended for Level 4 & 5 swimmers.

## Meet Procedures and Expectations:

**Dual Meets\* – Parents/Guardians** register individually for all meets. The registration forms are on the team bulletin board and deadlines are firm. The coaching staff will select meet entries; including relays.

- ✓ **Summer** meets are held on Monday or Wednesdays at 6pm. The summer participation requirement is 4 minimum.
  - ✓ **Winter** season minimum requirement is based on the level assigned by the coaches. The SFY Winter dual meet schedule will be available by October and will begin on Saturday afternoons in mid-November.
- Directions to our away meets are in the front of our team mailbox.
  - All warm-up sessions are mandatory. All SFY swimmers must be on time and fully participate in meet warm ups. Failure to do so may result in **forfeiture of participation**.
  - Please arrive to the venue 30 minutes prior to warm-up.
  - Once a swimmer finishes their race, they are to remain in the water until all swimmers have finished the heat. This is a sign of respect for other swimmers. The ONLY EXCEPTION is the first three swimmers in a relay. They are required to exit the pool immediately after completing their leg of the relay race, but must remain by the lane to show respect until the race is over.
  - ALL swimmers are to remain until the meet is complete- for team support and relays
  - At the end of a HOME meet, stay and help clean up. We all need to respect our facility or the facility that we are visiting.

**USS Swimming /Invitational Meets\*** - Invitational meets require that swimmers complete and return an individual entry form. These forms are in the team mailbox.

- ✓ Entry forms must be completed by the posted deadline with any fees paid in full.
- ✓ Coach Lydia will collect any fee based entries. Please make checks payable to the Sussex Family YMCA. These fees are non-refundable.

**No Call/No Show-** It is crucial for any swimmer unable to attend a registered meet to notify Coach Lydia at least 48 hours in advance. Notification must be in the form of an email or a phone call. Swimmers failing to notify the coaching staff prior to missing a meet may be suspended from participation in future competition. Please realize that it is extremely difficult (and time consuming) for the coaches to re-arrange relays and meet line ups. Also, your fellow teammates who are attending the meet deserve the opportunity to compete in any available event.

**\*All Participants** represent SFY Swimming and the YMCA at all times. Good sportsmanship is to be displayed at all times.

- Stay on deck during the meet to cheer for teammates
- Remain in the pool or on deck until the completion of your race

## **Code of Conduct:**

As members of the SFY Swim Family, we are committed to the development of the athletes who not only demonstrate the YMCA values of *caring, respect, honesty and responsibility*, but also embrace and practice lifelong fitness and well-being.

To support the mission and philosophy, all members of the Sussex Family YMCA Swim Team agree to adhere to the following Code of Conduct:

- Nurture self-respect of all the swimmers by respecting the abilities of every member of our team
- Support and encourage fair play
- Respect the decisions of the coaches, parents and officials
- Congratulate and recognize accomplishments of both teammates and competitors
- Emphasize the personal accomplishments of our team and our swimmers

All swimmers and parents will be given a copy of the SFY Code of Conduct. We ask that both swimmers and parents **sign and return** it to show their commitment to sportsmanlike conduct. The SFY Tsunamis have been recognized for their sportsmanship in the past and the YMCA and the Coaches hold these distinctions with high regard. It is our hope that future teams maintain the high standards of sportsmanlike behavior at all times and at all events.

# **Parent/Guardian Responsibilities & Commitment to Success**

1. Support all aspects of the YMCA Swim Team, The Sussex Family YMCA and our YMCA Philosophy
2. Maintain a Parent Volunteer Group-The purpose is in conjunction with the coaching staff, keep other SFY families informed of team activities, policies and progress during the course of our season.
3. Website
4. Assist with newsletter
5. Organize and execute ALL Home Swim Meets
6. Recruit all volunteers
  - i. Officials, timers, computer techs, ribbon writers, concession workers
  - ii. Assist in set-up and clean-up
  - iii. Operate a concession
7. Plan, organize and execute ALL non-swimming team activities
8. Fundraising
  - i. Team Apparel
  - ii. USA Swimming Clinic
  - iii. Swim-a-thon
  - iv. Home Invitational Meets
9. Social Events
  - i. Seasonal Banquet
10. Serve as a positive role model for both swimmers and other parents, honoring at all times the four core values of character development. Honesty, Respect, Responsibility and Caring

# **Coaching Team's Responsibilities & Commitment to Success**

1. Support all aspects of the YMCA Swim Team, The Sussex Family YMCA and our YMCA Philosophy
2. Supervise athletes during practice sessions and at team meets
3. Make event selections for all athletes participating in dual meets
4. Create and distribute meet schedule; including Dual, Invitational, USA and Championship Meets
5. Assist the Parent Volunteer Group-The purpose is in conjunction with the parents; keep other SFY families informed of team activities, policies and progress during the course of our season.
  - Website
  - Assist with newsletter
6. Organize and execute ALL Home Swim Meets
7. Assist all volunteers
  - i. Officials, timers, computer techs, ribbon writers, concession workers
  - ii. Assist in set-up and clean-up
  - iii. Operate a concession
8. Plan, organize and execute ALL fundraising activities with assistance of the parents
  - i. Team Apparel
  - ii. USA Swimming Clinic
  - iii. Swim-a-thon
  - iv. Home Invitational Meets
9. Swimmer Recognition
  - i. Seasonal Banquet
  - ii. Honor Role
  - iii. Team/Individual Records
10. Serve as a positive role model for both swimmers and other parents, honoring at all times the four core values of character development. Honesty, Respect, Responsibility and Caring

# **New for 2010**

## **SUMMER 2010**

- **Coaches will be responsible for swimmers level assignment**
- **Swimmer orientation**
- **New DSA Rules**
- **Instruction on proper stretching at the end of each training session**
- **Parents/Guardians will sign a commitment letter**

## **WINTER 2010**

- **Newsletter**
- **Fins for Levels 3-5**
- **Dry land component**
- **USA Swimming**
- **Fall training (all levels)**
- **JV Swim Team**
- **Peer to peer mentoring**
- **Personalized goal setting**
- **Swimmer recognition**
- **Honor roll**

## SFY Summer 2010 Swim Meet Schedule

June 21-Monday 5pm	<u>SCST</u> /CAST-Sussex Community (due 6/14) Howard T. Ennis School, Georgetown
June 28-Monday 5pm	<u>SSA</u> /SGCC- Tri Meet (due 6/17) Seaford Swim Association
July 1-Thursday 5pm	<u>LYC</u> -Lewes Yacht Club (due 6/22)
July 8-Thursday 5pm	<u>SSA</u> -Seaford Swim Association (due 6/28)
<i>*July 10-Sat</i>	<i>Shomen Invitational-Entries due 6/24</i>
July 12-Monday 4:30pm	CDEL-Central Delaware YMCA (due 7/5) <u>HOME MEET</u>
July 15-Thursday 5pm	<u>KENT</u> -Kent Swim Club (due 7/5) Dover, DE
<i>*July 17-Sat</i>	<i>Kent Invitational-Entries due 6/30</i>
July 19-Monday 5pm	<u>LYC</u> /SGCC – Tri Meet (due 7/12) Lewes, DE
July 22-Thursday 5pm	<u>GH</u> /CAST – Tri Meet (due 7/12) TBA
July 31-Saturday	DSA 2010 Championships-UMES (7/20) Details TBA

*\*Please Note: Invitational Meets are optional and require entry fees.*

## SFY SWIM TEAM REGISTRATION

Swimmers Name\_\_\_\_\_

Date of Birth\_\_\_\_\_ Age\_\_\_\_\_

Mailing Address\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Name(s)\_\_\_\_\_

\_\_\_\_\_

Phone\_\_\_\_\_ Cell\_\_\_\_\_

Email-Parent\_\_\_\_\_

Email-Swimmer\_\_\_\_\_

### TO BE COMPLETED BY COACHES

Level Assigned\_\_\_\_\_ Date\_\_\_\_\_

Season: Winter\_\_\_\_\_ Summer\_\_\_\_\_

Code of Conduct\_\_\_\_\_ Parents Responsibilities\_\_\_\_\_ Volunteer\_\_\_\_\_

Dual Meet Requirement\_\_\_\_\_

Invitational Meets\_\_\_\_\_

USA Swimming\_\_\_\_\_

#### Practice Schedule:

Monday/Wednesday 4:30-5:30pm 5:30-7pm

Tuesday/Thursday 4:00-5:00pm 5:00-6:30pm

**LAST DAY OF REGISTRATION IS JUNE 21<sup>ST</sup>, 2010**