

## The Foglia YMCA Aquaducks Swim Team

The purpose of this manual is to welcome you to the Foglia YMCA Aquaducks Swim Team (F.A.S.T.)! We hope this handbook will give you a better understanding of this aquatics program and the role your children as well as your family play within it.

The YMCA of the USA Aquatic Programs incorporates the philosophy of developing individuals through spirit, mind and body. As one of the aquatic participants here, you will be expected to support our mission.

There will be many opportunities for parents/guardians to also become part of the team through volunteering time on swim team committees or during swim meets. There will be training offered to individuals who would like to volunteer their time as a trained Official (stroke/turn judge, finish judge, starter). Our YMCA will help you obtain the necessary training and certification to make this goal possible.

Please do not be afraid to ask questions or discuss any problems. We are always available to help. Our goals should be the same - to provide the highest quality aquatics programs as possible.

Welcome again to the Foglia YMCA Aquaducks Swim Team!

Anthony Kriz  
Aquatics Director

## **Section A: YMCA Mission Statement & FAST Purpose/Goal**

### **A.2 YMCA Mission Statement:**

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

### **A.2 Purpose:**

To promote the enjoyment of swimming as both a competitive sport and a life-long activity.

### **A.3 Goal:**

To provide a fun, healthy Christian environment for children to participate in which encourages both individual skill improvement and the achievement of personal goals as well as teamwork and friendship.

## **Section B: Makeup**

### **B.1 Participants:**

The swim team is open to ages 4 – 18 years pending a brief swim test. Anyone 8 years of age and under should be able to swim freestyle, backstroke, and breaststroke at least one length of the pool continuously. Ages 9 – 12 should be able to swim freestyle, backstroke, breaststroke, and butterfly two lengths of the pool continuously demonstrating both open/flip turns. Ages 13 and over should be able to swim freestyle, backstroke, breaststroke, and butterfly four lengths of the pool continuously demonstrating flip turns.

### **B.2 Coaches**

The Foglia Aquaducks Swim Team is organized by the Aquatics Department (See section H), and the coaches. The coaching staff consists of a head coach and four assistant coaches. They are responsible for meeting all the goals outlined as well as the YMCA mission statement.

## **Section C: Practice**

### **C.1 Practice Times:**

Practice times will be based on ability level. At registration, practice times will be outlined in the seasonal brochure distributed by the YMCA. However, please note that your child's practice time may change at the coach's discretion. **It is very important for swimmers to be in the water at the start of practice. Our pool time is limited and therefore every minute counts.**

### **C.2 Practice Attendance Recommendations/Requirements:**

Attendance is taken at the start of every practice. It is recommended that your child attends a certain amount of practices a week depending on his/her commitment

level. Swimmers 12 years of age and younger should attend a minimum of two practices per week. Swimmers 13 years of age and over should attend a minimum of three practices per week.

It is required that a swimmer attends two practices for 12 and under and three practices for 13 and older the week of a swim meet that he/she has chosen to compete in.

### **C.3 Practice Expectations:**

The coaches as well as the aquatics department have many expectations in regards to practices. It is important to arrive early to receive any new information, to check/clear your mailboxes, get suited up, etc. prior to practice. This also ensures a full, safe and controlled warm-up period consisting of stretching, dry land exercises, as well as the in water sets.

Any problems that take place during practice will be handled at the discretion of the coaches. If a child is asked to leave practice, the parents/guardians, swimmer and coaches will discuss the occurrence before allowing the swimmer to return to practices.

## **Section D: Swim Meets**

### **C.1 Dual Meets, Invitationals, and Championship Meets:**

There are three different types of meets that the swimmers can attend: dual meets, invitationals, and championship meets.

Dual meets are swim meets between two or three opposing swim teams. These meets last up to four hours depending on the hosting pool.

Invitationals are swim meets between multiple opposing swim teams. These types of meets typically last from five to eight hours depending on the number of teams and swimmers attending. They are beneficial to swimmers because they allow participants additional experience as well as an opportunity to compete against other teams outside our conference. **The Foglia YMCA pays an entry fee for each swimmer in an Invitational Meet, if you have signed up for a meet and do not show up to participate you may be billed for the entry fee.**

There are district and state championship meets at the end of the Fall Season. Attendance at these meets is based on achieving a qualifying swim time in the various events. These meets run similar to an invitational and typically span two to three days (Saturday and Sunday or Friday through Sunday). There is typically a championship meet at the end of the Summer Season. All swimmers are eligible to attend this meet. It lasts as long as a typical invitational.

### **C.2 Swim Meet Entries/Deadlines:**

At the beginning of each season, a meet schedule will be handed out at the Parent's meeting. If you miss the meeting, please check your mailbox for this information. Please read over all the information such as the dates, the times, the location, etc. Fill out the sheet and return it by the deadline listed. If there are any changes to your schedule, please notify the coaches 3 weeks prior to the meet for an invitational, and 1 week prior for a dual meet.

The coaches then develop a roster with all the swimmers who want to participate and send it into the hosting team's parent board/coaches. This means that **if you do not turn in your meet sign up sheet, your swimmer will be unable to attend any meets.** We are given deadlines by the hosting team and must be considerate.

### **C.3 Equipment Needed:**

The equipment swimmers should have for a swim meet is the following: 2 swim caps (in case one rips), bathing suit, dry clothes, and 2 pairs of goggles. We also recommend a couple towels as well as anything else that would increase the comfort of your brief stay i.e. head phones, hand games, books, cards, sleeping bag to sit on, energy snacks, water, sports drinks, etc.

During the swim meets we ask that the swimmer not eat directly right before his or her event. Also please only eat healthy food and drinks throughout the meet to avoid upset stomachs and cramps. Caffeine and sugars are NOT recommended at a meet.

### **C.3 Swim Meet Structure:**

Most swimmers will have the opportunity to compete in 3 to 4 events at each meet.

Swim meets/events are typically organized as follows for example:

- Warm Up
- Distance Freestyle (200 yards/meters)
- Medley Relays
- Individual Medley
- Freestyle (25 & 50 yards/meters)
- Butterfly
- Freestyle (50 & 100 yards/meters)
- Freestyle (500 yards/meters)
- Backstroke
- Breaststroke
- Freestyle Relays

Swimmers will be allowed to request events they are comfortable with, however the **final decision will be made by the coaches.**

Swimming age groups for meets are broken down as follows:

- 6 & under (25 yards of freestyle and backstroke only)
- 8 and Under
- 9 and 10
- 11 and 12
- 13 and 14
- 15 to 18

Swimmers age for each season is typically determined as follows:

- December 1 for Winter Season
- June 1 for Summer Season

#### **C.4 Swim Meet Requirements:**

It is required that a swimmer attends two practices for 12 and under and three practices for 13 and older the week of a swim meet that he/she has chosen to compete in. This allows swimmers to better prepare for their upcoming meet as well as allows the coaches a chance to do some stroke fine tuning.

**Warm up attendance is also required at a swim meet.** This allows the swimmers to get a feel for the pool that they are swimming at (the walls, the blocks, etc.) as well as warm up their bodies. It also permits the coaches do some last minute work and reminders with the team.

We also acknowledge that there may be some families participating in car pools. The coaches just ask that the children check out with them when the meet is over or before they leave the meet just to ensure that no one misses any of their events or worse, gets left behind.

### **Section E: Seasons**

F.A.S.T. has two swim seasons available to Foglia YMCA members. The fall season runs from September through State Championships in March. The summer season runs from mid-May through July 30<sup>th</sup>. Please see the current brochure for dates, times and pricing.

Please note that once the season has started, there will be no credits/refunds issued due to participant(s) circumstances other than documented medical conditions.

### **Section F: Stroke Clinics**

Stroke clinics will be available to current F.A.S.T. members and prospective members during the off season for additional stroke work. Please see the current brochure for dates, times and pricing.

### **Section G: Volunteer Opportunities**

All parents/guardians will be required to help during home and away meets through out the season (see Parent Volunteer Form). F.A.S.T. is required to provide officials and timers at away meets.

### **Section H: Parent Board**

The parent board will be established for the purpose of organizing team parties and home swim meets. The parent board *will not* be involved with the coaching of the team or making line-ups for the meets.

## **Section I: Coach Profiles**

### **1. Head Swim Coach- Dave Lulis:**

Dave is originally from the Detroit area and swam competitively through high school. During that time he taught all levels of swimming from beginners to advanced lifesaving at local pools and then at Central Michigan University. His favorite events are the freestyle sprints. Dave currently is a certified YMCA swimming official. He lives in Lake Zurich with his wife and two children.

### **2. Assistant Swim Coaches- John van Alstyne, Christine Lane and Marsha McCreary**

John van Alstyne: John joined the Foglia YMCA coaching staff during the Fall 2005-2006 season. John is originally from Menomonee Falls, Wisconsin. He swam competitively from age 7 to 13 and qualified several times for the Junior Olympics in backstroke and IM. He also coached the McHenry Marlins Swim Team for 3 years prior to joining F.A.S.T. John lives in Island Lake with his wife and three children and is employed as a manufacturing engineer in Lake Zurich. He is excited to bring his love of this lifelong sport to the youth of the Foglia YMCA.

Christine Lane: I am originally from Indiana and grew up in the Lafayette area. I swam competitively on a USA club and in high school from age 12 to graduation. I have never completely stopped swimming because I love it so much! Currently I swim so I can compete in triathlons. While in high school I taught swimming lessons at our local YMCA. I have worked for the Y in aquatics, childcare and fitness for a combined total of about 15 years. I am also an exercise physiologist and work for a cardiac rehab center. My two children are on the Aquaducks team and our family enjoys the time we spend together due to swimming. I am excited to have the opportunity to work with the team and to help instill a love of swimming and an excitement for team spirit and friendships.

Marsha McCreary: Marsha started coaching with the Aquaducks during the summer of 2009. She has coached the Foglia Masters Swimmers since 2008. Marsha has a rich athletic history that includes swimming for Libertyville High School and the University of Evansville, as well as playing softball for U of E.

Marsha and her husband, Jamelle, have three children, two of which swim for the Aquaducks. Outside of coaching, she is also a competitive triathlete and competes in Masters swim meets.

## **New Swimmer's Glossary of Basic Swimming Terminology**

Age Group	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSCs have divided the swimmers into more convenient divisions specific to their situations: (i.e.) 8-under, 13-Over, 15-Over, Junior, Senior.
Alternate	In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moments notice.
Anchor	The final swimmer in a relay.
Backstroke	One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd back)
Blocks	The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
Bottom	The floor of the pool. Bottom depths are usually marked on the walls or sides of the pool.
Breaststroke	One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200

yards/meter. (LSCs with 8-under divisions offer the 25 yd back)

- Bull Pen** The staging area where swimmers wait to receive their lane and heat assignments for a swimming event. Area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of the Course is in charge of the Bull Pen.
- Butterfly** One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yard back)
- Button** The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 3 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes the race.
- Cap** The latex or lycra covering worn on the head of swimmers. The colors and team logo's adorning these caps are limitless.
- Cards** A card that may either be handed to the swimmer in the bull pen or given to the timer behind the lane. Cards usually list the swimmers name, USA-S number, seed time, event number, event description, and the lane and heat number the swimmer will swim in. Backup times are written on these cards. Each event may have a separate card.
- Championship Meet** The meet held at the end of a season. Qualification times are usually necessary to enter meet.
- Check-In** The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.

Clinic	A scheduled meeting for the purpose of instruction. (Ie) Officials clinic, Coaches clinic.
Course	Designated distance (length of pool) for swimming competition. (Ie) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
Deadline	The date meet entries must be "postmarked" by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are "full" weeks before the entry deadline.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA Swimming member may be on the deck during a swim competition.
Deck Entries	Accepting entries into swimming events on the first day or later day of a meet.
Deck Seeding	Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.
Distance	How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
Disqualified	A swimmers performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
Dive	Entering the water head first. Diving is not allowed during warmups except at the designated time, in

	specific lanes that are monitored by the swimmers coach.
Dual Meet	Type of meet where two (2) teams/clubs 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.
Entry	An Individual, Relay team, or Club roster's event list into a swim competition.
Entry Chairperson	The host clubs designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.
Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
Electronic Timing	Timing system operated on DC current (battery). The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers.
Eligible to compete	The status of a member swimmer that means they are registered and have met all the requirements.
Event	A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.
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 and about 50 feet from the starting end on meter pools.

**Fastest to Slowest** A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.

**Fees** Money paid by swimmers for services. (Ie) Practice fees, registration fee, USA-S membership fee, etc.

**Fins** Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.

**Flags** Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.

**Freestyle** One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, 200 yards/meter, 400 mtr/500 yd 800 mtr/1000 yds, 1500 mtr/1650 yds. (LSCs with 8-under divisions offer the 25 yd free)

**Gallery** The viewing area for spectators during the swimming competition.

**Goggles** Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.

**Gun** The blank firing pistol that may be used by the starter to start the races.

**Heats** A division of an event when there are too many swimmers to compete at the same time. The results

	are compiled by swimmers time swam, after all heats of the event are completed.
Heat Award	A ribbon or coupon given to the winner of a single heat at an age group swim meet.
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 admissions 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.
Horn	A sounding device used in place of a gun. Used mainly with a fully automatic timing system.
Illegal	Doing something against the rules that is cause for disqualification.
IM	Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yards, 200 yards/meters, 400 yards/meter.
Interval	A specific elapsed time for swimming or rest used during swim practice.
Invitational	Type of meet that requires a club to request an invitation to attend the meet.
Jump	An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
Kick	The leg movements of a swimmer. A popular word to "yell" to encourage swimmers during a race.

Kick Board	A flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.
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 Lines	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. These entries are usually not accepted and are returned to sender.
Leg	The part of a relay event swam by a single team member. A single stroke in the IM.
Length	The extent of the competitive course from end to end. See lap.
Long Course	A 50 meter pool.
Malfunction	A mechanical or electronic failure - not a human failure by the swimmer.
Medals	Awards given to the swimmers at meets. They vary in size and design and method of presentation.

Meet	A series of events held in one program.
Meet Director	The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
Meters	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
Mile	The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
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.
Paddle	Colored plastic devices worn on the swimmers hands during swim practice.
Practice	The scheduled workouts a swimmers attends with their swim team/club.
Pull Buoy	A flotation device used for pulling by swimmers in practice.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer.
Recall Rope	A 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 and about 50 feet from the starting end on meter pools.

Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
Relays	A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
Rest Area	A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet.
Ribbons	Awards in a variety of sizes, styles, and colors, given at swim meets.
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
Seed	Assign the swimmers heats and lanes according to their submitted or preliminary times.
Seeding	Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
Short Course	A 25 yard or 25 meter pool.
Simultaneously	A term used in the rules of butterfly and breaststroke, meaning at the same time.
Stations Start	Separate portions of a dry land or weight circuit. The beginning of a race. The dive used to begin a race.

Starter	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
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.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
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 senior swimmer at the end of the season before the championship meet.
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 Out	To reach the touchpad and finish first in a close race.
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.
Tri-meet	A meet with 3 team competing for points to see who places 1st-2nd-3rd.
Warm-down	The recovery swimming a swimmer does after a race when pool space is available.

Warm-up	The practice and "loosing" up session a swimmer does before the meet or their event is swum.
Whistle	The sound a starter/referee makes to signal for quiet before they give the command to start the race.
Work Out	The practice sessions a swimmer attends.
Yards	The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
Yardage	The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.