

**Penobscot Bay YMCA  
Sailfish Swim Team  
2006-2007 Handbook**

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## Sailfish Philosophy

The goal of the Sailfish program is to swim fast and build healthy, well-adjusted athletes. It is also our goal to incorporate the mission of the YMCA and help our athletes develop their talents and strengthen values that can be utilized in all aspects of their lives, not just in the pool. Our program is a collaborative effort of swimmers, coaches, “Y” staff, and parents. Each plays an important role in helping carry out and demonstrating the philosophy and mission of the YMCA.

## Coaching Staff

The Sailfish Coaches are a group of talented and dedicated professionals. Each coach, under the direction of Head Coach, Hodding Carter, will work on developing the athletic talent in each of his or her specific ability groups. Each coach’s goal is to provide a supportive and encouraging environment for each swimmer.

Head Coach	Hodding Carter 691-2336	<a href="mailto:Sailfish@penbayymca.org">Sailfish@penbayymca.org</a>
Assistant Coaches	Marie Weferling Jodi Maltese Casey Parent	<a href="mailto:wefers@gwi.net">wefers@gwi.net</a> <a href="mailto:teammaltese@adelphia.net">teammaltese@adelphia.net</a> <a href="mailto:aquatics@penbayymca.org">aquatics@penbayymca.org</a>
USA Coach	Marie Weferling	<a href="mailto:wefers@gwi.net">wefers@gwi.net</a>

<b>2007-2008 Regular Season Practice Schedule</b>
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Sailfish consist mainly in-water training, with some additional dry-land training depending on the age and group of each swimmer. Dry-land training will consist of strength training with and without weights and flexibility exercises. Swimmers under the age of 13 will do most of their dry-land exercises on the deck with one of the coaches. Those swimmers that are over the age of 13 at the beginning of the season will have a regimented amount of dry-land training every.

**Pool Time Practice for all ages begins on Monday October 8, 2007**

**Red Group/ 8 & Under/ (Beginner)**

5:00-5:45 Mon, Wed, Fri

**Blue Group (Intermediate)**

5:00-6:30 Tues, Thurs, Fri

**Gold Group (Intermediate-Advanced)**

5-6:30 Mon-Fri

**Green Group (Advanced)**

5-7:00 Mon-Fri

**Saturday Morning Practice (Optional)**

7:00am-8:30am Sat. mornings – practice will be cancelled if we have an away meet

We recommend that Red and Blue swimmers attend at least 2 practices per week, Gold attend 4 and Green attend 5. All swimmers must attend Friday practices.

**\*\*Please Note:** Only the Head Coach can make the necessary practice schedule changes. In order for everyone to benefit fully from the program it is important that each swimmer practices with his or her specified group. If a swimmer is moved up into a more advanced practice group they will need to pay the difference in price.

## The Sailfish Swim Team

### **Coach's Expectations**

I expect each swimmer to treat all participants, members, YMCA Staff, and coaches with respect and to arrive at practice with a desire and willingness to swim hard and learn how to swim faster. Furthermore I ask that swimmers abide by the attendance policies for the team and conduct themselves responsibly throughout the entire season. Not only do I want this to be our most successful season but I also want all of us to have a fun time while swimming fast. Let's do everything we can to make that possible.

### **Swimmer Conduct**

All members of the Sailfish Swim team are expected to observe the following rules:

1. There will be no willful destruction of property. If such occurs, the swimmer and their parents will be held responsible. We encourage all swimmers to report any damage to the coaches immediately.
2. At all swim meets – both home and away meets and both YMCA and USA organized events – all people associated with the Penobscot Bay YMCA Sailfish Swim Team, including swimmers, coaches, and parents, are expected to behave in a manner that is reflective of the YMCA philosophy and the Penobscot Bay YMCA Competitive Program philosophy. Parents and officials should set the best possible example.
3. Smoking, drinking, use of illegal substances and use of profanities is prohibited and will not be tolerated.

A failure of anyone associated with the Penobscot Bay YMCA Sailfish to follow these rules may result in probation, suspension, and/or termination from the team or the YMCA.

### **Equipment Needs**

In order to properly operate as a team in practice and at swim meets, certain equipment items are needed. Our Parent Support Committee sells most of the listed items. A team suit can be purchased online. A swim cap will be issued to everyone on the team at the beginning of the season.

**ALL** swimmers should always bring water to **EVERY** practice in order to keep hydrated throughout their workout and need to make sure that they have healthy eating and sleeping habits.

### **Practice Equipment**

1. 2 pair of goggles
2. 2 swim caps
3. Water Bottle

### **Suggested Practice Equipment**

1. Practice suit. This can be purchased through the Parent Support Committee and should only be worn during team practices

### **Competitive Equipment Requirements**

1. Competition Team Suit. This suit is **NOT** to be worn at practice because excessive use will wear the suit out.

\*\*\*Team suits will need to be purchased at the beginning of the season. A try-on period will be held to determine which size each swimmer will need. The team suits are not to be worn during practices so that they remain in good condition for meets. Long sleeve and long legged technical suits can only be worn at championship meets.

### **Attendance Policy**

Each swimmer **MUST** attend at least two practices per week unless otherwise approved by the Head Coach. If more than four consecutive practices are missed without approval from the Coach, the swimmer may not swim in the next dual meet. YMCA dual meet attendance is **MANDATORY** and transportation will be provided. All USA meets are optional as are YMCA invitational meets although we do encourage everyone to attend. We succeed as a team!!

- If a swimmer is unable to attend a dual meet, parents need to call Hodding 24-hours prior to the meet.

### **Tardiness Policy**

In order for each practice to run smoothly without interruption, it is absolutely vital for swimmers to be on time to each practice. If a swimmer shows up to practice late he/she will be expected to do dry-land exercises before getting into the pool. If the coaches see a consistent tardiness from a swimmer, the parent(s) will be notified and asked to come in and meet with the Head Coach. Please send a signed note with swimmers or email Hodding if there is a specific reason for their tardiness.

## Swim Meet Guidelines

**The team's Code of Conduct will apply to swim meets as well as practices.**

**\*\*\*All swimmers are expected to participate in ALL dual meets that are scheduled for their team, the first and last closed meets, and the State Meet at the end of the regular season. Swimming in all other meets (YMCA & USA invitational meets) is encouraged, but optional.**

We also expect ALL parents to help out during meets. We always need extra timers, and officials, and during the state meet, we are required to provide volunteers. The Parent Support Committee can always use help in the concession stand at all of our home meets.

### **Check-In and Deck Attendance**

Swimmers are required to check in with the coaches 30 minutes prior to the scheduled warm-up time. Swimmers may leave the deck ONLY with the permission of a coach. It is very important that they check with a coach first so that they don't miss their event.

### **YMCA Meets**

The swimmers' age for YMCA swim meets during the regular season is their age as of December 1<sup>st</sup> of the current swim season. For example, for the 2007-2008 season, the age as of Dec 1<sup>st</sup>, 2007 will be used. The age for Y Nationals, however, is the age of the swimmer the first day of the meet.

In the event of bad weather, the Head Coach will activate the team's phone tree so that everyone is informed as to the cancellation or delay of the meet.

### **Dual Meets**

Dual meets are swim meets where two YMCA swim teams compete. Dual meets are held on Saturdays starting in early November and run through January. Each meet lasts approximately 4 hours. There are no dual meets during the holidays.

### **Closed Meets**

Closed meets are swim meets where more than two YMCA swim teams compete. These meets are also held on Saturdays and run throughout the regular season. They tend to last a bit longer than dual meets.

**YMCA Invitational meets**

YMCA invitational meets are held throughout the regular swim season and are open to all Sailfish swimmers as long as they meet the age and time standards when applicable. Small entry fees are paid by the parents for each event the swimmer intends on competing in.

**USA Invitational meets**

**The swimmers' age for all USA meets is their age on the first day of that particular meet.**

USA meets are held year round and are conducted by USA Swim Clubs. These meets are open to all USA registered swimmers. There is a registration fee that can be paid directly to the Parent Support Committee at the beginning of the season—if you choose to do USA swimming in addition to Y swimming. Marie Weferling, an ASCA Level III Coach, is the USA Head Coach. She and Hodding will choose which meets the “team” will attend and will advise swimmers on other meets they may want to compete in.

<b>Communications</b>
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**E-mail**

One of our primary means of communication is e-mail. An email list with all the parents and coaches e-mail addresses will be issued at the beginning of the season. If your e-mail addresses change please let the Head Coach know so that you don't miss any important information.

**Newsletters**

The Parent Support Committee puts out a monthly newsletter that has a schedule of events for the month and updates for both parents and swimmers.

**Family Files**

The Sailfish Family Files are a great way for swimmers, parents and coaches to get paperwork, ribbons, meet entry forms, and other important information to one another when it can often times be difficult to see each other in person. The family files are found in the balcony area of the YMCA pool and each family and coach has a file.

**Bulletin Boards**

The main Sailfish bulletin board is found in the balcony area of the YMCA. This board will display all notices and meet dates. Along with special announcements and volunteer sign up sheets. We also post copies of committee meeting minutes and the newsletter.

\*Please make sure that you check all of the above mentioned frequently as the season progresses. If anyone has any questions feel free to contact Hodding.

<b>2007-2008 YMCA Schedule</b>
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**Teams Initials:**

Auburn/Lewiston YMCA – TCST, Bangor Y – BYB, Bath YMCA – LRSC, Boothbay Region YMCA – BBY, Casco Bay Regional YMCA – CBRY, Down East Family YMCA – DEFY, Kennebec Valley YMCA – KVY, Mt. Desert Island YMCA – MDI, Northern York County YMCA – NYCY, Old Town – Orono YMCA – CCSC, Penobscot Bay YMCA – PBAY, Piscataquis Regional YMCA – PRY, Greater Portland YMCA – PTSC, Sanford-Springvale YMCA – SYT, Waldo County YMCA – WCY, Waterville Area YMCA – MMD

**Saturday, October 27, 2007**

Spooktacular Invitational \*\*\*

**Saturday, November 10, 2007 – Closed Meet #1**

@ PBAY \*\*\*

**Saturday, November 17, 2007 – Dual Meet #1**

PRY @ PBAY \*\*\*

**Saturday, December 1, 2007 – Dual Meet #2**

PBAY @ CBRY

**Saturday, December 8, 2007 – Closed Meet #2**

@Bath, @TCST, @MDI, @Portland

**Saturday, December 15, 2007 – Dual Meet #3**

PBAY @ WCY (Belfast High School)

**January 5, 2008 – Dual Meet #4**

BBY @ PBAY\*\*\*

**January 20, 2008 – Senior Meet at Bangor****January 26, 2008 – Closed Meet #3**

@TCST, @DEFY, @MMD, @CBRY, @CCSC

**February 2, 2008 – Closed Meet #4**

@BATH, @BYB, @MMD, @KVY

**February 9, 2008 – All-Star Invitational Meet**

**February 10, 2008 – MDI Invitational**

**February 20, 2008 – DEFY Invitational**

**March 1&2, 2008 – YMCA State Meet at UMO**

**TBA – YMCA New England Championships**

**April 1-4, 2008 – YMCA Nationals**

\*\*\*Denotes Home Meet

## **Sailfish Parents Support Group**

### **Purpose**

In cooperation with the Aquatics Department, the purpose of the Parents group is to support the Sailfish coaching staff and the functions of the swim team. With this support, fees can be kept at an affordable level for the Program.

### **Objectives**

1. To enhance family involvement in their child's activity.
2. To provide fundraising to support team activities.
3. To provide volunteers for all meets and special events.

### **Association Structure**

The following provide leadership for the Sailfish Parents Group activities:

#### **Chair: Paige Hall**

The Chair is responsible for consulting with the Aquatic Director and the Competitive Swim Director. This person guides and communicates information to and from the Association; schedules a timetable for meetings; and, provides a timely agenda for each. She can be reached at 236-3743.

#### **Finance Chair: Martha Kempe**

The Finance Chair is responsible to keep records for the fundraising account. The Finance Chair is also responsible for developing the annual budget for the fundraising account and presents it to the Association and is in charge of ordering team suits and merchandise.

#### **Communication Chair: Elizabeth Watkinson**

The Communication Chair records minutes from the meetings. This person also writes all correspondence for the Association, including writing blurbs to be included in the monthly newsletter, creating a team phone tree, and emailing meeting minutes to the team's families.

#### **Fundraising: Kriste Ernest**

The Fundraising Chair is responsible for the development, planning and implementing of fundraising for the season. Fundraisers include team pictures, ads for the meet program, middle school dances, Aqua-thon, Car washes, and Pie sales.

**Meet Director: Betsy Saltonstall and Amy Grunder**

The Meet Directors coordinate all invitational and meet functions. This director coordinates the refreshments, officials, timers, and Colorado Timing operators, and is responsible to develop a core of parents from the team that are trained in the use of equipment needed for competition. The Meet Director is in charge of ordering personal best ribbons for the team.

**Coordinators****Social Coordinator**

The Social Lead is responsible to develop, plan and schedule for special events such as the Banquet, Goal setting breakfast, All Parent Dinner, and Pasta Dinner. This position will be filled on a per-event basis. We will be looking for parents to volunteer for these events.

**USA Swimming Coordinator**

The USA Swimming Lead is responsible for answering any questions that parents or swimmers may have in regard to USA swimming.

**Concession Coordinator**

The concession lead coordinates volunteers to work at each home meet in the concession stand. This person also needs to solicit food donations from the parents and purchase food items within the annual budget. Communication with the meet director(s) before home meets is required to ensure that we have enough volunteers.