

PORTSMOUTH YMCA
2008-2009 TEAM
HANDBOOK



Portsmouth YMCA Expectations From the Coaching Staff

Dear Parents,

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 Coach of Portsmouth YMCA. Every year, I try and spell out for parents at the opening parents meeting what I, as a coach, am 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 a coach is doing a particular thing, and more importantly explains what he/she expects from the very beginning of the year things tend to move a lot 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 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 a coach I always preach to my swimmers that they should NEVER be "okay with being okay!" This is a philosophy that as a coach, that I try and implore for myself, and as a team I am trying to mold us with. The words "I can't" will never be spoken at my practice, and through the sport of swimming, I will try to teach these kids to not only conquer swimming, but conquer all venues of life with a winning attitude!**
- 2) GETTING 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.
- 3) 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 I always love to use is that "one size does not fit all!" Therefore, please be mindful that I 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 me, as that is**

the last thing I'd ever want to do. My main goal in practices is to best meet all kids' needs. Whether that be a hard practice, or one geared more towards stroke technique work, I'm doing everything I can, along with my staff to make everyone the best swimmer they can possibly be.

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

- 4) **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!
- 5) Please let me know about meet absences at least 1 week ahead of time, unless it is an emergency. I put A LOT of planning 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.
- 6) 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 I've found is that over the past couple of years as I've coached swimming, it usually takes the back seat to baseball or soccer. **I 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, I'd never make you miss a baseball game for an important swim practice, therefore I'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 I will always trust and back your decision no matter what because you know your child best).

- 7) **If there are ever any issues, I please ask you to come and talk to me. I consider myself to be an extremely reasonable, and approachable person. No issue is ever too great that we can't work it out. Therefore, please know that I always have your son/daughter's best interests at heart, and am more than willing to talk things out. The only thing that I ask is that in the rare case we don't come to a consensus that you respect the fact that I am the head coach, and whatever decision it comes down to will be the final one.**
- 8) **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!**
- 9) **I will always try and positively reinforce the kids whenever they do something. When in the course of events they choose to not make a wise decision and mess around at a practice or meet, I also promise that as their parents, you'll be the first to know!**
- 10) **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. If by chance though there is an emergency, please feel free to call Coach Mike on his cell phone at: (757)375-4394. But, please remember this number is for EMERGENCY'S ONLY, and nothing else. With a new baby on the way email is definitely going to be the easiest for me (it's also the reason I bought my new handy blackberry ☺!)**
- 11) **All assistant coaches are available for private lessons this year. Please feel free to contact them once school gets out to get your kids extra help that they may need. One on one instruction is always the best course of action to help struggling swimmers! Aside from this the assistant coaching staff will be trying to do stroke clinics once a month as well....Stay tuned for further information on this!**
- 12) **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**

(YES IT'S BACK) to watch from the old aerobics room area (where we are today) 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 ☺!

13) PUNCTUALITY (our new goal as a team this year). 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).

GENERAL MEET INFO

1) 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) I want kids to not lock themselves into swimming only a couple of events, meets are a great way to SHOW IMPROVEMENT ☺; 2) What I've found over the last 2 years is with the coaches working with the kids everyday at practice we can make good decisions on what they should swim.....

***With all of this being said, I as a coach, will still take recommendations as to what your child swims, but please remember that the coaching staff will have the final say.**

2) 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 I'll personally go over), in this case there may come a time during the season where you hear me say that your child is either too fast or too slow to swim in a meet. Once again I'll let you know as we go. Please remember this year will be the first year of the VYAC (Virginia YMCA Aquatic Team). This is a team comprised of mainly Chesapeake YMCA and ourselves, with some other athletes from our YMCA league sprinkled in. 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.

- 3) **Relays-** 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!
- 4) **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
- 5) **YMCA Nationals-** This is a 12 and older meet that is held every year in Fort Lauderdale, Fl. We had our first two athletes qualify this summer (Chris Rowley and Derek Simon). My goal is to have more of a representation at this meet next year.
- 6) **USA Champ. Meets-** Go over them at the meeting. Once again with two USA head Coaches (Frank and myself) we will be able to take both of our teams to not only the YMCA prestigious meets but the USA ones as well. The decision as to which championship meet they go to is up to the coaching staff (who will decide based on a better meet to attend). This however will be an added bonus to the merging of us and Chesapeake at the USA level because now we won't have to pick and choose when USA and YMCA meets conflict!
- 7) **No meet fees for our USA team this year (HOORAY)...**It is all covered in your seasonal payment/dues.....

CODE OF CONDUCT (PARENTS AND SWIMMERS)

***Attached to this packet is a code of conduct form that will need to be signed by both parents and swimmers.**

GOAL SHEETS AND GOAL MEETINGS

***Attached to this packet is a goal sheet, that I want all parents and swimmers to work on together, fill out for me, and eventually I'd like to have a goal meeting with all interested swimmers and parents (this is an optional thing, not mandatory). The dates for the meetings will be set up as the season begins. Ultimately we all come onto this team with different needs and goals, and my goal as a coach (through either reading them on the piece of paper you'll give back to me, or more formally through a meeting) is to try and sit down and discuss seasonal goals with both swimmers and parents!**

GOAL SHEET (Please fill out and return to coach Mike's mailbox. Past this, 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?

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

PORTSMOUTH YMCA TEAM RECORDS (Short Course Yards)

<u>AGE GROUP/SWIMMER</u>	<u>YEAR</u>	<u>TIME</u>
<u>6 and Under Boys</u>		
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
 <u>6 and Under Girls</u>		
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- Olivia Bono	(05-06)	32.89
25 Fly- Olivia Bono	(05-06)	28.22
 <u>7-8 Boys</u>		
25 Free- Nathaniel Srun	(07-08)	16.03
50 Free- Austin Ebel	(05-06)	33.73
25 Back- Nathaniel Srun	(07-08)	19.73
25 Breast- Austin Ebel	(05-06)	18.75
25 Fly- Austin Ebel	(05-06)	15.93
100 IM- Austin Ebel	(05-06)	1:25.32
 <u>7-8 Girls</u>		
25 Free- Maddie Ebel	(05-06)	15.58
50 Free- Julianne Phillips	(03-04)	33.25
25 Back- Julianne Phillips	(01-02)	18.63
25 Breast- Maddie Ebel	(05-06)	19.19
25 Fly- Julianne Phillips	(01-02)	17.06
100 IM- Maddie Ebel	(05-06)	1:30.62
 <u>9-10 Boys</u>		
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

9-10 Girls

50 Free- Maddie Ebel	(07-08)	27.79
100 Free- Maddie Ebel	(07-08)	1:07.12
200 Free- Maddie Ebel	(07-08)	2:32.07
500 Free- No record as of yet ☹		
50 Back- Maddie Ebel	(07-08)	33.83
100 Back- Maddie Ebel	(07-08)	1:16.91
50 Breast- Maddie Ebel	(07-08)	37.08
100 Breast- Maddie Ebel	(07-08)	1:23.11
50 Fly- Maddie Ebel	(07-08)	33.21
100 Fly- Amanda Bowden	(06-07)	1:26.79
100 IM- Maddie Ebel	(07-08)	1:13.49
200 IM- Amanda Bowden	(06-07)	2:55.53

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- No record as of yet ☹		
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- Garrett Simon	(07-08)	34.49
100 Breast- Garrett Simon	(07-08)	1:16.32
200 Breast- Garrett 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- Garrett 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- Garrett Simon	(07-08)	5:26.29

11-12 Girls

50 Free- Emily Hoff	(06-07)	28.08
100 Free- Emily Hoff	(06-07)	1:02.15
200 Free- Emily Hoff	(06-07)	2:15.62
500 Free- Emily Hoff	(06-07)	6:13.44
1,000 Free- No Record as of yet ☹		
50 Back- Jamie Wild	(07-08)	31.66
100 Back- Jamie Wild	(07-08)	1:10.93
200 Back- Emily Hoff	(06-07)	2:31.31
50 Breast- Ashley Teller	(07-08)	37.91
100 Breast- Ashley Teller	(07-08)	1:21.45
200 Breast- Ashley Teller	(07-08)	2:58.84
50 Fly- Makayla Emanuele	(05-06)	30.91

100 Fly- Emily Neuberg	(07-08)	1:13.15
200 Fly- Emily Hoff	(06-07)	2:57.21
100 IM- Jamie Wild	(07-08)	1:10.21
200 IM- Emily Hoff	(06-07)	2:33.34
400 IM- No record as of yet ☹		

13-14 Boys

50 Free- Conrad Edler	(07-08)	23.58
100 Free- Conrad Edler	(07-08)	51.19
200 Free- Conrad Edler	(07-08)	1:54.44
500 Free- Conrad Edler	(07-08)	5:22.71
1,000 Free- Conrad Edler	(06-07)	11:47.27
1,650 Free- Kyle Shomin	(07-08)	19:40.37
100 Back- Kyle Shomin	(07-08)	1:02.51
200 Back- Kyle Shomin	(07-08)	2:16.09
100 Breast- Kyle Shomin	(07-08)	1:09.36
200 Breast- Kyle Shomin	(07-08)	2:33.77
100 Fly- Conrad Edler	(07-08)	57.76
200 Fly- Conrad Edler	(07-08)	2:16.20
200 IM- Conrad Edler	(07-08)	2:11.31
400 IM- Kyle Shomin	(07-08)	4:52.59

13-14 Girls

50 Free- Andrea Beale	(06-07)	26.59
100 Free- Andrea Beale	(06-07)	58.38
200 Free- Andrea Beale	(06-07)	2:09.22
500 Free- Andrea Beale	(06-07)	5:47.93
1,000 Free- No record as of yet ☹		
1,650 Free- No record as of yet ☹		
100 Back- Andrea Beale	(06-07)	1:07.62
200 Back- Andrea Beale	(06-07)	2:28.77
100 Breast- Margaret Harper	(06-07)	1:19.51
200 Breast- Amber Teller	(07-08)	3:02.53
100 Fly- Andrea Beale	(05-06)	1:07.50
200 Fly- Meredith Cochrane	(05-06)	2:38.65
200 IM- Andrea Beale	(06-07)	2:28.34
400 IM- Meredith Cochrane	(05-06)	5:25.31

15-18 Boys

50 Free- Chris Rowley	(07-08)	22.37
100 Free- Chris Rowley	(07-08)	49.66
200 Free- Derek Simon	(07-08)	1:53.41
500 Free- Derek Simon	(07-08)	5:09.98
1,000 Free- Derek Simon	(07-08)	10:51.33
1,650 Free- Derek Simon	(07-08)	18:06.72
100 Back- Chris Rowley	(04-05)	1:00.68

200 Back- Derek Simon	(07-08)	2:16.97
100 Breast- Derek Simon	(07-08)	1:07.17
200 Breast- Derek Simon	(07-08)	2:33.77
100 Fly- Chris Rowley	(04-05)	55.18
200 Fly- Derek Simon	(07-08)	2:04.67
200 IM- Sean Dixon	(00-01)	2:03.57
400 IM- Derek Simon	(07-08)	4:33.53

15-18 Girls

50 Free- Andrea Beale	(07-08)	26.77
100 Free- Emily Rowley	(04-05)	58.95
200 Free- Andrea Beale	(07-08)	2:10.37
500 Free- Andrea Beale	(07-08)	5:54.95
1,000 Free- No record as of yet		
1,650 Free- No record as of yet		
100 Back- Emily Rowley	(04-05)	1:05.08
200 Back- Makayla Emanuele	(07-08)	2:31.23
100 Breast- Margaret Harper	(07-08)	1:15.64
200 Breast- Amy Squicciarini	(07-08)	2:55.02
100 Fly- Emily Rowley	(04-05)	1:05.15
200 Fly- Makalya Emanuele	(07-08)	2:34.24
200 IM- Makalya Emanuele	(07-08)	2:24.29
400 IM- Meredith Cochrane	(06-07)	5:33