

Parent Handbook



Pickens County YMCA
Winter 2011-2012

League Purpose

The Pickens County YMCA Swim team is a member of the Carolina YMCA Swim League. The purpose of CYSL competitive swimming is to provide young boys and girls an opportunity to participate in competitive swimming, under conditions that will foster skillful aquatic ability, good fellowship, team association loyalty, a finer appreciation of swimming for its own sake and not just for winning; and sportsmanship of a high type on the part of spectators, as well as swimmers and officials.

Team Descriptions

Super Squad 1 :

- A developmental team that uses games and toys, as a technique to enhance one's swimming abilities.
- Super Squad 1 participants swim must be able to swim a 25 free.*

Super Squad 2:

- A developmental team that uses games and toys, as a technique to enhance one's swimming abilities.
- Super Squad 2 participants must be able to swim a 50 free and 25 back.*

Intermediate:

- The Intermediate Team's primary focus is stroke technique, not speed. However, as stroke technique improves, the speed will increase. Once a good solid stroke technique is formed for all strokes, they will be allowed to move to the Advanced Team.
- Intermediate participants must be able to swim a 25 breast, 50 back, 100 free, and must be able to perform a dive from the side or the block.*

Advanced:

- The Advanced Team is 50% conditioning and 50% stroke technique. Dry land training, weightlifting, eating habits and extra practice times are optional for the swimmers.
- Advanced participants must be able to perform all four strokes and are by coaches invitation.*

**Changes may be made to program schedule and requirements depending on the age, ability, and number of swimmers. **

Swimming Evaluations:

- During the first week, the coaches will evaluate each swimmer's ability and make a recommendation as to what the swimmers need to do.
- And always, you may speak with the head coach about any concerns you may have over the recommendation.
- During the evaluations, the parents will fill out paperwork and forms for their swimmer. Team fees and payments will be collected the first official week of swim practice.**

Team Rules and Regulations

CARING/RESPECT/HONESTY/RESPONSIBILITY/FAITH

1. Conduct yourself in a Christian-like manner at all times.
2. Always swim with your heart and soul.
3. Always support and assist your fellow teammates.
4. Maintain a positive attitude at all times.
5. Attend at least two swim meets before a swimmer may attend State Championships.
6. Events and relay teams will be decided by the coaches.
7. Attend at least one day of practice a week.
8. NEVER sit on the lane lines during practice.
9. Do NOT be late for practice.
10. If you are sick, do not swim! Swimming will most likely make the illness worse.
11. Respect your coaches and teammates
12. Always bring your swim cap, goggles, and bathing suit to practice.
13. Long Hair must be tightly secured as to not interfere with swimming – ie, hair ties or swim caps.
14. What the coaches say goes!

Note to the Swimmers:

By joining the team, we ask for a full commitment. Please talk to your coaches about your level of commitment.

Swimmer's Practice Conduct:

1. Swimmers are expected to follow all directions and instructions from the coaching staff. Disrespectful attitudes towards coaches or other swimmers will not be tolerated. Loud or inappropriate language, horseplay, or unsafe actions, lying, stealing, and/or vandalism may result in disciplinary action up to and including expulsion from the team.
2. Swimmers will stretch the first 15 minutes of practice. During this time it is required that all swimmers must stretch all muscles to reduce the risk of injury.
3. If swimmers need to leave practice early for any reason please let the coaches know ahead of time.
4. The Pickens YMCA is not responsible for any lost or stolen items left at the YMCA. Lockers are available. Locks are not provided.
5. YMCA staff or volunteers are at no point responsible for the supervision of participants outside of the pool. The YMCA age policy is always in effect. It states, "Children ages 14 and under may not be left unsupervised in the facility or in the pool areas. A supervised child is defined by active supervision by a parent/guardian age 18 & up. Children ages 15 and up must have their membership card with them in order to access the facilities...." A coach will be on pool deck during swim team practice time.
6. It is highly recommended that each parent or guardian escort your child to the pool deck at the beginning of practice and escort your child from the pool deck at the end of practice. It is recommended that all swimmers are supervised by a parent or guardian while on deck.
 - A parent/guardian may be asked to stay the duration of practice if a behavioral issue arises.

Swimmer's Competition Conduct:

1. Swimmers are expected to follow all directions and instructions from the coaching staff. All CYSL warm-up safety procedures must be followed.
2. Scratches from any event are only made with the coach's permission.
3. All swimmers are representatives of the Pickens County YMCA and Piranhas Swim Team therefore should exhibit good sportsmanship. We should always display the aspects of the YMCA core values: Caring, Honesty, Responsibility, Respect and Faith. Antagonism towards opponents, splashing the water in disgust, slamming down swim caps and/or goggles, or other displays of temper will not be tolerated.
4. We attend swim meets as a TEAM. All swimmers must show team spirit and encourage EACH teammate. Swimmers are required to wear the team cap at all meets, and a team suit and clothing if possible.

PRACTICES & COSTS

Swimmers have the option to come to attend one practice a week or up to five practices. Practice times are based on team assigned by coach.

Ages: 4-21

Super Squad - Beginner

SS 1: Prerequisite: Can swim 25 Free. Practice: Mon & Wed: 4:30pm-5:30pm

SS 2: Prerequisite: Can swim a 50 Free, 25 Back. Practice: Tues & Thurs: 4:30pm-5:30pm

Cost: \$47 Member/ \$57 Non -Member

Intermediate

Prerequisite: Can swim 25 Breast, 50 Back, 100 Free & Dive

Practice: Monday-Friday: 4:15pm-5:45pm

Cost: 1-3 practice days a week \$57 Member/ \$77 Non -Member

4-5 practice days a week \$72 Member/ \$92 Non -Member

Advanced (by coaches invitation)

Prerequisite: Proficient in four strokes: Fly, Back, Breast, Free

Practice: Monday-Friday 5:30pm-7:00pm

Cost: 1-3 practice days a week \$57 Member/ \$77 Non -Member

4-5 practice days a week \$72 Member/ \$92 Non -Member

*Multiple Child discount is available *only* to members.

1st Child- listed price

2nd Child- \$10 discount

3rd Child or more - \$20 discount

*Meet Fees are included in the monthly price for the Swim Team.

*Regional's and Y-Nationals are NOT included

Payment Schedule

SESSION	SESSION DATES	PAYMENT DUE DATE
Session 1	September 6-30	Friday, September 9
Session 2	October 3-28	Friday, October 7
Session 3	October 31-December 2	Friday, November 4
Session 4	December 5-16	Friday, December 2
Session 5	January 2-27	Friday, January 6
Session 6	January 30-February 24	Friday, February 3

Financial Policies

Payment Policy:

- Payments are turned in at the front desk.
- Payments for swim team have the option to be drafted out of a checking account, savings account or credit card each month. This option is highly recommended.
- Payment must be received by the end of practice on the payment due date.
- Brand new swimmers may receive a trial swim period. If the participant decides to swim, payment is due Monday of the following week.
- When you register your swimmer for swim team, he/she is registered for all sessions unless otherwise noted on the registration form. If you will not be attending a session, please inform the Aquatic Director to cancel that session(s). You do not have to pay for the sessions in which your child does not participate.

Past Due Payments:

After the payment due date, a \$10.00 late fee will be applied. If late payment is not received by the following Friday, the swimmer will be suspended from practice and meets until payment, including the late fee, is received, unless prior arrangements are made through the Aquatics Director. If payment cannot be made by the above due date, please contact the Aquatics Director in advance of the due date, or a late fee will be added.

Attendance Policy:

If a swimmer is at least at one practice during a session the swimmer will be registered for that session and will be billed for that session. They will be required to pay for the entire session. There will be no pro-rated discounts based on attendance. Attendance will be taken at each practice by the coaches.

Swim Meet Policy:

If a swimmer has an account that is past due, the Aquatics Director has the right to deny the swimmer the ability to compete in a meet until their account is current.

Merchandise Policy:

Merchandise will not be given to a swimmer unless accounts are current.

Recruiting Discount: (maximum of 2 discounts per season per swimmer)

Winter Season: If a swimmer gets a friend to join the winter swim team that swimmer will get one session of swimming free. However, the new swimmer must swim for at least two sessions before the current swimmer will receive their free session of swim team. Discount applies to current season only. Parents must ask for this discount.

Summer Season: If a swimmer gets a friend to join the summer swim team that swimmer will get one session of swimming free for the following winter season. However, the new swimmer must swim for at least two sessions before the current swimmer will receive their free session of swim team. Discount will act as a credit towards the following winter season. Parents must ask for this discount.

Winter Payment Discount:

Swimmers and their families may elect to pay for the winter season up front. If you pay for the season up front you will only pay for 5 sessions instead of 6 sessions. There are no refunds for the seasonal payment except in extreme circumstances (this will be determined by the Aquatics Director). It is NOT recommended for the new swimmers and their families to use this seasonal payment option.

Communication

Communication plays a vital part in the success of the Swim Team Program here at the Pickens County YMCA. We want the communication between the Aquatics Director, Coaches, and Parents to be as clear as possible. We have designed several ways for great communication:

Piranha Mail: Each child will have his/her own box, which will be located on the Swim Team corner in the pool area. If you have two or more children on the Swim Team they will share one box. Things that will go into the box include but are not limited to; ribbons from swim meets, news letters, flyers, fundraiser information, directions to meets, transportation information, etc.

Piranha Bites: E-mailable Newsletter sent to both parents and swimmers with information about upcoming events and important information. Please send information you would like to include to Arianna Lester at arianna@pcymca.net . Please write "swim team" in the subject line.

E-mail: If anyone has an e-mail address we will deliver all information which includes but not limited to; news letters, flyers, fundraiser information, directions to meets, transportation information, etc.

Website: Information for the Swim Team will be posted on our website: www.pcymca.net/swim_team.php and league information will be posted on: www.cyslswim.org

Merchandise Information

Swim Suits and book bags can be ordered from the www.thelifeguardstore.com

Go the "Customized Swim Team Store" on the left hand side of the screen

Username: Pickens

Password: County

Other sites and look at are: www.kiefer.com; www.swimoutlet.com

Parent Obligations

1. Encourage and assist your swimmer in fulfilling the rules and regulations of the Pickens YMCA and Piranhas Swim Team.
2. Pay your session dues in a timely manner.
3. Be an active parent by volunteering to help with the many aspects of the swim team, attending parent's meetings, and assisting with the swim meets, fundraisers, and other labor intensive tasks.
4. Parents are encouraged to watch practices from the bleachers. All questions or concerns need to be directed to the coaches either before or after practice.
5. Be involved as much as possible. Read the newsletters, attend swim team functions, and talk with the coaches (before or after practice).
6. Your child's presence is vital at practice.
7. Questions or concerns regarding the team should be directed to the Coaches or Aquatics Director.
8. Parents should make sure their swimmer is signed up for the swim meets.

Parent Committee

The parent committee helps our Swim Team be successful. This committee will consist of the Aquatics Director, Coaches, and Parent Coordinators. If you are interested in being a part of the parent committee please contact the Head Coach, Aquatics Director or a Committee Coordinator.

Each coordinator can set up his/her own committee of helpers. The coordinator acts as the go to person for ideas, suggestions, and helps the team grow. Coordinators share ideas with Coaches and Aquatics Director. However, parents may speak directly to the Head Coach or Aquatics Director if desired.

Below are the Parent Coordinators and his/her position description:

Timer/ Official Coordinator: [Lynn Davis: rn4mylife2009@yahoo.com](mailto:rn4mylife2009@yahoo.com)

-Coordinate parents to work in shifts throughout swim meets to act as timers and officials. Make sure there are enough working stop watches, dq slips, clipboards, etc.

Home Swim Meet Coordinator: [Pam Phillips: phillips5@charter.net](mailto:phillips5@charter.net)

-Coordinate parents to work in shifts throughout home swim meets. Works with the Timer/ Official Coordinator. Posts parent volunteer signup sheets on pool deck 2 weeks prior to the meet for sign up for Concessions/Coaches Room/Timers/Pasta Party.

PR/ Marketing Coordinator: [Bridget Scott: bridgetandboys@gmail.com](mailto:bridgetandboys@gmail.com) & [Bettina Keasler: bettina.keasler@baptisteasley.org](mailto:bettina.keasler@baptisteasley.org)

-Including, but not limited to, collecting photographs of swimmers from parents to put together an end of the year slide show including most, if not, all the swimmers; coming up with ways to spread information about the Piranhas, in an artistic manner (parades, tshirt design, etc). A list of all swimmers will be provided.

Concessions Coordinator: [Dee Altieri: dealtieri@yahoo.com](mailto:dealtieri@yahoo.com)

-Come up with items and food to sell. Coordinate parents to work in shifts throughout swim meets to sell items.

Fundraising Coordinator: [Buffy Peterman-Ison: buffypison@gmail.com](mailto:buffypison@gmail.com)

-Provides others with the means to sell heat sheet ads, lane ads, etc, for meets. Comes up with activities the swim team can do in order to raise money (ie - car wash, Sonic helper, pancake breakfast, etc).

Coaches room and Pasta Party Coordinator: [Bobbie Jo Jacks: bj_jacks@bellsouth.net](mailto:bj_jacks@bellsouth.net): -Come up with items for both events and who will bring in what. Act as a helpful hand to coaches throughout meets.

Volunteer Opportunities

We ask that at least one parent per family volunteers at each of our home meets. This season's home meets are on October 15, and November 5. The volunteer meet sign-up sheets will be located on the pool deck.

Description of Jobs at Swim Meets:

- **TIMERS**- Two per lane. Timers use a stopwatch to record the duration of a swimmer's race.
- **OFFICIALS**- Two per meet. The certified, adult volunteers, who operate the many facets of a swim competition.
- **STARTER**- Starts each race.
- **RIBBONS**- Puts labels on ribbons and sorts by team.
- **POSTER**- Post all results in a timely manner.
- **RUNNER**- Picks up cards from timers, and judges' sheets. Delivers them to the scoring and ribbons table as soon as heat is over.
- **HEAT RIBBONS**- Hand out ribbons to the winner of each heat. If they cannot determine who won, check with the Official.
- **CLERK OF COURSE**- If using cards, swimmers pass by clerk of course prior to entering the water. If not using cards, clerk of course is there to assist with questions, and allow changes.
- **CONCESSION**- Two people run sale drinks, food, and merchandise during the swim meet.

Swim Meet Eligibility

Sign-ups for Swim Meets:

At the Swim Team table located in the pool area there are sign up sheets for each swim meet. All the swimmer has to do is write yes or no beside his or her name. This will let us know whether or not you will be attending the meet so we can send the entries by the deadline set by the hosting team. If nothing is indicated, we will assume that the swimmer is not going to the swim meet. It is your responsibility to make sure your child is signed up. The coaches will not track down the swimmers to see if they plan on attending.

Regular Season Meets:

During the season we will attend swim meets. These swim meets are open to all swimmers. Various teams host each meet. For each meet we have to submit entries for each individual swimmer. If you are not signed up you will not be registered for the swim meet.

State Championship Meet:

In order to attend the State Championship meet a swimmer must attend at least 2 Carolina YMCA Swim League Meets. The swimmer does not have to win an event or even place but **MUST** compete in 2 swim meets during the season. **NO EXCEPTIONS!**

If a swimmer cannot attend the State Championship because of eligibility or just does not plan to attend the swimmer will **NOT** be allowed to practice after the last regular season meet. The coaches need to focus on those swimmers attending the State Meet.

Regional Swim Meet: TBA

Swimmers must compete in two closed YMCA meets which must be sanctioned. Also the swimmer must have a BB time in the events they wish to compete in.

YMCA National Meet: TBA

Team Outings & Banquet

October	October 14 @ 6pm	Pasta Party	Bring your favorite pasta dish to share.
November	November 4 @ 6pm	Pasta Party	Bring your favorite pasta dish to share.
	November 17 @ 5:45pm	Bon fire	Hotdogs & Marshmallows. Info to come.
December	December 10	Christmas parade	Info to come.
January	January 20 @6pm	Move Night	Bring your PJs and snacks. Info to come.
March	March 25 @ 1pm	Winter Banquet	First Baptist Church of Pickens/ (406 East Main St, Pickens)

Team Fundraising Events

September	Papa John's Pizza Coupon Books
October	Mutts Barbeque Night
February	tbd

Fundraising is an integral part for the swim team. This past season, the swim team raised over \$2500, and purchased an underwater camera. Fundraising money has also been used to buy equipment (pull buoys, kickboards, lane trainers, parachutes), personal best ribbons, pins, banquet dinner and supplies, and help cover coaches travel expenses. If you have suggestions or questions on how to spend the money, please direct them to the Head Coach, Aquatics Director, or Fundraising Coordinator. We appreciate all that you do!

Piranhas Swim Meet Schedule Winter 2011

October 15 th	Home	Pickens
October 29 th	Away	Anderson
November 5 th	Home	Pickens
January 8 th /9 th	Away/Distance	Rock Hill
January 14 th	Away	Columbia
February 24 th /25 th	Away/State	Rock Hill

-Regionals and Y-Nationals are TBA on date and time.

-Meet Schedule is subject to change. We will inform you as soon as possible when we find out of any changes in the schedule.

-Transportation will be provided to each away meet. The swimmers have the option, which is recommended that the swimmers ride the buses together as a team to the meets.

-Directions to all away meets will be posted on line at www.cyslswim.org and addresses will be emailed.

Ribbons: Ribbons from home meets will most likely be given out at the first practice following the meet. Ribbons from away meets will be given out when received in the mail from the host team.