



HURY

Handbook

Revised August 2009

Table of Contents

Welcome	3
 Mission Statement	3
 Philosophy	3
 Team Organization	3
 Coaching Staff	4
Practice	4
 Attendance	4
 Missing Practice	4
 Swim Lessons	5
Practice Groups	5
Practice Etiquette and Behavior	7
 What to Bring	7
 Arrival and Departure	7
 Practice Cancellation	8
 Parental Presence at Practices	8
 Behavior	8
Equipment	8
 Goggles	9
 Purchasing Equipment Online Through Kast-A-Way	10
Team Communication	10
Swimmer’s Road Blocks to Success	11
Refund Policy	11
Meets	12
 Types of Swim Meets	12
 Meet Participation	13
 Meet Sign-up	14
 Payment for Invitational’s	14
 Meet Conduct	15
 What to Bring	15
 Warm-up Time	15
 Cool-down Time	15
 Team Area	15
 Team Apparel	15
 Leaving the Meet	16
 Checking with Coaches	16
 Behavior	16
Hilliard YMCA Swim and Pool Records Policy	16
The Parent’s Role	16
HURY Parent Advisory Committee and Sub-Committees	17
 Parent Advisory Committee	17
 Parent Sub-Committees	18
Appendix A: 2009-2010 HURY Schedule	20
Appendix B: Address of All SEOWV YMCA’s	21

Welcome

"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."

Ian Thorpe

Welcome to the Hilliard Hurricane YMCA Swim Team! The HURY Swim Team began just a few years ago with the opening of the Hilliard Ray Patch YMCA and has gained respect throughout the South East Ohio / West Virginia (SEOWV) league due to both the strength of our swimmers and level of parent support/volunteering.

Mission Statement

Offer a competitive program that stresses both individual and team improvement while teaching its swimmers to compete according to the YMCA values – Respect, Responsibility, Honesty and Caring.

Philosophy

HURY is a year-round competitive program designed to accommodate anyone interested in a positive swimming experience, from the new age grouper to the highly motivated national level senior swimmer. At HURY, we emphasize competition with oneself, and we maintain that sportsmanship is of equal importance to performance.

Whether an athlete joins HURY to improve physical conditioning, prepare for high school, or to race at the national or collegiate level, HURY will provide the environment that will allow each athlete to realize his/her goals. Swimming is **not** an individual sport, and our athletes will be expected to value and respect their teammates, coaches and opponents. As a member of the HURY swim team; a swimmer will have the opportunity to develop a work ethic and healthy sense of competition that together can provide the backbone for success in the pool, the classroom, and beyond.

Team Organization

The HURY Swim Team is a YMCA team. This means that the team competes mainly in meets organized by the South East Ohio/West Virginia Swim League, and that all team members must maintain their YMCA membership to remain on the team. This league offers competition for swimmers from the beginning level through national competition.

Some members of the HURY Swim Team seeking additional competition may choose to join the HURY USA Swim Team. This team is associated the Ohio Swimming, Inc., a local swim committee of USA Swimming. Participation in this league requires additional league fees for membership, coaching, meet attendance, and travel. Many of the USA meets that HURY participates in have minimum time standards for entries.

The professional coaching staff is employed by the Hilliard Ray Patch YMCA. The parent committee and parent sub-committees support the coaching staff by helping coordinate parent volunteers, running swim meets, raising funds, managing team communication, tracking team finances, assisting with team spirit, purchasing/maintaining team equipment, and providing funds for coaches to travel to swim meets outside the local area. All parents are encouraged to participate in the Team's activities.

The HURY Coaching Staff:

Head Coaches:

Mike Polak

kalopm@midohio.twcbc.com

Coach Mike began swimming in Pittsburg, Pennsylvania. He excelled in distance freestyle events as an AAU (USA) age group swimmer, high school State finalist, and college Big East Championship finalist. He was drawn to coaching to give back to the sport and share the swimming knowledge that he has learned. Rumor has it that he is back in the pool training again for Master's competition!

Jean Polak

kalopj@midohio.twcbc.com

Coach Jean can't seem to escape the pool. She says she loves the smell of chlorine, and is a current member of the Master's Swim Team. In Rhode Island and Pennsylvania Coach Jean has competed in breaststroke, IM, and freestyle events as an AAU (USA) age group swimmer, a high school State qualifier, and a college Big East Championship qualifier.

Assistant Coach:

Kyle Supe

padfoot714@aol.com

Coach Kyle is from Cincinnati and trained at the Countryside YMCA in Lebanon, Ohio (the largest YMCA in the nation!). As a USA age group swimmer, high school State finalist, and YMCA National finalist he excelled in mid-distance and distance freestyle events. He coaches because he just can't escape the pool.

YMCA Aquatics Director:

Nicole Douglas

ndouglas@ymcacolumbus.org

Practice

The season begins September 8, 2009 and ends with the final dual meet on February 21, 2010.

If the swimmer chooses not to participate in or does not qualify for the Championship meets (SEOWV regional or league Championships, Zone meet, National meet), his / her season will be over after the final dual meet.

Swimmers must maintain their YMCA membership throughout the swim season and the swimmer must present his/her YMCA membership card before each practice and home meets at the front desk. Failure to do so will result in dismissal from the team.

Practice Attendance

Whether a swimmer is solely committed to swimming, is a multi-sport athlete, or simply interested in a variety of extra-curricular activities, HURY takes measures to support athletes with varying degrees of commitment levels. At the same time, there is no escaping the fact that regular practice attendance helps promote conditioning and develops fitness while also boosting team spirit! Each practice group has attendance recommendations appropriate for the objectives of that group. Attendance recommendations/requirements increase as swimmers advance into higher leveled groups. Attendance recommendations/requirements are specific to the different practice groups and will be outlined in subsequent sections.

Missing Practice

Missing practice affects performance. The older the swimmer is, the more he/she is affected by practice attendance. Achieving goals in swimming can only come through attending practices on a regular basis.

Swim practices are built SLOWLY on the previous practice, the previous week's practices, and the previous month's practices. Each practice concentrates on developing different strokes and skills. Missing the same practice each week may result in "gaps" in the swimmer's training. Every practice is designed with the goal of having the swimmer perform his/her best at the end of the season.

Every practice session is a step forward to accomplishing best times. Every missed practice results in two steps back from that best time. If a swimmer continually misses practice, he/she is continually taking two steps back. Continually taking two steps back leaves the swimmer – behind.

Swimmers who come to practice regularly are likely to improve their times and reach their goals. So, teammates who a swimmer is used to beating are now beating him/her; swimmers who miss practice aren't able to do the intervals at practice the other kids are; and his/her times are staying put or getting slower while the others are getting faster.

Life is full of choices and so is swimming. So if a swimmer chooses to miss practice, he/she chooses to take two steps back. Swimmers must resist comparisons between themselves and teammates. He/she must not be sad with times that aren't improving. Swimmers must make choices and be happy with the choices that they make. ☺

NOTE: If a swimmer is too sick to go to school, they are too sick to come to practice! Coming to practice while ill exposes other swimmers to germs and inhibits the swimmer's progress towards wellness. Stay at home symptoms of a contagious illness (fever, coughing, sneezing, diarrhea, nausea, and/or vomiting). If a swimmer is too sick to complete practice, they will be asked to leave.

Swim Lessons

Swim lessons aren't just for little kids. Please remember that membership on the swim team does not take the place of swim lessons. Swim team covers the drills of the strokes, technique of the strokes, and endurance swimming. If your child is having trouble grasping the concepts, he/she might be better served adding swim lessons to get more individual attention paid to the basics. Check with the Aquatics Director on swim lesson availability. Swim lessons, whether group or private, are arranged through the Aquatics Director, not HURY coaches.

Practice Groups

The team is organized into practice groups by age and swimming ability as follows:

Tsunami Blue

The **Tsunami Blue** group is a beginner practice group for swimmers ages 5-10. Swimmers practice within a relaxed, low pressure training environment that incorporates stroke instruction and stroke drills in a fun, positive and educational atmosphere. Swimmers in this group must be able to meet the following requirements:

- Complete 1 lap of continuous freestyle and 2 additional laps one of which cannot be freestyle
Attend both practices per week
- Compete in at least 3 dual meets

Practice Time	5:15-6:00 PM
Practice Days	Tuesday, Thursday
Cost	\$175.00

Tsunami Orange

The **Tsunami Orange** group is an introductory practice group for swimmers ages 5-10. Swimmers practice within a relaxed, low pressure training environment that incorporates stroke instruction and stroke drills in a fun, positive and educational atmosphere. Swimmers in this group must be able to meet the following requirements:

- Complete 2 laps of continuous freestyle and 1 additional lap of which cannot be freestyle Attend all 3 practices per week
- Compete in at least 3 dual meets

Practice Time	5:15-6:00 PM
Practice Days	Monday, Wednesday, Friday
Cost	\$200.00

Typhoon Blue

The **Typhoon Blue** represents mid-level swimmers ages 8-13. Swimmers work to develop and refine all four competitive strokes, racing strategies, starts and turns. Stroke drills and a basic conditioning program enable swimmers to prepare for regular competition opportunities. Swimmers in this group should be able to meet the following requirements:

- Swim 200 continuous yards freestyle
- Perform three of the four competitive strokes legally
- Attend at least 4 practices per week
- Compete in at least 3 dual meets
- Compete in at least 1 invitational meet(s)

Practice Time	6:00-7:00 PM
Practice Days	Monday-Friday
Cost	\$230.00

Typhoon Orange

The **Typhoon Orange** represents advanced-level swimmers 10-13. Swimmers work to refine the four competitive strokes and their respective starts and turns. A basic conditioning program enables swimmers to prepare for regular competitions. Individual goal setting is introduced. Swimmers in this group should be able to meet the following requirements:

- Swim 200 continuous yards freestyle
- Perform four competitive strokes legally
- Capable of completing workouts that include all four competitive strokes
- Attend at least 4 practices per week
- Compete in at least 3 dual meets
- Compete in at least 3 invitational meets

Practice Time	7:00-8:30 PM
Practice Days	Monday-Friday
Cost	\$230.00

Monsoon

The **Monsoon group** represents the highest age group (high school) training level for swimmers ages 13-18. Swimmers train with an eye towards competing in sectional, state, zone and national competitions. Proper stroke technique is encouraged through additional stroke instruction in a fun and creative setting. Swimmers will be required to set personal goals, work hard, strive to improve their stroke technique, demonstrate good sportsmanship, exhibit teamwork and accept accountability. Swimmers in this group should be able to meet the following requirements:

- Swim 500 continuous yards freestyle
- Complete a 200 IM legally
- Attend at least 5 practices (water) per week
- Compete in at least 6 dual meets (High school swimmers – no requirement)
- Compete in at least 5 invitational meets (High school swimmers – 3 meets)

Practice Day/Time	Monday-Friday 3:15-5:15 PM Saturday 6:00-8:00am
Cost	High School - \$200.00 / Non High School – \$240.00

Monsoon Dry Land

Increase upper body strength, leg strength, flexibility and cardio vascular endurance with separate dry land practice sessions held 4 days per week.

Practice Day/Time	Tuesday, Thursday 6:00-7:00 Wednesday, Friday 5:30-6:30
Cost	\$35.00

Master's Swim Team

The Hilliard YMCA also offers a Master's level swim team for members who no longer qualify for age groups swimming. Please see the Aquatics Director if you would like more information.

Practice Etiquette and Behavior

What to Bring

Swimmers are required to bring a *training suit, goggles, a cap (girls), and towel* to practice. In addition, swimmers are strongly encouraged to bring a *water bottle* to all practices in order to help maintain hydration levels and eliminate the need for a swimmer to leave the workout to drink from the water fountain. Swimmers are responsible for filling their water bottles **before** practice begins. Tennis shoes will be needed for any dry land practices that are scheduled, or that occur due to pool closure for inclement weather or need to chemically treat the water.

During practices, swimmers are asked to bring all other bags and books on the pool deck. *Please do not leave your bags and personal belongings unattended in the locker room area without securing them in a locked locker.*

Remember, all rules of the YMCA should be followed by the HURY swim team members.

Arrival and Departure

Swimmers should be on deck and ready to swim **10 minutes prior to the start of practice.** In the event that a swimmer must leave practice early or is late for practice, we ask that the parent(s) send a note with the child explaining the reason for his or her tardiness/early dismissal. Seniors swimmers should notify their coach no later than the day before they have a meeting after school or have any another school related activity that will cause them

to miss a practice or a portion of a practice. Swimmers who arrive before their practice or stay late are asked not to talk to coaches while they are on deck coaching another practice.

Practice Cancellations

If the Hilliard YMCA is open, we will have swim practice. If Hilliard City Schools cancel activities, close for weather, or have a scheduled day off, we will have practice as long as the Hilliard YMCA is open. Even if it is snowing or sleeting, HURY swim practice will go on **unless there is a LEVEL 2 snow emergency in Hilliard**. Practice **will** be cancelled for a level 2 snow emergency in Hilliard.

Parental Presence at Practices

Practice is the time for swimmers and coaches to concentrate on improving the swimmer's technique, speed, and endurance while developing a strong relationship between the swimmer and his/her coach, as well as the swimmer and his/her teammates. It is important that parents allow this development to occur without interruption. Therefore we ask that parents remain in a designated area (in the hallway behind the pool, **not behind the lanes or in the bleachers**) and refrain from communicating with their swimmer(s) during practice. Coaches will address questions from parents. Please use e-mail to set up conference time to address coaching concerns with the coaches. Parents are asked to please refrain from conversations with coaches during practice time.

Behavior

It is the swimmer's responsibility to always exhibit appropriate behavior. The HURY staff strives to teach our swimmers to live, train and compete according to the YMCA National Core Values. Those values are Caring, Honesty, Respect, and Responsibility. All swimmers will be expected to exhibit these Four Core values when frequenting all YMCA facilities. Often swimmers share the locker rooms and other areas in the YMCA or meet facilities with adult patrons and other members, and must therefore act responsibly and respectfully at all times. Swimmers are expected to leave the YMCA facilities and the many facilities that so graciously host competitions **cleaner** than the way they found them. Parents of swimmers will assume responsibility for any damages caused by their swimmer(s), including any necessary costs of repair, replacement, or extraordinary cleaning. Destruction or damage to the YMCA, any facility we visit, or other member's property can result in suspension or dismissal from the team.

Swimmers of all ages and ability levels are expected to follow their coaches' instructions at all times. Swimmers who disrupt practices, have trouble following their coaches' directives, or disrespect their teammates, coaches or the facilities they use will be reprimanded and their parents will be informed. **Repeated offenses may result in suspension or dismissal from the team.** Attached to this Handbook is the **HURY Swim Team Code of Conduct**. Please review the code, sign and date, and return it to one of the HURY coaches.

Equipment

The following pieces of equipment will be used throughout the season. Although this equipment is not required, it is used to correct stroke deficiencies, build upper body strength, build leg strength, concentrate on body balance, head position and stroke technique, increase the capacity of the lungs to expel air, and increases CO2 tolerance.

Mentor Hand Paddles

- Typhoon
- Monsoon



Pull Buoy

- All Groups



Kickboard

- All Groups



Zoomers

- Typhoon
- Monsoon



Finis Swimmer's Snorkel

- Monsoon



- **Please label all equipment** with swimmer's name using a waterproof marker
- HURY has selected Kast-A-Way as the official team vendor for 2009-2010. You can receive a team discount by purchasing items from this vendor.

Goggles

Many swimmers become frustrated with their goggles because they leak. There is a big difference between recreational goggles and competitive goggles. Recreational goggles are made inexpensively for **playing** at the pool. Competitive goggles are designed to withstand competition; starts, turns, and training.

Purchase Pointers:

1. To find the right goggles, visit a store that has a selection of goggles you can try on (like Kast-A-Way, Aquatic Adventures, or Greenhouse Aquatics).
2. When you find a pair that attracts you, press the goggles to your face without using the straps. Goggles should stay on your face for a second or two without pressure from your hands. When you find a pair that adheres without help, it's likely the goggles won't leak in the water.
3. Try the goggles on with the straps and adjust until comfortable. Remember, if the straps are too tight, they may cause headaches. Some goggles even have an adjustable nose piece for a better fit.
4. If you have allergic reactions to natural rubber, look for latex-free brands.

5. Goggles with soft, thin neoprene padding around the rim will prevent red, post-swim goggle lines around your eyes.
6. Swimmers with smaller heads (even older swimmers) should not hesitate to try child, youth-size, or women's goggles to find that perfect fit. These goggles are normally comparable to quality to adult-sized swimming goggles, depending on the manufacturer.

Purchasing Equipment Online Through Kast-A-Way (HURY Vendor for 2009-2010)

- In order to receive the team discount you must create an account at kastawayswimwear.com.
 - Click on “sign in”
 - Click on “not a member yet”
 - Fill in data to create an account
- Once your account is created, click on the “Teams/Guard Central tab “and enter the case sensitive team login (DGUFZU8S) and the case sensitive team password (QT25ZYVK) and click “request affiliation”.
- Once affiliated, you can click on the team name to see selected team equipment, order merchandise, and review your order history.

Team Communication

A large team with 6 different practice sessions and four coaches often needs to communicate in both formal and informal ways. If you have a question about the teams' activities, please contact a member of the HURY Parent Advisory Committee. If your concern is specifically about your child's swimming, arrange to meet with your child's coach or the head coach. Do not communicate with the coaches during practice times. Appointments can be made with team Coaches by email. Questions or concerns about non-coaching issues should be addressed to the Hilliard YMCA Aquatics Director or to a member of the HURY Parent Advisory Committee.

Bulletin Board

HURY has a bulletin board inside the natatorium behind the slide. Please check the bulletin board for team information and posting of personal best times by team members.

Cancelled Practice / Meet Notification

HURY uses Twitter to communicate meet/practice cancellations. Sign-up to receive text messages at www.twitter.com/huryswim. Text messaging rates apply if you add a mobile device on your Twitter account. Updates will be emailed from the HURY Swim Team when possible.

Email

Email is the primary method of communication for the Team. Watch for team newsletters and updates on meet information and team activities.

HURY Web Page <http://www.huryswim.org>

The HURY web page is updated frequently. Visit the web site for posted newsletters, coaches' letters, Parent Advisory Committee / Coaches contact information, web links, team records, qualifying times, USA swim information, meet information, meet results, and swim team basics.

Social Functions

The Spirit Committee puts together several social functions throughout the season to enhance team building. Watch newsletters for more information.

Swimmers “Road Blocks” to Success

Swimmers who worry too much about who’s going first or who’s going last - Everyone will have a turn at being first, last, or somewhere in the middle at some point during their swimming career. The order in which you leave is not important! What is important is that you encourage and support one another, work together as a team, and worry only about your OWN performance!

Practice time is not play time - Practice cannot be successful if swimmers use practice time as play time. There will be a time and place for games, but you must let your coaches decide on when and where! Ask yourself this question---When is a coach more likely to allow you to play a game; when swimmers are goofing off on their own and not paying attention, or when swimmers are working hard and behaving appropriately?

“I don’t feel good” - Swimmers who repeatedly complain about the slightest little ache and pain at practice are only fooling themselves. Have you ever heard the story of the little boy who cried wolf? Coaches can usually tell when a swimmer is legitimately sick, or when he or she is just “crying wolf.” You are only hurting yourself and your teammates who depend on you by leaving a practice early when you are not really sick!

Confidence is not arrogance, and arrogance is not cool - Confidence in oneself is a key ingredient to success in swimming, and a swimmer should celebrate his or her accomplishments and successes in appropriate ways. No one likes a bragger. Have you ever heard the saying, “When you lose, say little? When you win, say less.”?

“I don’t care” - If there’s one thing that your coaches will ask you to do, it’s *CARE!* It’s the first step in accomplishing anything!

When you’re late... act like it!!! - Coaches understand that every swimmer is late to practice on occasion for very legitimate reasons. When a late-arriving swimmer strolls on deck, seemingly without a care in the world, in no rush at all to join a practice that has already started it sends a message to coaches and teammates of apathy, disrespect and laziness. Avoid sending this message to your coaches and teammates, and more importantly, value your own improvement and performance, please do your best to make sure that on the rare occasion that you are late to practice... you act like it!

Listening without looking - No one can truly listen if he or she is not **LOOKING!** Demonstrate to your coaches that you are listening and paying full attention by looking at them when they speak with you. Often times coaches will also be demonstrating a skill while they are talking, and the demonstration is just as important as the words they are using to describe it. When you are not listening and looking, you are disrespecting your coaches and sending them the message that you’re not interested in improving.

Disrespecting teammates - When swimmers are unable to consistently show the proper amount of respect to their teammates, their swimming often suffers. More importantly, so does their relationships with their teammates and their overall experience on the team.

“I can’t” - There are 2 words that must never enter a swimmer’s mind or leave a swimmer’s lips; **“I CAN’T”**. Belief in oneself is the most important characteristic an individual can possess in order to achieve any goal, no matter how large or small. You must believe in your ability to achieve a goal in order to realize it. Doubt is a swimmer’s worst enemy. Remember that every practice, every set, every drill, every lap and every stroke is an opportunity to improve your swimming and build your confidence. Adopt a **“NO FEAR, NO REGRETS”** approach to swimming by paying attention to detail, by being persistent in practice and by believing in oneself. If you commit yourself in this way, pretty soon, you too will be able to say, without any hesitation or doubt - **I CAN!**

Refund Policy

Refunds will only be given with a doctor’s written notice and approval of the Hilliard YMCA Aquatics Director.

Meets

See practice group descriptions for recommendations on number/types of meets to enter for the season.

Types of Swim Meets

Age Group:

YMCA meets, swimmers are divided into the following age groups:

6 & under (occasionally), **8 & under**, **10 & under**, **11&12**, **13&14** and **15 & over**.

- Winter (short course) – age group determined by age as of December 1st.
- Summer (short course) – age group determined by age as of May 1st.

Dual or Tri:

Who: Any swimmers
When: Saturdays & Sundays
Where: Hilliard YMCA or other YMCA's in the Southeast Ohio / West Virginia (SEOWV) Swim League
Cost: Free
Length: 3-4 hours

Invitationals:

Who: Any swimmers
When: Saturdays and/or Sundays
Where: YMCA's located in the SEOWV Swim League
Cost: Approximately \$10.00 - \$15.00 dollars (usually 3 individual and 2 relays)
Length: 6-10 hours

Regional Championships (Winter Season Only):

Who: Any 12 & Under swimmer who has swam in 3 meets. Swimmers may not swim in events in which they have achieved a SEOWV AA time standard.
When: Saturday or Sunday
Where: Determined by the SEOWV Swim League (usually at a YMCA)
Cost: Approximately \$12.50 dollars (3 individual and 2 relays)
Length: 4-6 hours Sat or Sun

League "AA" Championships:

Who: Any swimmer who has swam in 3 meets (12 & Under swimmers must time qualify for individual events for Winter Championships. Summer Championships do not have qualifying times.)
When: Saturday and/or Sunday depending on age group
Where: Determined by the SEOWV Swim League (usually OU)
Cost: Approximately \$12.50 dollars (3 individual and 2 relays)
Length: 6-10 hours Sat and/or Sun

Zones:

Who: Any swimmer who time qualifies
When: Friday night, Saturday or Sunday
Where: 2010 – Bowling Green State University
Cost: 3 individual and 1 relay (12 & under)
 3 individual and 2 relays (13 & above)
 • 2009 charges - \$5.00 athlete surcharge, \$4.00 individual event, \$16.00 relay (split 4 ways)
 • Travel & expenses are the swimmers responsibility
Length: 3-4 hours Fri PM, 6-10 hours Sat and/or Sun

NOTE: All zone swimmers must attend **all** scheduled competition sessions for his/hers age group and attend all team practices. Swimmers who are unable to attend all practices between Championships and Zones will not be permitted to swim at Zones.

Nationals:

Who: Any swimmer who time qualifies
When: Monday, Tuesday, Wednesday and Thursday
Where: Undetermined, FL or AZ
Cost: 4 individual and 5 relays
 • \$50.00 facility surcharge (per team)
 • 2009 fees: \$2.00 athlete surcharge, \$8.00 individual event, \$32.00 relay (split 4 ways)
 • Travel & expenses are the swimmers responsibility
Length: 4-5 hours preliminaries (morning), 2 hours finales (evening), Monday thru Thursday

NOTE: All national swimmers must attend **all** scheduled competition sessions and attend all team practices. Swimmers who are unable to attend all practices between Championships and Nationals will not be permitted to swim at Nationals.

USA Swimming: (See Coach Mike for details):

Who: Strong, serious competitive swimmers
When: Fridays, Saturdays & Sundays
Where: Continental US
Cost: Fees include: Cost to join USA league, Coaching fee, Meet fees, Travel expenses
Length: All day or weekend meets

Meet Participation

Meets are an exciting opportunity for swimmers to measure progress, experience the thrill of competition, and strive for individual goals and team accomplishments. Meets should be viewed as a swimmer's reward for all of their hard work in practices.

All swimmers are expected to participate in at least 3 YMCA regular season meets and season-concluding championships meet (either Regional or League). The season ends for non-championship swimmers after the last meet.

Meet Sign-up

All meet sign-ups are completed online through Direct Athletics.

- At the beginning the season, each swimmer will receive a username and password from the coaching staff.
- To access the Direct Athletics website:click on the “Enter Meets Online” link on the bottom of the HURY website homepage at www.huryswim.org or go to www.directathletics.com
- From the Direct Athletics website, enter the username and password for the swimmer.
- After logging in, you can view the available meets and meet information including: meet date, meet location, entry deadline, and swimmer registration status.

To enter a meet:

- Click on the word “HERE” under the Status heading
- Select an event from the list of available events that the swimmer would like to swim.
 - Do not select more than 3 events
 - The HURY coaching staff has the final decision regarding which events the swimmer will swim in the meet.
 - **NOTE:** for USA swimmers, see the meet packet to see how many events each swimmer can select.
- Select the “Confirmation” button to select whether or not you want an email confirmation notice.
- If you requested an email confirmation and did not receive one, contact Coach Mike before the entry deadline.
- Review the meet confirmation.
 - If the swimmer does not have an event listed, they are not entered in the meet.
- Once you have completed the registration process, press the “Logout” button.

You may change the swimmer’s registration status up **until** the entry deadline. Once the entry has been mailed, the swimmer will be billed for entry fees (if applicable), whether they swim or not, since the team must prepay for meet entries. Furthermore, you may incur additional fees for scratched relay events.

NOTE: It is absolutely necessary you show up for meets you sign up for. We understand that emergencies happen. We ask that you notify the coaching staff as soon as possible if this happens. Simply not showing without notification is not acceptable. Relays have to be scratched. Your actions affect everyone; coaches, swimmers, the entire team. *Swimmers who do not show up for invitational meets are still responsible for entry fees, and may incur additional fees for scratched relays.*

Payment for Invitationals

In order to participate in an invitational swim meet, each swimmer is responsible to pay a fee. **Invitational fees must be paid by the sign up deadline date** in order for the swimmer to be signed up for the meet. If fees are unpaid, the swimmer will not be entered into the Invitational Meet regardless of the information listed on the signup sheet.

The invitational fee amount will be listed on the signup sheet and Web site for each Invitational. Write a check for the Invitational amount payable to "Hilliard YMCA Swim Team" and indicate on the check's memo line the swimmer's name and the meet name. Place the check in the lockbox located above the mailboxes on the pool deck. We discourage putting cash in the lockbox to discourage vandalism.

To facilitate the payment process, we encourage depositing a "lump sum" in your account in advance. Many teams refer to this as an "escrow account". The Parent Advisory Committee will provide you with a statement of your account on a regular basis, or you may contact the Treasurer at any time, to obtain the balance on your account. Any unused fees will be reimbursed to you at the end of the swim year.

Scratching events for "no shows" not only disappoints swimmers who could have swum but also wastes meet fees. If your swimmer's absence causes a relay to be scratched, you will be responsible for the cost of the **entire** relay fee.

Meet Conduct

What to Bring

Swimmers must arrive at a meet with his or her team suit, team cap, goggles, and towel in order to participate. Families are also encouraged to bring their own chairs, as bleachers fill up quickly and decks are often crowded at busy sessions. A Sharpie Marker is also helpful for swimmers to write their event information on their arms. Concessions are sold at most meets, but families are also encouraged to supply their own nutritional food and drinks for their swimmers. Be aware that many facilities do not allow food in the pool area.

Warm-up Time

Swimmers are asked to arrive at the meet location 15 minutes before warm-up unless otherwise instructed by coaches. Swimmers must change, stretch and warm-up before competing. In addition, coaches must often determine relay lineups before the start of competition, and will be unable to include a swimmer who is not present for warm-ups. Additionally, this time in the pool allows the swimmer an opportunity to get the feel for the pool (count the number of strokes from the flags, water temperature, get the feel of the walls for turns, etc.). Swimmers who miss their designated warm-up or a portion of their warm-up without notifying the coaching staff in advance, or swimmers who refuse to participate in their warm-up or a portion of their warm-up may be scratched from their first event of the day

Cool-down Time

Swimmers 11 & older are asked to cool down after each event in which they are swimming (if a lane is available). 10 & under swimmers entered in events 200 yards or longer are also expected to cool down after their swims. Cool down is necessary in order to ensure that a swimmer recovers fully from their last maximum effort, and is prepared for their next event. Parents are asked to please reinforce this with your swimmers.

Team Area

Swimmers are expected to sit in a designated area with their teammates. This promotes team unity, which in turn contributes to swimming success and enjoyment. It also helps coaches locate swimmers when necessary.

Team Apparel

Swimmers are to wear their team suit and team cap at **all meets**. Wearing team apparel helps promote team pride and unity, and allows coaches and parents to identify swimmers more readily.

Have you ever attended a baseball game where the players wore whatever they wanted? No – and neither should you. You are part of the Hilliard Hurricanes Swim Team, HURY, wear the team suit and cap. Your individuality can be defined by your goggles!

Leaving the Meet

Swimmers are expected to stay at the meet until they are released by a coach. Often relay lineups may change during the course of the meet or may not be decided until later in the meet. It is important that swimmers do not

leave a meet before confirming with the coaching staff that they will not be swimming in another event that day. Leaving a meet without consulting with a coach first may result in suspension from an event in the swimmer's next meet.

Checking with Coaches

Swimmers of all ages are expected to speak with a coach **BEFORE AND AFTER EACH SWIM!!!** Coaches give a swimmer final reminders and encouragement before an event, and offer praise and a constructive review afterward. This immediate feedback is essential in a swimmer's long-term development and can provide focus for the swimmer in his/ her cool down, as well as his/her warm-up and performance in future events.

Meet Behavior

Swimmers are required to exhibit sportsmanship and respect for teammates, coaches, competitors, officials and the public at all times. Parents and swimmers must always be mindful that they are representing HURY and the Hilliard YMCA and should act accordingly, even (and especially) when other swimmers or parents from other teams are not.

Hilliard YMCA Swim and Pool Record Policy

Membership Status

- The swimmer must be in good financial standing with the YMCA and the HURY Parent Advisory Committee when record plates are ordered on May 1st at the end of each winter season.
- Swimmer must be a legal swimmer according to league regulations.
- Swimmer must make an effort to compete in league championship meets in which the swimmer qualifies.

Converted Times

- HURY will not use converted times for team records. According to the American Swim Coaches Association, converted times should not be used for record consideration. Additionally, the common thought among ASCA coaches is that conversions between long course and short course do not give accurate times.
 - The poolside record board will be for short course yard times.
 - The HURY Swim Team will track and post separate times for long course yard record times.

The Parent's Role

Parents are asked to follow some basic guidelines at meets. Parents of swimmers ages 11 and older who choose to sit in the stands are asked to do so **without** their children. Parents of younger swimmers may sit with their child if their child prefers in the **team area**. Parents are encouraged to volunteer as timers, runners, or officials. It's the best way to get a front row seat to the action and help the hours pass! As well as making a valuable contribution to the team and the meet! Whether a parent is volunteering or enjoying the meet as a spectator, please remember:

***Swimmers Swim
Coaches Coach
Officials Officiate
Parents Parent***

Regular and open communication between parents and coaches is necessary to the success of the program and helpful in avoiding any misunderstandings. Parent Meetings will be held periodically during the course of the season to help facilitate communication. Please avoid discussing disagreements or concerns over coaching philosophy with other parents rather than taking them directly to the coach. The coaching staff encourages you to bring coaching concerns or questions directly to them, no matter how small or trivial. Questions or concerns that

are not related to a HURY team member's coaching/swimming should be discussed with the Hilliard YMCA Aquatics Director or a member of the HURY Parent Advisory Committee. Please use the following guidelines when raising questions or concerns with a coach:

1. Remember that both you and the coach have the best interest of your child at heart. Trust that the coach's goals for your child are the same as yours, even if his or her approach may be different.
2. Remember that a coach must balance your perspective of what is best for your child with the needs of the team or training group. On occasion, an individual swimmer's interest may need to be subordinate to the interests of the group.
3. Reserve questions, concerns, and disagreements about the program for discussion with a member of the coaching staff in an appropriate and private setting. Questioning or criticizing a coach, team member or the program in front of a swimmer can seriously undermine the swimmer's trust and confidence in the coach and the team. If your swimmer or you have a problem or question, please discuss it with the coach directly and give the coaching staff an opportunity to offer an explanation before jumping to conclusions or discussing it with others. Gossip is never constructive.
4. If another parent uses you as a sounding board for complaints or concerns, listen empathetically, and then encourage them to speak directly to the coach.
5. Please follow the following outline when addressing coaching grievances:
 - Group coach
 - Head coach
 - Aquatic director
6. Remember that coaches are human. Mistakes are inevitable. The important thing is that we are able to discuss our disagreements openly and honestly in an effort to move forward.

We invite family and friends to become involved with the swim team in constructive ways. There are numerous volunteer opportunities throughout the course of the season. The Parent Advisory Committee is responsible for helping organize our volunteer efforts.

HURY Parent Advisory Committee and Sub-Committees

The HURY Parent Committees are an organization of interested swim parents like you, and we welcome your interest and participation. If you would like to contribute in a way, please feel free to tell any committee member of your interest. Any parent may participate. If you have a significant concern that you would like to discuss with the Parent Advisory Committee, please inform the President so you can be placed on the agenda for the monthly committee meeting.

Parent Advisory Committee

The Parent Advisory Committee is responsible for coordinating parent volunteers, determining parent organization, team finances, team fundraising, provide communication to both parents and Hilliard YMCA staff, and assisting in generating team spirit.

Officers: The Parents Board consists of President, Vice-President, Secretary, Treasurer, a coaching staff representative, YMCA Aquatics Director and YMCA Executive Director as voting members.

Terms of Office: Officers are elected for two year terms. Annual elections will alternate every year between two officers – odd years: President and Secretary, even years: Vice-President and Treasurer.

Example:

- 2010 – Vice – President and Treasurer
- 2011 – President and Secretary
- 2012 – Vice – President and Treasurer
- 2013 – President and Secretary

Nominations: Nominations will be collected by the Secretary in January and February. Any swim parent who is current with fees to the team and the YMCA may make nominations or run for office. The President will contact nominees and verify their willingness to serve and review duties of the office. Nominees will write a one paragraph summary of their experiences and their reasons for wanting to run for office.

Elections: Elections will be held at the Winter Swim Banquet following the winter swim season (generally March or April). One ballot per family may be cast. The ballot will contain a paragraph from the nominee describing their experiences and reasons for wanting to hold office.

If you have something to offer please always feel free to contact a board member. The parent board members are as follows:

President	Molly Dickmann	777-1786	swim5@wowway.com
Vice President	Brian Cook	771-6526	brcook12@gmail.com
Secretary	Jennifer Leone	876-7394	mleone@wowway.com
Treasurer	Maria Satre	767-0065	msatre@att.net

Parent Advisory Committee Positions

President - The President is the principal executive officer of the Team. He/she supervises and facilitates all of the activities of the Team, coordinates the parent board meetings and is the primary contact to both Hilliard's YMCA aquatics and executive director. The President serves as the board contact for the Fund-raising and Meet Management committees.

Vice President - The Vice President in the absence of the President shall perform the duties of the President. The Vice President performs duties as are assigned by the President, coordinates Championship and Zone activities (hotel, timers, and team assignments). The Vice President serves as the board contact for the Welcome committee, League Representative and Social committees.

Treasurer - The Treasurer is responsible for all funds of the organization. He/she receives and gives receipts for monies due and payable to the Team from all sources, submits & reconciles income and expenses to the YMCA account and maintains individual swimmer accounts. The Treasurer shall present a written financial report at each Team meeting. The Treasurer serves as the board contact for the Concessions and Photo committee.

Secretary - The Secretary shall keep the minutes of the Parent Advisory Committee board meetings and attends to all correspondence. The Secretary serves as the board contact for the Communications and Apparel committee.

Parent Sub-Committees

Committee Chairs - Volunteers play an important role in ensuring success of the HURY Swim Team and managing the various tasks that it takes to run an efficient and well organized team. Volunteers are needed in a variety of positions and all parents are encouraged to assess where they can make the biggest contribution and volunteer. Committee Chairs are appointed by the President annually. If you are interested in serving in any of the roles listed please contact the President of the Parents Advisory Committee.

Meet Management Committee – Chairman and committee shall obtain all necessary resources (personnel and equipment) required to conduct home and away swim meets. The Meet Director and committee members will be responsible for setting up the pool for home swim meets and restoring the pool after the swim meet concludes. This committee will be responsible for making sure all volunteer slots are filled (officials, bullpen, timers and runners) prior to the meet start and that all equipment is in working order (stop watches, starting system, etc.) This committee is also responsible for volunteer training and official clinics.

Welcome Committee – Chairman and committee members will be responsible for welcoming new members.

Concessions Committee – Chairman and committee members will be responsible for the setup, operation and tear down of concessions at home swim meets. The committee will organize donations necessary for the operation of the concession.

Communication Committee - Chairman and committee members will work to promote positive and timely communication between the Parent Advisory Committee, YMCA staff, swimmers and parents. This committee will be utilizing various mediums of communication to notify all participants of the HURY Swim Team activities. This committee will publish a bi-weekly email update, team web page, notify local newspaper of team accomplishment/events, coordinate a team bulletin board.

Social Committee - Chairman and committee members shall organize social functions to enhance the morale and spirit of the HURY Swim Team, incentive programs, record board and team dinners. This committee will also be responsible for organizing the annual end-of-season awards banquet and for the purchase of the awards for the banquet (in coordination with the head coach).

Photo Committee - Chairman and committee members will be responsible for organizing the team and individual picture day. This committee is also encouraged to coordinate photos taken during the season for the bulletin board and an end-of-season slide show to be shown at the banquet.

Apparel Committee - Chairman and committee members will be responsible for coordinating the distribution of team apparel ordered at the beginning of the season and coordinate invitational and championship T-shirt orders. This committee is also encouraged to coordinate team apparel purchases throughout the season.

Fundraising Committee - Chairman and committee members will be responsible for coordinating and organizing fund raising projects.

Midnight Madness Invitational Chair – Chair and committee are responsible for organizing and managing all aspects of the team's invitational meet. The Invitational serves as the team's principle fundraising vehicle for the year and requires considerable time and leadership ability. Committee must work with the Parent Board, YMCA staff and HURY swim coaches to ensure success.

USA Swimming Liaison- This individual coordinates with the HURY coaching staff to communicate information related to HURY USA events to all USA HURY members.

Appendix A

2009-2010 Winter Season Schedule

*See practice group descriptions for guidance on the number / types of meets to register for.

Meet Type	Meet Description	Meet Date	Meet Location	Opponent	Warm-up time	Fees
YMCA	Dual	Sat. 10/3/09	Hilliard YMCA	CHY	12:00 pm	None
YMCA	Midnight Madness	Sat. 10/10/09	Hilliard YMCA	Invitational	5:00 pm	\$15
YMCA	Licking County Invitational	Sat. 10/18/09	Licking County YMCA	Invitational	See Meet Packet	\$4 indiv. \$10 relay
USA (no time standards)	John Bruce Memorial	Fri. – Sun. 10/23/09- 10/25/09	Worthington Pools	Invitational	See Meet Packet	\$2 surchg \$4 indiv \$5 relay
YMCA	Pumpkin	Sat. 10/31/09	Pickaway YMCA	Invitational	See Meet Packet	\$4 indiv \$6 relay
YMCA	Lancaster	Sat.-Sun. 11/7/09-11/8/09	Fox Family YMCA	Invitational	See Meet Packet	\$4 indiv \$7 relay
YMCA	SEEYA	Sat. 11/14/09	Jerry L. Garver YMCA	Invitational	See Meet Packet	\$3 indiv \$5 relay
YMCA	Dual	Sun. 11/22/09	Columbus North YMCA	CNYW	1:00 pm	None
USA (no time standards)	Katy Callard Memorial	Fri.-Sun. 12/4/09-12/6/09	Worthington Pools	Invitational	See Meet Packet	\$2 surchg \$4 indiv
YMCA	Dual	Sun. 12/13/09	Hilliard YMCA	CYRT	1:00 pm	None
USA (Faster than AA) (Team Pitt will post)	Pittsburg Christmas Meet	Fri.-Sun. 12/18/00- 12/20/09	University of Pittsburg	Invitational	See Meet Packet	\$4.25 indiv \$8 relay
YMCA	Penguin Plunge	Sat. 1/2/10	Powell YMCA	Invitational	TBA	\$4 indiv \$6 relay
YMCA	Dual	Sat. 1/9/10	Jerry L. Garver YMCA	SEEYA	12:00 pm	None
YMCA	Sprints	Sat. 1/16/10	Columbus North YMCA	Invitational	See Meet Packet	\$3.5 indiv \$6 relay
YMCA	Dual	Sat. 1/30/10	Licking County YMCA	LCFY	12:00 pm	None
USA (time standards)	TYR Sports Winter Invite	Fri.-Sun. 2/5/10-2/7/10	Keating	Invitational	See Meet Packet	\$2 surchg \$5 indiv \$10 relay
YMCA	Dual	Sat. 2/6/10	Hilliard YMCA	RCY & PICY	12:00 pm	None
USA (slower than AA)	Regional Champs	Fri.-Sun. 2/19/10-2/21/10	Upper Arlington	Invitational	See Meet Packet	\$2 surchg \$5 indiv \$10 relay
YMCA	Dual	Sat. 2/20/10	Hilliard YMCA	GYC	12:00 pm	None
YMCA	Dual	Sat. 2/27/10	Hilliard YMCA	LYST	12:00 pm	None
YMCA	Big/Little	Sun. 2/28/09	Kenyon College	Invitational	See Meet Packet	\$4 indiv \$6 relay
YMCA	Regional Champs	TBA				
YMCA	SEOWV League “AA” Champs	Sat.-Sun. 3/6/10-3/7/10	Ohio University	Invitational	See Meet Packet	\$2.5 \$6 relay
YMCA	Great Lake Zones	Fri.-Sun. 3/19/10-3/21/10	Bowling Green State University	Championship	See Meet Packet	\$2 surchg \$4 indiv \$16 relay
YMCA	Nationals	Wed.-Sat. 4/7/10-4/10/10	Fort Lauderdale	Championship	See Meet Packet	\$3 surchg \$10 indiv \$40 relay

Appendix B

Addresses of All SEOWV YMCA's

	YMCA	Address	Phone #
BRY	Beckley YMCA	121 East Main St, Beckley, WV 25801	304-252-0715
CFYSH	Charleston Family YMCA	100 YMCA Drive, Charleston, WV 25314	304-340-3540
CHY	Hilltop	Fox Ridge Rd., Columbus OH	614-878-7260
CMMY	Ross County YMCA	100 Mill St., Chillicothe, OH 45601	740-772-4350
CNYW	Columbus North YMCA	1640 Sandalwood Pl, Columbus, OH 43229	614-885-4252
CYRT	Cambridge YMCA	703 N. 7th St. Cambridge, OH 43725	740-432-6318
GCY	Grove City YMCA	3600 Discovery Dr., Grove City, OH 43123	614-871-9622
GYG	Gahanna YMCA	555 YMCA Place, Gahanna, OH 43230	614-416-9622
HAYST	Harrison County YMCA	Lowndes Hill Pk, Clarksburg, WV 26301	304-623-3303
HURY	Hilliard YMCA	4515 Cosgray Road Hilliard, OH 43026	614-334-9622
HYCAT	Huntington YMCA	935 10th Ave, Huntington, WV 25701	304-525-8127
JBCY	JB Chambers YMCA	60 Knox Lane, Wheeling, WV 26003	304-242-8086
LCFY	Licking County YMCA	470 W. Church St., Newark, OH 43055	740-345-9622
LTPY	Liberty Township / Powell YMCA	7798 N. Liberty Rd., Powell, OH 43065	740-881-1058
LYST	Lancaster YMCA	465 W. 6th St., Lancaster, OH 43130	740-654-4206
MYAC	Marietta YMCA	300 N. 7th St., Marietta, OH 45750	740-373-2250
MYST	Mt Vernon YMCA	103 N. Main St., Mount Vernon, OH 43050	740-392-9622
PICY	Pickaway County YMCA	440 Nicholas Dr., Circleville, OH 43113	740-477-1661
PKB	Parkersburg YMCA	30th & Broad St., Parkersburg, WV 26101	304-485-5585
SEEYA	Jerry L Garver YMCA	6767 Refugee Rd, Canal Winchester, OH 43110	614-834-9622
SWCC	Southwest Community Center	3500 Ave., Grove City, OH 43123	614-539-1770
ZYP	Zanesville YMCA	700 McIntire Ave, Zanesville, OH 43701	740-453-9622

Away meet directions will be included in the weekly newsletter e-mails, and can also be found at the following website: <http://www.seowvswim.org/directions.html>