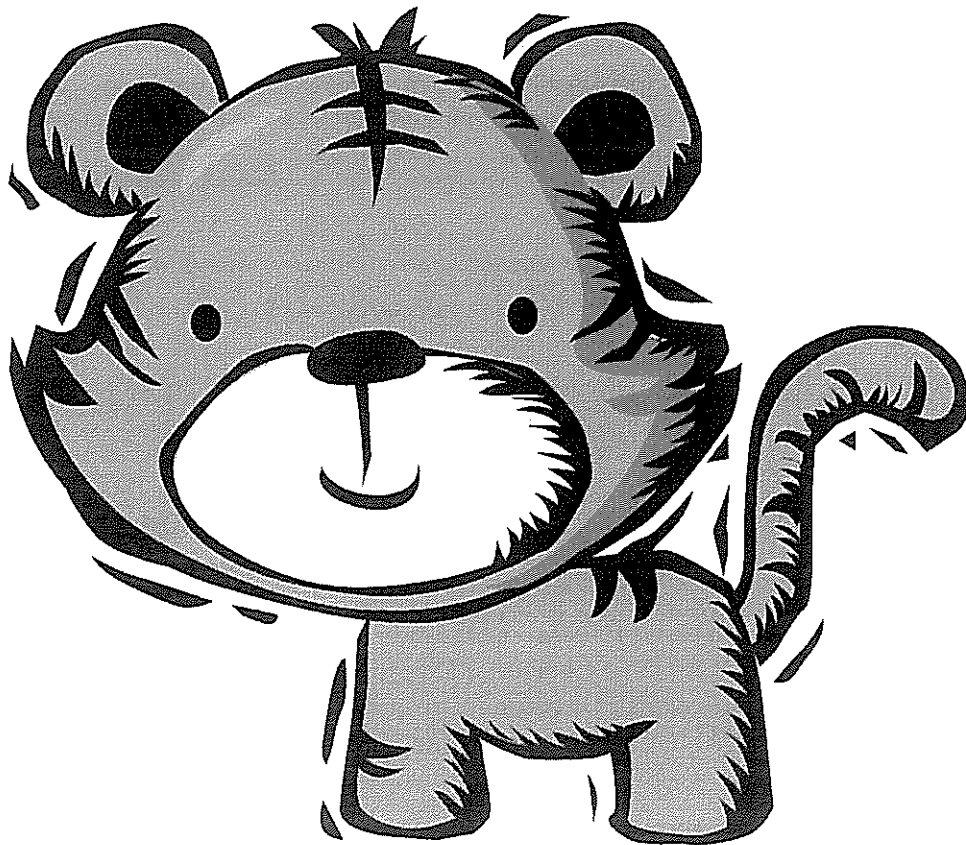


**The Bay View Tigers  
Swim Team  
08-09 Season Handbook**



# Bay View Family YMCA Tigers 2007-2008

## The YMCA Mission

*To place Christian principles into practice through programs  
that build a healthy spirit, mind and body for all.*

## WELCOME

*Welcome to the Bay View YMCA Tigers Swim Program. We offer instruction, training, character development and competition for youth ages 5-18.*

*Competitive swim programs in YMCAs have been in existence for over 50 years around the country. The Tigers program has traditionally had 50 to 90 swimmers and includes competition with teams in Rochester, Canandaigua, Geneva, Batavia and Corning.*

*The swim season runs from September to March. Along with pool and dry-land practices, there will be weekend league dual meets, invitational meets and a District Championship meet in February where we compete with all the other teams in our league. The District meet is the culmination of our season, which makes it very important that every swimmer plans on attending this meet. There is also a State Championship meet in March for those swimmers who make the cut times as*

## COACHING STAFF

### Head Coach

Nick DeTar-Koch

### Assistant Coaching Staff

Michelle Leszczynski

Dave Geen

Cathy Klein

Dave Lindskoog

## YMCA STAFF

Mike Stevens	Branch Executive Director	585-341-3211
Holly Malley	Associate Executive Director	585-341-3217
Susan Smith	Aquatics Director	585-341-3202
Nick DeTar-Koch	Aquatics Staff Associate	585-341-3218

## WEBSITES

Bay View Tigers Team Website	<a href="http://bayviewtigers.tripod.com">http://bayviewtigers.tripod.com</a>
Rochester Area YMCA Swim League	<a href="http://www.eteanz.com/rochYswimleague/index.cfm">http://www.eteanz.com/rochYswimleague/index.cfm</a>
NYS YMCA Swimming	<a href="http://www.yswimmingnewyork.org">http://www.yswimmingnewyork.org</a>
The Deep End	<a href="http://www.thedeependonline.com">http://www.thedeependonline.com</a>

*It is our goal to have a successful swim season from start to finish. We encourage parent and swimmer involvement on every level. We will promote a positive atmosphere and enhance the spirit, mind and body of all who are involved.*

What makes us different from other swim team programs?

We value the entire child in each swimmer. Swim team is a priority but we realize that each family and swimmer has many other commitments; personal well-being and satisfaction, family, school, social and fun commitments. Each child is an individual. Each swimmer and his or her respective coaches agree upon personal goals for the season. Each family and swimmer decides upon his or her level of commitment to achieving those goals.

YMCA programs operate on principles such as integrity, character development, teamwork and commitment. Sportsmanship is spoken here. The goal of our program is to **instill values** above all. Winning will come naturally for a team built on a strong character foundation.

The "self-esteem philosophy" underlies all YMCA programs. This applies to the Bay View Tigers as well. Our programs are open to those who might not have the opportunity to participate in other leagues, teams, clubs or sports programs. The YMCA focuses on diversity and is offered FOR ALL. Swimmers of varying levels and ability are encouraged to participate.

## **What to look forward to...**

**A strong foundation of caring, respect, honesty and responsibility.** Each swimmer and family has a duty to act within these boundaries. These are our YMCA Character Development Values. Without these as a foundation, we are just another swim team. The Tigers choose to rise above.

**Positive talk.** The better we TALK the better we ARE. If we TELL everyone how GREAT our program is, they'll have no choice but to believe us. We nearly doubled our initial roster in 2004. Imagine what will happen when we TALK-UP our program.

**Commitment,** self-esteem, self-respect, teamwork, honesty and integrity, a healthy spirit mind and body. We want to improve the quality of life for all swimmers and families involved.

**Family.** We are not just a collection of families, we are a family; an outstanding Pack of Tigers.

**Excellent communication.**

## SWIMMER RESPONSIBILITIES

- Attend practices and meets as often as possible. 8 and unders should be swimming at least twice a week. 9 +10s should be practicing at least 3 times a week and 11 and ups should be coming at least 4 times a week.
- Swimmers need to plan on attending *at least* 4 dual meets **and** the District Championships at the end of the season.
- Try your best - set personal goals and try to beat them!
- Treat teammates, competitors and coaches with RESPECT.
- Behave responsibly and safely at practices and meets **including in locker room facilities.**
- Represent the Bay View Family YMCA Tiger's swim team with pride.
- Attend practices and put forth your best effort.
- Read, sign and return a copy of the "Bay View Tigers Code of Conduct"
- Complete Swim Journal through out the season.

## PARENT RESPONSIBILITIES

***\*\*Please pick up and drop off children on time and help supervise in the locker rooms. If you are picking up your child early, you must personally speak to the coach a head of time.***

Swimmers will be expected to remain in the pool area until the end of all swim meets and practices. Each meet ends with relays where 4 swimmers are involved. Those who leave early might disrupt relay teams. If you must leave early please alert coaches ASAP.

Each Family has a folder. These are located under the display case in the Aquatics hallway. This is our mode of communication regarding schedule changes, special events, directions to meets, etc. Please check it regularly (children can check, also). Look for flyers and information after each practice, especially before meets.

**Sign up for tasks to support the team.** It will help to have 2 or more individuals working on each area. Please note: we encourage family involvement as much as possible. Take the opportunity to be a part of and help to improve our program. Your input is valuable to us. It will be helpful to have the support of each parent on some level.

**Concessions Team**— for home meets. We sell goodies to raise funds for end of season trophies, to help offset banquet costs, to purchase ribbons, for things like t-shirts and suits, etc. This committee will be responsible for communicating with Aquatics Director on a regular basis to ensure that ample supplies are available to start up concession sales. They will also be responsible for tracking revenue from concessions sales and for turning over earnings to the Aquatics Department to be kept in a swim team account. The Concessions Team will recruit families to make or bring specific items to each home meet. **Concession Team Leaders: Cathy Lindskoog and Cheryl Farnham.**

**Apparel and Merchandise Team:** This group will be responsible for gathering sizing information for the team. They will communicate with the T-shirt and swimsuit vendors, track and collect t-shirt fees and turn in all funds to Aquatics Department. The merchandise committee will also facilitate ordering of fins, pull buoys, water bottles (Nalgene), etc. Note: ALL of these items are *optional*. It promotes team spirit when we all wear the orange – but by no means is any child or family required to order a t-shirt or team suit. There are additional fees for these items. The apparel and merchandise team will provide further information in September. **Merchandise Leaders: Kelly Nicastro and Caroline Bower.**

**Ribbons and Awards Team:** This group will be responsible for labeling and distributing ribbons acquired at each meet (ie Best Time, Heat Winner, State Qualifying Ribbons). They will also work in conjunction with Aquatics Department to decide upon and order team awards at the end of the season. **Award Team Leaders: Nin Posnick and Kelly Nicastro.**

**Fundraising Team:** Will work in collaboration with swim team coaches to plan fundraisers. Funds raised for the team are used for trophies, holiday parties for the swimmers, banquet decorations, and other expenses not directly associated with coaching and meets. **Fundraising Team Leader: Julie Buscemi.**

**Team Publicity Team:** Will write and submit articles and photos to our local media outlets. **Publicity Leader: Leda Messineo.**

**Swim Meet Team:**

Meet managers (Dave Lindskoog and Horia Neamtu) Keeps track of team records, meet records run swim meet (ie) ensure that timers, officials and announcers are in place.

Head Timer (Ken Witt) In charge of organizing timers for each meet.  
*Please see Ken if you are interested in Timing....*

Clerk of Course (Don Anderson) In charge of lining up swimmers prior to their events.

Usually having a few parents to help write the swimmers events on their hands is very helpful. We also will need a couple parents to help keep the little ones in their designated area along with helping them get to their event. *(Please see Connie Quinlan if you are interested in helping out at meets.)*

Hosting a swim meet requires the participation and support from parents. **It takes 20 adults to fully staff a swim meet.** We are responsible for staffing all "home" meets. The following duties need to be filled for each meet:

**Timers:** 2 per lane (6 lanes) plus 4 substitute timers.  
**Scorekeepers:** 2 per meet  
**Officials:** 1 Starter and 1 Stroke judge.

**Officials (Chris Klasner, Patty McBride, Paul Piotrowski, Dan Kapp)** are parents who have taken a short course and an examination concerning YMCA competitive swimming. The Rochester Association offers Officials Training each fall for those interested.

*\*A tip: It is warm and humid in the pool area; dress accordingly and bring water to drink.*

***If you are unable to keep your assignment, please contact another parent and have them substitute for you. There is an urgent need for volunteers and we must all work together. Coaches and parents are grateful for your help.***

## EQUIPMENT AND ADDITIONAL FEES

Aside from registration fees, there will be minimal additional costs throughout the season. The following items will be ordered in late September or early October. **All monies paid for equipment, meet fees, suits and fund raising will be paid to the Bay View YMCA. No monies are to be collected in the name of the team, a parent or the coaches.**

**Team Suits:** Estimated at \$45 for girls and \$25 for boys – we would like all swimmers to have a team suit for meets.

**Goggles, Fins, Kickboards, pull buoys.**

**Team T-Shirts, Swim Caps, sweatshirts, pants, and anything else there's interest in...**

### **Other Fees:**

**State Swim Meet** for those who qualify and choose to participate – date and location TBA.

**Invitational meets** such as Goodwill and Winter Whiteout will have fees per event.

## MISCELLANEOUS INFORMATION

### **SUITS**

Swimmers are required to wear an old suit to practice to save our "team suits" for meets. Proper care of suits will ensure that they last a full season. Rinse suits in fresh water promptly after exposure to chlorine. Do not use suit spinners, do not use shampoo or detergent, and do not put suits in the dryer.

### **AGE GROUP PLACEMENT**

Swimmers' age group placements are determined by their age on December 1, 2008.

### **FINANCES**

Payment (or deposit) is required upon registration. Monthly credit card draft is now available. See registration form for fees and other information. There will be no refunds after November 30, 2008.

## **USA SWIMMING**

For those wishing for more competition opportunities we are registering the team in USA swimming this season. USA swimming will provide extra opportunities for competition outside of our league. There will be an extra fee to register individual swimmers as well as meet fees for USA meets you choose to participate in. **USA swimming is entirely optional.** More information will be distributed to your mailboxes.

## Dual Meet Information

***Note: All swimmers are required to participate in at least 4 dual meets in order to participate in the Rochester Area District Swim Meet.***

Dual meets will be held on Saturday afternoons. The final schedule will be available before the end of September. The location of the home meets is the Richard Mann Elementary School in Gananda.

*Swimmers must receive coach's permission before leaving the pool deck during a swim meet.*

**Meet sign-ups are as follows:** One week prior to the swim meet "wish lists" will be distributed. Swimmers will need to return their wish lists to Nick by the Wednesday before the meet. Each swimmer will choose 3 events in which to participate. It will then be up to the Coaches to decide what events the swimmer will be swimming at the meet. Also, we strive to have every swimmer try every event at least once in competition this year. *(Those swimmers who complete swimming every event offered in their age group will be awarded at the end of the season for their accomplishments. We will be keeping track of their progress on the bulletin board.)*

**Swim Journals:** Folders will be passed out the first week of practices. Swimmers will be responsible for recording their yardage for every practice they participate in. Swimmers will also record their times from all swim meets. Writing about their swimming is encouraged also. Sheets throughout the season may be passed out and expected to be entered and completed.

**Swim Team Nutrition:** Swimmers will be allowed to have water on deck at all times during practices and meets. Sports drinks are only allowed if they are watered down. Coaches will be monitoring food brought to meets. We encourage that swimmers bring healthy snacks to keep them energized for their events. Swimmers should not eat a meal until after they are finished swimming their events. We ask that if you are bringing food to be sold at concessions, that you bring a healthy snack that supports our team.



# BAY VIEW TIGERS DATES TO KNOW

## October

- 4th...Car Wash.....Bay View 10-2pm
- 12th Practice Meet.....Bay View 5:30-8pm
- 25th...Canandaigua, Bay View, Lockport Meet.....TBA

## November

- 1st...Bay View vs. Batavia.....Richard Mann Elementary
- 5th...Team Pictures.....Bay View 6pm
- 15th...Northwest vs. Bay View.....Greece Olympia HS
- 22nd...Geneva vs. Bay View.....Geneva Jr/Sr HS
- 27th-29th NO PRACTICE!!!!

## December

- 6th...Bay View vs. Maplewood.....Richard Mann Elementary
- 13th...Canandaigua vs. Bay View.....Canandaigua Academy
- 14th...Holiday Party.....Bay View 5:30-8pm
- 20th...Olean, Bay View, Batavia.....TBA
- 31st NO PRACTICE!!!!

# BAY VIEW TIGERS DATES TO KNOW

## January

- 1st NO PRACTICE!!!!
- 10th... Bay View vs. Southeast.....Richard Mann Elementary
- 24th... Bay View vs. Corning.....Richard Mann Elementary

## February

- TBA...Districts.....TBA

## March

- 15th... State Spaghetti Dinner.....Bay View 7:00
- 20th-22nd... State Championships.....Erie Community College
- 28th... Banquet.....Burgundy Basin Inn 7:00