

PORTSMOUTH YMCA AQUATIC CLUB



Virginia YMCA Aquatic Club



2011-2012 TEAM HANDBOOK

Coaches

Head Coach- Mike Salpeter- pyacswimcoach@gmail.com

Asst. Coach- Ryan Smith- ryanmsmith_84@yahoo.com

Asst. Coach- Mark Keating- mkeats4@mac.com

Asst. Coach- Emily Salpeter- emilysalpeter@yahoo.com

Asst. Coach- Daisy Schuurman- dhannaschuurman@hotmail.com

Asst. Coach- Dan Krewson- dbkrewson@yahoo.com

PYAC/VYAC Parent Support Group

Head Team Parent and Banquet Coordinator (Chair)- Brenda Betts
betts_business@verizon.net

VYAC Parents Rep- Debbie Ball
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PYAC Parents Rep-

Officials/Volunteers Coordinator- Mary Ewer
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Webmaster-

Team Apparel- Tami Jo Thornton
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Angel Swim Coordinator- Tami Jo Thornton (co-chair) and
tamijot@cox.net

Coaching Staff Words of Wisdom

Dear Parents/Athletes,

Welcome, and welcome back, to all those who are new and veterans to our team. I am very excited to start off another season as Head Swim Coach of the Portsmouth/Virginia YMCA teams. Every year, I try and spell out for parents at the opening parents meeting what I, as a coach (along with my fellow staff), am/are all about, and what our team is all about. What I've learned over the years is that if parents understand the rhyme and reasoning behind why our coaching staff is doing particular things, and more importantly explain what we expect from the very beginning of the year that things will tend to move a lot more smoothly. Therefore, here are what we as a PYAC Coaching Staff expect, and also plan to role model (on those that apply) ourselves.

1) Team Mission Statement

a) The Portsmouth/Virginia YMCA Aquatic Club is a competitive program with the purpose and commitment to: advance the sport of swimming through our knowledge and passion; provide swimmers with the highest quality coaching; create and maintain an enjoyable and productive swimming environment; encourage positive mental attitudes and mutual respect; and develop life skills and a winning attitude through our swimming program.

2) Coaching Staff Philosophy

a) Have all kids learn to love the sport of swimming just the way we have as we have grew up around it.

b) For all kids to have "fun"- Now I do throw a disclaimer in there. Fun is an extremely relative term. In order to have fun, all team members must buy into what the coaching staff is preaching, but most importantly be mentally and physically prepared for what each and every day of practice, and all meets bring. In other words, showing up with a good attitude and ready to give everything they have to the coaching staff, so that the coaching staff can do the same in return. By doing so, this will lead to a "fun" year.

c) Teach all kids to want to be the best at what they do. As coaches we always preach to our swimmers that they should NEVER be "okay with being okay!" This is a philosophy that as coaches, we try and implore ourselves, and a credo that we wish for this team to buy into as well. The words "I can't" will also never be spoken at our practices, and through the sport of swimming, we will try to teach these kids to not only conquer swimming, but conquer all venues of life with a winning attitude!

d) The PYAC coaching staff strives to instill in our young swimmers an understanding of and appreciation for such concepts as high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement as these ideas relate to their success in training, in competition and in life. It is our belief that the journey is as valuable as the result.

3) Suggestions and Special Notes to Parents to help make this season a great one!

a) GET INVOLVED- This is an extremely important thing. Parents, the more you are involved with your child's activity the more they will want to engulf themselves in what they do. Therefore, please do anything and everything to get involved this year. Whether that means being a timer, stroke and turn judge, or simply just helping out at concessions, getting involved will go a long way with your kids to doing the same.

b) Practices are based on ability, not age, so please be mindful of this. Just as in the classroom, no two children are the same speed when it comes to learning a topic, and the same goes for picking up on swimming skills. The term we always love to use is that "one size does not fit all!" Therefore, please be

mindful that we will be separating kids out at practice based on their abilities, not their ages. If by chance though this does cause a problem, and is detrimental to their self esteem please don't hesitate to contact us, as that is the last thing we'd ever want to do. Our main goal in practices is to best meet all kids' needs. Whether that is a hard practice, or one geared more towards stroke technique work, we're doing everything we can to make everyone the best swimmer they can possibly be.

**USA Program- mixture of stroke technique, aerobic training, and anaerobic training (younger ones are focused more on stroke technique aspect, older ones more on aerobic and anaerobic workouts).

**YMCA Program- more of a stroke technique oriented practice that moves at a bit of a slower pace, to get more THOROUGH instruction.

c) HAVE PATIENCE! Swimming unfortunately is not an overnight thing. For some it will take longer than others. Therefore please do not expect results overnight, and expect that someone who has never swum before, will miraculously be flying across the pool within a matter of days. On the same note, there will be times where your child has just learned a stroke, and will swim it at a meet. Please know this may lead to DQ's. While we will work on fixing every DQ at practice, please don't panic when your son/daughter DQ's and it takes a while to fix. Once again, be patient, and please know we are doing everything and anything to help make your child the best swimmer possible!

d) Please let me know about meet absences for meets at least 1 week ahead of time, unless it is an emergency. A LOT of planning is put into meets so that all children can swim as much as possible. The sooner you let me know that your son/daughter will be missing a meet, the easier it is for me to plan around that.

e) On the same note as what I wrote above, please remember that by signing up for the swim team, you have committed your son/daughter to an activity, and just like any other sports team you play on (baseball, soccer, etc....) when your child misses a meet, that impact is felt as an entire team. Obviously in life we live by a set of priorities. What we've found is that over the past couple of years as we've coached swimming, it usually takes the back seat to baseball or soccer. WE HAVE NO PROBLEM WITH THIS AT ALL. However, please note that just like any other sport, when a child misses a meet it affects the entire team, therefore please use your discretion when missing a meet. In other words, we'd never make you miss a baseball game for an important swim practice, therefore we'd hope your baseball coach can understand that missing a swim meet for baseball practice is not in the best interests of teaching our youth the importance of being a good teammate (although if he/she doesn't see my point in this, you are the parent, and we will always trust and back your decision no matter what because you know your child best).

f) If there are ever any issues, we please ask you to come and talk to the coach in charge of your son/daughter. We consider ourselves to be an extremely reasonable, and approachable group of people. No issue is ever too great that we can't work it out. Therefore, please know that we always have your son/daughter's best interests at heart, and are more than willing to talk things out. The only thing that we ask is that in the rare case we don't come to a consensus that you respect the fact that we are the coaches, and whatever decision we come up with will be the final one.

g) Along those same lines, please know if there ever does come a time where you are unhappy with the coaches, or with the coaching staff decision on something, and you don't like the answer you've gotten the one thing I urge you to do is to please keep all negativity to yourself. Main reason is that negativity breathes, and if your kids see you saying things in a disrespectful manner towards the coaching staff, more than likely they will follow the same pattern, and that will lead them to feel they can not respect their coaches, teachers, etc.....All in all we will always do our best as a coaching staff to support you as a parent, as long as you can promise to do the same for us ☺. AKA- we need to present a united front at all times!

h) Email is the best way to reach the coaching staff! Please respect the fact that we have families outside of swimming, and we do hold our family time very dear. Please allow us a few days in response to your email, and I also ask that if and when you write an assistant coach with a concern about something you also CC me to the email just so I can be in the loop as to what's going on. Here is a listing of our email address:

i) Team Website- PLEASE COME HERE FOR ALL TEAM INFORMATION, IT IS YOUR ONE STOP REPOSITORY!!!! The website address is: <http://www.orgsites.com/va/pyac/>

j) All parents need to do their best to let the coaches coach during practice, and wait until **AFTER** practice to talk to them, and also as equally important **STAY BACK FROM THE POOLSIDE WHILE PRACTICES ARE GOING ON**. The reason why this is so important is that if your kids see you coming up to give them advice during practice, or even to critique what they're doing they will be more inclined to look for you, and not focus in on the coaches instruction. With all this being said, once again this year parents will be able to watch from the old aerobics room area at the window....This is a great way to watch your kids swim, and make sure your kids are listening to all the instruction given to them ☺!

k) Please be punctual to meets and practices. Just to explain, the reason I'm pushing punctuality so much this season is because being punctual also leads to a higher level of being prepared. As we all know when you are late to an event a sense of panic takes over. In this case, it would be panic on your ends about getting there, and panic on our ends of, "Where is _____?" This is what I am totally trying to avoid this year. The more prepared we are, the better we will perform. Also, aside from a preparedness standpoint, being punctual is also something that is looked at very highly in our society, and our kids need to learn early that being on time gives off the impression "I want to be here," while being late sends the exact opposite message (or at least that is just my opinion).

l) Practice Attendance Policy. As a coaching staff we have noticed that an attendance policy is needed in order to help with teaching accountability and commitment. Therefore the following policy will be put into place for each group of swimmers:

i. YMCA Only- **Come as you can**. It's a developmental program and we wish to keep it that open ended. Obviously the more practice you attend, the more your child will improve.

ii. 8 and Under USA- We are **encouraging** that all athletes in this group maintain attendance of at least 3 practices a week (that is a minimum though, and obviously the more practice you attend the better you'll be).

iii. 9-12 USA- We are **encouraging** that all athletes in this group maintain attendance of at least 4 practices a week (that is a minimum though, and obviously the more practice you attend the better you'll be).

iv. 13 and Over USA (Senior Prep Group)- We are **encouraging** that all athletes in this group maintain attendance of at least 4 practices a week (that is a minimum though, and obviously the more practice you attend the better you'll be).

v. 13 and Over USA (Senior/National Group)- We are **requiring** that all athletes in this group maintain attendance of at least 5 practices a week (that is a minimum though, and obviously the more practice you attend the better you'll be).

4) General Meet Info

a) YMCA meets- Ymca meets are developmental meets that will occur once a month. In these meets we will be swimming against various other local YMCA teams (please see attached schedule in the packet). At these meets kids can swim up to 3 individual events, and 2 relays. Events this year will be chosen by the coaching staff for two reasons: 1) We want kids to not lock themselves into swimming only a couple of events, meets are a great way to **SHOW IMPROVEMENT** ☺; 2) What we've found over the years is with the coaches working with the kids everyday at practice we can make good decisions on what they should swim.

b) USA meets- These meets are for our VYAC (USA swimmers). At most of these meets kids can swim up to 8-9 individual events over the course of a 2-3 day period, along with some relays. Please note that if your child can only make 1 or 2 days of the meet **THIS IS FINE** ☺, just make sure we know which days they'll be there. These meets offer a little bit of a higher level of competition, and are once again a great way to see improvement. Some USA meets are restricted by cut times (which we as a staff will address as those type of meets near), in this case there may come a time during the season where you hear us say that your child is either too fast or too slow to swim in a meet. Once again we'll let you know as we go. Please remember this year will be the third year of the VYAC (Virginia YMCA Aquatic Team). This is a team comprised of mainly Chesapeake YMCA and ourselves. The main reason we decided to make this merge is to give kids more opportunities at meets, and to hopefully have a larger pool to pick from when swimming at meets and on relays.

c) Relays (BOTH USA AND YMCA MEETS)- The fastest swimmers swim on relays, that is the only fair way to do it. Please note that relays will always be picked by swimmers who have the fastest times. If you have any questions about this throughout the season please feel free to email me!

d) YMCA Regionals- A date has not been set yet, but as soon as it is, I'll let you know. This is a very prestigious meet that any swimmer YMCA or USA can make with BB+ standards..... We have had great success over the years at this meet, and is definitely a goal all should push for.

e) YMCA Nationals- This is a 12 and older meet that is held every year in Fort Lauderdale, Fl. We had our first group of athletes qualify this summer. My goal is to have more of a representation at this meet this year.

f) USA Champ. Meets- There are many meets to choose from during the December and late February/March Months. As those time frame nears, depending on your son/daughter's times they will swim in as many of these meets as they qualify for.

g) YMCA League Championships- This is a championship meet for our YMCA league. It will be held at the end of March at the Greenbrier Family YMCA. It is open to any athlete YMCA or USA that meets the entry qualifying standards.

5) USA meet Fees

a) For those enrolled in the VYAC swimming program, aside from registration costs, you will also need to pay for any and all USA meets that your son/daughter swims in. Costs usually range from \$25-\$45 a weekend per swimmer depending on the meet. This year the following protocol will be followed for registering/paying for a USA meet:

1) Email will be sent out listing two dates:

* RSVP date- Date in which I must know whether your son/daughter wishes to swim

*Meet Fee Payment date- Will be set one week prior to the meet itself being swum.

b) Please note once you RSVP for a USA meet you are responsible for paying those meet fees whether your child swims or not. This is due to the fact that once entries are submitted VYAC is still responsible for paying the meet fees whether the athlete swims or not. If your fees have not been paid by the deadline date they will be automatically drafted out of your YMCA accounts this year.

Portsmouth YMCA Participant/Parent Code of Conduct

Youth participating in programs with the Portsmouth YMCA are exercising a privilege afforded to them. These participants and parents must exhibit the maturity to be successful and retain this privilege. Thus, the following guidelines and rules shall apply in all activities within the Portsmouth YMCA swim team for BOTH parents and participants as they each apply respectively.

I. GENERAL GUIDELINES

Participants are expected to conduct themselves, at all times, in a manner which is in keeping with representing the Portsmouth YMCA and will not bring discredit the association or its members.

Participants are expected to practice the values of caring, honesty, respect and responsibility and observe State and Federal laws at all times. When traveling with the YMCA swim program, each participant is expected to dress appropriately as befits representing the YMCA and as directed by the coach.

II. DISCIPLINE RULES:

Substance use and/or possession thereof [drugs, alcohol and/or tobacco (by minors)] is cause for immediate dismissal from the program. Persistent irresponsible and disrespectful behavior is cause for disciplinary action or dismissal from the program. Destruction of property, theft, violent acts or violation of State, Federal or other laws is cause for dismissal from the program. Failure to comply with any team rules may be cause for disciplinary action and persistent failure may be cause for dismissal from the team. The Portsmouth YMCA retains its rights to impose additional penalties for any violation of the above rules.

NOTE: If dismissal from the program or an event occurs while traveling, the participant may be sent home immediately at the parent's cost by whatever means is most convenient for the program administrators. No reimbursement of fees will be made to the dismissed participant or their family.

PYAC Swim Team Practice Rules:

- 1.) SAFETY must be everyone's first concern. Swimmers must always enter the water feet first; absolutely no diving is permitted in the shallow end of the pool. The only time diving is allowed at practices or meet warm-ups is when a coach is directing racing starts from the deep end of the pool.
- 2.) Swimmers are expected to use all equipment properly; therefore, no throwing kickboards or forcing them underwater, etc. Do not hang, lean or pull on lane lines – they are easily broken and expensive to replace.
- 3.) All swimmers are expected to show respect and courtesy to the coaches; this includes being quiet and listening carefully when instructions are being given. Swimmers should discuss individual concerns with coaches outside of group practice times. Please do not talk with the coaches on the pool deck while you are waiting for your practice to start and the coaches are working with another group.
- 4.) Sportsmanship begins at home! Being a good teammate at practice means showing respect and caring for your fellow swimmers. This includes showing positive support and encouragement to everyone in your practice lane and entire age group at practices. Everyone working together will result in individual improvements and team unity throughout the season. Proper behavior and consistent effort at practice helps each swimmer benefit from practice.
- 5.) Swimmers are expected to leave on the designated interval and to do everything possible to avoid physical contact with another swimmer in the lane. Pushing off too soon after the lead swimmer can result in physical injury, less training benefit and bad feelings. Likewise, if a swimmer must "sit out" part of a set, they must sit out – that is, get fully out of the water and sit on the pool deck. Swimmers will not be allowed to stand in the water at the shallow end of the pool during a set due to the risk of injury and the disruption it causes to fellow swimmers.
- 6.) Proper behavior, consideration for others and respect for the facilities and equipment are also expected in the locker rooms. Please turn off showers, dispose of any trash, check for all personal belongings and leave the locker room in good condition by the facility's designated time.
- 7.) Swimmers causing safety problems, practice disruptions or otherwise not following the above practice rules will be subject to suspension of team privileges.

We the undersigned, have read, understand and agree to abide by the above guidelines and rules. We also agree to accept actions taken for failure to abide by these guidelines and rules.

PYAC Parents Code of Ethics Section:

Signature of Participant Date

Signature of Parent or Guardian Date

GOAL SHEET (Please fill out and return to Head Coach Mike Salpeter when finished. Additionally, if you wish to set up an appointment to discuss your goals with Mike, please email/contact him to do so!

Name:

Age:

What is your short term goal (something you'd like to achieve by the end of the season)?

What is your long term goal for swimming (something you'd like to achieve in the future)?

What do you need from your coaching staff in order to get you to this goal?

What is your plan of action to get you to help achieve these goals?

Any other important things that the coaching staff needs to know about you prior to the season starting?

PYAC & VYAC Equipment and Apparel Items for 2011-2012 Season

We have a new vendor: Swim&Tri (Swimmers and parents: please check out our portal link below) and all items can be purchased online this year!

MANDATORY ITEMS (YMCA ONLY- PYAC TEAM)

- Mesh Bag for equipment
- Speedo (Trialon Rubber) Fins
- Team Swim Suit (or plain black suit)
- Team Swim Cap

MANDATORY ITEMS (VYAC USA GROUP)

- Mesh Bag for equipment
- PREFERRED: Hydro Finz, Speedo Biofuse Fins, OR Speedo (Trialon Rubber Fins)
- Speedo Contoured Hand Paddles
- Training Snorkel
- Team Swim Suit (or plain navy blue suit)
- Team Swim Cap

OPTIONAL ITEMS (BOTH TEAMS):

- Team Backpack
- Team Sweatshirt, Sweatpants, shorts, or polo shirts
- Speedo Breaststroke Fins (Any dominant breaststroke swimmers should consider buying these)
- Team Warmups (Jacket and Pants)
- Zoomer Fins
- Practice Suits

Options for ordering your equipment: Go to www.swimandtri.com

At that website, we have team portal links for each team in which you can order the items you need (please note though they still have pictures of our old caps and t-shirts and those will no longer be the same!). Once on this website do the following to get to our portal link:

* YMCA Only

- go to team portal
- our password is PSmithY
- shop away for the items you need

*USA (VYAC):

- go to team portal
- our password is VYACstars
- shop away for the items you need

If you prefer, you may order over the phone. Simply call the store at 1-877-794-6874. Tell them whether you are with Portsmouth YMCA or part of the USA Virginia YMCA Aquatic Club team. They have a list of what you need and should be able to help you out!

2011-2012 South Hampton Roads YMCA League Schedule

Teams:

Portsmouth

Chesapeake

Great Bridge/Hickory

Elizabeth City

Franklin

October 8, 2011

-Portsmouth @ Great Bridge/Hickory

-Elizabeth City and Franklin @ Chesapeake

November 5, 2011

-Chesapeake @ Portsmouth

-Elizabeth City and Franklin @ Great Bridge/Hickory

December 18 and 19th, 2010

December 18th- 10 and Under Portsmouth YMCA Invitational (Saturday)

December 19th- 11 and over Greenbrier Family YMCA Invitational (Sunday)

***Can do invite on same day or split up with one on one day, and the other on the other day.

January 21, 2012

-Great Bridge/Hickory @ Chesapeake

-Elizabeth City and Franklin @ Portsmouth

February 18, 2011

-Elizabeth City @ Franklin

- Great Bridge/Hickory, Chesapeake, and Portsmouth (YMCA Regional last chance qualifying meet and open to all 8 and Under meet, can be held at any of the following pools????)

March 24th and 25th, 2012

-Proposed YMCA Championship meet date (at Greenbrier Family YMCA)

POTENTIAL VYAC USA SWIM SCHEDULE FOR THE UPCOMING Short Course
2011-2012 SEASON

September

-We will have all USA swimmers who are interested attend this meet in Sept.

*Sept. 24-25th - WAC Invitational meet @ Ft. Eustis

October

-All 12 and Under swimmers will attend one of the meets offered in October

-All 13 and Over swimmers will attend one of the meets offered in October

*October 15th - ODAC 8 and Under Circuit meet @ Great Bridge Swim and Racquet (open to all 8 and Under USA swimmers)

*October 15-16th - SEVA A/BB/B/C meet @ Midtown Aquatic Center (open to all USA swimmers of all levels and ages)

OR

October 22nd-23rd - ODAC BB/B/C meet @ ODU (open to all USA swimmers who have BB times or below)

November

-All USA athletes will attend up to 2 meets in November, with everyone HIGHLY encouraged to attend the Swim and Rock meet in Northern VA)

*November 5-6th - WAC BB/B/C meet @ Ft. Eustis (open to all swimmers with BB times or below)

OR

*November 12-13th - CGBD BB+ meet @ Midtown Aquatic Center (open to all swimmers with BB times or better)

(athletes will swim in one of the above Nov. Meets in addition to Swim and Rock meet if they wish)

*November 18-20th - Swim and Rock Championship meet in Northern VA at Oak Marr Rec center (It is prelims and finals for 13 and Overs and Timed Finals for 12 and Unders.....Meet is open to anyone willing to attend!)

December

-All 13 and over athletes will attend one or two "taper" meets this month depending on whether they meet the specific time standards related to each meet or not. Meets listed are optional meets for

-All 12 and Under athletes will attend the SEVA Christmas Champs meet if they have BB times. Those athletes without BB times will attend one of the other travel meets that we will attend out of town.

*December 1-3rd- AT&T Short Course Speedo National Championships@ Atlanta, GA (open meet for anyone with Senior National qualifying times that are accomplished throughout season)

*December 2-4th- Icebreaker Invitational meet in Frederickburg, VA (one of the championship meets I am considering having my 13 and Over swimmers attend)

OR

*December 8-11th- Tom Dolan Invitational meet at the Univ. of Maryland (considering attending this meet or Icebreaker Invite meet)

*December 9-11th- SEVA 12 and Under Champs meet @ Location TBD (this is a meet for any swimmers 12 and Under who achieve BB times throughout the season, it will be the championship meet that our 12 and Unders attend for the fall session!!!)

*December 9-10th- Short Course Junior National Championships @ Minneapolis, MN (this will be a meet for any swimmers who make Junior National Cuts throughout the season)

January

-All USA athletes will be able to attend this one meet in January

*January 14-15th- WAC BB/B/C/Mini meet at Ft. Eustis

February

-All USA Athletes 14 and Under may attend BOTH meets in February, those 15 and Over, will not only attend Regional Champs meet (if they wish/optional) at end of month due to High School championship season

*February 3-5th- ODAC 14 and Under meet @ ODU

*February 17-19th- District Champs (B/C Champs) @ Midtown Aquatic Center.....Those with B or C times are eligible for this meet

*February 26-28th- Regional Champs (A/BB Champs) @ Midtown Aquatic Center.....Those swimmers who have BB times, but don't have Senior or Age Group Champs qualifying times are eligible for this meet.

March

-All USA Athletes who qualify for any of the below listed meets will participate if they choose to

*March 1-3rd- VA Swimming Senior Champs@ VA Tech

*March 8-10th- VA Swimming Age Group Champs @ George Mason Freedom Center

*March 15-17th- YMCA Regionals @ Location TBD (although I'd guess it may be in Rock Hill, SC again)

April

-All athletes who qualify for Y nationals may attend

*April 2nd-5th- YMCA Nationals @ Greensboro, NC

PORTSMOUTH YMCA TEAM RECORDS (Short Course Yards)

AGE GROUP/SWIMMER	YEAR	TIME
6 and Under Girls		
25 Free	Abby Sharrett 06-07	19.98
50 Free	Nicole Nguyen 06-07	46.04
25 Back	Nicole Nguyen 06-07	22.55
25 Breast	Tidawee Srun 08-09	32.09
25 Fly	Olivia Bono 05-06	28.22
6 and Under Boys		
25 Free	Jonah Barnes 07-08	18.78
50 Free	Austin Ebel 04-05	40.75
25 Back	Jonah Barnes 07-08	23.75
25 Breast	Stephen O'Donnell 02-03	29.19
25 Fly	John Mobley 02-03	29.07
7-8 Girls		
25 Free	Abby Reardon 10-11	15.08
50 Free	Abby Reardon 10-11	31.71
100 Free	Abby Reardon 10-11	1:11.25
200 Free	Abby Reardon 10-11	2:31.96
500 Free	Abby Reardon 10-11	7:00.54
25 Back	Abby Reardon 10-11	18.09
50 Back	Abby Reardon 10-11	37.19
100 Back	Abby Reardon 10-11	1:21.50
25 Breast	Maddie Ebel 05-06	19.19
50 Breast	Abby Reardon 10-11	48.61
100 Breast	Abby Reardon 10-11	1:37.18
25 Fly	Julianne Phillips 01-02	17.06
50 Fly	Lillian Ball 08-09	41.53
100 Fly	Abby Reardon 10-11	1:47.95
100 IM	Abby Reardon 10-11	1:22.34
200 IM	Abby Reardon 10-11	2:57.26
7-8 Boys		
25 Free	Nic Psimas 09-10	14.64
50 Free	Nic Psimas 09-10	33.69

100 Free	Jonah Barnes	09-10	1:19.92
200 Free	Nate Pollitt	10-11	3:10.62
25 Back	Nic Psimas	09-10	17.42
50 Back	Nic Psimas	09-10	38.54
100 Back	Nic Psimas	09-10	1:27.08

7-8 Boys (cont)

25 Breast	Austin Ebel	05-06	18.75
50 Breast	Andrew Betts	09-10	49.31
100 Breast	Nate Pollitt	10-11	1:55.81
25 Fly	Austin Ebel	05-06	15.93
50 Fly	Jonah Barnes	08-09	48.64
100 Fly		No record as of yet ☹	
100 IM	Austin Ebel	05-06	1:25.32
200 IM	Nate Pollitt	10-11	3:35.64

9-10 Girls

50 Free	Eleanor Pollitt	10-11	27.36
100 Free	Eleanor Pollitt	10-11	1:00.90
200 Free	Eleanor Pollitt	10-11	2:20.01
500 Free	Eleanor Pollitt	09-10	6:22.07
50 Back	Eleanor Pollitt	10-11	33.72
100 Back	Eleanor Pollitt	10-11	1:13.25
50 Breast	Eleanor Pollitt	09-10	36.31
100 Breast	Eleanor Pollitt	10-11	1:19.28
50 Fly	Eleanor Pollitt	10-11	32.45
100 Fly	Eleanor Pollitt	10-11	1:17.75
100 IM	Eleanor Pollitt	10-11	1:11.06
200 IM	Eleanor Pollitt	10-11	2:33.63

9-10 Boys

50 Free	Austin Ebel	07-08	28.69
100 Free	Gregory Beale	06-07	1:02.69
200 Free	Gregory Beale	06-07	2:20.47
500 Free	Austin Ebel	07-08	6:31.67
50 Back	Will Arcand	06-07	32.83
100 Back	Austin Ebel	07-08	1:12.97
50 Breast	Austin Ebel	07-08	38.01
100 Breast	Austin Ebel	07-08	1:25.80
50 Fly	Austin Ebel	07-08	31.39
100 Fly	Austin Ebel	07-08	1:13.38
100 IM	Austin Ebel	07-08	1:12.75

200 IM	Austin Ebel	07-08	2:39.69
11-12 Girls			
50 Free	Eleanor Pollitt	10-11	26.81
100 Free	Eleanor Pollitt	10-11	58.63
200 Free	Eleanor Pollitt	10-11	2:11.43
500 Free	Eleanor Pollitt	10-11	6:04.46
1,000 Free		No record as of yet ☹	
50 Back	Emily Neuburg	08-09	30.70
100 Back	Emily Neuburg	08-09	1:06.94
200 Back	Emily Neuburg	08-09	2:25.61
50 Breast	Eleanor Pollitt	10-11	36.16
100 Breast	Eleanor Pollitt	10-11	1:18.40
200 Breast	Eleanor Pollitt	10-11	2:49.52
50 Fly	Makayla Emanuele	05-06	30.91
100 Fly	Emily Neuburg	07-08	1:13.15
200 Fly	Emily Hoff	06-07	2:57.21
100 IM	Emily Neuburg	08-09	1:08.57
200 IM	Eleanor Pollitt	10-11	2:29.78
400 IM		No record as of yet ☹	

11-12 Boys

50 Free	Kevin Joseph	04-05	24.69
100 Free	Conner Barnes	04-05	57.93
200 Free	Conner Barnes	04-05	2:06.65
500 Free	Garret Simon	07-08	5:57.15
1,000 Free	Curtis Oliver	08-09	12:35.07
50 Back	Will Arcand	07-08	31.17
100 Back	Conner Barnes	04-05	1:07.12
200 Back	Will Arcand	07-08	2:28.52
50 Breast	Garret Simon	07-08	34.49
100 Breast	Garret Simon	07-08	1:16.32
200 Breast	Garret Simon	07-08	2:41.71
50 Fly	Kevin Joseph	04-05	29.27
100 Fly	Kevin Joseph	04-05	1:04.66
200 Fly	Garret Simon	07-08	2:37.52
100 IM	Conner Barnes	04-05	1:08.34
200 IM	Conner Barnes	04-05	2:20.32
400 IM	Garret Simon	07-08	5:26.29

13-14 Girls

50 Free	Jamie Wild	09-10	25.29
100 Free	Jamie Wild	09-10	54.97
200 Free	Jamie Wild	09-10	1:59.87
500 Free	Kathryn King	10-11	5:42.60
1,000 Free	Kathryn King	10-11	11:40.27

1,650 Free	Kathryn King	10-11	19:50.88
50 Back	Jamie Wild	09-10	30.46
100 Back	Emily Neuburg	10-11	1:03.04
200 Back	Emily Neuburg	10-11	2:18.44
50 Breast	Ashley Teller	09-10	33.83
100 Breast	Ashley Teller	09-10	1:09.95
200 Breast	Ashley Teller	09-10	2:34.08
50 Fly	Jamie Wild	09-10	28.82
100 Fly	Jamie Wild	09-10	1:03.41
200 Fly	Jamie Wild	09-10	2:20.59
100 IM	Jamie Wild	09-10	1:05.82
200 IM	Jamie Wild	09-10	2:16.57
400 IM	Jamie Wild	09-10	4:55.10

13-14 Boys

50 Free	Conrad Edler	07-08	23.58
100 Free	Conrad Edler	07-08	51.19
200 Free	Thomas King	09-10	1:52.87
500 Free	Thomas King	09-10	5:15.57
1,000 Free	Chris Rowley	03-04	11:43.26
1,650 Free	Kyle Shomin	07-08	19:40.37
50 Back	Thomas King	09-10	28.54
100 Back	Thomas King	09-10	57.68
200 Back	Thomas King	09-10	2:05.86
50 Breast	Thomas King	09-10	30.98
100 Breast	Thomas King	09-10	1:05:78
200 Breast	Thomas King	09-10	2:28.44
50 Fly	Sam Miller	09-10	29.07
100 Fly	Conrad Edler	07-08	57.76
200 Fly	Chris Rowley	03-04	2:13.41
100 IM	Thomas King	09-10	1:00.43
200 IM	Thomas King	09-10	2:07.82
400 IM	Thomas King	09-10	4:46.23

15 & Over Girls

50 Free	Julianne Phillips	09-10	24.05
100 Free	Julianne Phillips	09-10	51.78
200 Free	Julianne Phillips	10-11	1:51.18
500 Free	Julianne Phillips	09-10	5:17.33
1,000 Free	Jamie Wild	10-11	11:37.29
1,650 Free		No record as of yet ☹	
50 Back	Ryan Smith	10-11	27.29
100 Back	Ryan Smith	10-11	56.55
200 Back	Ryan Smith	10-11	2:02.86
50 Breast	Ryan Smith	10-11	30.40

100 Breast	Ryan Smith	10-11	1:05.26
200 Breast	Ryan Smith	10-11	2:26.16
50 Fly	Julianne Phillips	09-10	27.28
100 Fly	Julianne Phillips	09-10	58.42
200 Fly	Julianne Phillips	10-11	2:08.06
100 IM	Ryan Smith	09-10	1:03.66
200 IM	Ryan Smith	10-11	2:11.34
400 IM	Jamie Wild	10-11	4:54.14

15 & Over Boys

50 Free	Bryan Nuckles	08-09	22.17
100 Free	Conner Barnes	09-10	48.41
200 Free	TJ Ewer	10-11	1:48.23
500 Free	TJ Ewer	10-11	4:57.75
1,000 Free	TJ Ewer	10-11	10:36.04
1,650 Free	Derek Simon	07-08	18:06.72
50 Back	Conner Barnes	09-10	24.99
100 Back	Conner Barnes	09-10	53.76
200 Back	TJ Ewer	10-11	2:03.94
50 Breast	Conner Barnes	09-10	28.50
100 Breast	Conner Barnes	09-10	1:02.21
200 Breast	Thomas King	10-11	2:21.50
50 Fly	Conner Barnes	09-10	23.75
100 Fly	Conner Barnes	09-10	53.68
200 Fly	Derek Simon	07-08	2:04.67
100 IM	Conner Barnes	09-10	55.06
200 IM	Sean Dixon	00-01	2:03.57
400 IM	Thomas King	10-11	4:32.59

PORTSMOUTH YMCA TEAM RECORDS (Long Course Meters)

AGE	YEAR	TIME
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GROUP/SWIMMER

6 and Under Boys

50 Free	No record as of yet ☹
50 Back	No record as of yet ☹
50 Breast	No record as of yet ☹
50 Fly	No record as of yet ☹

6 and Under Girls

50 Free	No record as of yet ☹
50 Back	No record as of yet ☹
50 Breast	No record as of yet ☹
50 Fly	No record as of yet ☹

7-8 Boys

50 Free	Andrew Betts	2010	44.85
100 Free	Nate Pollitt	2010	1:39.05
200 Free	Nate Pollitt	2010	3:58.81
50 Back	Andrew Betts	2010	52.76
100 Back	Andrew Betts	2010	1:58.21
200 Back		No record as of yet ☹	
50 Breast	Andrew Betts	2010	55.52
100 Breast	Andrew Betts	2010	2:01.82
200 Breast	Nate Pollitt	2010	4:46.70
50 Fly	Nate Pollitt	2010	49.41
100 Fly		No record as of yet ☹	
200 IM	Nate Pollitt	2010	4:04.01

7-8 Girls

50 Free	Abby Reardon	2011	35.87
100 Free	Abby Reardon	2011	1:20.30
200 Free	Abby Reardon	2011	2:52.99
400 Free	Abby Reardon	2011	6:19.82
50 Back	Abby Reardon	2011	44.45
100 Back	Abby Reardon	2011	1:33.44
200 Back	Abby Reardon	2011	3:24.41
50 Breast	Abby Reardon	2011	50.66
100 Breast	Abby Reardon	2011	1:52.14
200 Breast	Abby Reardon	2011	4:09.66
50 Fly	Abby Reardon	2011	45.88
100 Fly	Abby Reardon	2011	1:52.61
200 IM	Abby Reardon	2011	3:22.30

9-10 Boys

50 Free	Austin Ebel	2007	33.93
100 Free	Austin Ebel	2007	1:16.19
200 Free	Nate Pollitt	2011	3:23.71
400 Free		No record as of yet ☹	
50 Back	Austin Ebel	2007	37.90
100 Back	Austin Ebel	2007	1:24.36
200 Back		No record as of yet ☹	
50 Breast	Austin Ebel	2007	44.23
100 Breast	Austin Ebel	2007	1:40.30
200 Breast	Andrew Betts	2011	4:00.13
50 Fly	Austin Ebel	2007	35.47
100 Fly		No record as of yet ☹	
200 IM	Austin Ebel	2007	3:07.93

9-10 Girls

50 Free	Eleanor Pollitt	2010	30.92
100 Free	Eleanor Pollitt	2010	1:10.17

200 Free	Eleanor Pollitt	2010	2:38.85
400 Free		No record as of yet ☹	
50 Back	Eleanor Pollitt	2010	38.51
100 Back	Julianne Phillips	2003	1:26.51
200 Back	Lillie Ball	2010	3:30.63
50 Breast	Eleanor Pollitt	2010	42.06
100 Breast	Eleanor Pollitt	2010	1:34.19
200 Breast	Lillie Ball	2010	3:57.43
50 Fly	Eleanor Pollitt	2010	36.63
100 Fly	Julianne Phillips	2003	1:32.86
200 IM	Eleanor Pollitt	2010	2:59.62

11-12 Boys

50 Free	Garret Simon	2008	31.65
100 Free	Garret Simon	2008	1:07.79
200 Free	Garret Simon	2008	2:31.71
400 Free	Garret Simon	2008	5:09.71
800 Free		No record as of yet ☐	
1,500 Free		No record as of yet ☐	
50 Back	Garret Simon	2008	38.49
100 Back	Garret Simon	2008	1:21.57
200 Back	Garret Simon	2008	2:44.23
50 Breast	Garret Simon	2008	40.41
100 Breast	Garret Simon	2008	1:27.27
200 Breast	Garret Simon	2008	3:05.68
50 Fly	Garret Simon	2008	34.62
100 Fly	Garret Simon	2008	1:18.14
200 Fly		No record as of yet ☹	
200 IM	Garret Simon	2008	2:43.58
400 IM		No record as of yet ☹	

11-12 Girls

50 Free	Emily Neuburg	2009	29.84
100 Free	Emily Neuburg	2009	1:06.71
200 Free	Emily Neuburg	2009	2:30.42
400 Free	Kathryn King	2009	5:20.72
800 Free		No record as of yet ☹	
1,500 Free		No record as of yet ☹	
50 Back	Emily Neuburg	2009	35.20
100 Back	Emily Neuburg	2009	1:16.71
200 Back	Emily Neuburg	2009	2:49.25
50 Breast	Eleanor Pollitt	2011	43.18
100 Breast	Eleanor Pollitt	2011	1:36.55
200 Breast	Eleanor Pollitt	2011	3:19.87
50 Fly	Emily Neuburg	2009	35.62

100 Fly	Emily Neuburg	2009	1:29.80
200 Fly		No record as of yet ☹	
200 IM	Emily Neuburg	2009	2:51.24
400 IM	Eleanor Pollitt	2011	6:36.00

13-14 Boys

50 Free	Chris Rowley	2004	27.34
100 Free	Chris Rowley	2004	1:01.09
200 Free	TJ Ewer	2009	2:16.74
400 Free	TJ Ewer	2009	5:02.91
800 Free	Chris Rowley	2004	10:22.97
1,500 Free	Curtis Oliver	2010	20:04.06
50 Back	Chris Rowley	2004	32.89
100 Back	TJ Ewer	2009	1:08.89
200 Back	TJ Ewer	2009	2:34.83
50 Breast		No record as of yet ☐	
100 Breast	Thomas King	2009	1:23.65
200 Breast	Michael Betts	2011	3:05.42
50 Fly		No record as of yet ☐	
100 Fly	Chris Rowley	2004	1:04.96
200 Fly	Chris Rowley	2004	2:29.15
200 IM	Thomas King	2009	2:32.93
400 IM	Curtis Oliver	2010	6:00.70

13-14 Girls

50 Free	Jamie Wild	2010	28.84
100 Free	Jamie Wild	2010	1:02.79
200 Free	Jamie Wild	2010	2:16.69
400 Free	Jamie Wild	2010	5:05.24
800 Free	Kathryn King	2011	10:55.56
1,500 Free	Kathryn King	2011	20:18.17
50 Back		No record as of yet ☹	
100 Back	Jamie Wild	2010	1:13.48
200 Back	Jamie Wild	2009	2:44.65
50 Breast	Ashley Teller	2010	36.39
100 Breast	Ashley Teller	2010	1:21.18
200 Breast	Ashley Teller	2010	2:55.71
50 Fly		No record as of yet ☹	
100 Fly	Jamie Wild	2010	1:10.89
200 Fly	Jamie Wild	2009	2:49.21
200 IM	Jamie Wild	2010	2:35.84
400 IM	Jamie Wild	2010	5:44.77

15 & Over Boys

50 Free	TJ Ewer	2011	25.72
100 Free	Conner Barnes	2009	56.21

200 Free	TJ Ewer	2011	2:05.72
400 Free	TJ Ewer	2011	4:41.43
800 Free	Derek Simon	2008	10:28.23
1,500 Free	Curtis Oliver	2011	20:04.06
50 Back	TJ Ewer	2010	30.04
100 Back	Conner Barnes/TJ Ewer	2009/2011	1:05.26
200 Back	TJ Ewer	2011	2:22.83
50 Breast	Thomas King	2011	35.88
100 Breast	Derek Simon	2008	1:18.42
200 Breast	Stephen O'Donnell	2011	2:48.52
50 Fly	TJ Ewer	2011	29.67
100 Fly	Conner Barnes	2009	1:02.76
200 Fly	Derek Simon	2008	2:27.19
200 IM	Conner Barnes	2009	2:24.69
400 IM	Derek Simon	2008	5:20.21

15 & Over Girls

50 Free	Julianne Phillips	2010	27.50
100 Free	Julianne Phillips	2010	59.22
200 Free	Julianne Phillips	2011	2:08.75
400 Free	Julianne Phillips	2011	4:37.55
800 Free		No record as of yet ☹	
1,500 Free		No record as of yet ☹	
50 Back	Ryan Smith	2011	31.92
100 Back	Ryan Smith	2011	1:06.96
200 Back	Ryan Smith	2010	2:30.78
50 Breast	Ryan Smith	2011	36.09
100 Breast	Ryan Smith	2011	1:17.64
200 Breast	Ryan Smith	2010	2:55.09
50 Fly	Ryan Smith	2011	31.79
100 Fly	Julianne Phillips	2010	1:07.57
200 Fly		No record as of yet ☹	
200 IM	Ryan Smith	2011	2:29.61
400 IM		No record as of yet ☹	