



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Parent Handbook 2019

Richardson Family YMCA

821 N. Custer Rd, Richardson, TX 75080

Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.



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Mission Statement & Team Objective

YMCA of the USA Mission

To put Christian values into practice through programs that build healthy spirit, mind and body for all.

YMCA of Metro Dallas Values

Christian Values we teach in our programs: Citizenship, Caring, Fairness, Trustworthiness, Responsibility, Respect. These values will be incorporated throughout the season. Parents and swimmers are expected to display these values at all times.

Team Objective

To provide a fun, successful experience as swimmers learn to make aquatic sports a life-long passion.

Important Contacts

Lead Parent Volunteer: Luke Plese- lplese@yahoo.com

Head Coach: Xandra Damon- richardsonrapids@gmail.com

Aquatics Director: Samantha Buehler, sbuehler@ymcadallas.org

Communication

On-line – The primary way to communicate with the coaches is thru e-mail. E-mailed newsletters will be sent by the coaches on a weekly basis. You may also e-mail questions to richardsonrapids@gmail.com.

Facebook- The team has a Facebook page you must be invited to. This is a great avenue of easy to access information and easy way to get questions answered. To gain access just contact us through the rapids account.

Team Box – Each team member will have a file in the team “box”. The box will be on deck at every practice. Swimmers are encouraged to check the box daily. The “box” will be where any ribbons and meet results will be distributed.

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Swim Team Basics

Volunteer

The success of the swim team is dependent on parent volunteers. Please pitch in and find an area that you are interested in helping with. If all parents volunteer a little, then *all* parents *only* have to volunteer a little.

Volunteer Opportunities – No experience necessary!

- Timers at the meet (all meets)
- Ready bench (home meets)
- Hospitality (home meets)
- Concessions (home meets)
- Water runner (home meets)
- Meet set-up the night before a home meet
- Social events – set-up and preparation
- Officials

Parent Behavior

Give your swimmer some independence from you. Trust the coach and let your child make a mistake, they will learn from those too. Finally consider this: what you may tell your swimmer could conflict with the coaches' instruction. The best thing you can do as a swim team parent – for your swimmer and yourself and the coaches- is to leave the coaching to the coaches.

Volunteer Board

The volunteer board was established several years ago to enable the coaches to focus on instructing the swimmers. The volunteer board is responsible for coordinating the swim meet that we host at our pool, by scheduling volunteers and soliciting donations for the hospitality room. The volunteer board also is responsible for coordinating the social events that are held throughout the season.

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10 Guidelines for Being a Positive Swimmer – Parent

1. Cheer your swimmer on, be supportive of him/her. Console him/her but do it without judging him/her, the coach, officials or teammates.
2. Many things will aggravate you that do not even phase your swimmer. Do not make something into an issue if it is not an issue.
3. Encourage your child to seek his/her own answers. Coaches respect swimmers who come to them and privately question their event or practice; it immediately indicates they want more.
4. Understand the rules of the meet and the coach's philosophy. Volunteering is a wonderful way to become involved.
5. Do your physical part as a parent. Get your child to practice on time and pick them up promptly. Demonstrating responsibility and commitment can be incredibly effective.
6. Events and talent sometimes do not match up. Coaches attempt to do what is best for the team, putting the best mix and best "chemistry" in the pool. That may mean that sometimes your son/daughter may be swimming an "off-event" in an attempt to strengthen the team. A positive spin by you can go a long way in helping your child adjust to a new event. Stay positive, and your child will flourish.
7. If you have real concerns, and your swimmer has attempted unsuccessfully to work things out with the coach on his/her own, schedule a meeting with the coach and have your child attend with you. If you are trying to resolve a problem, help your swimmer by being a role model in the problem solving procedure.
8. Never approach a coach with complaints during a practice or meet. Schedule to talk after the practice or meet. Most coaches are focusing on the task at hand and will be more attentive outside of practice or meet situations.
9. Please think before criticizing anyone connected with your swimmer's team. Criticism is contagious and often hurtful. The damage could be irreversible.
10. Visibly show that you enjoy watching your child perform; this will make him/her feel better about individual participation, no matter what the circumstances are.

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Team Uniform

The team suit is royal blue suit, one-piece for girls and jammers for boys. A team suit is required to compete. Parents are responsible for ordering their child's suit. We suggest going to Extreme Swim Shop. It is located at 2220 Coit Road, Suite 325, Plano Texas 75075 (972)596-2188. Team suits should be worn for meets only, to preserve the quality of the suit and ensure that the suit will make it to the end of the season.

Caps are required for anyone with longer hair. Anyone can wear them and many kids like them because it distinguishes them in the water. Every swimmer however is strongly encouraged by coaches to purchase and wear caps at competition and practice. Caps are made of durable silicon and can be purchased from the coaches.

Goggles - well constructed, comfortable goggles are essential for practice and completion. It is recommended to bring (2) pair to meets in case of breakage or leaks.

T-shirts – Team t-shirts will be available to purchase at the front desk at the beginning of the season. Watch for ordering information on the team Facebook.

Meet Eligibility

There are no minimum requirements to participate in league swim meets.

To participate in the league championship meet, swimmers must have participated in one meet prior to the Town North Meet on June 29th-30th.

To participate in the state meet (Lone Star), swimmers must have completed in 2 meets and meet the qualifying swim times. Swimmers ages 6 & under are not required to obtain swim times but they do have suggested times. Swimmers who qualify for Lone Star are *highly* encouraged to attend this meet.

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Meet Guide

1. Buy a heat sheet
2. Write your swimmer's events on his/ her arm with sharpie.
3. Volunteer to time.
4. Respect the deck – stay away from the timers and officials
5. Pay attention to the events – both the events that are swimming and events that are being called to the ready bench.
6. Younger swimmers should be sent to the ready bench when their event is called.
7. For your swimmer, each event follows a specific process described in the following steps:
 - a. Swimmers should be near the starting block for their event. If a ready bench is in use, the ready bench supervisors should handle this.
 - b. An official sounds three or more short whistle blasts. This indicates that the race is about to start. At this point the swimmer should be ready to either step up onto the block or, for backstroke, enter the pool.
 - c. An Official sounds one long whistle blast. This is the signal to either step up onto the block or, for backstroke, enter the pool.
 - d. The starter says "take your mark". This signals the swimmers to get into their starting position and hold it. If the officials detect any forward motion prior to the start they may declare a false start, which may result in a disqualification.
 - e. The starter starts the race with a signal. The start is typically indicated by an electronic signal (e.g. a loud beep) that is accompanied by a flash of light.
 - f. Under certain circumstances before the starting signal, the starter may say. "Stand up" or "Relax".
 - g. After the starting signal, a false start signal may occur. Usually the false start signal will be several loud beeps or whistle blasts. The false start signal calls swimmers back and the process starts all over again. Occasionally there may be a "false start rope" that is dropped into the water to get the attention of the swimmers who do not hear the call back signal. False starts may result in disqualification.
8. After the race, your swimmer should stay in the water until all swimmers complete the race.
9. The swimmer should get his/her time from the timers and then meet with the coach.

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What to bring to a swim meet

It is important to bring the essentials to the swim meets. No matter if you have a swimmer in the morning session or afternoon session you will be outside in the heat and sun many hours.

- Tents/ umbrellas (parents, you too will get hot sitting in that sun)
- Lawn chairs
- Sleeping bags/ blankets
- Towels, at least 2
- **Sunscreen**, T-shirts, shorts or cover-ups
- Goggles (a spare pair is recommended), caps, team swim suits
- HEALTHY food (fruit, veggies, fitness water) Most meets will have a concessions area
- Games, cards, small electronic games, (radios and tape players are discouraged since they distract the swimmers and officials) there is a lot of downtime for the swimmers between the swimmer's events.
- Sharpie, highlighters and pens. Sharpie to mark swimmers with their events, highlighters to highlight your swimmer's events in the heat sheet, pens to record swim times on the heat sheets. It is fun track your swimmers progress throughout the summer.
- Good manners, remember our Character Values. We will be guests at another team's pool or hosting a meet at our own pool.

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Swimmers Diet

For the few days before a big meet the swimmers should be carb loading. Pasta is a good source of Carbs. Your body takes considerably longer to digest proteins and fats than it does to digest carbohydrates. Your goal in beginning a competition is to have a fairly empty stomach, but high levels of energy. Eating a meal high in protein on the day of competition can result in your still having food in your stomach and suffering possible digestion problems, but not having a sufficient level of energy. High levels of fat in a pre-competition meal will cause similar problems.

Go with foods that you know works for your child the day of a meet, regardless of whether it is a breakfast, lunch, or dinner type of meal. What is their favorite pre-swim meal? Go with it! It could be pasta, noodles, rice, cereal, toast, eggs, a sub-type sandwich, pancakes, waffles, even a peanut butter sandwich - as long as it is a meal that hits the main food groups, is easy for them to digest, and is familiar to them.

Get that main meal done two to three hours prior to swimming, then "keep the fuel tank topped off" with easy to digest, lighter foods - fruit (apples, oranges, bananas, raisins, pears, etc.), power bars, sport drink, pretzels, pop-tarts, a simple sandwich (peanut butter and banana, banana and honey, jam, etc.), low-fat pudding, rice cakes, plain toast, etc.

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Swim Stroke

Here is a simple explanation of each of the four main swimming strokes.

Freestyle

The freestyle stroke, as its name implies, is not limited by any particular technique. The stroke we now call freestyle, which is also known as the front crawl or Australian crawl, has been used since early last century. Only 15 meters can be swum underwater (from the start and from each turn), otherwise some body part must always be above the water.

Breaststroke

Swimmers of the breast stroke must follow strict rules when performing the stroke. Their shoulders must be kept in line with the water, arm and leg movements must be pushed forward together, and brought back under the surface of the water. At the turn and finish, both hands must touch the wall together. At the start and first stroke and kick after a turn, the swimmers are allowed one arm stroke and one leg kick. At all other times the swimmer's head must be kept above the surface of the water. No dolphin, scissors or flutter kicks are allowed.

Butterfly

When swimming the butterfly stroke, the swimmers must keep their shoulders in line with the surface of the water, and make arm and leg movements together. They also must not swim underwater, except for the first stroke after the start and each turn. Only 15 meters are allowed underwater at the start and after each turn, and the wall must be touched with both hands.

Backstroke

When swimming the backstroke, the swimmers remain on their back. Similar to the freestyle, only 15 meters can be spent underwater from the start or from each turn. When turning, the swimmer does not have to touch the wall with their hand, enabling them to do a much faster turn.

Medley relays

In the individual medley (IM) races, the order of strokes is butterfly, backstroke, breaststroke, and freestyle. In the medley relay, the order is backstroke, breaststroke, butterfly, and freestyle, with the first swimmer starting in the water.

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Glossary of Swimming Terms

Added time	When a swimmer goes slower than their best previous performance than they have "added time"
Age Group	Division of swimmers according to age. 8 and under, 9-10, 11-12, 13-14, 15 and up. The meets are split into the morning session consisting of the 11-12, 13-14 and 15 and up. Afternoon session consists of the 8 and under and 9-10.
Blocks	The starting platforms located behind each lane.
Cap	The latex or lycra covering worn on the head of swimmers. The Rapids coaches will take orders for team caps at the beginning of the season.
Championship finals	The top eight swimmers in each event with preliminaries and subsequent finals. The top eight swimmers based on time are in the championship finals heat.
Circle Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.
Course	Designated distance (length of pool) for swimming competition. Long course = 50 meters, Short Course = 25 yards or 25 meters. YMCA meets are all short course meets.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" Swimming member may be on the deck during a swim competition.
Disqualified (DQ)	A swimmer's performance is not counted because of a rules infraction. A DQ is shown by an official raising one arm with open hand above their head.
Dual Meet	Type of meet where two YMCA teams compete against each other.
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped their time."
Dryland	The exercises and various strength programs swimmers do out of the water.

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Entry	An individual, relay team, or event list in a swim competition.
Entry Fees	The amount per event a swimmer or relay is charged. This is only charged for the Town North and Lone Star Meets.
Entry Limit	Each meet will usually have a limited number events each swimmer may compete.
False Start	When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
False Start Rope	A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall. When swimmers swim the backstroke, the flags are used to help them know when to turn or touch out the finish.
Fly-over Starts	Preceding individual freestyle, breaststroke and butterfly events, swimmers stay in the pool until the next heat starts. The swimmers for the next event, therefore, dive over or "fly over" the swimmers from the previous event.
Final Results	The printed copy of the results of each race of a swim meet. The final results will be posted at each meet as they are available. Final results will also be distributed to the team the week following the meet.
Heat	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swum, after all heats of the event are completed.
Heat Sheet	The pre-meet printed listings of swimmers' seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the concessions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.

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Heat Winner	A ribbon or coupon given to the winner of a single heat at an age group swim meet. This is usually limited to the younger age group.
High Point	An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; this is limited to the Lone Star Meet.
Interval	A specific elapsed time for swimming or rest used during swim practice.
Lane	The specific area in which a swimmer is assigned to swim. (ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6).
Lane Ropes	Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
Lap	One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.
Late Entries	Meet entries from a club or individual that are received by the meet host after the entry deadline.
League Championship	The League Championship swim meet is the final swim meet prior to the Lone Star State Championship swim meet.
Leg	The part of a relay event swum by a single team member. A single stroke in the IM.
Length	The extent of the competitive course from end to end. See lap.
Mark	The command to take your starting position.
Meet	A series of events held in one program.

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NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.
Officials	The certified adult volunteers who operate the many facets of a swim competition.
	8.
Pace Clock	The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.
Prelims	Finals Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest six or eight (Championship Heat) swimmers, and the next fastest six or eight swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.
Qualifying Times	Qual Times -Published times necessary to enter certain meets. Qual times are needed to be eligible to compete at Lone Star.
Ready Bench	The location that the younger age group swimmers will assemble when called to get in the correct order to swim in their event.
Seed	Assign the swimmers heats and lanes according to their submitted or preliminary times.
Starter	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
Split Meet	Type of meet where all the YMCA teams in the metroplex split into (2) locations.
Stand-up	The command given by the Starter or Referee to release the swimmers from their starting position.
Step-Down	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.

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Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
Stroke Clinic	Stroke clinics are offered for an additional cost to provide more individualized instruction in a small group environment on specific stroke work.
Stroke Judge	The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.
Taper	The resting phase of a swimmer at the end of the season before the championship meet.
Team Records	The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.
Timer	The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
Time Trial	An event or series of events where a swimmer may achieve or better a required time standard.
Touch Pad	The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
Turn (flip turn)	When the swimmer reaches an end of the pool before the finish of the heat, he/she must flip turn. Special turn techniques are used for the most efficient turn execution. Flip turns are one method. Special methods are required for different strokes and for the IM
Warm-down	The recovery swimming a swimmer does after a race when pool space is available.
Warm-up	The practice and "loosening-up" session a swimmer does before the meet or their event is swum.

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2019 Summer Meet Schedule

June 8 th	JER Chilton YMCA in Rockwall
June 15 th	Richardson YMCA/ Coppell YMCA
June 22 nd	Richardson YMCA/ Waxahachie YMCA
June 29 th -30 th	Town North YMCA League Champs
July 18 th -21 st	Lone Star (Frisco Natatorium)

Other Important Dates

April 24 th	Parent Meeting at 7:00 PM at Richardson YMCA
May 14 th	Parent Meeting at 7:00 PM at Richardson YMC
May 28 th -30 th	Team Tryouts, drop-in from 6:30-8:00 PM
June 1 st	Rapids Inter-Squad Meet and Cookout
June 3 rd	First Official Swim Team Practice
June 19 th	Ice Cream Social
June 27 th	Pictures
July 17 th	Spaghetti Dinner
TBD	End of Season Celebration

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