

CARING, HONESTY, FAITH, RESPECT, RESPONSIBILITY

**HANOVER AREA FAMILY YMCA
STINGRAYS SWIM TEAM**

**HANDBOOK
FOR NEW PARENTS AND SWIMMERS**

WHO WE ARE

The Hanover YMCA Stingrays is a swim team that competes in both YMCA League Meets, and USA Meets. Our swimmers are of every ability level, from ages 5-18. No one is turned away! We believe swimming should be a fun, esteem building activity, which gives our young athletes the experiences of competing on a team sport, enjoying new social opportunities, and making new friends. We focus upon individual goal setting and building lifetime skills our swimmers can draw upon in the future. When swimmers set appropriate goals, and meet these goals, everybody wins!

We participate in a winter league (YSCAP) and a summer league (CASL). All of our swimmers participate in league meets, called dual meets, and swimmers with at least one season of experience are eligible to participate in extra meets called Invitationals, and USA Meets. At the Hanover YMCA, Everybody Swims, and Everybody Wins!

WE WANT YOU TO FEEL WELCOME!

Over the next few weeks, you may have many questions! This is completely normal when your child tries a new sport and we want you to feel comfortable asking these questions. Please, feel free to ask any one of us about questions or concerns you may have. Feel free to talk with the coach before or after practice, or drop him an e-mail any time. His e-mail address is coachjoshmiller@gmail.com Our Aquatic Director, Kim Capone can also be reached at the YMCA at (717) 632-8211 or kcapone@hanoverymca.org. Please remember, we want to hear from you! You and your child are a part of our swim family now, and every family member is important!

HOW TO REACH US:

On The Web: www.ymcastingrays.org

On The Phone: (717) 632-8211

By E-Mail: coachjoshmiller@gmail.com

DID HE JUST SAY.....?

During the next few weeks, you'll be hearing lots of new terms pertaining to swimming. Long course does not refer to 18 holes of golf, and entry time does not mean when your child should get into the pool. It can all be a little confusing, so here are a few terms that you might hear flying around in the next few weeks and what they mean! Don't worry about it if this is all new to you! It was new to all of us once.

Beginner Practice: Practice for beginning level swimmers, and all swimmers new to the team. This practice is from 5:00 - 6:00 pm and is offered every weekday. Swimmers are requested to participate in two practices per week, but may swim more if they so choose.

Intermediate Practice: Practice for intermediate to level swimmers, by invitation only. This practice is held from 6:00 - 7:30 pm.

Advanced Practice: Practice for the advanced swimmers is 6:00-8:00 pm

Dry Land Training: Training that does not take place in the pool, which can include running, push ups, sit ups, stretching, and other strength building exercises. Swimmers in the Late Practice participate in dry land training.

Dual Meets: These are meets between our team and one other team in our league. These are the meets new swimmers compete in. There are four dual meets during the summer. At the conclusion of our dual meets, there is a meet called divisionals. We encourage all of our swimmers to participate in the divisional meet.

Invitational Meets: After one year of swimming on the team, swimmers are eligible to participate in Invitational meets. These are meets held by a swim team to which all of the teams in the league are invited. Some invitational meets are for all age groups, others are for only specific age groups. Still others have 'qualifying times' which means that a swimmer must have swim that time or faster in order to enter the event at the meet.

USA Meets: Some meets are called USA meets. USA swimming is the next step in swim competition. Athletes who attend these meets have swam for at least a year, and can become members of USA swimming. There are many USA swim meets throughout the year. Our coaches are USA Swimming certified and will attend some of these meets with our swimmers each season.

Long Course/Short Course/Yards/Meters: That's enough to confuse anyone at first! So here's the breakdown. There are four kinds of pools used for swimming competition:

SHORT COURSE YARDS: This means a pool that is 25 yards long. Winter season championship meets are held in short course yards pools.

LONG COURSE YARDS: A pool that is 50 yards long.

SHORT COURSE METERS: (Like our YMCA Pool) A pool that is 25 meters long. Summer season championships are held in a METER pool.

LONG COURSE METERS:means just keep swimming and eventually you will get to a wall! Okay, it really means a pool that is 50 Meters long. Summer championship meets are PREFERRED to be held in a 50 meter long pool.

The above four terms are the reason that when you look at the record board on our Stingray website (www.ymcastingrays.org) there are different categories for each age group, because records will be slightly different in time in each type of the above listed pools.

FLIP TURN: When a swimmer swimming freestyle comes to the end of a length and wants to continue swimming, he or she will tuck their head, do a front flip, land their feet on the wall, push off sideways underwater, and turn onto their stomach to continue swimming freestyle. We teach all new swimmers flip turns when we feel that they are ready. Flip turns however, are not required to be able to swim in a meet.

PRACTICE MEET: This is the equivalent of a dress rehearsal for a play. We get out all of the timing equipment, computers, lane lines, etc...and have a 'pretend' meet to make sure that all of the swimmers feel comfortable, know where to go for their

event, what to do afterward, and that all of our equipment is functioning properly. This saves a lot of time and streamlines the process of getting a home meet going when the day comes.

PARENT ORGANIZATION: Our parent organization meets once a month. We ask that every swimmer have at least one parent in attendance at the Parent meeting. The next parent meeting is next Wednesday, May 18th at 5:30 pm. .

SEASON SWIM FEES

(Should your child decide to join the team)

New swimmers will begin swimming with us in the early practice. The fee for Swim Team early practice is \$360 plus a \$50 Administrative Fee. This fee can be paid at the YMCA when your Fall/Winter registration form is turned in by May 30th, or you may elect to pay via our bankdraft system by breaking up the fee in to six payments that are made on Oct 1, Nov 1, Dec 1, Jan 1, Feb 1 and March 1. Should you choose to use the bankdraft system, we will need only your registration form and bankdraft registration information by May 25th. Your first payment will not be debited until October 1st.

A Final Few Tips

Bring goggles and a cap for your child, as well as a water bottle each time they attend practice. Fill the water bottle with ice water as it will stay cool longer in the warm pool area!

Rinse your child's suit well with cool water after each use and it will last much longer. Hang to dry.

Please stay with your child in the changing areas both before and after practice. Please make sure they use the restroom before they enter the pool area.

COMMUNICATION IS KEY!

Please tell us what you're thinking! We want to know what we can to provide your child with the best possible experience! You have known your child for their lifetime, and we are just getting to know them. Please help us to get to know your child by letting us know if there are any special needs they may have, concerns they are having, or any parts of practice they are really enjoying, or finding to be a challenge! We are here for you, and care about your child. Open communication is the key to success in any parent/coaching relationship. Means of communication from the coaching staff will be through email, the bulletin board, and your folders in the hallway in the metal filing cabinet. Please try to attend the parent meetings monthly, a schedule of future meetings will be on the website. Please, feel free to e-mail me, slide a note under the door, whatever you feel comfortable with, I'd like to hear your feedback.

**Josh Miller, Head Stingray Swim Team Coach
coachjoshmiller@gmail.com
(717) 632-8211**