

WASHINGTON WATER SHARKS SWIM TEAM



FAMILY/SWIMMER HANDBOOK 2020/2021

Sponsored By "The Y's Men & Women's Club"

Dear Swim Team Families –

The Washington Water Sharks Swim team strives to fulfill the mission of the YMCA: to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCA strives to build character in all who participate in YMCA programming. The 3 focus areas are:

- 1.) Youth Development
- 2.) Healthy Living
- 3.) Social Responsibility

Swim team seeks to encourage and motivate each swimmer to develop his or her individual skills and to enhance self-esteem and build confidence. The team can only accomplish this through the active involvement of each swimmer and his/her family. Everyone is involved in the successful coordination of the swim team: administration, aquatics personnel, Water SHARKS Shiver and coaches. Together, they pledge to make this an experience that will positively shape your child.

We thank you in advance for your involvement and commitment to this program and we look forward to a fantastic swim season!

Swim Strong! Swim Fast! Swim Determined!

Samantha Van Houten, Head Coach – 319-461-5060
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Water SHARKS Shiver, Family Booster Group

Participation Requirements:

To participate on swim team:

- Swimmers are required to be YMCA members (see swim team fees, below).
- 8 and under swimmers must be able to swim 25 yards (one length) continuously, without assistance or floatation.
- 9 and up swimmers must be able to swim 50 yards (2 lengths) continuously, without assistance or floatation using 2 of the 4 competitive strokes (freestyle, backstroke, breaststroke, or butterfly).

Swimmers will be grouped using the age of the swimmer as of December 1.

Participation Supplies:

- **TEAM SUIT/SWIM CAP/GOGGLES:** A one piece suit for girls is required. Jammers are preferred for boys. Team suits are available for purchase, but are **not required**. Team swim caps are strongly encouraged for swim meets by Iowa YMCA Competitive Swimming organization (available for purchase from the Water SHARKS Shiver) but are not required. Goggles are also encouraged. We usually have a few extra pairs if someone forgets, but please bring your own. Swimmers 12 & under will not be allowed to wear "tech" suits.
- **CLOTHING/APPAREL:** Each swimmer will receive a swim team t-shirt. **Optional** apparel orders for team spirit wear are coordinated by the Water SHARKS Shiver. Order forms will be available in early November and items should be back in time for the first swim meet.

Fees:

Y memberships and dues must be paid 30 days prior to a swimmer's participation in their first swim meet. The first meet of the season is November 21st, so dues and fees will be due on or before October 21st. If you are not attending the first meet, fees/memberships due October 26th. ***All memberships and dues are payable to the Washington Community Y. If these fees are not paid by the date specified, the swimmer/s will not be allowed to practice or attend swim meets.***

All swimmers must have a **Washington Community Y Membership**. The following memberships may be obtained by swimmers and/or their families:

- \$80.00 – 1 year Youth Membership
- \$240.00 – 1 year Teen Membership
- \$684 – 1 year Family Membership

Swim Team Season Dues: \$150 per swimmer. Swim team dues specifically cover the cost of participating in swim team and cover all expenses incurred by the Y to conduct swim team: coaching and coaches travel expenses; registration, promotion and printing; meet registration fees; scheduling and submissions; lifeguards.

Swim Team Rules:

- Parents and family members will not be allowed on the pool deck during practice. They may wait in the lobby area or the pool observation area.
- **Always scan your YMCA membership card at the front desk when you arrive.**
- Be on time and ready to swim. That means on the deck with equipment ready when your workout begins, not talking in the bathroom or hanging out in the locker room.
- Work hard and try your best.
- Demonstrate proper sportsmanship. Treat your coaches and teammates with respect. Swimmers are expected to be on their best behavior at any meet, whether home or away.
- Appropriate language and behavior will be used in the Y (including pool area and locker rooms) or when on the road.

Practice Times:

Age Group	Monday	Tuesday	Thursday
8 & Under	4:15-5:00 pm	No Practice	4:15-5:00 pm
9 & 10 year olds	5:00-5:45 pm	No Practice	5:00-5:45 pm
11 & 12 year olds	5:45-6:45 pm	No Practice	5:45-6:45 pm
13-14 years old	6:45-7:30pm	7:00-7:45 pm	6:45-7:30 pm
15 & up	7:30-8:30pm	7:45-8:45 pm	7:30-8:30 pm

- **ONLY new swimmers may swim on a trial period, without paying any fees, at regular practice times on Monday October 19th and Thursday October 22nd.**
- Returning swimmers start October 26th. The regular swim practice schedule is effective up until the sectional meet. Regular practice times may change for swimmers who qualify for state or regional meets.
- There are **no practices** when Washington Community School District cancels classes or gets out early due to inclement weather.
- No Practice Dates: November 2-6, November 26th, December 24th and 31st, and March 8th.

Weight Room: 13 years and older

The use of the weight room will be under supervision of the coaches. Weight lifting/training is not required, but highly encouraged. Swimmers may use the weight room before practices, but must scan their card upon arrival. There will be times where coaches and swimmers use part of practice time to utilize the weight room.

Family Responsibilities:

The single most important thing that families can do to help their child is to instill in their swimmer a strong and healthy sense of sportsmanship, character and self-image. In addition, parents and guardians can do the following to help their swimmer have the best possible experience with swim team:

- Keep yourself up to date on your child's swim team activities.
- Volunteer to time, at away meets, if necessary, and help with team activities.
- Be uplifting and supportive of your child throughout the season.
- Help your child plan, set, strive and achieve their goals.
- Be patient. Each swimmer progresses at a different pace.
- Speak with coaches directly about swimmer and officials concerns in a respectful manner; do so at an appropriate time and place, and **not during meets or during practice.**

Much of swimming is an individual sport, it's important to remember that each swimmer plays a vital role on the **TEAM.**

Swim Meets:

We encourage swimmers to participate in a swim meet; however, it is not mandatory to do so. Each swimmer must compete in **THREE** YMCA meets to participate in the Sectionals/State meet.

These can last most of the day (usually 4+ hours). Warm-ups are sometimes 30-45 minutes before the meet starts. Once the meet starts, everyone will watch for their event numbers so they know when to go to the Clerk of Course (more information on this once meets start).

**Coaches are often on deck the whole meet, but ask a returning swimmer/parent if you need help or have questions about the meet.

Swim Meets: Signups

Swim meet signups will be done using the Team Unify website or app. An email for specific swim meet signups will be sent to parents/guardians. Swimmers can sign up for meets indicating specific events they want to swim, or just stating "yes" or "no" for attendance. If you have questions or problems, please contact the coaches.

Swim Meets: Travel

Parents/guardians are responsible for driving swimmers to and from meets. Carpooling is encouraged but not facilitated by the Washington Community Y. Please contact a coach or Water Sharks SHIVER member if your child needs transportation.

Swim Meets: Day of the Meet

- If you are unable to attend the meet, call your coach as soon as possible. This is very important so the coaches can re-adjust relays if needed.
- Arrive at least 15 minutes before warm-up.
- Check in with volunteer or coaches to receive event numbers.
- All swimmers are required to warm up at our assigned team time unless approved by a coach.

Communications:

Team email: swimteam@washingtoney.org

Team website: www.teamunify.com/ymca-2229 or through the link on the Washington Community Y webpage, www.washingtoney.org, under the programs/aquatics tab.

Mobile App: OnDeck (iOS, Android)

Facebook: www.facebook.com/watersharksswimteam

- **TEAM UNIFY:** We will be using Team Unify again for all swim team and Water SHARKS Shiver communications. The website will use email and SMS text messaging to communicate with swim team families. Coaches' contact information will be available on the website. The Team Unify website has a calendar with all meets and events, including addresses of meet locations and information about meet start times, warm ups, etc. Water SHARKS Shiver will also use the website to post information about swimsuit/apparel orders, volunteer signups and other activities.

Each family will have an account to track their swimmers' times, meet signups, practice times and other information. You will receive an email to set up your account after we have updated your contact information through registration. Team Unify can be accessed online via the website or on your mobile phone through the app.

- **BULLETIN BOARD:** Information is also posted on the swim team bulletin board located on the wall next to the hallway that leads to the pool.
- **COACHES COMMUNICATION:** If you need to talk to the coaching staff, please do so before or after practice, by phone or e-mail, or by using the website. ***Please do not try to talk to coaches during practice or when they are busy at a meet.*** We appreciate your support with this!
- **CANCELLATIONS:** If a practice or meet must be canceled because of inclement weather, the cancellation will be posted to the KCII cancellations page and Facebook, as well as sent by email and/or text message.

Meet Our Coaches

Samantha Van Houten – I have lived in Washington most of my life. This will be my 3rd year as head coach. I have 4 crazy kids with my fiancé Lance, one of which is going on her 5th year of swim team. I joined swim team when I was 8 or 9 and continued to swim until about 16. My dad was a coach when my sisters and I swam, so I think it is kind of neat to have the chance to coach as well. While on swim team I made it to state as well as regionals in breaststroke, which is my personal favorite! I think my favorite thing about swimming is the fact that there are always new goals that a person can set. I look forward to helping everyone improve their swimming skills, set some goals, and make it a great season!

Kathy Dolan – I live in Washington with my husband and 2 daughters, Kyleigh, 14 & Ryann, 10. My love of swimming began in childhood. Growing up in Chicago, summers were spent swimming in our backyard pool or at a beach. I swam on my High School swim team for 2 years, where I swam breaststroke (it is my favorite too!). In 2008, when my family and I moved to Washington, my older daughter continued her swim lessons at the Y. She started swim team in 2009 and we have been involved with the program ever since. During the 10 years we have been involved, I have served on the parent board, became a Certified Level 1 Swim Official for 2 years and continued that training too to be a Certified Level 2 Official for the past 4 years. This will be my 5th year coaching the Water Sharks. I enjoy watching the kids improve their swimming skills, reaching their goals and knowing that I had a part of it. I am looking forward to a great year!

Washington Community Y Water Sharks Swim Team 2020-2021 Schedule

October 19 & 22	Try-out practice times (new swimmers only)
October 21	Y Membership/Swim Team Dues must be paid for all swimmers by October 21 st to participate in the first meet.
October 26	First day of practice for all swimmers
November 2-6	No practice per schedule
November 21	@ Keokuk (2 sessions, 10 & under and 11 & up)
November 26	No practice, Thanksgiving
December	Team Pictures – Date/time TBA
December 5	@ Newton (2 sessions, 10 & under and 11 & up)
December 12	@ Ottumwa
December 24	No practice – Christmas Eve
December 31	No practice – New Year’s Eve
January 9	@ Oskaloosa
January 23	@ Oskaloosa
January 30	@ Keokuk (2 sessions, 10 & under and 11 & up)
February 13	Sectional Meet Weekend @ TBA
March	State Dinner, Y’s Men Room TBA
March 6	State – Girls @ Marshalltown
March 7	State – Boys @ Marshalltown
March 8	No practice
March	Regional Swimmer Dinner, Y’s Men Room TBA
March 20 & 21	Y Regional @ Wellmark YMCA, Des Moines, IA
March 27 & 28	MYAS Regionals, University of Minnesota Aquatics Center, Minneapolis, MN
April	Year-end Banquet – Time TBD

Championship Meets

*****Important highlights*****

***Swimmers will be able to qualify for the 2020-21 YMCA State Swim Meet during any YMCA Closed Season Meet within the current season. Times from USA observed HS meets can be used as Q times.** Swimmers will still need to meet the three meet criteria to be able to attend.

***Sectionals will be optional to attend if State Q times have already been met.** There will be no 'Auto-Advance' option for the winner of an event at the sectional swim meet. Swimmers will need to meet the Q time.

Sectional Meet: To be eligible to compete, each swimmer must swim in three YMCA meets prior to this meet. The swim team will pay the registration fees for this meet. Here is the new information for the upcoming season for Sectionals:

***State Qualifiers:**

*Can enter events in which they have a State Qualifying time as exhibition only to better their seed time.

*Can enter events in which they do not currently have a state qualifying time.

*Can opt to skip swimming in the sectional meet

State Meet: To qualify for this meet, the swimmer must equal or better the state qualifying times *AT ANY MEET*. Coaches will also select alternates for relays.

Y Regional Meet: (YMCA meet): The swimmer must meet qualifying times at *ANY MEET DURING THE SEASON*. A list of events and qualifying times will be posted on the bulletin board and the website.

Midwest Regional Meet (non YMCA meet): The swimmer must meet qualifying times at *ANY MEET DURING THE SEASON*. A list of events and qualifying times will be posted on the bulletin board and the website. There is an additional fee for this meet, which is the responsibility of the swimmer/parent.

*I have not heard any changes on these, but will update if any changes are made.