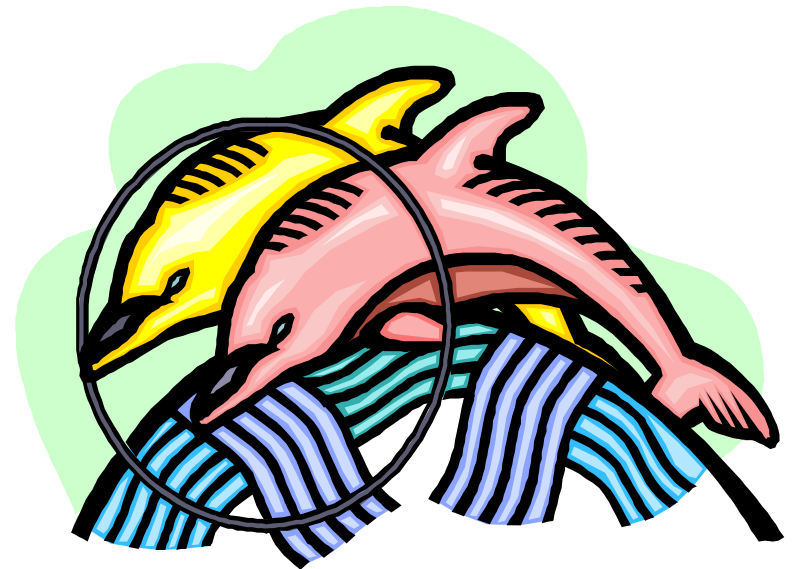
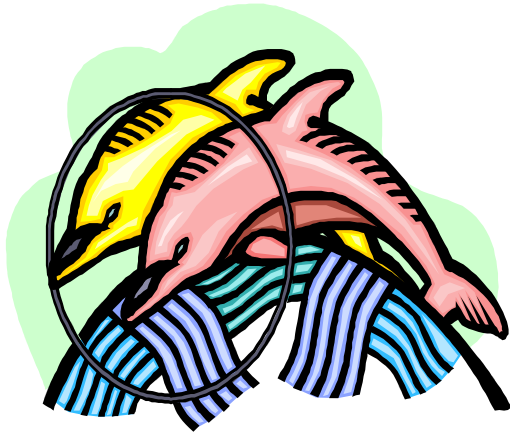


# BLUE DOLPHINS

## Swim Team

2011-2012



## SWIM TEAM



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING FOR  
SOCIAL RESPONSIBILITY

J. M. Tull—Gwinnett Family YMCA  
2985 Sugarloaf Parkway  
Lawrenceville, GA 30045  
770-963-1313  
Fax: 770-963-6037  
Contact Chip Johnston  
Aquatics Director 770-513-5948  
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J. M. TULL-GWINNETT  
FAMILY YMCA



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING FOR  
SOCIAL RESPONSIBILITY

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## **South DeKalb YMCA (SDY) (TRI)**

**770-987-3500**

2575-A Snapfinger Road, Decatur, GA 30034

*Take I-20 East to the Wesley Chapel Road exit #68 (first exit past I-285). Turn right at the exit and immediately get into the left lane.*

*Turn left onto Snapfinger Road. The Y is the first driveway on the right past the cemetery. (15 miles)*

## **Summit Family YMCA (SFY)**

**770-252-7575**

1755 East Highway 34, Newnan, 30265

*I-85 South to the Newnan/Shenandoah exit #47. Turn left at exit onto Hwy. 34. Continue about 2 miles. The Summit YMCA is on the right in the Summit Healthplex building.*

## **The Villages at Carver Family YMCA (VCY) (TRI)**

1600 Pryor Rd,

Atlanta GA 30315

404-635-9622

Turn right on Courtland St and follow past Sate Capitol Courtland merges into I-85/75 South. Take exit 244,

University Avenue and turn left at exit

ramp. Turn right at first intersection onto Pryor Rd. Y is about one mile on left.

(3 miles)

## **Andrew and Walter Young Family YMCA (TRI)**

2220 Campbellton Road

Atlanta, GA 30311

404-753-4169

Take I-75/85 South past Turner Field and continue for 3.5 miles to the Lakewood Freeway (also called Langford Parkway). Exit onto Lakewood Freeway West, exit 243.

Continue on Lakewood Freeway West to Stanton Road.

Exit at Stanton Road and go straight

through the light at the bottom of the exit ramp. Turn right onto Delowe Dr. Turn

left at the next traffic light onto Campbellton Road. The Y is on the left, down a very steep hill,

with parking at the back of the building.

(8 miles)

## Directions to YMCA Away Meets

### **Carl E. Sanders Family YMCA at Buckhead (SBY)**

**404-350-9292**

1160 Moores Mill Rd., Atlanta, 30327

*From I-75 North, take Exit 254, Moores Mill Road. Turn left onto Moores Mill Road. The Y driveway is immediately to your right.*

### **Cowart Family/Ashford Dunwoody YMCA (CAY)**

**770-451-9622**

3692 Ashford Dunwoody Rd.

Atlanta, 30014

*From I-285 West, take Ashford Dunwoody Road, exit 29. Turn left onto Ashford-Dunwoody Road. Go approximately 2 miles and the Y is on the right. From I-85 North, take Ga. 400 North. Exit at I-285 and then take the Ashford Dunwoody exit. Turn right onto Ashford Dunwoody Road. Y is about 2 miles on the right.*

### **McCleskey-East Cobb YMCA (MCY)**

1055 East Piedmont Road NE

Marietta, GA 30062

770-977-5991

Take I-75 North to Exit 263. Merge onto South Marietta Parkway (GA 120 Loop). Take ramp towards Roswell/Marietta. Turn right onto Roswell Road and continue 1.7 miles. Turn left onto East Piedmont Road.  
(19 miles)

### **Robert D. Fowler Family YMCA (FPY)**

**770-246-9622**

5600 West Jones Bridge Rd., Norcross, GA 30092

*Take I-285 West to Peachtree Industrial Blvd., exit 31A. Head North on Peachtree Industrial Blvd. Exit onto Peachtree Corners Circle and turn left at the exit ramp. Continue on Peachtree Corners Circle to West Jones Bridge Road. Turn left onto West Jones Bridge Road. The Y is on the right.*

## MISSION

Your YMCA, reflecting its Judeo-Christian heritage, is an association of volunteers, members, and staff open to and serving all, providing programs and services which develop spirit, mind, and body. Financial assistance is available based on need. The YMCA actively seeks to identify and involve those in need.

## *Introduction*

*The J. M. Tull-Gwinnett Family YMCA offers a seasonal program in our 6 lane 25 meter pool. We do not have a summer team. The program offers a complete competitive swim program for all levels of age group swimmers up to age 18. Stroke clinics are offered throughout the year. Lockers, showers and changing areas are available for boys and girls in the family locker rooms.*

*The YMCA puts the emphasis on all parents that they are directly in charge of supervising their child(ren) before and after practices and/or swim meets.*

*It is the responsibility of the YMCA staff to directly supervise your child in the pool area when they are involved in swim practice or at a swim meet, but not for the supervision prior to or after practice or swim meets.*

*We hope this Parent handbook will give you a brief overview of most of the information needed to get you off to a great and successful swimming season.*

*If you have any questions or comments, please do not hesitate to ask your coach, before or after practice, or contact the Aquatic Department, at (770) 513-5948.*

*The YMCA strongly believes in giving all youth and teens an opportunity to participate and develop their potential in a positive and supportive environment. We would like parents to consider the following as they support their young athlete:*

## **BILL OF RIGHTS FOR YOUNG ATHLETES**

Right to participate in sports.

Right to participate at a level commensurate with each child's maturity and ability

Right to play as a child and not as an adult

Right of children to share in the leadership and decision-making of their sport participation

Right to participate in safe and healthy environments

Right to proper preparation for participation in sports

Right to an equal opportunity to strive for success

Right to be treated with dignity

Right to have fun in sports

Source: Coaching Young Athletes; Martens, Christina, Harvey, Jr. & Sharkey, 1981.

## **COMMUNICATION**

Most memos, updates and directions are posted on the swim team bulletin board next to the registration office. Also, you will receive memos and reminders in a file folder usually found on the pool deck. Look up your folder under your last name, there should be one folder per family name.

E-mail is another way you will receive messages and updates. If you have not given your email address to the Aquatics Department, please do so as soon as possible.

## **THE SPIRIT OF SPECTATING**

The attitude shown by parents and spectators at events toward their own child, the opposing team, the officials, and coaches go a long way towards influencing the child's values and behavior in the game. Disrespect and criticism of officials and opponents undermine the purpose of sport and brings into the swim meet stresses beyond those of competition. Such stresses have no place in a YMCA youth sports program.

Parents should remember:

- You are the role model
- Make swimming participation for your child and others a positive experience.
- Attempt to relieve the pressure of competition, not increase it. A child is easily influenced by outside influences and criticism.
- Respect your child's coach and league officials. These individuals are volunteers giving their personal time and often money to provide a recreational activity for your child. They provide a valuable community service, often without reward other than the personal satisfaction of having served the community.
- The opposition are friends, not enemies. Without the opposition your child could not participate.
- Applaud good play by your team and by the opposing team; never ridicule, verbally harass or criticize anyone.

Between the exuberance and joy of the winner and the tears and disappointment of the loser we find a judge. Understand that the judge's function is to help assure a fair and safe game. They are trained and tested and judge to the best of their ability.

Do not openly question his/her judgment and never question his/her honesty. S/he is the game's symbol of fair play, integrity, and sportsmanship.

Parents and spectators should encourage the child to accept the results of each meet and to be gracious and humble in victory, and proud in defeat, working towards further personal improvement to experience the fun and satisfaction in developing personal skill and ability.

Remember, swimming is a learning experience which goes beyond your child's acquirement of skills. Your own attitude and conduct will greatly influence the quality of that experience.

## MEETS

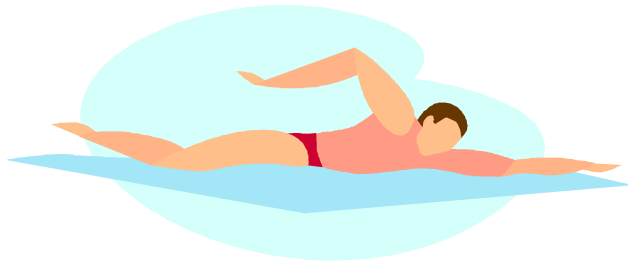
There are 4 types of meets that our swimmers may participate in during the season.

- Blue Dolphins vs. other YMCA Teams
- Fun/Practice Meet (December) TBA
- Championship Meet (February)
- Distance Invitational (November)  
Most distances are doubled for variety.

### YMCA Year Round Swim Team Schedule

- Fall/Winter (Metro Y League)

August	—	October
October	—	December
January	—	February
- Spring (Off season)  
March —April
- Summer/Saturdays  
Stroke Clinics—specific work on different strokes  
No swim meets



Please check the board, your box, and email often for messages!

Our current swim team calendar and other documents are posted at [tgy.ymcaatlanta.org](http://tgy.ymcaatlanta.org)

## PRACTICES

***All 12 & under swimmers must be accompanied by a parent in the facility.***

Swim team practice is the most important facet of the program, although competition is the obvious test of a swimmer's ability and the emphasis seems to be on achievements accomplished within this framework. However, it is practice where the potential and foundation for achievement are established, and we encourage parents to have an interest in and provide support and praise for the swimmer's progress in his or her practice.

More practices attended = Better technique which usually translates to faster times.

***Parents are welcome to come to practice!***

However, parents are cautioned not to interfere with the coaches or swimmers during practice. The reason for this policy is to provide the environment for the swimmers' complete and undivided attention to the coaches and the task at hand.

In the event that a swimmer needs to be excused from practice for several days because of injury, illness, or travel plans, please notify the coach or Aquatic Office at 770-513-5948 or YMCA's Fax # @ 770-963-6037.

## WHAT TO BRING TO A PRACTICE

For practice the following suit and equipment are required:

- **All 12 & under swimmers must be accompanied by a parent in the facility!**
- one piece suit; any make or color, no frills
- a large towel
- dry clothes
- goggles, no masks
- cap (strongly recommended for those with long hair)
- water, no sports drinks
- ear drops are recommended to prevent swimmer's ear; check with your pediatrician first

Suits, shorts, towels, warm-up and all equipment should be clearly marked or tagged with the swimmer's name.

### Optional Additional Team Equipment/Offers:

- **Swim Team Suit-TBA**
- YMCA Team Cap— Latex, ask your coach
- Saturday Stroke Clinics
- ear drops are recommended to prevent swimmer's ear; check with your pediatrician first

Ask Aquatics Department for more information about equipment for practices.

## COMPETITIVE STROKES & EVENTS

*These are the competitive strokes the swimmers will be performing during the swim meet.*

## TIMERS

- Attend Starter's meeting and learn how to work the stopwatch with the starter system.
- There are two timers for each lane- one from each team.
- Ask the swimmer their name and make sure that it corresponds to the timer sheet.
- Run a time for each race (even if there is no swimmer for your lane) as more than one back-up timer may be needed.
- You will start the watch by looking at the strobe light on the starter system and/or listening for the buzzer.
- If your watch fails, raise your hand to ask for a back-up timer.
- When the race is complete write the times for both timers down on the timer sheet and pass it off to the runner.
- You are allowed to tell the swimmer their time.

## CONCESSION STAND

- Help sell items at the concession stand

## CLEAN-UP

- Take down tables, chairs and concession stand.
- Collect trash, bag it, sweep, and hose down pool deck.
- Put all pool deck equipment back in order.
- Help closing guard set-up lap lanes for next day.

## COMPUTER

- Using the HyTek software the computer people enter times taken after each race into the computer. This is at home meets only.

## SCORE VERIFICATION

- After the times are entered and scored into the computer, your job is to double check for any errors made.

## TEAM AREA

- Control the children and try to keep them in the team area except for trips to the rest room and concessions.
- Call out the swimmers names according to the heat sheet as their events are approaching
- Send all swimmers to the bullpen to line up for their event
- Have the swimmers start picking up their trash near the end of the meet

## BULLPEN

- Arrange swimmers into their designated heat and lane numbers in the rows of chairs near the starting area.
- Check the heat sheet to verify that the swimmer is seated according to the appropriate heat and lane number.
- Take swimmers to the starting area behind starting blocks.

## RUNNERS

- After each race take the timer sheets from the timers. Put all sheets in numerical order according to the lane numbers, then event. Take them to the computer area.

**Freestyle** (front crawl): This stroke is one of the fastest strokes performed in competitive swimming. The arms move in an alternating motion through the water. The face turns for inhalation in time with the backward thrust of the breathing arm. The flutter kick is used and is a continuous alternating motion.

**Backstroke:** The back crawl stroke is performed on the swimmer's back. The arm enters the water behind the shoulder, elbow straight, little finger first. The flutter kick is continuous as the arms do their job above.

**Breaststroke:** When performing this stroke, the kick looks like the legs of a frog. The arms move simultaneously to create a heart shaped pattern.

**Butterfly:** This stroke is done as the arms are brought forward over the water and pulled back together. The kick is an up and down movement of the legs and feet and must be simultaneous. This is called a dolphin kick.

## KICKS

**Flutter:** Continuous alternating motion of the feet. This kick is associated with freestyle and backstroke.

**Whip:** Associated with breaststroke. Also known as frog kick.

**Dolphin:** Legs moving simultaneously in an up and down movement. Associated with butterfly.

## ENDURANCE EVENTS

**Individual Medley (IM):** A swimmer shall swim the distance of the event in the following order: butterfly, backstroke, breaststroke and freestyle; completing 1/4 of the total distance of the event in each stroke.

**Medley Relay:** Four swimmers on each team, each team swims the strokes in the following order, each swimmer swims one stroke: backstroke, breaststroke, butterfly, and freestyle.

**Freestyle Relay:** Four swimmers on each team swim only freestyle.

**Long Free:** Twice the length of short freestyle per age group.

## DISQUALIFICATIONS

**DISQUALIFIED:** When a swimmer gets disqualified while swimming, their event is not counted towards placement. Therefore, their time is not counted for points for the team.

*Any of the following infractions will disqualify a swimmer from his/her events in both individual and relay events:*

## SWIMMING STROKES:

### Freestyle:

- Stopping and pushing off the bottom, side or lane rope in such a way as to create an advantage over the rest of the swimmers

### Backstroke:

- Rolling over from back to front
- Gliding too far when turning
- Not using a continuous motion during the turn

### Breaststroke:

- Scissor kick
- Alternating arms
- Bringing the arms below the hip line
- Not touching with two hands at turn or finish

## VOLUNTEER RESPONSIBILITIES

**It takes about 40 people to run a swim meet..... make sure you help out and volunteer! Read on and, sign up, so that you can get your favorite position! ALL parents are required to volunteer in order for their child(ren) to swim. Helping at the meet is a great way to get to know other swimmers and their families.**

Our team will have home meets throughout each season. There is a lot of work to be done ahead of time in planning the meets as well as the day of the meet. Don't forget clean-up after the meet!

We ask you to study the volunteer descriptions so you will know what to sign up for. We may also be contacting parents by phone to fill in the vacant volunteer spots. Remember, we would not ask you if we really did not need volunteers.

We will need head volunteers for each meet area. Such as, head timer, head official, computer and clerk of course. Let the Aquatic office know if you are interested.

### CHECK-IN

- Checks in all swimmers and volunteers.

### STARTER

- Runs the meet (must be a stroke judge)

### STROKE JUDGE

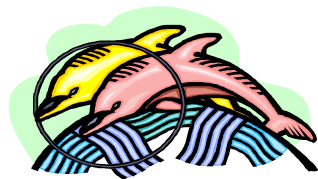
- Judge the strokes (must take a class and be certified) Classes are offered at the beginning of each season. Look for upcoming dates if interested.

## **SWIMMERS' RESPONSIBILITIES**

- Need to arrive one-half hour before the warm-ups to check in and find the team area
- There will be warm-up time before the meet
- Most meets last about 4 hours, depending on the size of the teams and the number of lanes in the pool.

## **MEET SEEDING**

- We may time the swimmers during practice on each stroke so that the Coach will know what event to place your child in for the first meet.
- Swimmers are seeded (placed in order by times) according to their entry times with the fastest swimmers in the final heat of each event. If a swimmer is new to the team and does not have an entry time, he/she will probably be in the first heat.
- All times in all heats count, so a swimmer in an early heat could possibly have a better time than a swimmer in the final heat.
- The fastest swimmers in each heat are assigned to the middle lanes.
- It is difficult to compensate for the disappointment of the remaining team members and their families when the discovery is made that one member of their relay is not there to swim and there is no one to take his/her place. Please be on time as relays will happen first!



- Double arm pull under water

### **Butterfly:**

- Flutter kick instead of dolphin kick (non-simultaneous kick)
- Arms not coming up and out of the water
- Not touching with two hands at turn or finish

## **SWIM MEET** **ORDER OF EVENTS**

<b>Event #</b>	<b>Event</b>	<b>Event #</b>	
<b>Girls</b>		<b>Boys</b>	
1	8 & Under	100 Meters Medley Relay	2
3	9 & 10	200 Meters Medley Relay	4
5	11 & 12	200 Meters Medley Relay	6
7	13 & 14	200 Meters Medley Relay	8
9	15 - 18	200 Meters Medley Relay	10
11	8 & Under	100 Meters Free Relay	12
13	9 & 10	200 Meters Free Relay	14
15	11 & 12	200 Meters Free Relay	16
17	13 & 14	200 Meters Free Relay	18
19	15 & 18	200 Meters Free Relay	20
21	6 & Under	25 Meters Back	22
23	7 & 8	25 Meters Back	24
25	9 & 10	50 Meters Back	26
27	11 & 12	50 Meters Back	28
29	13 & 14	50 Meters Back	30
31	15 & 18	50 Meters Back	32
33	6 & Under	25 Meters Free	34
35	7 & 8	25 Meters Free	36
37	9 & 10	50 Meters Free	38
39	11 & 12	50 Meters Free	40
41	13 & 14	50 Meters Free	42
43	15 & 18	50 Meters Free	44
45	8 & Under	100 Meters Individual Medley	46
47	9 & 10	100 Meters Individual Medley	48

Event # Girls	Event	Event # Boys
49	11 & 12 100 Meters Individual Medley	50
51	13 & 14 100 Meters Individual Medley	52
53	15 & 18 100 Meters Individual Medley	54
55	8 & Under 50 Meters Free	56
57	9 & 10 100 Meters Free	58
59	11 & 12 100 Meters Free	60
61	13 & 14 100 Meters Free	62
63	15 & 18 100 Meters Free	64
65	8 & Under 25 Meters Breast	66
67	9 & 10 50 Meters Breast	68
69	11 & 12 50 Meters Breast	70
71	13 & 14 50 Meters Breast	72
73	15 & 18 50 Meters Breast	74
75	8 & Under 25 Meters Butterfly	76
77	9 & 10 50 Meters Butterfly	78
79	11 & 12 50 Meters Butterfly	80
81	13 & 14 50 Meters Butterfly	82
83	15 & 18 50 Meters Butterfly	84

### MEET ABSENCES

- Coaches and Aquatic Staff must be notified when a swimmer is not going to attend a swim meet. A minimum of 1 week notice is required. If an emergency arises, please e-mail or call 770-513-5948 to notify the Aquatic Staff ASAP.
- Please write swimmers name on the “I won’t be at the meet” sheet located on the bulletin board next to the registration office.
- Informing the Aquatics Staff allows them to prepare for each meet’s changes due to absences.
- Part of being on the team is to help represent our team at meets both individually and in relays.

- Keep in mind, in order to swim at the Fall/Winter Championship meet in February, each swimmer must swim in at least one meet during the fall/winter season.
- If your swimmer participates in two or more sports, please consider alternating swim meets and other competitive sports games.

### WHAT TO BRING TO A MEET

- Mark everything with your name, YMCA branch or phone #.
- **Team Swim Suit, or a one piece suit**
- Goggles (2 pair)
- Team Cap (helps identify swimmer for team support)
- 2 or 3 towels (1 towel for each event swimmer is in)
- A Sharpie Pen to write child’s name on back and events on their arm
- Dry clothes to change into after the meet
- T-shirt to wear between the events
- Healthy snacks- apples, oranges, bananas, grapes, graham crackers (the concession stand usually sells candy and soda!)
- Water or a sports drink- bring a lot of it, with your name on it.
- Chairs (needed at most meets)
- Something to do between events - cards, books, games!
- Directions to the away meets. Please allow plenty of travel time.
- Camera—There are many photo opportunities!