

MYST Swim Team
Handbook of Information
www.muskegonymca.org

Muskegon Family YMCA Mission Statement
*To put Judeo-Christian principles into practice through programs
that build healthy spirit, mind and body of all.*

Requirements for Participation:

- All swimmers must have either a family or youth YMCA membership. National YMCA Swimming rules state that memberships must be year round members. Not only does this allow your child to be on the swim team but all swimmers can use the facility year round and participate in other YMCA programs. Please see the Front Desk for membership pricing. Team payment can be made in full or by our three pay program.
- All swimmers must have completed the registration form, medical form and USA form.
- Payments for the long season can be made in thirds by paying with a credit card or debit card. Payments for other seasons must be made in full.

Fees (include \$55 for USA membership):

\$235/\$265 Long Season - This season is runs from late September through February possibly into March if your swimmer qualifies for championship meets. (\$235 for 10 and under; \$265 for 11 and up.)

\$181.00 Long Season without practice during middle school - This fee is for those swimmers that are participating on the middle school team. Swimmers that participate on the middle school teams can practice with our program during the middle school season. However, if they choose to do this they will need to pay the full fee for swim team. They also can swim in 2 meets, with YMCA or USA. This includes **both practice and meets**.

\$181.00 High School Girls - This season is for those high school swimmers that would like to continue in a competitive program after the school season. The Y season usually begins in November after the High School State Meet and runs through the YMCA State meet (March).

\$130.00 High School Boys - This season is October, November, and then picks up again after the State Meet in February through the YMCA State meet. HS boys need to get three closed Y meets in before the high school season starts in order to use all their high school meet times.

In Addition to the above fee a \$100/family payment to the MYST to help cover the coaches cost and other team expenses is required. This fee can be paid in full or the money raise with fundraisers.

“Everyone swims, everyone wins.”

Purpose of YMCA Sports

The primary purpose of the Muskegon Family YMCA is to promote spirit, mind and body well being in all persons. The YMCA's involvement in sports is one means of teaching Christian ideals, values and behavior.

YMCA Values:

The YMCA of the USA core values are: **Caring, Honesty, Respect and Responsibility**. The values of fair play are strongly emphasized along with respect for oneself, for the opponent, and the official game rules. All of these values contribute to a healthy attitude toward sports that keeps winning in perspective.

More than winning are the lessons to be learned from YMCA competitive sports:

1. Respect for oneself.
2. Respect for others.
3. Self-discipline.
4. Responsibility as a team member.
5. Development of leadership.
6. Self-confidence.
7. Concern for physical fitness.
8. Lifetime involvement in sport.

Swim Team Equipment

The swim team suit and cap promotes team spirit, helps identify swimmers at meets. A team order will be placed at the beginning of the season for those wishing to purchase a suit. The Muskegon YMCA will purchase caps for all swimmers. The MYST parent organization purchases equipment necessary to produce effective workouts. Optional equipment such as additional suits and goggles is available on line through the Swim Outlet link on our web site.

Swim Team Practice Schedule, Policies and Rules

The practice schedule has been designed to give your child the opportunity to receive the maximum amount of attention in the most appropriate use of time. The coaches have structured the practice times according to the child's age and ability. There may be a need for your child's practice time to change, so that they may receive the most optimal training benefits.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 & Under	TBA	TBA	TBA	TBA	TBA	MEETS
11 & Up	TBA	TBA	TBA	TBA	TBA	MEETS

Behavior: Membership on the MYST team is a privilege maintained by good behavior and hard work. As a member of this team swimmers not only represent themselves, but their parents, coaches, team and the Muskegon Family YMCA.

Locker rooms: Each swimmer should leave his/her belongings in a locked locker during practice. The Y and staff cannot be responsible for lost items so only necessary swim apparel should be brought to practice. Good behavior and the respect for other members and their property are expected while using the facility. Swimmers should turn off showers, place used towel in the towel bin and close lockers after use.

Equipment: Take care of it. All swimmers are expected to help set up and take down lane lines, and to put away all equipment after practices and meets. Any swimmer who intentionally damages or abuses this equipment will be held responsible for his/her actions.

Parents: the help of parents is an invaluable aspect of the team and its many activities. Parents are welcome on deck while practices are in session, however, we do ask that you don't distract your child or interfere with the coaches.

Practice Expectations

8 and under	2 to 3 times a week	Welcome to swim 5
9-10	3 times a week	Welcome to swim 5
10 & up	3 to 4 times a week	4 recommended

Swim Team Communication

Continuous two-way communication is the key to a successful and enjoyable swim team season. There are a number of ways coaches and parents communicate:

- Direct contact – Speak to your child's coach or contact Margie at 231-343-0239 (c), 231-744-9220; someryeats@aol.com.
- The Y Aquatic Director's number is 231-722-9622 x227.
- Swim team box - Located inside the aquatic office at the Muskegon YMCA. Swimmers will need to pick up their ribbons in the family folder inside this box. We will transport these awards to Grand Haven for those swimmers.
- MYST bulletin board - Meet entry deadlines, start times and announcements will be posted on the bulletin board outside the pool area. A similar board is at Grand Haven.
- Email - Communications are sent from our parent board secretary. Please be sure to read each email carefully for details on meets and upcoming events.
- Web site – Go to www.muskegonymc.org and click on programs, then aquatics, and finally on MYST SWIM TEAM. If you click on calendar to the left of the screen all meets are listed here. As meet information becomes available it is placed on this site for your viewing. Just click on the meet and the full meet package will show.

It is everyone's responsibility to use these tools throughout the season to stay up to date.

Fundraising

Each swim team family is asked to contribute \$100 to the MYST team to help offset team expenses such as trainings equipment, lane lines, coaches' expenses, awards, banquets, and other items necessary to run a well functioning team. The parent board offers several opportunities throughout the season for swimmers to fundraise. Fundraising also offers the opportunity to begin a family account for use on entry fees, swim suit, and championship meets.

Transportation

Rides to meets and practices are each family's responsibility. If you can't make the meet, but your child would like to swim let your coach know and talk with other parents for ride possibilities. Directions to the events will be available on the bulletin board and the web site.

MYST Parent Board

The Parent Board oversee the total swim program; assisting the coaches and the Y in providing team members and their families with the best possible swim program. The board meets the first Thursday of the Month at 6:00 at the Muskegon YMCA.

The following is the list of board members for the 2010-2011season.

Board President - Bill Barton barton40@frontier.com

VP/Secretary - Ann Ledsworth alendsworth@maranatha-bmc.org

Treasurer - Todd Carlson ccar868@comcast.net

Fundraising - Bill Barton barton40@frontier.com

Meet Manager - Amy Barton barton40@frontier.com

Social Events / Swim Suits - Shari Ralston ralstons4@msn.com

Aquatic Director - Jeannette Bytwerk jbytwerk@muskegonymca.org

Frequently Asked Questions

What is the MYST Swim Team?

The team is an age group swimming program designed to develop stroke skills, team skills, and competitive skills. Swimmer will swim in both YMCA and USA meet. MYSTs participate in meets within our "conference" area, as well as statewide invitational, Michigan State championships, Great Lakes Zone and Y-Nationals competitions.

What is the practice sessions like?

The coaches plan practices on a daily and weekly basis to instruct and enhance stroke development and endurance needed for the swimmer to improve throughout the season. Many techniques will be used including video and dry land drills in addition to in-water drills. Regular attendance and attention at practice will maximize each swimmer's potential.

What is a Dual / Tri Meet?

The team competes with 1 or 2 teams in our conference at each meet. These meets are usually scheduled on Saturday and last approximately 3 hours. Everyone may swim in these meets and may be entered in 2 individual events and 2 relays, or 3 individual meets and 1 relay. Swimmers must be signed up by Tuesday prior to the Saturday meet.

What is an Invitational?

An invitational is a larger meet format, many teams participate. They are often scheduled on Saturday and Sunday with morning and afternoon sessions divided by age group. Swimmers are able to enter more individual events; these may be chosen by the swimmer/parent. There is a fee for each individual event and must be paid when you register.

What is a Relay Team?

Relays are made up of the four fastest swimmers based on coach's decisions and what strokes they can swim. When swimmers don't show up at meets, relay assignments can change so always check with the coach to see if your child is in a relay.

Everything You Wanted to Know About Swim Meets...But Were Afraid to Ask:

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are some guidelines geared to help you through your first couple of swim meets.

What to bring to a meet:

- Swim suit, goggles and cap.
- Swimmers will sit on deck with the team and not with their parents.
- Pack at least two towels as your swimmer will be there awhile.
- Something to sit on (blanket or old sleeping bag).
- Warm ups or sweat suits, bring one, maybe two as they will get soggy and wet.
- T-shirts, bring two or three.
- Games: travel games, coloring books, books, cd/mp3 players or ipods, anything quite and anything that will help pass the time. Make sure that your swimmer's name is on these items.
- Snack: Usually the host team will have a concession stand. If you want to save money and control the amount of junk food your swimmer is consuming, we suggest bringing your own food. It is suggested to think about items such as granola bar, chocolate milk, apple, or a carb drink. Avoid candy and NO gum. Gum is NOT allowed on deck.
- Bring a water bottle to practice and to meets.

*Parent's Note: The pool area is usually very warm; therefore you need to make sure you dress appropriately.

Before the Meet Starts:

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This will be posted at the message board and will be emailed before each meet.
2. If the swimmer does not check in at the allotted time he will not be allowed to swim.
3. Upon arrival, find the gender appropriate locker room and change into your swim gear. You are more than welcome to bring your swim bag onto the pool deck with you. If you choose to leave items in a locker, please remember to bring a lock.
4. Find the "check in". This means find your coach. The team will sit together on the pool deck and your swimmer can leave his/her bag in that area. The coaches will have a team line up. A few parents and coaches will write the event numbers on your swimmers hand in ink. This helps swimmers remember their event.
5. Your swimmer now gets the needed swim gear (cap and goggles) and reports for warm-up instructions. It is very important for swimmers to warm-up.
6. Things you, as a parent, can do after each swim. You need to tell your swimmer how proud you are and what a great job they did! Wrap your swimmer up in a towel and relax. This is another good time to check out the restrooms, get a drink or something light to eat. The swimmer now waits until his/her next event is marshaled and starts the procedure again.
7. When a swimmer has completed all of his/her events, they can go home, but first must check in with the coach before leaving, to make sure your swimmer is not included on a relay.
8. We strongly encourage all swimmers to stay until the meet is complete to cheer on fellow teammates.

What Can Parents Do to Help?

As parents of swimmers your job is to encourage and reinforce the commitment your child has made to the team. Not only do we need the dedication of the swimmers to succeed, but the active involvement of the parents is equally vital to the program.

Our team could never attempt such an ambitious program for so many athletes of such a wide range of experience and ability without the active participation and support of the parents. Here are some of the ways in which parents can help to make participation in our program one of the highlights of their child's life.

- Help your child meet his/her commitment to themselves and the team. This means encouraging them to attend their practices each week, ready and on time.
- Attend the meets and help them to keep a record of their performances. Encourage their team spirit and interaction with their coaches and teammates. Your support means a great deal to your child and shows how much you value their efforts, participation and growth on the team.
- Encourage your swimmer to set realistic goals for themselves and help them forge the path towards these goals. Reward their achievements, keeping in mind the importance of the inherent value of participation and accomplishment within the sport.
- Help run our meets. Check with our meet manager to see what help is necessary. It could be as simple as writing numbers on swimmer arms or as complex as assisting a coach.
- Get involved with the parent board by actively attending board meetings, helping with concession stands or participating in fundraising.

- Communicate with your child's coaches. Tell them special details that you think they should know about your child. Ask about your child's progress periodically. If you have any questions, or concern, take them promptly and directly to the coach. Let the coach know in writing when your child will be out of practice or meets due to illness, injury or family commitments.

GLOSSARY OF SWIMMING TERMS

Age Group Swimming: Swimmers are divided into age group that provides fair completion and to maximum participation, enhance physical and mental conditioning. Nationally recognized age groups are 10 and under; 11-12, 13-14; 15-18; and seniors.

Anchor: The last leg of a relay

Blocks: Starting platforms. It is not mandatory for swimmers to start from blocks, however, it gives the swimmer the advantage of a stronger start if they do.

Check-in: At practices or meets, swimmers check in with the coaches to ensure proper attendance records are kept and for efficient execution of a meet line up.

Converted Time: The changing of a time made in a meter pool into its equivalent in a yard pool and vice versa.

Cut: Slang for an event qualifying time.

Dolphin Kick: The kick used in the butterfly stroke.

D.Q.: Disqualified. Swimmer performs an illegal variation of a stroke or rule during competition. Result is loss of placement in standings and the time is not official.

Entry Form: On which a swimmer enters a completion.

Exhibition Heats: Heats run after the official heats at a meet in which swimmers may swim for times but not points.

False Start: An error when a swimmer leaves the starting platform too early and may be disqualified or receive a warning.

Finals: The championship heat of an event in which a selected number of top finishers compete.

Flag: Backstroke flags placed 5 yards or 5 meters from either end of the pool.

Flip Turns: done at the wall only for freestyle and backstroke which involve a somersault turn.

Flutter kick: The kick used in freestyle and backstroke events.

Heat: A group of swimmers in an event that compete against each other. Numerous heats are often needed to accommodate all of the swimmers entered in an event and are arranged to fill the lanes of the pool efficiently. Heats run from slowest to fastest entry time.

Heat Sheet: A listing of all swimmers by event number and heat in a meet.

IM: Slang for individual medley, an event in which the swimmer performs a predetermined distance of each stroke in the following order: butterfly, back, breast, and free.

Interval: Timed pace cycles in a practice set. An interval is a repeating window of time that a swimmer is allotted to swim a stroke and distance before repeating it.

Jump: An error in which a swimmer leaves the platform too soon in a relay race, before the incoming teammate touches the wall. The consequence is disqualification of the team.

Leg: One of the four equal portions of a relay that is swum by different swimmers.

Long Course: A pool that is 50 meters in length, also known as an Olympic sized pool.

Marshaling Area: An area at meets where swimmers report before their event to be arranged into their heats and lane assignments.

Medley Relay: A race in which all four competitive strokes are swum, each one is one fourth of the total yardage of the event, swum by different swimmers in the following order: back, breast, fly and free.

Meet: Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see if they are improving.

National Time Standards: Time standards for each event derived from previous years' results that are broken down into divisions by gender. These are used as qualification standards into the annual National YMCA swimming and diving championship meet.

Official: A judge on the deck of the pool at a meet who enforces league and NCA rules of competition. There are stroke and turn judges, administrative officials, starter, and referees.