



2010-2011 Team Handbook

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ROLES AND EXPECTATIONS

Coaches

The main responsibility of the coaching staff is to meet the needs of all swimmers in the program. The coaches are responsible for teaching and training swimmers for competition. This includes lessons in stroke mechanics, sportsmanship, and responsibility. Other coaching responsibilities include, but are not limited to: attending practices and competitions, communicating to swimmers, parents, and administrators, and participating in all team and league-related meetings.

Parents

The most important role of a swim team parent is to provide unconditional love and support! Your child works hard at practices and meets, please make sure you let them know that their efforts are appreciated regardless of the outcome of any event. Always be positive with your swimmer. The word “BUT” should not be in your vocabulary when discussing your child’s swimming with them. Furthermore, a parent should never approach an official or coach questioning a call at a meet. If a parent has questions please see the head coach to make an appointment to discuss such things.

It is also the responsibility of the swimmer’s parents to make sure that their child is at practice or meets on time and ready to swim. **It is important that a swimmer does not miss warm-ups.** The warm-up period is used to prepare a swimmer for practice or competition. Missing warm-ups increases the chance of injury. Arriving at practice 15 minutes early to stretch will help teach your child responsibility and discipline.

E-mail is the primary form of communication. Check your e-mail regularly for information about upcoming events—meetings, meets, schedule changes, fundraisers, socials, and volunteer needs, and promptly respond if requested. Every effort will be made to post a copy of recent e-mails from the coach in the “Coaches Corner” binder on the filing cabinet by the team bulletin board for those who do not have regular access to their e-mail. **Please do not remove this copy from the binder.**

Stripers home meets are run by volunteer parents. It takes more than 30 volunteers to run each home meet. Jobs range from working at the concessions table, to timing, running the Meet Manager system and officiating (more information about this will be listed in a separate document). Other volunteer needs include planning and helping with team socials and suit try-on nights. **All parents are expected to volunteer during the season.**

Swimmers

Swimmers should be at practices and meets on time and ready to swim. This means being on deck and in a swimsuit 10 minutes before practice and as much as an hour before a meet begins (meet arrival times will be sent out by the coach). Goggles and bathing caps should be adjusted before practice and not during warm-ups. If a swimmer wants to stretch, they should be finished with stretching before warm-up begins. Swimmers are responsible for making sure they have a suit, cap, goggles, towels, water bottles, etc. Having extra caps and goggles is also a good idea. Being prompt is important.

GENERAL SWIMMING INFORMATION

Our philosophy

There are many things our swimmers learn beyond competitive swimming. They learn how to support their teammates, gracious winning and losing, and setting and working toward goals. They make new friends, develop poise and self-confidence, and have fun.

Effort equals results

There is a spot on the team for everyone, no matter if your child is here for the social fun or dreams of being a world record holder. The two groups do not have a right to interfere with each others goals. However, if your child does not come to practice regularly and give 100% effort they should not expect the results of regular practices and 100% effort.

Attendance

Attendance will be taken daily at practice. Attendance, although not mandatory, is important. Please be considerate. If you know ahead of time that your swimmer will be unable to attend practice or a meet due to vacation or sickness, please inform the swim coaches in writing (via e-mail when possible).

Support your teammates

This is your child's team. Your child should offer encouragement to at least one other swimmer each day. The better the teammates, the better the team. A "good swim" or "nice set" helps make the practice time feel shorter. Supporting teammates and giving positive encouragement is a good way to illustrate leadership and demonstrate team spirit. Senior level swimmers should (try to) stay until the end of a meet to support those who look up to them. This will help build a bigger and stronger team in the end.

Behavior

Whether home or away, at practice or a meet, your child represents the Stripers and the YMCA. Their behavior directly affects our image. We are a respected group and we respect others. Please inform your children to conduct themselves appropriately in all areas, even off the pool deck -- i.e., hallways, locker rooms, hotels, and restaurants.

Discipline

We want our swimmers to get the most out of every practice. Swim team should be fun, but we expect swimmers to listen to and respect the coaches and do what is asked of them. Time spent disciplining a swimmer takes away from the rest of the team. Disruptive behavior or horseplay will not be tolerated, and will result in the following:

- 1st offense: Verbal warning from coach
- 2nd offense: 10 and Unders, sit out time. 11 and Overs dismissed from practice
- 3rd offense: Parent conference before swimmer is allowed back into team activities.

Health

Swimmers are a healthy lot, but if you do not take simple precautions it might mean no swimming for a week or more.

- Special attention must be given to the ears . . . dry them as thoroughly as possible. Try a hair dryer to dry out excessive water in the ear.
- A plantar wart requires medical attention. It is a virus; it is contagious and prevalent at all pools. Check the bottom of your child's foot for it regularly. A decent pair of deck shoes or sandals is also strongly recommended.
- Cramps can be kept to a minimum by giving your swimmer water, fresh fruit (especially bananas), and reducing salt intake.

Dryland/ Strength Training

Middle-school and older swimmers should supplement swimming with strength training to help keep their bodies balanced and to help prevent injuries. The fitness staff at the YMCA can help develop a program. There are also youth fitness classes offered at the YMCA. Please see the fitness schedule for class times.

General Nutrition

Proper everyday nutrition is basic for first-rate athletic performance. Avoid fried, greasy, high-fat food and junk food. Be sure to eat the right amount of servings from all of the five food groups each day. Avoid processed sugar. Give your swimmer honey, raisins, fruit and non-carbonated drinks instead.

If you are interested in trying carbo-loading, one to two days before the meet start increasing carbohydrates and decreasing fats and proteins. Food such as pasta, breads, and grains are high in carbohydrates.

On the day of the meet breakfast should be light and food should be easy to digest. Breakfast foods such as pancakes, dry cereal, bagels, muffins, oranges, bananas, juice, or water are fast digesting foods to eat.

During the meet it is important to replenish the body with good foods to sustain energy. Granola, dry cereal, bagels, juice, Gatorade, raisins, carrots, celery sticks, crackers, water, oranges, bananas, and watermelon are great to pack for a meet.

Stay away from junk food, soda, fried or fast foods, popcorn, fruit roll ups, sugar-coated cereal, doughnuts, bacon, sausage, eggs, milk, and other milk products the day of the meet. These foods are slower to digest and can affect the swimmers' performance.

* Swimmers may not consume energy drinks (Red Bull, Amp, NOS, etc.) at any Stripers event (practice, meets, socials, fundraisers etc.)

Nutrition for hard practices and meets

- After every workout a swimmer should take in 100-125 calories within 30 minutes of the workout...either a Clif bar or banana and PB or chocolate milk will do the job. They include protein, fat, carbohydrates and they taste great.

- After any event 200 yards or longer a swimmer should take in roughly 100 calories of carbohydrate (such as Gatorade).
- All swimmers should be eating tons of fruits and vegetables!
For multiple-day meets:
 - Eat pasta, veggies, fruit, water, small servings of lean protein (turkey, baked chicken, etc.).
 - Keep hydrated all week long.
 - Rest between trials and finals.
 - Get to bed as early as possible. **SWIMMERS NEED A LOT OF REST!**
 - Bagels are great, cream cheese is not—try applesauce on the bagel instead.

Success

What criteria will you use to judge your child's involvement in swimming?

Winning is only one of the possible measures. Winning is not, and should not be, the only criteria for judging success—often a time that will win one race will finish last in another—reducing winning to a matter of circumstance.

Notice more about your swimmer's overall performance—are they in better shape, did they cut time off of their previous swim, did they learn how to dive or do a flip turn, did they try a new distance or a new stroke? If you believe that children should be involved in sports to develop them as people, then it would make sense to judge your child's swimming career by the quality of their effort rather than just winning.

For your consideration, we have provided the following reprint by Rose Snyder of the "Ten Commandments for Swimming Parents".

Ten Commandments for Swimming Parents

by Rose Snyder (adapted from Ed Cledaniel's "Ten Commandment for Little League Parents")

1. Thou shalt not impose your ambitions on thy child.
Swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.
2. Thou shalt be supportive no matter what.
There is only one question to ask your child "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
3. Thou shalt not coach your child.
You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.
4. Thou shalt only have positive things to say at a swimming meet.
If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

5. Thou shalt acknowledge thy child's fears.
At a first swimming meet any race can be cause a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.
6. Thou shalt not criticize the officials.
If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.
7. Honor thy child's coach.
The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.
8. Thou shalt not jump from team to team.
The water isn't bluer at the other team's pool. Every team has its own problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind. Often, swimmers who do switch teams never do better than they did before they sought the bluer water.
9. Thy child shalt have goals besides winning.
Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."
10. Thou shalt not expect thy child to become an Olympian.
There are over 300,000 athletes who swim. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 5,000. Swimming is much more than just the Olympics. Ask your coach why they coach. Chances are, he was not an Olympian, but still got enough out of swimming that they want to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy that your child wants to participate.

Swim camps

There are many day camps and residential camps offered during the summer by colleges and other swim teams. Swimmers in grades 7 on up may want to use these camps to check out colleges they might want to go to and to get on the coaches radar.

If you are planning to attend swim camp, let the head coach know which one (preferably via e-mail) at least 2 weeks in advance. Camp information is usually available from the colleges or host teams in April or May. The coach can also help if you are looking to attend a camp with other Stripers or to carpool to a distant camp.

DETAILS

Communicating with the coach

Parents are welcome to observe workouts (behind the glass outside the pool area). They are not allowed on the pool deck during practice time. A swim workout is like a symphony orchestra with the coach as conductor. The coaches appreciate any opportunity to talk with you, but PLEASE do so before or after practice NOT DURING practice. If it is difficult to meet with a coach at those times, call or e-mail to schedule a time. Keep in mind that a coach carefully prepares a step-by-step program for the entire season that should yield peak performance for each swimmer at the conclusion of each swim season.

Awards/Ribbons

Each swim team family has an awards folder in the top drawer of the file cabinet near the swim team bulletin board with their swimmer's name(s) on it. In the folder, swim team families will find awards (ribbons) won at recent meets and other communications from the parent's team. A "You've got mail" magnet will be on the cabinet for one week after folders have been filled with anything.

YMCA Membership Fees

In accordance with the National YMCA rules and Regulations every swimmer must be an annual member of the Casco Bay Regional YMCA. Membership must be either paid annually or by perpetual draft. Membership prices are:

Youth \$240/ \$20 monthly draft

Family \$888/ \$74 monthly draft

Single Adult Family \$732/ \$61 monthly draft

There is a \$60 joiners fee for a single Adult Family and Family memberships.

Swim Team Fees

The team fee for the 2010–2011 winter season is \$325 for swimmers 10 years old and younger and \$420 for swimmers 11 years old and older. Each additional family member after the first receives 10% off the seasonal fee.

There is an additional \$130 YMCA fee for swimmers who wish to participate in USA Swimming during the winter season. This covers the cost of the coach's expenses as well as the USA Swimming Membership fee. This fee can be paid online or at the front desk. Additions fees per meet are also required.

Getting to Practice

Both Freeport and Yarmouth provide buses to the YMCA from the schools. Please call either your school or bus garage for up-to-date details. Swimmers who take the bus must sign in at the front desk as well as scan their membership cards.

Homework/Bus room

There is a room available on Monday, Wednesday and Friday from 4:00-5:00. Swimmers who come to the Y on school buses but don't practice until 5:00 should be in this room.

Bad Weather

Use your best judgment! If practice is cancelled, we'll send a team e-mail. A post will also be made on Google Groups. If the YMCA is closed the announcement will be on the local TV stations as well as some radio stations. If you cannot check or still are not sure if there is practice you can call the YMCA at 865-9600. For meets the same general procedure is in place. Please check your e-mail or call the YMCA.

Practice Groups

The coach will determine which practice group the swimmer will be attending based on age, skill and physical ability to participate in the practice session. The coaching staff realizes all of our schedules are different, but this is done to protect the integrity of the practices and the team as a whole. Please bring your child to practices and meets 15–20 minutes before (or sometimes more as directed by the coach) their warm-ups are scheduled to start. This will allow your child to stretch, and have their swimsuit, cap and goggles adjusted prior to the start of practice. It is one of Dan's pet peeves to have swimmers who have been in the building for quite some time arrive at practice late. See the discipline section for consequences. It is also important to pick up your child within 15 minutes after practice. It is very difficult for the coaching staff to look after your child before or after practice. Most of the staff has other obligations.

Red Group - generally new 10 and under swimmers:

Swimmers may attend three one-hour practices a week (Monday, Wednesday and Friday). Swimmers will focus on drill techniques to learn the basics of competitive swimming, as well as swim training sets. Swimmers will also be taught starts and turns, stretching, sportsmanship and nutrition.

White Group - generally experienced 8 to 10 year olds:

Swimmers are able to attend three one-hour practices a week. Swimmers will focus on drill techniques, starts, turns, training sets, swimming videos, stretching, nutrition, sportsmanship, team spirit, and dry land training.

Grey Group - generally 10-12 year-olds:

Swimmers in this group may practice with the White Group on Monday, Wednesday and Friday and the Black Group on Tuesday and Thursday. Swimmers 10 and under may only attend three practices a week. Swimmers will focus on drill techniques, starts, turns, training sets, swimming videos, stretching, nutrition, sportsmanship, and team spirit.

Black Group - ages 11 and older:

Swimmers are able to attend five one-and-a-half hour practices a week. Swimmers will focus on drill techniques, starts, turns, training sets, swimming videos, stretching, nutrition, sportsmanship, and team spirit.

Senior Group - generally 12 and older:

Swimmers can attend three one-and-a-half hour practices and two, two-hour practices a week. Swimmers will focus on drill techniques, starts, turns, intense training sets, swimming videos,

stretching, nutrition, sportsmanship, and team spirit. Anyone wishing to set up a dry-land program should see the Wellness Staff to set up an appointment to set up a program for you or regularly attend one or more of the fitness classes.

Older Novice - 11 and older with little or no swim team experience:

Swimmers are able to attend five one-and-a-half hour practices a week. Swimmers will focus on drill techniques to learn the basics of competitive swimming, as well as swim training sets. Swimmers will also be taught starts and turns, stretching, sportsmanship and nutrition. See Coach Dan for which practices you should attend.

Team suits/equipment and how to care for them

Our team suit is a black and red suit with our logo on it. These are required for meets. If you want to use a performance (tech) suit it MUST be primarily black (at this time there are some with red and grey in it as well). The ONLY exception to this is swimmers may wear suits they have earned through YMCA or USA Swimming competitions, such as Zones, however these swimmers must wear other team apparel when not in the water (cap, t-shirt, a team suit over the performance suit, etc).

Suits should be rinsed out in cold water and pressed after each use. DO NOT WRING, WASH or DRY SUITS. This will cause them to stretch and be too big very quickly.

If you are going to wear a cap in a swim meet, it must be a team cap or a cap YOU earned through the Stripers Swim Team via YMCA Swimming or USA Swimming..

***Know the rules about performance suits before you buy one. Since 2010 there have been many rules to help regulate this.**

Our team suit, caps and other optional items will be provided through Varsity Swim Shop this year (varsityswim.com, 800-622-2120). There will be suit sizing and ordering nights on October 13 and 14. Suits cost \$40 for boys and \$55 for girls. Scholarships are available for suits. Please ask at the front desk about financial assistance.

Due to health and safety reasons the following are required of each swimmer: goggles, water bottle, and bathing cap. A front-mounted snorkel is recommended. These items can be purchased through any of the on-line companies below or at local swim shops.

- www.wateregear.com
- www.sprintaquatics.com
- www.kiefer.com
- www.swimoutlet.com

Locally swimmers can purchase supplies from Dick's Sporting Goods, Sports Authority, Peak Performance (317 Marginal Way), and Swimskin (671 Forest Ave)

Lost & Found:

There will be a Stripers lost and found in the back storage room/ Dan's office. The only things that will be kept here are items with the Stripers logo and things found with them.

Important Reminders

1. Label everything your child takes to the pool/meets.
2. Encourage swimmers to keep their things together, preferably in a locked locker.

3. Be persistent in tracking down missing items. Contrary to what you may have heard, they are not often deliberately stolen.
4. Chlorine spells disaster for synthetics, so rinse out suits as soon as possible. Do not ring out suit. Do not put suits in the suit ringer at the YMCA. Gently squeeze and hang to dry. **DO NOT PUT SUITS IN THE WASHER AND DRYER!** Put baby powder in caps after they are dry.
5. Buy practice suits at discount . . . watch the swim ads. There are outlets that offer discontinued patterns and designs as grab bag suits at substantial savings.
6. Consult with a coach before investing in the latest swimming gimmick.

New Vocabulary

Cut times: Also called Qualifying times. There are times that need to be met for every event in a meet beyond the Maine YMCA Championship Meet. The swimmer must do this time or faster to participate.

Dryland: An important part of training, this increases a swimmer's strength and flexibility, as well as helping to prevent injury. Exercises and equipment use may vary, but they can be as simple as stretches and sit-ups.

Dual Meet: A meet in which our team competes against one other team. Boys and girls compete at the same time in the same pool but are scored separately.

Invitational Meet/ Multiple Team Meet: A meet open to several teams; events vary.

New Englands: Those swimmers obtaining the cut times, which are posted on the team bulletin board, may swim in the New England Championship meet usually held in Providence, RI or Boston, MA at the end of March.

Taper: A training period before a big championship meet. Practices have low yardage, fast-paced swims and lots of rest.

Exhibition: Swimming in a meet where the time is official, but no points are scored and no award is awarded. These are noted on meet programs with an X before the seed-time.

DQ: A notation in meet results or on the scoreboard that a swimmer has been disqualified from a race.

NT: A note in the meet program meaning that the swimmer has no previously recorded time in this event – (they've never swam that stroke/distance combination in a meet).

USA Swimming or Maine Swimming: Another swim league that is made up of 21 teams (16 of which are YMCA teams). Maine swimming is a Local Area Committee of USA Swimming of which the pinnacle is the USA Olympic Team.

SWIM MEETS

Participation in all dual meets and the state championships is required. Participation in Closed Meets/ Multiple Team Meets is optional and confirmation of participation will be e-mailed out. Please respond to this e-mail when it goes out ASAP.

The team participates in about eight regular YMCA meets during the swim season. Meets are held on Saturdays. Meets usually start in November and finish in mid-February, followed by the State Championship meet held in late February or early March at U Maine in Orono.

The Maine YMCA Championship Meet is currently held at the University of Maine in Orono. Girls ages 10 and under and Boys ages 12 and under swim on Saturday and Girls ages 11 and older and boys ages 13 and older swim on Sunday. On Saturday the sessions usually run in this order: 8 and Under Girls, 8 and Under Boys, 9-10 Girls and 9-12 Boys. On Sunday it is the 11-12 Girls, 13 and over Boys and Girls alternate (with the 13 and older boys and girls alternating start times from year to year).

While it may seem complicated at first, after you have done it once or twice, it will all fall into place and become routine . . . honestly!

Getting there

As sites may vary, directions and times will be given out at least one week before each meet (check bulletin board or e-mail). You must arrange your own transportation to home and away meets. There will be a ride share list on the team board prior to each away meet to help arrange carpools.

Warming up

Please arrange your arrival to all meets to allow for a proper warm-up (see reasons listed below as to why this is so important). This can be up to one hour before the scheduled meet start time, but is usually 30 minutes – all per discretion of the coaching staff.

1. Stretching joints increases flexibility and improves stroke efficiency.
2. A good warm-up provides a rehearsal effect. Swimmers can refine stroke techniques, starts, and turns for an upcoming competition; they can practice paces and stroke rates for various events during the warm-up so that they can go into their races knowing exactly how they should feel when they try to swim at a particular speed.
3. Swimmers can become accustomed to their surroundings during the warm-up. Each new pool has a different feel and distinctive problems and various identifying landmarks (such as backstroke flags) that swimmers use to gauge their position during a race.
4. Another reason for warming up is to provide time for mental rehearsal. It can be a time when swimmers practice mental imagery. They can plan their races and become focused on those aspects of their performance that will lead to success.

Source: Swimming Even Faster, Ernest W. Maglischo, p. 626.

Be on time!

Please be on time so that the coaches can arrange the line-up and not have to make any last minute changes. If you are sick, please call us ASAP!

What happens during a swim meet

For swimmers

Meets take time. Bring a lunch, snack, water, a book, games, and music to keep you busy while you are not swimming. **Swimmers must sit with their teammates.** This is so coaches can find you when your event is up! Cheer for your teammates!

Swimmers will be shown an event list at the beginning of the meet with the events they are scheduled to swim and their event numbers, heats and lanes. There will also be a list posted on deck where they can check this information. Coaches keep track of who is swimming and will remind or escort younger swimmers when it is time for them to go to the starting blocks.

Extra towels and clothes are helpful as the swimmers may get cold while waiting (especially the youngest ones!).

For parents

At away meets make sure your swimmer arrives on time and then enjoy the meet. Dress for 85° plus temperatures and humidity, and bring cold water (and possibly ear plugs).

At a home meet the best way for parents to keep busy is to volunteer to help! It takes over 30 volunteers to run each swim meet. Parents are also always asked to provide food and drinks to sell at the concession stand for every home meet.

The more help we have in organizing and running our home meets the more smoothly they run. A well-run meet is a much more pleasurable and positive experience for all involved. The team will need a lot of help from volunteer parents to help run or organize events. The head coach will contact individual parents to help in various ways. If you are interested in helping you may contact the head coach so that he/ she knows that you would like to help and how you would like to help.

Jobs that are needed for a home meet.....

- **1 Meet Coordinator** (the Parents Group)—Ensures that all of the volunteer positions are filled and that any issues raised by the volunteers are addressed. All positions with an * will work closely with the Meet Coordinator. If any supplies are running low or any equipment needs to be repaired the Meet Coordinator should be notified in writing before leaving the building or within 48 hours.
- **1 Head Timer**—On the day of the meet, the Head Timer makes sure all lanes are covered with two timers, runs a brief timer's meeting 30 minutes before the start time of the meet to explain to new volunteer timers what is required to time the meets, runs a back up watch during events, assigns clipboards and stop watches to timers, and makes sure all manual timing equipment is back and in its proper place. The head timer informs the Meet Coordinator in writing if anything is missing before leaving the building, or with in 48 hours.
- **18 Timers** (2 for each lane plus 2 backups)—Be on deck to report to head timer 30 minutes prior to the meet start time. Timers attend Timers Meeting before meet starts. This brief meeting explains the regulations of how to time and will start 30 minutes before and conclude at least 15 min prior to the start of the meet.
- **1 Meet Manager Operator**—This volunteer position requires some training time and is a critical part of running a meet. Without a Meet Manager operator the meet cannot commence.

MM duties include: helping to set up the timing system and computer before the meet, running the Hy-Tek meet manager software during the meet, making sure the Colorado Timing System is communicating with Meet Manager, printing the programs (to be copied and made available to everyone before the start of the meet), and printing timer sheets for the timers. This person also may receive meet entries and electronic team rosters on Thursday and seed the meet. The MM also e-mails a backup of the meet to the designated league official and visiting coaches within 24 hours after the meet is over.

- 1 Colorado Electronic Timing System Operator—This volunteer requires some training to learn to operate the Colorado System. Volunteers for this position must run the timing system during the meet, help set up the timing system before the meet, and take down and put away the equipment after the meet.
- 1 Announcer—The Announcer will make general announcements and announce swimmers' lane assignments (without impeding the meet) over the pool PA system.
- 2 Ribbon People—To prepare ribbons, label ribbons with sticky labels provided by the Meet Manager Operator and distribute meet ribbons after the conclusion of the meet.
- 2 Runners—Photocopy programs, run DQ slips from officials to the scoring table during the meet and the copy to the correct coach, and any other errands the Meet Coordinator may need done. This is a great job because you can be on deck with swimmers.
- 5 Officials (Minimum)—This volunteer position requires training. You must be a certified YMCA official to fill this role. Classes are offered early in the season and again near the end of the season for those interested. One official is needed to be a Director as dictated by the Maine YMCA Swim League rules, 1 Referee is needed to oversee the officiating of the meet, and 1 Starter is needed to start events. Two Finish & Stroke and Turn Officials to officiate the swim meet are also required. Contact David Watts (wattsmusic@aol.com) if you are interested in being certified to become an official.
- 4 Meet Set Up and Break Down Persons who will show up to the pool at least 30 minutes prior to warm up to help set up the equipment needed to run the meet. These people will also need to stay after the meet to clean up and put the equipment away.

USA Swimming

For those who really like meets and competition and are interested in more, some Stripers participate in Maine Swimming. Maine Swimming is Maine's USA Swimming branch. USA swimming is offered to swimmers across the USA. Participation in USA swimming is offered at an additional cost and is in addition to, not a substitute for, your YMCA team. The coach determines which USA meets we attend.

With very few exceptions if there are YMCA and USA meets on the same day the YMCA meet takes precedent. Only the head coach can make the decision if someone may skip a YMCA meet to attend a USA swim meet.

Typically the Stripers participate in Cumberland's Seacoast Swim Club's Harvest Meet in November, the Bowdoin Open swim meet at Bowdoin College in December, the Westbrook Seals Swim Your Own Age Meet in January, and the Maine Swimming Winter State Championships in March (this year at Bowdoin). Those who continue with USA swimming into the summer have additional meets they attend.

How is USA Swimming Different?

These meets include swimmers from many teams (rather than the typical YMCA 2-4 team meet) and usually run 2–3 days. Swimmers who are 13 and over swim both preliminary and final events at some meets. Swimmers may win individual awards based on the total number of points scored at some meets. Swimmers may qualify for Zones and Sectionals if they finish in first or second place at the Winter State Championship meet. Zones and Sectionals are held in other states, could be several days long, and obviously require travel.

These meets are very competitive—and very exciting! The energy level is much higher among both swimmers and fans.

Zones

Are usually held the last week of March or the first week in April in New York State or New Jersey. It is a very complicated process to make this meet. The easiest way to make this meet is be first or second in your event at the Maine USA Championship meet. To be an alternate you must have a “AA” USA Swimming Time Standard. This meet also cost about \$400 more. More information about this meet and the “AA” Time Standard on www.maineswimming.org and www.usaswimming.org

USA Swimming Annual Fees and Membership Benefits

There is an additional \$130 YMCA fee for swimmers who wish to participate in USA Swimming during the winter season. This covers coach’s expenses and the USA Swimming Membership fee. This fee can be paid online or at the front desk. Additional fees per meet are also required.

There is also a USA Swimming membership outreach program. Membership is provided at a cost of \$5 for all children who qualify for a school’s free lunch program. This would bring the \$130 fee down to \$80. Financial assistant is still available beyond that through the Casco Bay YMCA. See Coach Dan.

Annual members will get a free subscription to Splash Magazine and are eligible to qualify for the Maine Zone team and Sectionals! Seasonal members are not eligible for Zone team or higher competition and upgrading is not an option; if you buy a seasonal membership and wish to compete at a Zone level or higher a full membership will need to be purchased.

USA Swimming Meet Entry Fees

In the USA swimming league each swimmer pays a fee for each event they swim —usually between \$3 and \$6 per event. This year when the meet announcement goes out you will HAVE to sign up for meets online or at the front desk prior to the deadline date. If you miss the deadline you will not be able to attend the meet.

If there are 4 or less swimmers signed up for any given session you will be given a choice of either scratching from the meet or having a coach from another team watch you at the meet.

USA Swimming Team Eligibility Criteria

To be eligible to compete in a USA Swimming meet a swimmer must have either an attendance rate of 75% for the season or 90% for the four weeks prior to the meet. If you pay the meet entry fees and do not make the criteria you may be scratched from the meet without refund.

LODGING FOR STATES

The YMCA State Meet takes place on March 5th and 6th. Children swim by age group and/or gender and the groups are staged throughout the two-day period. The 8 and Under Girls or Boys (depending on the year) start off the day on Saturday around 8:00 a.m. Sunday will start with 11–12 girls at around 7:30 a.m., followed by 13 and older girls or 13 and older boys (depending on the year).

One of the issues with morning starts is that unless you have an extremely motivated child it is pretty hard to hit the road from the Freeport area and arrive in Orono by 7:00. To that point here are a list of accommodations in the area:

University Inn (very close to UMO)
5 College Ave.
Orono, Maine
1-800-321-4921

Hilton Garden Inn
Haskell Rd
Bangor, ME 04401
(207) 947-6195

Best Western Black Bear Inn (close to UMO)
Godfrey Drive
Orono, Maine
(207) 866-7120

The Country Inn
936 Stillwater Ave
Bangor, ME 04401
(207) 941-0200

Bangor Motor Inn
Hogan Road
Bangor, Maine
1-800-244-0355

The Hampton Inn
10 Bangor Mall Boulevard
Bangor, ME 04401
(207) 990-4400

Comfort Inn
750 Hogan Road
Bangor, Maine
1-800-338-9966

There are several other Bangor hotels in the Odlin Road area available—off the Interstate and near the airport, a bit farther out (20 min. or so to UMO). These hotels and phone numbers are listed below:

Courtyard Marriot
200 Sylvan Rd
Bangor, ME 04401-4221
(207) 262-0070

Days Inn	1-800-835-4667
EconoLodge	1-800-393-0111
Fairfield Inn	1-800-228-2800
Holiday Inn	1-800-914-0101
Howard Johnson Inn	1-800-446-4656
Ramada Inn	1-800-2RAMADA

If you find something new or something that needs to change on this list please let the head coach know.

DATES TO REMEMBER

The following dates include holidays when there is practice (even though there is no school), exceptions to the practice schedule, meets, and other team events. (**Boldface notes mandatory events!**)

YMCA Meets

- **Saturday November 13—Meet @ Bath**
- **Saturday November 20— Meet @ Home vs. Bangor**
- **Saturday December 4— Meet @ Sanford**
- Saturday December 11—Meet @ Augusta
- Saturday December 18— **Meet @ Belfast**
- **Saturday January 8—Meet @ Home vs. Biddeford**
- Saturday January 22— Meet @ Waterville
- Sunday January 23—Senior meet @ Bangor YMCA
- Saturday February 5—Meet @ Home
- Sunday February 6—Maine All-Star Meet @ Bates
- **Saturday March 5—10 and Under Girls and 12 and under Boys States @ UMaine Orono**
- **Sunday March 6—11 and over Girls and 13 and over boys States @ UMaine Orono**
- March ? —New England Regional Championships @ ?
- April 5-8, Nationals, Ft. Lauderdale

USA Swimming Meets (additional fees required)

- Friday December 10 – Sunday December 12—Bowdoin Open in Brunswick
- Saturday January 15 – Sunday January 16—Swim Your Own Age in Westbrook Seals
- Thursday March 10 – Sunday March 13—Winter Combined Championships @ Bowdoin (qualifying times required)
- Thursday, March 31 – Saturday April 2—Zones @ Webster, New York (top two finishers from Winter Championships events)

Team Events

- Tuesday October 13—3:45 – 5:45 suit sizing and ordering
- Wednesday October 14—3:45 – 6:15 suit sizing and ordering
- **Tuesday October 19—Parents meeting 6:00 pm (must attend one)**
- **Wednesday October 20—Parents meeting 4:30 pm or 5:30 pm (must attend one)**
- Wednesday November 3—Aquathon pledge sheets distributed

- **Wednesday November 17—Aqua-thon at Casco Bay YMCA**
- Friday, January 7—Team photos
- TBA (late March or early April) - Team Awards at Freeport Performing Arts Center (FPAC)

Holiday Practices

- Monday October 11—Columbus Day there IS PRACTICE
- Thursday November 11—Veterans Day there IS PRACTICE
- Monday January 17—MLK Day there IS PRACTICE
- Monday February 21—Presidents Day there IS PRACTICE
- Friday March 4—Practice for 11 and older only

No Practice

- Wednesday November 24—Thanksgiving Eve NO PRACTICE
- Thursday November 25—Thanksgiving NO PRACTICE
- Friday December 24—Christmas Eve NO PRACTICE
- Friday December 31—New Years Eve NO PRACTICE

Other

- Sunday, October 17—Official's clinic @ Portland YMCA
- Sunday, October 24—Official's clinic @UMO