

AUBURN YMCA-WEIU

***STINGRAY*YS**

TEAM HANDBOOK

(Revised August 14, 2009)

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1. PROGRAM PHILOSOPHY

The Auburn Stingrays is a co-educational, competitive swim team that participates in age-group swimming under the auspices of the YMCA. Since competitive swimming is both a highly individual and team sport, the values of sportsmanship, teamwork, and individual development are stressed. The coaching is planned to teach, train and encourage swimmers to achieve their potential in swimming, in the belief that this experience will prove valuable to them as they grow and develop. To enhance the opportunity for this personal development, a policy of "Everybody Swims" is followed. During meets, swimmers will generally compete in three events.

2. STINGRAY SWIMMING PROGRAM

For the purpose of training and competition, the swimmers are grouped into five classes based on age and sex as illustrated below:

Age	Class
8 and under	E
9 and 10	D
11 and 12	C
13 and 14	B
15 to 18 (still in HS)	A

YMCA class placement is determined by the age of the swimmer on December 1. Their age on that day will be the age class throughout the season.

The swimmers must be between the ages of 6 and 18 and be able to swim one length of the pool (25 yards). In the case of younger children, consultation with the coach and/or Aquatic Director is required prior to enrollment. Endurance is not a factor, since this is developed through daily practices and instruction. Basic YMCA membership is a prerequisite.

Practices are held Monday through Friday in the afternoon. It should be noted that practice is essential to successful swimming. Endurance, speed, and stroke perfection evolve from repetition and concentrated effort by the individual. Swimmers age 10 and under (Stingers) must swim a minimum of two practices per week regardless of whether there is a meet. Swimmers age 11 and 12 must swim a minimum of three times per week and ages 13 and up a minimum of four practices a week regardless of whether there is a meet. Practice attendance will be strictly enforced by the age-group coach. Dual meet eligibility may be lost if practice requirements are not met.

All swimmers ages 11 and up who qualify for states must attend 85% of practices offered between districts and states. And 100% of

practices are required for swimmers who qualify for nationals. Individuals who fail to meet the practice requirement will not be eligible to compete at either meet.

In the event of sickness, family emergency, etc., absence from a meet must be reported to a coach as far in advance as possible (by Monday the week of the meet if known that early) by having a parent call the head coach at the YMCA and leaving a message. Phone 253-5304 and ask for the Stingray Head Coach. If the coach is not available, leave a message on the answering machine.

With the amount of practice time and the large number of participants, it is important that all swimmers understand the need for cooperation between swimmers and coaches. The coaches are responsible for maintaining control and discipline to achieve a safe and productive practice session for the accomplishment of individual and team objectives. A discipline policy is in effect. The coaches will follow the procedures outlined in this discipline policy. Consequences for improper behavior may lead to suspension from the bus or team for one or more meets.

The Stingrays belong to the YMCA Central New York District Swim League. In season competition will include approximately 8 dual swim meets during the season . The meets are usually divided into an equal number of home and away meets.

In a dual meet situation, each age class (boys and girls) competes against the same age class on the opposing team. There are, in effect, ten different competitions within each dual meet. A total of 90 events comprise a dual swim meet. Each swimmer may enter three official events, with relays counted as an event. A swimmer may "swim up" one age group in any dual meet, for any or all of his events, as long as the total number of events does not exceed three.

At the conclusion of the dual meet schedule, a daylong **District Championship** is held in mid-February. There are no qualifying times for this meet, and all members of the team are expected to compete in the District Meet if they have competed in a minimum of three dual meets. Ribbons are awarded to individuals and trophies are awarded to winning age groups.

In March, a three-day **State Championship** is held. Swimmers must meet very difficult qualifying times to participate in this meet. Prior to the State Meet, swimmers must have competed in a minimum of three dual meets and the District Meet. Medals and ribbons are awarded for placements one through twelve. Participation in this meet involves a 1 or 2 night hotel stay and other related expenses. Locations of the state Championships vary each year and can be anywhere in the state.

The YMCA **National Championships** are held in April of each year in Florida. Once again, swimmers must meet extremely difficult qualifying times to compete. There are no "age groups" at this meet. This competition is open to all ages that qualify. In the past, the Stingray Parents' Association has helped to defray a portion of the cost involved in this meet. However, swimmers need to be prepared to finance transportation, lodging and food expenses for a week in Florida. This competition is limited to outstanding swimmers, or approximately 6% of the team.

The Parents' Association has developed a Stingray support policy, which follows. The policy was updated in August 2000.

YMCA STINGRAYS NATIONALS SUPPORT POLICY

1. The YMCA STINGRAYS will support swimmers who qualify for YMCA Nationals in the amount of \$200.00 each. This amount may be modified at the discretion of the Executive Committee on a year-to-year basis.
2. Swimmers and parents are strongly encouraged to participate in fund raising events held by the AUBURN STINGRAYS during the year to be eligible for this support. Suggested events are the "CHRISTMAS POINSETTIA SALE", car drives, car washes and other fundraisers announced during the season.
3. Swimmers are required to participate in at least 50% of the STINGRAY dual meets to be eligible for support unless excused by the STINGRAY Head Coach.
4. Monies given by the YMCA STINGRAYS to support the swimmers are to be used by the swimmers for expenses to YMCA NATIONALS, i.e. housing, transportation, meals, etc.
5. Final eligibility for this support will be determined by the Chairperson of the STINGRAY PARENTS' ASSOCIATION and the STINGRAY Head Coach. The YMCA swim schedule runs October through March. Auburn has always been complimented on the behavior of the team away from home. It is the responsibility of every member of the team to continue that tradition.

3. STINGRAY PARENTS' ASSOCIATION

The purpose of the Stingray Parents' Association is to support the YMCA and the coaching staff in providing the best possible competitive swim program for our children. There are no membership fees and no membership qualifications to be part of the Stingray Parents' Association; in fact, all parents are automatically members with the registration of their son or daughter in the competitive swim program. The leadership of the Association is provided by an Executive Committee, which meets on a monthly basis to plan and implement the supportive activities required to maintain a viable and successful swimming program. The Executive Committee is composed of the following positions, which are elected at the Spring General Meeting: • Chairperson • Vice-Chairperson • Secretary • Treasurer • Officials • Transportation • Communications • Special Events/Fund Raising • Hospitality • Registration\Database • Stingray Store In addition to the above positions, the following are ex-officio members of the Executive Committee: • YMCA Aquatics Director • Head Coach Each of the above positions, both regular and ex-officio, carry a single vote in determining business matters. 6 General Meetings of the Association are held annually and all parents are encouraged to attend these meetings. Any Association member may, if they choose, attend any of the regular Executive Committee meetings during the course of the year. Meeting dates and times are announced monthly in the Stingray newsletter. One of the primary functions of the Stingray Parents' Association is the organizing and staffing of the home dual meets during the YMCA swimming season. Parents announce, score, time, officiate, supervise, run concessions and serve refreshments after most home meets. The Stingray Parents' Association expects and encourages all members to attend both the home and away dual meets to support our swimmers in competition. Bus transportation to away meets is arranged and paid for by the Stingray Parents' Association through fundraising efforts. Swimmers are guaranteed a seat on a first come, first serve basis and parents may travel along with the swimmers on a first come basis if all available seats are not filled. Chaperones are provided for each bus (1-girls bus and 1-boys bus). In the event where buses are required to be co-ed because of limited space, chaperones will determine which age groups and/or swimmers will ride together. In most cases, the E and/or D swimmers will be asked to relocate to the bus where seating is available. This decision is the responsibility of the chaperone and can change depending on demonstrated behavior. Chaperones are responsible for keeping order and getting the kids to and from the meet safely and all passengers are expected to adhere to all of the bus rules, which are explained in the code of conduct and "Transportation Policy". This policy is included in the Stingray Registration package and was signed by each swimmer and parent in the beginning of the season. Inappropriate bus behavior may result in suspension of bus privileges. Determination of suspension will be the responsibility of the Stingray Parents Association.

4. FINANCIAL RESPONSIBILITIES

Information covering the fees for Stingray membership is available from the YMCA. The basic costs consist of: YMCA membership and Stingray program registration fee. These fees should be paid directly to the YMCA in a timely fashion. Failure to pay will result in suspension from the team until the fees are paid. Any extenuating circumstances should be discussed with the YMCA staff. In addition to these basic fees, there will be other costs during the course of the year, such as: • transportation fees for away meets •

entry fees for District and State events • meals for away meets (ex. McDonalds) • optional equipment (team suit, team cap, team T-shirt, goggles, locks, etc.) • transportation, food and lodging expenses for "State" and "National" meets (for qualifying swimmers only) • Year end banquet for swimmers and family

Team uniforms (suits, caps, T-shirts) are optional, but all swimmers are encouraged to wear the official team uniform at all team competitions. A team T-shirt is provided to all swimmers by the Parents' Association. Entry fees for Districts and States must be paid in advance but only the swimmers with the fastest qualifying times on the day of the race will actually swim in relay events. Swimmers bumped from a scheduled relay can request a refund from the Head Coach.

5. PARENTAL RESPONSIBILITIES

ACTIVE participation is expected of all parents as seen first and foremost in their presence at the meets, cheering and encouraging all swimmers on. Other forms of participation are volunteering through various functions such as timing, chaperoning buses, officiating, serving deck refreshments to coaches, timers & officials, being responsible for updating the team bulletin board, working at the concession stands, assisting at fundraising activities and helping with the Poinsettia Sale, etc. Each family is required to volunteer at least 4 hours of volunteer time each season. This may be broken down over several meets or more than one family member may contribute. We need and appreciate the support our families provide throughout the season. It is because of this support, the Auburn YMCA Stingrays can boast they are the largest and most efficient team in the Central NY District 8.

6. AWARDS AND RECOGNITION

A number of incentives have been established to encourage and motivate all swimmers to strive for continued improvement at all times. • Stingray Record Board • Personal Best Time Ribbons • Point Plaques • David Clary Memorial Award • Sportsmanship Award • Wally Duncan Award • Doug Reese Stinger Award • Individual Trophies

At the end of the YMCA season, Stingrays hold an annual banquet. At this time the majority of individual achievements are recognized. Every swimmer receives a trophy. First year swimmers receive a Stingray patch. Also presented as highlights of the year are plaques, high point trophies, and the various awards. Swimmers must participate in 5 dual meets throughout the swim season to be eligible to receive awards. The Stingray Record Board hangs in the A-R Pool area and displays the current Stingray record holders. The board exists to highlight the achievements of Stingrays swimmers only. For each event, the board displays the current record holder's name and time. These records can be established at any organized YMCA competition, whether away or at home. A log is maintained by the Parents Association and coaches, for each swimmer of their times in all of the events in which they swim. The log is always available for review with the swimmers. Regardless of a swimmer's placement in a race, **the recording of a personal best time is a significant accomplishment, and is worthy of congratulations.** The log also serves the coaches in developing training strategies for each swimmer. High Point trophies are presented at the annual banquet, and are the result of a cumulative effort over the complete YMCA swim season. Every swimmer accumulates points during competition, and the boy and girl accumulating the most points receives this trophy. Point Plaques are presented to each swimmer accumulating at least 50 points for the first time. Each year after that, swimmers are awarded a silver bar to place on their plaque if they accumulate between 50-99 points for the season. Gold bars are awarded for 100 points or more in a season.

Individual points at dual meets are accumulated according to the following point award schedule:

Individual Events Relays (Each swimmer receives these points)

1st place - 5 points 1st place - 5 points
2nd place - 3 points 2nd place - 3 points
3rd place - 1 point 3rd place - 1 point

State and District swim meets have larger point values, and generally award points for at least the first twelve places. Refer to details in the District and State meet portion of this Handbook.

Swimmers that "swim up" an age group will receive points if their times would have placed in their own age group. If the swimmer placed in a higher age group, he/she will receive either those points or the points from placement in their own age group, whichever is highest.

Due to the large number of swimmers in some age groups, some swimmers will swim "exhibition" during the meet. Exhibition times will count toward swimmers season points, but do not count toward meet points. A maximum of three events per meet will count toward season total points.

Exhibition swimming is necessary to insure all swimmers get to swim up to three times at each meet. For each event, the coaches are allowed to enter a maximum of three swimmers in a six lane pool, (two in a four lane pool). All other swimmers in the event are considered exhibition.

The events the swimmers swim in will be the decision of the coaches whose decision will be made for the good of the team.

District Meet –

The District meet is held in February; open to all eligible swimmers (see page 4). Each swimmer will swim 3 events.

Scoring for individual events and relays is determined by the point schedule in the annual NCAA rule book, which the YMCA uses to base scoring. Points are directly dependent on the number of lanes in the pool where the District Meet is held.

For a **typical six lane pool** individual events are scored as follows:

1st place - 16 points 7th place - 7 points
2nd place - 13 points 8th place - 5 points
3rd place - 12 points 9th place - 4 points
4th place - 11 points 10th place - 3 points
5th place - 10 points 11th place - 2 points
6th place - 9 points 12th place - 1 point

Relay events receive double the individual score for each place. Each team member of the relay team receives $\frac{1}{4}$ of the relay score for their personal point total.

State Championship Meet –

The State Championship meet is held in March; swimmers must meet state qualifying times in advance to be eligible to attend (see page 4). Each swimmer may swim a maximum of 3 individual events and 3 relays.

One point is awarded for each event a swimmer qualifies for and participates in; extra points for placing are determined by the current NCAA rule book point schedule, which is directly based on the number of lanes in the pool where the State meet is held. Relay events receive double the individual score for each place. Each team member of the relay team receives $\frac{1}{4}$ of the relay score for their personal point total. The open relay event does not count for points.

US Swim Meets - NO points for any of these meets.

7. SPECIAL EVENTS

Special events are held during the course of the year, some of which are non-swimming in nature. This includes a year-end award banquet, which honors all swimmers and families with an enjoyable dinner and evening and a summer family picnic, usually held in August. Additional activities may also be added from time to time.

Other social activities for parents only may be organized during the course of the year.

