

# Tri-Hampton YMCA Senior Swim Team

## Handbook 2011-2012



MIDDLE  
ATLANTIC  
SWIMMING



### Senior Team Coaching Staff:

Director of Competitive Aquatics: Heather Jorris

[cooperjorris@comcast.net](mailto:cooperjorris@comcast.net)

Head Coach Senior Group Program: Bill Ludwick

[wrl1605@mac.com](mailto:wrl1605@mac.com)

Head Coach Age Group Program: Nicole Skinner

Assistant Coaches:

Erin Dunn

Bill Bagdon

Paul McKenzie

Will Wells

Melanie Craig

## A Senior Level YMCA/USA Competitive Swim Program

Training in Newtown at the Bucks County Community College

***A YMCA NATIONAL "TOP-FIFTEEN" SWIM PROGRAM WHICH OFFERS THE BENEFITS OF BOTH YMCA NATIONAL SWIMMING AND USA SWIMMING***

Founded in 2002, the THY Swim Team has risen rapidly to national prominence. THY athletes not only improve athletically (whether it's obtaining a first "A" time or a USA Swimming Senior National cut) they also grow to embrace the core values of caring, honesty, respect and responsibility. We realize that every club has it's pro's and con's, including ours. That is not to say we are better. We are just different.

### **The philosophy and objectives of the YMCA Senior Swim Team are:**

- To provide a quality competitive YMCA/USA Swimming swim program for Senior (13 & older) level swimmers. Younger swimmers and their parents should refer to our Age Group Program.
- To provide an opportunity for the personal growth of the swimmer as an individual and as a member of the team.
  - To help all members of YMCA Swim Team families reach their God given potential in spirit, mind and body.
  - To embrace the YMCA vision of building strong kids, strong families and strong communities, and reinforce the YMCA core values of caring, honesty, respect and responsibility.
  - To seek team members who work hard, are dedicated and who **want** to do what it takes to reach their potential without the need for coach mandated practice requirements.
  - To understand that it is in the club setting where the swimmer learns to hone their craft. And it is at this age where the swimmer must decide if they are going to pursue excellence or participation. We are trying to provide a training environment, an avenue, which allows for this commitment. We will remain flexible with those who are not ready to make that level of commitment however; the focus of the club will be to pursue excellence for those that aspire to achieve excellence.
  - To seek year – round team members. Missing one summer is permitted only in certain circumstances as discussed with the Lead coach on a case by case basis, and return to the team the following season is permitted **ONLY** if there is a space available. Year - round swimmers will be given priority. Not swimming for THY two summers in a row will eliminate a swimmer from the roster.
  - Team members are expected to attend all required team meets (including the Team travel meet) and all YMCA District, State, and National meets for which they qualify.
  - That building the concept of "team" ... even within an individual sport is critical to the philosophy of our club. That "fit" is more important than swimming ability.

## THY SENIOR OBJECTIVES FOR SUCCESS

- **Consistency**
- **Technique**
- **Dedication**
- **Vision**
- **Drive**
- **Communication**
- **Team Atmosphere**

Our swim team emphasizes having fun and learning to enjoy the sport. We also emphasize the development of life-long values of sportsmanship, self-respect, respect for others, honesty, caring for others and responsibility to self and others. We hope to develop healthy attitudes about winning and losing.

### **We are striving for:**

**Consistent Leadership** - Here we use the analogy of a limousine. The limousine is the club, the passengers are the board and membership, and the chauffeur is the coach. The goal is to get the limousine to a destination. The Director of Competitive Aquatics and Head Coaches set the destination. If this is their chosen limo, the passengers get on board to get them to their destination. The chauffeur (head age group coach) takes care of the immediate task at hand of getting the limo to its destination on time, safely, and without losing too many passengers. Conflict happens when the passengers start redefining the destination or the route to the destination even though the chauffeur knows the best way.

**Consistent Coaches.** There's not a lot of flip-flopping around and the message is consistent. The direction of the age group program is being set consistently by the age-group coach who passes well prepared swimmers on to a Head Coach/ Director of Competitive Aquatics who has a consistent direction for the Senior Program.

**System Wide Goals.** The entire THY team and each group have system wide goals. Goals were not something just being set up for the senior kids. There are yearly, seasonal, monthly, even daily goals present in one form or another

**Common Teaching Language.** There's a common teaching language that is introduced to the swimmers in the novice group (the entry level group), and that language is then expanded on and enriched on all the way up to the Senior National Program.

**Supportive Parent Layer.** The YMCA is a volunteer driven organization. Like all YMCA programs, our swim team program's success is dependent upon two groups of dedicated individuals working together: YMCA coaching and administrative staff and the volunteer THY Swim Team Parents Association.

**Maintain a Standard of Excellence.** Both groups want to be the best that they can be ... from age group to national.

As a member of Middle Atlantic Swimming, United States Swimming and YMCA National Swimming, the YMCA Swim Team will promote and participate in the local, regional and national competitions sanctioned by these bodies. These competitions progress in proportion to the abilities of a swimmer.

## THY Training Facility

THY trains at the Bucks County Community College. The pool is six lanes equipped with Competitor racing lanes and Paragon starting platforms. Parking passes for families will be distributed in the beginning of the year and allow families to park in designated Student Parking lots. Parents may temporarily park by top pool entrance to pick up swimmers. Parents and swimmers are not permitted to park in BCCC Physical Education parking spots by side entrance of the pool. These are for BCCC Physical Education staff and YMCA coaches and special permits are required. On rare occasion (pool closure due to BCCC closing or pool maintenance), THY swimmers may train at other facilities. Where there is a practice venue change, an e-mail and text message will be sent to you. THY has always maintained an OPEN DECK policy for parents. Feel free to sit in the bleachers and watch practices and ask coaches questions when they are available.

Visit our Website at: <http://swimthy.worldswim.net/> for important information.

Visit the BCCC website at: <http://www.bucks.edu/> to see if the campus is closed forcing practice cancellation.

### Dates & Deadlines:

**Monday, August 22:** Email intent to register to Bill Ludwick (wrl1605@mac.com) and Lori McKenzie, team treasurer (lorimckenzie@live.com)

**Monday, August 29:** All forms and registration paperwork to Lori McKenzie. Mail completed registration forms and initial payments to: Lori McKenzie, 2013 Trowbridge Rd. Newtown, PA 18940.

**Monday, August 29:** Mandatory Parents and Senior Swimmer Meeting at 7:00 PM at Chandler Hall

**Wednesday, September 15:** Practice Begins at 5:00 PM

### Practice Schedule:

Practice schedule is subject to BCCC pool availability and is subject to infrequent minor changes. Where there is a practice cancellation or change, an e-mail and text message will be sent to you.

#### *Senior Swimmers*

#### September – December

M, W, Th: Pool Time 5:00 – 7:00 PM Dryland 7:00 – 7:30 PM

Tuesday Pool Time 4:30-7:00 PM (4:30-5:00 is start and turn work specific) Dryland 7:00 – 7:30 PM

Friday: Pool Time 4:00-6:00 PM Dryland 6:00-6:30 PM

Saturday Dryland 7:30-8:00 AM Pool Time 8:00-10:00 AM

### Practice Philosophy

The YMCA Swim Team Senior Group will be built on a developmental coaching philosophy. The training program will be tailored to the physical and emotional development of the swimmer, and will incorporate a variety of techniques. The approach will be a highly motivational one that focuses on individual improvement.

This approach is reliant on the athletes The YMCA Swim Team Senior Group will be built on a developmental coaching philosophy. The training program will be tailored to the physical and emotional development of the swimmer, and will incorporate a variety of techniques. The approach will be a highly motivational one that focuses on individual improvement. We follow a cycle-training approach that is designed around a macro (seasonal) and micro (weekly) template. The design of both is to best position each swimmer to achieve maximum results for our taper meets.

**Practice Assignments** are made by the coaches. Practice assignments are based on the age and capacity of each child to handle a given amount of work. Confer with the coach for any question, variation or exception regarding your swimmer's practice routine.

**Getting Out Early:** If there is a valid reason a swimmer needs to leave practice early, (dentist, doctor, etc.) the coaches request that advance notice by email or text be made by a parent. The coaches are responsible for your child at the assigned practice time and want to make sure he/she will be released with your knowledge and into your care.

**Arriving Late:** Every effort must be made to have the swimmer arrive for practice on time. The swimmers need to be ready to dive in the water at the scheduled time. This is very important to the continuity of practice. Coaches must be notified if there is some reason the swimmer will be late. Likewise, parents, please be prompt when picking up your child after practice.

## **Practice Attendance**

THY does not have mandatory attendance guidelines. That said, our training philosophy is based upon a high percentage of attendance. As an athlete ages up and matures there is a direct correlation between consistent attendance/effort and realizing personal goals and capabilities.

Our goal is to instill a passion for swimming ... and for swimming at THY in particular. We hope that this will lead to a desire to pursue excellence, rather than participation. THY senior swimming practices will be held six days a week. In order to take advantage of this training environment, every effort should be made to attend as many practices as possible. As long as we keep open lines of communication we will strive to do what is in the best interests of each individual swimmer. Please discuss with the THY coaches about reaching appropriate balance should practice conflicts occur.

In the winter season, once HS begins, a cooperative practice agreement will be worked out. The Senior Group relies upon a cooperative effort between the YMCA coaching staff, the swimmer, the HS coach and the swimmer's parent/guardians.

PLEASE let me know if an athlete is going to be absent for more than 1 day.

## **The YMCA Swim Team Senior Level Practice Groups**

All swimmers will practice together. The coaches place swimmers in lanes according to ability level and specialty. On occasion, a further sub division will occur into "**Stroke Specialty**" and "**Sprint**" sub- groups. A "**Distance**" subgroup runs almost every session.

## **Meet Schedule**

A meet schedule will be put out in the beginning of the season. This schedule is tentative and subject to change. THY Senior swimmers compete in 1- 2 meets per month from October through each swimmer's end of season Championship Meet. Meet entries are done by the coaches. An e-mail will go out to all families with meet information approximately 2 weeks before entries are due. If you do not respond to the e-mail that your child is NOT available to swim on a particular day of the meet, your child will be entered in all days of the meet and entry fees will be deducted from your meet fund.

## **THY Goal Setting**

At THY we believe it is very important for swimmers to have goals present daily, weekly, monthly, each season and beyond. We will sit down with each individual swimmer once the season has started and assist them in mapping out their goals, reassessing, and putting them on paper. There will be constant follow-up throughout the season.

At the Senior level there is an expectation of ownership of the goals by the athletes. This expectation is greater as an athlete gets older. At the end of the day this is their swimming career – it is proven that the great athletes are the ones that embrace this ownership.

This doesn't mean that the coaching staff will be silent on monitoring the goals – it does mean that we will encourage them to embrace the goals that have been jointly developed and mentor the athletes to embrace the process and commitment that are needed to achieve them.

In the end goals are less about a specific time, but more about outlining what needs to be done to realize them.

## **General Season Plan for Swimmer Development**

We will stress both the biological/physiological and mental/psychological aspects of athlete development. It is important for not only coaches, but also swimmers and parents to understand the physiological development of the young athlete so that we may work together to maximize the potential of the swimmer. Season Plan:

**Cycle I** - Preseason (September): The goal is to lay the foundation for a successful season. There will be more “teaching” and development of technical skills. There will be a focus on developing good practice habits such as getting in on time, warming up/down, pace clock use, streamlining, starting and finishing at the wall, etc. We will implement a Dryland program which will emphasize translating muscular work to swimming velocity. Dryland will focus on land based aerobic work, abdominal training, the use of medicine balls, stretch cords, jump ropes, and stretching. During this phase we will attempt to advance the swimmers and parents general knowledge and understanding. There will be a gradual improvement and maintenance of physical conditioning. Freestyle stroke drills and technique training will be emphasized.

**Cycle II** - Aerobic Development (October / Late December-January): The goal is to consolidate training and to lay the foundation to meet the physical demand requirements of the season. We will begin developing a “Base”. The toleration of increased levels of physical and mental pain in order to meet challenging but realistic goal sets. More emphasis on specialty stroke drills and technique training will occur. Dryland will continue.

**Cycle III** - Anaerobic Development (November / Late January – Early February): Gradual shift from quantity intense training to quality speed work. Maximizing of specific training effects without undue fatigue. Aerobic “maintenance” work will still occur. Differentiation between “sprint” and “distance” groups will become more pronounced. Dryland will continue.

**Cycle IV** - Race Specific Development (November- Early December / Late February - March): Development of the racing attitude with particular emphasis on specialty race technique (mental & physical). Improvement of tactical skills, starts, turns, finishes, pace judgment and race rehearsal. Relay Team bonding and technique work. Dryland will be phased out.

**Cycle V** - Taper (Early December / Late February or Early March): Recovery of physiological systems as the body commences the super compensation phase. Rest. Final race rehearsal. Commitment to both the high quality efforts and the necessary rest, relaxation and nutritional components that are essential to the taper phase. No Dryland except stretching.

**Competition** (December / March): Go for it!

**Re-tapering** (Y Nationals - April) - After a successful taper, you may have to “retaper” for another meet which closely follows the original taper meet. For the first couple of practices we will move the aerobic yardage back up to 30-50 percent pre-taper yardage. We will then bump them up to full pre taper aerobic yardage for a couple of days. We will then start an abbreviated taper for the next meet relying on the same principles and belief systems which made the first taper work.

**Recovery:** Set mind on other interests. Post competition evaluation and assessment. Active recovery with non swimming light aerobic training.

## Training and Training Categories

When looking at workouts you will occasionally notice “training categories.” A modified list of training categories will be used with workouts throughout the season plan. REC is recovery work, where effort is undefined, and the swimmer’s exertion level is very low. EN1 is base endurance work, with a low to moderate effort level from swimmers. EN2-3 is fast endurance work, with the swimmer exerting moderate to high amounts of effort but still able to sustain the same speed for the duration of a work set. SP1-2 is sprint work, with the swimmer going as fast as possible, even if it results in a decrease in speed during a work set. SP3 is power work, with the swimmer exerting a maximum effort, but with a short duration of work and a long duration of recovery. The following information and table shows training zones and their parameters.

We use “Color Codes “ to designate these categories and ask our athletes to monitor their heart rates (Count for 10 seconds) during practice.

### We are targeting five “Training Adaptations” ... including Recovery.

1. **Aerobic Endurance** – (Both Long basic endurance maintenance and “threshold” endurance ..the ability to sustain a sub-maximal pace for an extended period. PINK/RED,
2. **Aerobic Power** -- BLUE, VO2 max, maximum ability to consume oxygen
3. **Lactate Tolerance** – PURPLE, Lactate Tolerance, the ability to prevent large drops in pH when lactic acid accumulates, physiological (buffer capacity) and psychological (pain tolerance) factors. Work on swimming at Race Pace.
4. **Anaerobic Speed** – GREEN/YELLOW - Sprints, ability to reach and maintain maximum Velocity. Important for our distance swimmers so we can that we reduce the “slowing effect” of endurance training.
5. **Recovery** – We must make sure we incorporate the principles of recovery during our high volume and intensity phases.

- **Aerobic maintenance** sessions are the largest bulk of our volume, where the intensity is a little harder... and gives a greater stimulus to your heart and lungs ... is pink and pink/red (heart rate around 23-24.
- The next biggest chunk of time is devoted to **threshold work** ... **pace work** ... (Red – HR 26)... to give our swimmers the optimal aerobic training effect.. provided the intensity is right.
- The **anaerobic threshold** training speed for each athlete will be different and will depend on many factors. In fact, the **threshold pace** will change for a given athlete during the season. Generally, as an athlete becomes more conditioned, the speed at which **threshold pace** is reached increases.
- We will also give our swimmers short rest interval challenges so they can change from pace to **VO2 max** (Blue – HR 28) ... improving oxygen consumption under heavy stress.

We **BELIEVE** in **PACE WORK**.

## **Parents...Your Athlete Needs You**

To have a successful program there must be understanding and cooperation among parents, swimmers and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the YMCA Swim Team and reacquaint yourself with this section if you are a returning YMCA parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/her child's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

### ***The Coach is the Coach!***

We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and often times insurmountable confusion as to whom the swimmer should listen. If you have a problem, concern, or complaint, please contact the coach.

### ***Best Kind of Parent:***

The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

### ***Not every time:***

Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season, times should improve. Please be supportive of these "poor" meets. Swimmers may have only two or three meets a year for which they will be rested and tapered.

## **YMCA Swim Team Parents Support Association**

The purpose of the YMCA Swim Parents Support Association is to support a program of competitive swimming, thus providing an opportunity for children of all ages to develop in this program. All parents of YMCA swimmers are also members of the Association. The Parents Association has a general membership meetings periodically. These are announced in advance and all parents are encouraged to attend. The Executive Committee is a subset of the Parents Association. Parents who are interested in becoming members of the Executive Committee should contact a coach or any committee member. The Executive Committee meets as necessary and positions are evaluated as conditions change and senior parents graduate. To support the YMCA Swim Team the Parents Association generates revenue through various fund-raisers and special events. This money is used to fulfill our budget needs for the year and to defray some travel expenses for team members as available.

## **The Coaches**

The YMCA Swim Team Coaching staff is a dedicated group of professionals. They have both formal and experiential training in competitive aquatics. Each of the YMCA coaches could be working with your child.

**Bill Ludwick – Head Senior Coach**

**Heather Jorris – Director of Competitive Aquatics**

**Nicole Glace Skinner – Head Age Group Coach**

**Erin Dunn – Assistant Coach**

**Bill Bagdon – Assistant Coach**

**Paul McKenzie – Assistant Coach**

**Melanie Craig – Assistant Coach**

**Ed Heiner – Assistant Coach**

**Will Wells – Assistant Coach**

**Keith Torok – Stroke Technician**

## **Coach's Responsibilities**

The coach's job is to supervise the entire competitive swim program. The YMCA coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself-- "to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.

2. Sole responsibility for stroke instruction and the training regimen rests with the YMCA coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.

3. The coaching staff will make the final decision concerning which meets YMCA swimmers may attend. The coaching staff also makes the final decision concerning into which events a swimmer is entered.

4. At meets, the coaching staff will conduct and supervise warm up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. (It is the parents' job to offer love and understanding regardless of their youngster's performance.)

5. The building of a relay team is the sole responsibility of the coaching staff. It is the swimmer's responsibility to find out if he/she is in a relay. Relays are very important to YMCA and if a swimmer is chosen to swim on one he/she is expected to do so.

## **Academics and College Preparation**

At YMCA, we emphasize academic achievement as much as we do athletic accomplishment. Commitment to academics goes hand in hand with commitment to swimming, and by expecting both from our swimmers they learn time management skills that are well ahead of the majority of their school peers. While each swimmer goes through trying times on occasion, with the help of parents and coaches they learn, over time and in a gradual way, to focus their time and energies in an effective manner. It has been proven that swimmers maintain or improve their academic standing as their training commitment increases during the high school years.

We will support your student athletes during the recruiting process if they have aspirations of swimming in college.

THY athletes have been very successful in being recruited at every level of college swimming.

## YMCA Swim Team Code of Conduct

As a YMCA Swim Team athlete, all swimmers must recognize and agree to conform to the following **Code Of Conduct** at all times while representing the YMCA Swim Team.

- Offer congratulations to my opponents, win or lose, and cheer on my teammates.
- Act and conduct myself with dignity and with respect for others and the property of others.
- Dress in a manner suitable to my position as a representative of the YMCA.
- Be humble in victory and courageous in defeat.
- Always teach and practice good sportsmanship.
- Be a responsible goodwill ambassador between the sport of swimming, the YMCA and the public.
- Promote positive high team spirit and morale.
- Cultivate in myself and encourage in all team members the virtues of patience, courage, justice, and sincerity.
- Strive to do my best, and encourage all team members to do the same.
- Deal justly, kindly, impartially, and intelligently with all of my fellow team members.

### **While taking part in any YMCA Swim Team function:**

- I will not cause physical harm or threaten physical harm to a fellow team member, coach, or parent.
- I will not possess, use or be under the influence of alcoholic beverages, chemicals, or illegal drugs.
- I will not behave in a manner that in the opinion of the coaches or team representative is contrary to normally accepted behavior.

All swimmers must agree that violating any of these may cause me to be sent home, at my parents' expense, and subjects me to dismissal from the team. This **Code of Conduct** remains in effect as long as the swimmer is a member of the YMCA Swim Team.

## YMCA Swimming Eligibility Guidelines

- Must be in good standing as a member of the YMCA of the U.S.A.
- Full privilege annual membership of the YMCA. **(Each Swimmer must join the YMCA)**
- Be a member for a full 90 days prior to the first day of the National, District or State Championships.
- Have represented **only** his/her local YMCA in an open competition during the current season (defined September 1–August 31). A swimmer may represent a team other than their YMCA or school team during the current season but before their eligibility period commences (30 days prior to competition for local meets, 90 days prior for District/Regional/State/National competition). This permits a swimmer, who has represented another team or whose family has relocated, to join and represent a YMCA team at Nationals, Districts or States, even if he/she has represented another non-YMCA team in competition since Sept. 1.
- For National Championships swimmers must be 12 years of age and not over 21 years of age (if has not competed for a college team) as of the first day of National Championships.
- In order to swim in National, District or State Championships Swim in **one** YMCA **Sanctioned Meet**, sanctioned by the National YMCA of America Competitive Swimming Committee and at least **three closed inter-association meets** contested on separate dates during the current year (Sept 1- Aug 31).
- If swimming at YMCA Nationals or Districts, meet the **qualifying time** and provide certification of such. Certified USA and HS times can be used for qualifying times.
- Have a physical within the last 12 months.

## Competitive Age of the Swimmer

Under YMCA rules, the age of a swimmer is determined as of December 1 of the current swim season for that entire swim season. USA-S Technical Rules state that a swimmer's age is determined on the first day of any meet. For the present time, the December 1 eligibility date will remain in effect for dual, invitational and/or championship meets in the local leagues for YMCA meet.

## Guidelines Regarding Summer League Competition for YMCA Swimmers

The YMCA of the USA Competitive Swimming and Diving Advisory Committee has established the following guidelines for YMCA teams and swimmers participating in summer league competition. YMCA teams may compete in summer league competition without affecting the eligibility of YMCA swimmers representing other teams in the summer league providing the following guidelines are met:

1. The summer league season runs between the dates of June 1 through August 31.
  2. The summer league meets are closed to the teams in that summer league.
  3. Summer league invitational's are closed to only teams representing summer leagues.
  4. Non-YMCA teams in the league are strictly summer league teams that disband at the end of the summer season.
- If there are no YMCA teams competing in a summer league YMCA swimmers may participate for non-YMCA summer league teams provided the league meets the above guidelines.

## Trial Period

Every swimmer who is joining the team for the first time gets a 1-week trial period. If the child decides not to join the team you will not be obligated to pay for this trial period. If the child joins the team you will be billed for this time in the normal manner.

## YMCA Membership

The YMCA fulfills its mission through caring relationships over time. A person cannot feel the full impact of a YMCA experience in an 8 or 16 week program experience. This is why the YMCA is a membership organization. A full privilege annual membership of the YMCA is required to participate in the YMCA Swim Team. This membership covers insurance, administrative fees and provides youth with additional activities.

## Nationals Qualification Periods

The qualification periods for Short Course and Long Course Nationals have been extended. For Short Course Nationals, entry times may be achieved between March 1 of the previous year through the current entry deadline. For example, the 2010 Short Course YMCA Nationals qualification period was March 1, 2009 through March 21, 2010. For Long Course Nationals, entry times may be achieved between July 1 of the previous year through the current entry deadline. The 2010 Long Course YMCA Nationals qualification period was July 1, 2009 through July 18, 2010.

## What's It Cost?

Costs of participating on the Tri-Hampton YMCA Senior Swim Team's 2011-2012 season include:

|  |   |
|--|---|
| <input type="checkbox"/>   | <p><b>PROGRAM FEES:</b> <span style="color: red;"><b><u>PLEASE NOTE</u></b></span> The BCCC pool is scheduled to undergo extensive renovation in mid-December, 2011. We are in constant talks with the YMCA and BCCC to come to a solution for a pool to use for the remainder of the 2011-2012 year or to push back or hasten the renovation date/process. Because of uncertainty as to how this will affect us, we are only publishing <b>program fees through December, 2011</b>. (Typically, we publish program fees through Summer, 2012.) As the season gets underway, we will keep everyone informed of developments and will communicate the pricing and schedule for the remainder of the season (January – July).</p> |
| <b>Senior Swimmers</b>   |   |
| <p><b>Total: \$636.00 (payable in 4 monthly installments of \$159.00)</b><br/> <b>After initial preseason payment, dues of \$159.00, monthly payments are due on: Sept. 15, Oct. 15, Nov. 15</b></p> |   |

Discounts: A 15% discount is offered on Program Fees to the 3<sup>rd</sup> and youngest family member registered with THY.

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> | <p><b>PARENTS ASSOCIATION FUND (\$75)</b> Each family is automatically a member of the YMCA Swimming Parents Association and must pay \$75 per season to help finance the group's activities for the swimmers. All parents are required to volunteer to help with team fundraisers, special events and meet work assignments.</p>  |
| <input type="checkbox"/> | <p><b>MEET FUND DEPOSIT (\$100)</b> Each swimmer deposits funds into a Meet Entry fund so that, as they are entered into swim meets, we have funds to cover the entry fees. If the swimmer participates in many meets and events, his/her fund balance will be drawn down quickly; you will be contacted to replenish the fund. Swimmers that don't participate in many meets/events may have a remaining balance that carries over into the next THY swim season. Contact Lori McKenzie for your meet fund balance.</p> |
| <input type="checkbox"/> | <p><b>YMCA TEEN ANNUAL REGISTRATION (\$228/year for SR Swimmers or \$19 monthly) –</b><br/>         This is an annual charge due on the anniversary date that the swimmers joined the team. Due to uncertainty of pool, payment of \$76 can be remitted for Sept. – Dec. or call the YMCA (215-579-6200) for information about family memberships or to arrange monthly credit card payments. The YMCA allows for monthly payments of the annual membership.</p>   |
| <input type="checkbox"/> | <p><b>USA SWIMMING REGISTRATION (\$60 and \$10.00 transfer fee – if applicable)</b><br/>         This is a \$60 yearly fee paid in September. If you were a USA/MA swimmer for another club then a \$10 athlete transfer fee is also required. If you were never a USA/MA member or your membership has lapsed for more than a year then just the \$60 is required. (Swimmers joining after September incur a higher USA registration fee.)</p>  |

**Other costs:**

- **Travel Expenses:** THY participates in a team travel meet every December (at Pittsburgh) and June (at Penn State). We recognize this means a financial commitment. But, these trips are special experiences for our swimmers. Costs may be partially offset by fund raising.  
**Travel Trip Deposit Schedule:**  
 Pittsburgh - deposit due Nov 1 – approx \$250 - bus and hotel (TBD)  
 Spring Nationals - deposit due Jan 15 –approx \$500 -hotel and airfare (TBD)  
 Summer travel meet – deposit due June 1 – approx \$250 if using bus vs. vans (TBD)  
 Summer Nationals - deposit due July 1 –approx \$500 hotel and airfare (TBD)
- **Individual Training equipment:** Swimmers must provide their own equipment such as athletic shoes for dryland, a lock, goggles, kick board, fins, stroke maker hand paddles (red, JR), pull buoys, hand buoy, snorkel and mesh bag. Equipment bags are stored for each individual swimmer at BCCC. Coaches can provide you with more information. We ask that each swimmer provide a stretch cord for dryland training.
- **Team Apparel:** Team apparel order forms and team suit orders will be circulated in September. THY swimmers must wear a THY logoed cap in all competitions and either a solid black suit or solid black with blue piping (team suit) for females and solid black jammer or brief for males.

In order for the team to operate smoothly, every swimmer's financial obligations must be met and each team member must participate in fundraising efforts. This is a swim family and everyone must do their part and meet their financial obligations.

The budget for the YMCA Swim Team includes: Pool rental, Coaches Compensation, Pool Equipment, Coaching Aids (Stretch Cordz Bands, Medicine Balls, Watches, etc), Administrative Costs, Team Registration Fees, Miscellaneous Fees and Insurance.

All parents are required to work the team's fund raisers and special events and help with our team's work assignments at Middle Atlantic and YMCA sponsored meets in which your swimmer is attending. Each family is automatically a member of the YMCA Swimming Parents Support Association and will be billed \$75.00 to help finance the groups many activities for the swimmers.

**Note:** Payments **MUST** be received by the YMCA on time in order for swimmers to participate in practice or meets. Please see Heather if there are extenuating circumstances or financial hardship and speak with membership at Chandler Hall. This is a YMCA program and the YMCA is committed to its members and their continued participation in programs. The YMCA **will** work with any family needing assistance due to extenuating circumstances or financial hardship provided they are aware of the situation.

## **YMCA PAYMENT AND CREDIT POLICY**

Membership fees and program fees are not refundable. Program fees will be credited/refunded if the YMCA cancels a program or the following withdrawal procedures are followed no exceptions.

1. Notice of withdraw from the team **must** be in writing and received 30 days prior to last day of practice.
2. If notice is given prior to the beginning of program, 100% of the paid monthly program fee less a \$10 service charge will be issued.
3. If 30 day notice is given in writing, the resigning swimmer will not be responsible for the monthly program payment fees after the month the swimmer is withdraw from the team becomes effective. For example, if notice is give in writing and the final practice date is in Jan, the swimmer is responsible for all monthly program fee payments up to **and** including Jan.
4. A resigning swimmer forfeits any remaining meet funds and parent fund deposits.