

CLIFTON SPRINGS AREA YMCA

SEAHAWKS



TEAM HANDBOOK

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1. PROGRAM PHILOSOPHY

Everybody Swims, Everybody Wins!

The Clifton Springs Family YMCA Seahawks is a co-educational, competitive swim team that participates in age-group swimming under the auspices of the YMCA.

Since competitive swimming is both a highly individual and a team sport, the values of sportsmanship, teamwork, and individual development are stressed. The goal of coaching is to teach, train and encourage swimmers to achieve their potential in swimming, in the belief that this experience will prove valuable to them as they grow and develop.

2. SEAHAWKS SWIMMING PROGRAM

Practice:, the swimmers are grouped into classes based on skill level as illustrated below:

Group Level	Description
Developmental	<p>Prerequisites: None</p> <p>Description: Little to no prior swimming experience. Focus on developing water safety skills and basic swimming technique. Swimmers may require coach's presence in water for assistance/instruction.</p> <p>Typical age range: 5 – 8yrs</p>
Bronze	<p>Prerequisites: Swim 1 length of pool freestyle (front crawl) with ease and demonstrates basic swimming techniques.</p> <p>Description: Focus on developing basic stroke technique in all 4 strokes (Freestyle, Backstroke, Breaststroke, Butterfly)</p> <p>Typical age range: 7 – 10yrs</p>
Silver	<p>Prerequisites: Swim 8 lengths of pool using all 4 strokes (Freestyle, Backstroke, Breaststroke, Butterfly), demonstrating basic technique in all.</p> <p>Description: Focus on further developing and refining stroke technique. Start developing higher levels of endurance in the water. Additional practice time may be allotted for dry land exercises.</p> <p>Typical age range: 8 – 12yrs</p>
Gold	<p>Prerequisites: Swim 8 lengths of pool using all 4 strokes (Freestyle, Backstroke, Breaststroke, Butterfly), demonstrating advanced techniques in all.</p> <p>Description: Focus on endurance and further honing stroke technique. Additional practice time allotted for dryland exercises.</p> <p>Typical age range: 11 – 19yrs</p>

The swimmers must be between the ages of 5 and 19. Children under 5 may join the team with approval after consultation with the Aquatic Coordinator and/or Program Director.

It should be noted that practice is essential to successful swimming. Endurance, speed, and stroke perfection evolve from concentrated effort and repetition by the individual. Practices are held multiple times per week as indicated on a monthly schedule provided online at csaymca.org.

With the amount of practice time and the number of participants, it is important that all swimmers understand the need for cooperation between swimmers and coaches. The coaches are responsible for maintaining control and discipline to achieve a safe and productive practice session for the accomplishment of individual and team objectives. A discipline policy is in effect. Consequences for improper behavior are at the discretion of the coaches.

Meets:

General:

- All swimmers entering the pool in a meet must wear the Clifton Springs Seahawks team swim suit. Swimmers choosing to wear a swimming cap must wear a Seahawks team cap.
- If a swimmer cannot attend a swim meet the swimmer or parent/guardian must notify the age group coach prior to the meet.
- Scoring for individual events and relays is determined by the point schedule in the annual NCAA rule book, which the YMCA uses to base scoring.
- Due to the large number of swimmers in some age groups, some swimmers will swim “exhibition” during the meet. Exhibition swimming is necessary to insure all swimmers get to swim up to three times at each meet, but does not grant points.
- The events the swimmers swim in will be the decision of the coaches, whose decision will be made for the good of the team.

Dual Meets:

Dual meets are comprised of 2 teams competing against each other. There are 94 events, divided up by age and gender. Therefore, each swimmer is only able to choose from approximately 10 events to compete in. The age ranges are defined as classes by the YMCA and are outlined below. YMCA class placement is determined by the age of the swimmer on December 1. Their age on that day will be the age class throughout the season.

Age	Class
8 & Under	Class E
9 – 10	Class D
11 – 12	Class C
13 – 14	Class B
15 – 19	Class A

Each swimmer may swim a total of 3 individual events and 1 relay event. A relay event is 4 swimmers forming a relay team and taking turns swimming.

In special cases, a swimmer may swim in an age class above theirs, at the discretion of the coaches. The most common reason for this to occur is for a swimmer to compete in an event that does not exist in their regular age class.

Invitational Meets:

In addition to dual meets, there are optional invitational meets throughout the season. These tend to not follow the standard event schedule and allows swimmers to try new events. These event schedules will be provided well in advance of the signup deadline. There are typically fees associated with invitational meets and will be clearly outlined along with the schedule what they are.

District Meet:

At the conclusion of the dual meet schedule, a day-long District Championship is held in mid-February. There are no qualifying times for this meet, and all members of the team are expected to compete in the District Meet if they have competed in a minimum of four dual meets. Ribbons are awarded to individuals and trophies are awarded to winning age groups. Scoring for individual events and relays is determined by the point schedule in the annual NCAA rule book, which the YMCA uses to base scoring.

State Meet:

In March, a three-day State Championship Meet is held. Swimmers must meet qualifying times to participate in this meet. Prior to the State Meet, swimmers must have competed in a minimum of three dual meets and the District Meet. Medals and ribbons are awarded for placements one through twelve. Participation in this meet involves a 1 or 2 night hotel stay and other related expenses. Locations of the state Championships vary each year and can be anywhere in the state. (Usually Long Island, Ithaca, or Buffalo.) Points for placing are determined by the current NCAA rule book point schedule, which is directly based on the number of lanes in the pool where the State meet is held.

All swimmers who qualify for states must attend all practices offered between districts and states. Exceptions may be made at the discretion of the coaches.

Nationals Meet:

The YMCA National Championships are held in April of each year in North Carolina. Once again, swimmers must meet qualifying times to compete. There are no "age groups" at this meet. This competition is open to all ages that qualify (13yrs and older).

Swimmers need to be prepared to finance transportation, lodging and food expenses for a week in North Carolina. This competition is limited to outstanding swimmers who represent our team, our league and our state.

YMCA SEAHAWKS NATIONALS SUPPORT POLICY

1. The YMCA SEAHAWKS will support swimmers who qualify for YMCA Nationals with meet and entry fees. This amount may be modified at the discretion of the Executive Committee on a year-to-year basis.
2. Swimmers and parents are expected to participate in fund raising events held by the Clifton Springs Family YMCA Seahawks Swim Team during the year to be eligible for this support.

3. SEAHAWKS PARENTS' ASSOCIATION

The purpose of the Seahawks Parents Association is to support the YMCA and the coaching staff in providing the best possible competitive swim program for our children. All parents are automatically members with the registration of their son or daughter in the competitive swim program.

General Meetings of the Association are held in collaboration with the Head Coach, Team Administrator and YMCA Program Director. Attendance is strongly encouraged.

One of the primary functions of the Seahawks Parents Association is the organizing and staffing of the home meets during the season. Parents announce, score, time, officiate, supervise, run concessions during the meet. The Seahawks Parents Association expects and encourages all members to attend both the home and away dual and invitationals to support our swimmers in competition.

Each family is required to contribute to the concession stand or volunteer for a meet responsibility for at least four (4) hours each season. Tracking of volunteers will be completed by the Aquatics Coordinator using the sign-up genie. Financial reimbursement will be applied to the next competitive season for all swimmers' families meeting and/or exceeding their volunteer obligations. Financial compensation will be based on total volunteer points in conjunction with monetary donations collected on behalf of scholarship for the CSAY Seahawks swim program.

Volunteer Roles= 4 hours

- Official (Level 1 and Level 2), Team Administrator
- Volunteer coach and/or substitute coach
- Concession Stand Coordinator
- Meet/Team Manager Technology
- Colorado Technology Manager
- Fundraising
- Treasurer

Volunteer Roles= 2 hours

- concession stand worker
- clerk of course
- timer
- head timer

- social media updates/newspaper posts
- state team hotel coordinator
- banquet coordinator
- team/state team merchandise

Volunteer Roles= 1 hour

- coach requested pool needs
- money collector at pool
- meet set up
- meet clean up
- meet photographer
- team photography coordination
- banquet needs: program, slideshow
- Donations to Concession Stand= ½ hour, per item

4. FINANCIAL RESPONSIBILITIES

Information covering the fees for Seahawks membership is available from the YMCA.

These fees should be paid directly to the YMCA in a timely fashion. Failure to pay will result in suspension from the team until the fees are paid. Any extenuating circumstances should be discussed with the YMCA staff. In addition to these basic fees, there will be other costs during the year, such as:

- equipment (team and practice swim suit, team cap, goggles, locks, etc.)
- entry fees for Invitational, District, and State events
- meals for away meets
- transportation, food and lodging expenses for “State” and “National” meets (for qualifying swimmers only)
- Year end banquet for swimmers and family

Team uniforms (suits, caps) are mandatory and all swimmers are required to wear the official team uniform at all team competitions.

Entry fees for Invitationals, Districts, and States must be paid in advance. Cash or check can be given to the identified individual at each pool location. **Checks are to be written out to CSAY and are the preferred method of payment for tracking purposes.**

5. AWARDS AND RECOGNITION

A number of incentives have been established to encourage and motivate all swimmers to strive for continued improvement at all times.

- YMCA Core Values Plaque: 2 swimmers
- Most improved 8 and under, 9 & 10, 11 & 12, 13 & 14, 15+
 - 2 swimmers for each M & F
- Workhorse Certificates
- Coaches Awards: 1 from each coach
- Senior Awards: All seniors
- Golden Goggles: 2 swimmers Male & Female
- Participation: Everyone

At the end of the YMCA season, the Seahawks hold an annual banquet. At this time the majority of individual achievements are recognized. Every swimmer receives recognition. Also presented as highlights of the year are plaques, high point trophies, and the various awards listed above.

The Seahawks Record Board hangs at Marcus Whitman and Midlakes pool location to display the current record holders at each location. The board exists to highlight the achievements of Seahawks swimmers only. For each event, the board displays the current record holder's name and time. These records can be established at any organized YMCA competition, whether away or at home.

A log is maintained by the coaches, for each swimmer of their times in all of the events in which they swim. The log is always available for review with the swimmers. Regardless of a swimmer's placement in a race, the recording of a personal best time is a significant accomplishment, and is worthy of congratulations. The log also serves the coaches in developing training strategies for each swimmer.

6. SPECIAL EVENTS

Special events are held during the course of the year, some of which are non-swimming in nature. This includes Dive-In movie nights, TV raffle, year-end award banquet, which honors all swimmers and families, and a summer swim at the lake, usually held in July.

Additional activities may also be added from time to time. Other social activities for parents only may be organized during the course of the year.