

SWIM TEAM PARENTS INFORMATION **2009-2010**

Head Coach: Terry Phifer
Assistant Coaches: Wendy Karickoff,
Bob Phifer, Tom Panichi

REGISTRATION, TIME TRIALS AND PRACTICE SESSIONS

All swimmers may register on Wednesday September 30, 6-8pm or Saturday October 3, 12-3pm. Parents may register their swimmers at the business office. Swimmers must be a West End Lake County YMCA member to register for swim team. Swimmers must register before beginning practices.

PRACTICE SCHEDULE (beginning Monday, October 5)

10&under:	Monday	5:30-6:30pm
	Wednesday	6:00-7:00pm
	Friday	6:00-7:00pm
	Saturday	12:30-1:30pm
11& over:	Monday	6:30-7:30pm
	Wednesday	7:00-8:00pm
	Thursday	8:00-9:00pm
	Friday	5:00-6:00pm
	Saturday	1:30-2:30pm

PROGRAM

Our swimmers compete against other large teams in our Northeast Ohio Swim League called dual meets, these meets are mandatory. Swimmers also have additional opportunities to swim at invitational meets hosted by other swim teams, these meets are optional. "(Often 8 or more teams competing

All swimmers are expected to swim all dual meets and the division championship meet. Dual meets are held on Saturday's either as a home meet or away at another YMCA. The swimmers participate in seven dual meets each season. At the end of the season there is a Divisional meet that is held by one of our teams in our division and all swimmers participate at this meet. The Division meet is going to be held February 6th or 7th. At the Division meet some swimmers will make times to participate at the League meet that will be held around March 1st. The parents club pays for all Division and League meet entries.

Age groups are:	Mini Cadets	8 & under	Junior	13-14
	Cadets	10 & under	Intermediate	15-18
	Preps	11-12		

A swimmer's age on December 1, 2009 determines the age group he/she swims for the season. Swimmers must be 6 to participate.

Individual events include backstroke, breaststroke, butterfly, freestyle, and individual medley. Relays are medley and freestyle.

DUAL MEETS

October 24 Home vs. Ridgewood

November 7 Home vs. Westshore

November 21 Away vs. Cuyahoga Falls

December 5 Home vs. North Canton

December 19 Away vs. Youngstown

January 9 Home vs. Ashland

January 23 Home vs. Tuscarawas

Division Meet To be announced

League Meet Cleveland State

Zone Meet March 19-21

Division and League meets are Mandatory.

If a swim meet is scheduled and you are unable to attend, you must notify one of the coaches IN WRITING OR E-MAIL by Wednesday, before the meet so they will not include the swimmer in the line up.

Home swim meets will begin at 1:00pm with our swimmers arriving at 11:45am for line-ups. Warm-ups will be 12:30pm for the visiting team and 12:00pm for our team. Parent's participation is a requirement at all home meets. There are many jobs that need to be done at these meets, please see the handbook for further details. In order to swim at championships you must swim at least four dual meets.

ELIGIBILITY

*Girls and boys ages 6-18 years are eligible to participate.

*Swimmers must be in Minnows level of the National Progressive Swim program for stroke development.

*A youth or family YMCA membership is required.

No swimmer shall practice or participate on another team from Oct 1 until last day of National meet in April (unless they get permission from the coach and their Y season is over).If the West End Y obtains a USA sanction then there is a 120 day waiting period from the last meet representing another USA team until they can represent our USA team. If a West End member represents another team between the times of Oct 1- April nationals they will not be able to swim for West End until the following year in the NEO league.

PROGRAM FEE AND OTHER COSTS

The Swim Team participation fee is separate from YMCA membership and is an operating fund to cover staff, pool time and administrative costs. Participation fees must be paid before starting practice. Financial aid and payment plans are available through Sue Dietrich. Participation fees this year will be:

1st child	\$115.00
For 2 children	\$180.00
For 3 or more children	\$220.00

Program fees need to be paid before the first practice at the front desk. Program fee may be paid monthly by setting up a payment schedule in the business office.

The swim team board is in the process of discussing a fund raiser to support the parent's account.

SWIMSUITS

Suits are custom made there will be three different styles for the female suits and two styles for the male suits. Suits are being made by Agnon Company. We will be ordering suits on October 9. Suits are mandatory for all swimmers we are a team. Suit payment must be made at the time of ordering the suit.

Female	Freeback Streamline	\$65
Female	Freeback Lycra	\$49
Female	Thin Strap Lycra	\$49
Male	Jammer Streamline	\$47
Male	Jammer Lycra	\$34

INVITATIONALS (Optional Meets)

In February, we host an invitational swim meet called the Pentathlon (February 21) and we ask the parents to volunteer hours as it is a fund raiser to purchase supplies for the swim team such as new starting blocks ours are over 20 years. The parents also solicit ads or purchase an ad to for the heat sheets we sell at the meet.

There are several invitationals your swimmer may attend this year. Information will be posted on the bulletin board as it becomes available. You must sign up by the designated deadline and you must pay in advance to attend these meets. A supply of maps with directions to the invitationals will also be posted on the inside of the swim team closet door.

At invitationals, swimmers not only have the opportunity to choose the events he or she would like to compete in, but also the opportunity to lower their times. They may also qualify for medals and ribbons. Single events are approximately \$2.00 per event and relays are approximately \$2.50 per swimmer. The exact price for invitationals is included in the information posted. There also will be a coach's fee of \$2.00 per invitational meet to help cover the cost of the coach or coaches at these extra meets swimmers have the opportunity to swim at. You may register and pay for invitationals at the front desk.

WILDCAT NEWS

We have a bulletin board outside our pool on which will be posted information about invitationals, dual meets and other points of interest to our swimmers and their families. There is a mailbox that all newsletters will be placed in with each swimmer's name on it inside the swim team closet. It is up to each family to obtain their own newsletter or check their E-mail. E-mail is a great way to communicate.

PARENTAL INVOLVEMENT

Each parent will help in some way during the season. A lot of hands are needed for fund raising projects and home meets. Everyone should be willing to pitch in for the benefit of the team.

The West End Swim Team Parents Club and the YMCA worked together over the years and are very excited to use our new Daktronics Timing System. We are hoping with our fundraising to purchase new starting blocks.

WE NEED OFFICIALS!! Best view in the pool!!! We are looking into hosting a officials clinic here or Lake County East End in the near future please watch the bulletin board or e-mail for more information.

We look forward to a season of fun and challenges under the direction of Coach Terry and staff. Good Luck Wildcats!

Sue Dietrich

LAKE COUNTY WEST END YMCA PROCEDURES AND RULES

We hope this year will be one of the best. Listed are several procedures and rules that swimmers and parents must follow. These rules are to insure each swimmer's safety and to help get the most out of every practice and to ensure a smooth running program.

As our team grows, the cooperation of every parent and swimmer is essential to the smooth running and efficiency of the team. Failure to comply with the procedures and rules listed below may result in suspension from the team and eventual termination from the team for repeat offenders.

Thank you in advance for your support.

- 1) See practice requirements under general information. If you have a schedule conflict please see or call the Head Coach. If you attend Saturday's practice, it will count as a practice for the following week.
- 2) If a swimmer is **unable** to make a meet, they must leave a note in Coach Terry's mailbox or e-mail by Wednesday before the upcoming meet.
- 3) Coaches will make decisions regarding swimmer's competitive events.
- 4) All swimmers must take showers before entering the pool and no horseplay in pool or pool area, including locker rooms. We strongly recommend swimmers with long hair to have hair tied back or a bathing cap and goggles.
- 5) All swimmers must scan membership card to Front Desk before they enter the locker rooms and pool.
- 6) All articles of clothing are to be placed in the locker rooms. Please use a lock on your locker and check valuables in lockers in front lobby or in the main gym hallway. The Y is not responsible for lost or stolen articles. Street clothes/ shoes in the pool will not be permitted.
- 7) Being rude to the Front Desk personnel as well as any other Y staff either here or at away meets will not be tolerated. Each team is expected to behave properly during practice and scheduled meets. For all misconduct and behavior problems you will receive one (1) warning. If a second warning is necessary, you will be removed from the activity and your parents will be notified. If a third warning is necessary you will be removed from the roster for a period to be determined appropriate by the coaching and Y professional staff.
- 8) Equipment is to be put away immediately after practice by all swimmers. Please do not leave the pool until dismissed by coaches.
- 9) Footwear during the meets must be worn outside the pool area.
- 10) Parents are **not** permitted on the pool deck during practices
- 11) At no time are parents permitted on the deck during championship, league, zone or invitational meets unless they are volunteering as officials, timers, etc. If this occurs, the result will be that their swimmer will not be eligible to swim in the following meet and no refunds will be given.
- 12) Each family will have a folder in the swim team mailbox. All correspondents will be placed in the file or e-mailed; it is your responsibility to check your file every time you are at practice. Coach Terry will also e-mail information.
- 13) Parents are to supervise swimmers during swim meets. Swimmers should be in the pool area or in a designated area only during meets.
- 14) All swimmers and parents are expected to treat each facility with respect; this includes picking up trash, not leaving a mess, being polite to all employees and opposing team members and parents.
- 15) Each swimmer must participate in any fund raising events. A fundraiser fee will be charged if swimmers don't participate.
- 16) It is mandatory for parents to volunteer for at least two home meets.

