

FALL RIVER YMCA
LIGHTNING
Swim Team
2009-2010 Season



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LIGHTNING SWIM TEAM
2009 - 2010 SEASON**

OBJECTIVE

In keeping with the YMCA's philosophy of building a healthy "Spirit, Mind, and Body," the Fall River YMCA Lightning Swim Team has established an opportunity for swimmers to develop and improve themselves on many levels. Over the course of the season they will have ample opportunity to increase abilities, (mental, emotional, and physical), which will be carried over into all areas of their daily life, (family, school, and friends). Swimmers will be taught how to set, work towards, and achieve their goals. They will do this in an atmosphere that will combine dedication to hard work and an enjoyment of working with their peers which will produce a sense of accomplishment both on the individual level as well as that of the entire team.

Parents have the opportunity to enhance their child's experience by working with the Parent's Booster Club on projects such as helping with the home swim meets, some of our special events, and fund raising. Parental participation in these areas is **essential** to keeping up the high quality and great success of the Lightning's program. (To become more involved, please speak to our coaching staff)-

PHILOSOPHY

Competitive swimming is widely acknowledged to be one of the most effective sports for physical, mental, and emotional development. The sport is one that it is both an individual as well as a team sport. Because of this the athlete has the chance to learn, train, participate, compete, and excel on many levels: personally, athletically, socially, scholastically. Each swimmer will have the opportunity to develop their skills in four different competitive swimming strokes for races in a variety of distances and racing events, in both individual and team events. As the swimmers' developing success is measured by a variety of means, (race times, split times, individual place finishes, team finishes, stroke and turn quality), there is always room for all to succeed. Combining the environment of a good training facility, the help of an experienced coaching staff, supportive parents, and hard working swim team members, the Fall River YMCA Lightning's are living their theme of: EVERYONE SWIMS. EVERYONE WINS. This philosophy meets the National YMCA mission that "the purpose of this association is the improvement of the spiritual, mental, social and physical conditions of all persons."

COACHING STAFF

Dave Harrington-- Head Coach
Steve Langlais--Assistant Coach
Tayla Dunn-Assistant Coach
Steve Machado--Volunteer Coach
Jane Machado--Program Director

PRACTICE SCHEDULE

Age groups will be mixed during training, with each practice session having swimmers of several age groups present at one time. This will give swimmers a better environment in which to train by combining more team members of similar abilities. Swimmers will be more comfortable training with and being challenged by swimmers who train at their same speed and level. It is not uncommon in developing swimmers to have an athlete who can compete in their own age group well but must train with either older or younger swimmers during practice.

DAILY PRACTICE REQUIREMENTS

Attendance: Practice is the key to becoming a successful swimmer. Making a commitment to attend practice regularly is **the only way** swimmers will be able to develop proper swimming techniques and build the strength, speed and endurance needed for competition. All swimmers are expected to attend the minimum number of practices per week that is established for their group. After the first two weeks of practice the coaching staff will have organized and finalized swim practice times for individual swimmers; it is not uncommon to move swimmers up or down a level as the coaches are better able to observe the abilities and endurance of swimmers. Swimmers need to make the commitment to attend practice at the specified times for the specific number of times per week as outlined below.

Blues: Minimum 3 plus days per week
Reds: Minimum 3 plus days per week
Greens (A & B): Minimum 3 days per week
Yellows: Minimum 3 days per week (see coach for those swimming 2)

The Coaching Staff will be taking attendance. Any swimmer not able to attend a scheduled practice is required to let the coach know in **ADVANCE**, or call the YMCA pool prior to practice to tell the coach of their inability to attend. If the coach is not available when you call, leave a message. It is important to do this as each swimmer's attendance has an effect on the other swimmers. It is also important to keep your coach abreast of any reason you may not be able to attend practice to avoid being eliminated from the next swim meet due to not attending the minimum practice requirements. All Friday practices before swim meets are mandatory.

(Office phone: 508.675.7841)

Email: Jane: jmachado@ymcasouthcoast.org

Dave: Harrington.Davidj@gmail.com

**** Attendance will also be the deciding factor in meet events and relays. Please feel free to talk with a coach about any scheduling conflicts you might have.****

Arrival Times: It is important that each swimmer arrive on deck on time ready to swim, (dressed in suit, cap, and goggles), at the beginning of each practice session. A 10 minute land stretching/warm-up routine is required before practice time as it is crucial to preventing injury and promoting good stroke technique. **Swimmers who are consistently late will not be allowed to enter practice.**
MWF deck time 3:45pm, 4:45pm
T deck time: TBA

A swimmer who arrives late, may be asked to sit practice out, parents will be notified.

Meets:

Competition Requirements/Attendance: Dual Meets are Mandatory

Swimmers who have met the minimum number of required practice sessions for a period of three weeks, unless notification is given to the coach, prior to the scheduled meet will be eligible for competition. All swimmers who have attended practice regularly are expected to attend all dual meets. Our SENEKY League Championships at the end of the season is our single most important meet of the season and **every swimmer is expected to attend.**

YMCA swimmers who swim on high school teams, following high school rules, attend YMCA practices and meets outside of their high school season. A letter signed by the High School Coach and YMCA Coach needs to be on file giving permission for the swimmer to participate in scheduled SENEKY Dual Meets. A tentative meet schedule is posted on page 9.

Dual Meets: Dual meets are meets occurring between two teams. All of our dual meets are scheduled with other YMCA swim teams in our League. Dual meets are scheduled during the season on Saturday afternoons. Individual swimmers will be signed up for specific events the week prior to each meet. Everyone is expected to participate. If you are unable to make a swim meet you must notify the **COACH**, 24 hrs prior to the meet, otherwise you will be there. Please **DO NOT** leave a message, insure you speak with the **HEAD COACH**
The line-up will be decided by the coach.

Some of our meets will be in our “home” pool, others will be at an “away” pool. All meets are staffed by parent volunteers. Therefore, parents will be asked to sign up for timing, judging, scoring, and ribbon writing positions prior to each home meet. Parents are expected to drive their swimmers to all away meets so that they may be assured of safe transportation and support from family members.

****Specialty Meets:**

Specialty meets are those which may have entry time requirements or are of a nature different from regular dual meets, (i.e. all events are long distance events). Specialty meets will be listed on the meet schedule and noted, (**) as such. .All Specialty Meets are signed up for on an individual **invitation basis by the coaching staff.**

Prior to Meets:

- It is expected and assumed that all swimmers will attend all dual meets unless otherwise notified. Therefore meet line-ups will be planned as such.
- If a swimmer cannot participate in a meet, the coach must be notified at least 24 hours before the day of the meet. It is extremely difficult, (and sometimes impossible), for the coach to make changes to the line-up on the day of the meet as much preparation by many goes into a smooth running meet. If the swimmer becomes sick and unable to compete on the day of the meet, you must call the YMCA as soon as possible or the coach (Dave's cell number: 508.496.2690). The sooner the decision is made as to the condition of the swimmer, the sooner you may notify the coach, and the greater the possibility that the necessary adjustments to the lineup may be made. Remember, this may be an "individual sport", but your coach and teammates rely on you!
- Leave all valuables at home and keep your things in your bag/locker when not in use at a meet.
- Good nutrition, regularly scheduled meals, a proper sleep schedule, and consistent school study habits are an essential part of all swimmers training and preparation for competition. Keep your routine as close as possible to the schedule you already have.
- There should be no sleep-overs or late night activities planned the night before meets- swimmers are to go to bed at a reasonable hour! A swimmer's own bed is their best bet for getting a great night's sleep.

During Meets:

Meets are great fun, but because there are so many people in attendance and so many different events, good organization is essential. All swimmers are expected to arrive on deck (suited up) to stretch and swim for their scheduled warm-up time prior to the meet. Swimmers should arrive approximately 15 - 20 minutes prior to their warm-up time in order to review their events and prepare their spot on deck. All swimmers are expected to demonstrate values of the YMCA philosophy of Caring, Respect, Responsibility, and Honesty during all swim meets. It is also expected that the team members show good sportsmanship towards their other team mates, opponents, and coaches. If swimmers need to briefly leave the pool area (to go to the locker room) they are to first ask a coach before leaving. **Each team member is expected to stay at the meet from the beginning of the warm-up to the end of the last event.** Anyone with a special request to leave early must clear it with the coach prior to the meet. As the coaches are responsible for all swimmers during the meet, anyone leaving early must tell one of the coaches that they are leaving as they leave the pool deck. All snacks and drinks should be brought with the swimmer at the beginning of the meet to be kept on deck with their towel and sweats; glass is not allowed on the pool deck. **There will be no food allowed on the pool deck.** All swimmers will wear shoes when in the lobby of the building. Sweats or extra shirts and pants on deck are not required but can be helpful.

Parents, this is your opportunity to shine and help out your team. We will be relying on you to help run the meet efficiently, smoothly, and in an organized manner. It is crucial that parents sign up for timing, judging, scoring, ribbon writing, and concession stand positions at the Swim Team Bulletin Board (prior to the day of the meet) or we are not able to function as a team

PARENT RESPONSIBILITIES

Good nutrition, regularly scheduled meals, a proper sleep schedule, and consistent school study habits are an essential part of all swimmers training and preparation for competition. Keep tabs on your swimmer's routine and help them to maintain it. Parents are expected to demonstrate the values promoted by the team of good sportsmanship, good will toward others and an excellent and positive attitude at all times. We as a **TEAM** are dedicated to developing these qualities, which are necessary to succeed both in the pool as well as out of the pool. Parents are expected to support their swimmers in demonstrating the same good behaviors at all meets and practices as well as at home. Practice a positive attitude and cooperation with others everywhere and remember- true athletes are capable of demonstrating these qualities during all competition, no matter what the outcome of their race!

From time to time swimming disputes/problems may arise during either practice or competition. They are to be reported promptly by swimmers and/or parents to the coaches. The coaching staff will settle any questions/problems. If this occurs during a meet THE COACH will in turn report and settle the matter with the head referees/meet directors. ***Only coaches are to have contact with the referees.*** Please try to report disputes or request information in a calm manner. We have always been able to resolve situations tactfully and successfully.

Volunteer: Volunteer staffing for all home meets is a must. All YMCA meets are staffed by parents who help with officiating, timing, ribbon writing, scoring, and running the concession stand. All parents are expected to give their help at meets or to help with some preparations for meets, (preparing event cards for example), as they are able. Since most parents attend most meets and some parents have time while they are waiting for their swimmer to complete their practice session, parents usually find that this request is not an inconvenience but rather gets them more involved and knowledgeable about the Lightning's program.

Fundraising: Fundraising is an integral part of the success of the Lightning's program. Money raised go to pay for all coach training's, ribbons, trophies and awards presented at the season ending Team Banquet. They are also used to improve, repair and replace team equipment, (i.e. pace clocks, swim fins, pull buoys). We do not like to burden swimmers/parents with a lot of this activity so we have come up with just a few events that have been very successful in the past. We would expect all team member/parents to support the activities. In the past they have included a car wash, a swim-a-thon and running a concession stand (food supplied by swim families and staffed by swim parents) at all home meets.

**All communications will be posted on the swim team bulletin board located outside the
The pool area.**

Transportation to and from practice and competitions is solely the responsibility of the parent. Car pooling is encouraged for those who would like to arrange it.

FOOD/NUTRITION/STRENGTH TRAINING & CONDITIONING

General Guidelines for Food and Nutrition:

As far as general food consumption goes there is no substitution for home cooked, well balanced meals. Swimmers should be encouraged to eat three good meals a day which should consist of as much fresh fruits, vegetables, whole grains/pastas/breads as possible supplemented by moderate amounts of protein (meat, fish, poultry, beans) and only occasional servings of treats (sweets, cakes, cookies, candy, soda). Avoid constant fast food meals (save it for an occasional treat) and food with high fat and sugar contents. Keep dairy products to a minimum (occasional small rather than constant regular serving.) Avoid heavy meals/snacks (pizza, French fries) and all dairy products (milk, ice cream, cheese) directly before swimming. Of all the things a swimmer consumes, the most important is water. Although the American public has become more aware of the need to drink water more than other beverages, we generally still do not consume enough. Optimal water consumption is eight twelve ounce glasses a day for teens, only slightly less for younger children. For those who are not big water drinkers, add water to your diet gradually. You'll get used to it and feel better for it!

Prior to meets and at meets:

Swimmers should use their heads and not their appetites. As swimmers progress through their years of competitive swimming, they learn what foods are good for them to eat prior to swimming and which are not. There is no one diet that is "the best" for all. Foods that are a favorite prior to meets may not be something that is consumed on a daily basis, or it could be the same thing that they eat every day. It is a very personal choice. If swimmers are in doubt about something, skip it and save it for after the meet! Having said all this, it is generally advised that all swimmers avoid fried foods and dairy products (cheese, milk, and ice cream, no soda (pop), and no or little sugar candy/cake type of products, and no artificial sweeteners prior to and during the meets. Always drink water. With proper hydration your body will easily assimilate vital nutrients from good food choices such as fresh fruits, vegetables, whole grains/pasta and fruit juices (no sugar added-check all labels for things such as added corn/fruit syrups, high fructose or other sugars.) In times of stress (such as swim meets) it is more important than ever to think about drinking water more often than usual.

TEAM BANQUET

A luncheon is held at the end of the swim season (usually in April) to honor all swim team members who have completed the season and their parents. At this time participation awards are presented to each swimmer, with some members receiving recognition for outstanding achievements, exemplary behavior, and exceptional meet and practice participation. Great fun is had by all.

FEES and MONEY:

All Lightning Swim Team members must be a YMCA Southcoast member for the duration of the swim season. Please check out our program brochure for rates. This is a National YMCA rule. In addition, a swim team fee is also required. Financial assistance is available to those who are in need. Athletes that participate in high school sports during our swim season will receive a pro-rated swim team fee.

Swim Team Fees:

First Member in Family	\$275.00
Second Member in Family	\$250.00
Third Member in Family	\$225.00
Fourth Member in Family	\$175.00
H. S. Varsity Swimmers	\$175.00

All fees are to be paid by Friday, September 26th, the end of the first full week of practice. Those who have 3+ family swimmers should contact Jane to set up a fair payment plan. Those who have not paid within the time limit will not be allowed to swim until payment is received in full. If unable to do so, please contact Jane before the due date to discuss alternate payment plans. Scholarship funds are available based on need.

Additional money will be needed from time to time. All money (not team fees), need to be in check from (made out to Fall River YMCA) only. We will not be accepting cash. During all practices there will be a locked drop box on the pool deck for all money to be deposited. Please write the swimmers name on the check. Other fees will include: Bathing suit (required by everyone, returning swimmers need not purchase one if theirs is in good shape), clothing order (optional), specialty meets (upon invitation), and fund-raising.

PRACTICE TIMES: Practice times are not set in stone for the individual swimmer as they improve we may re-evaluate. **PRACTICE TIMES MAY CHANGE**

BLUE: Monday 4:00-5:00 PM
Wednesday 4:00pm-5:00pm
Friday 4:30-5:30 PM
Additional ho hours TBD

YELLOW: Monday 5:00-6:00pm
Wednesday 5:00-6:00pm
Friday 5:00-6:00pm

RED A: Monday 4:00-5:00 PM
Wednesday 4:00-5:00 PM
Friday 4:30-5:30 PM
Additional Hours TBD

**Team Practice will begin on
Monday, September 15th.**

GREEN A: Monday 4:00-5:00pm
Wednesday 4:00-5:00pm
Friday 4:00-5:00pm