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GREATER PEORIA FAMILY YMCA SUMMER SWIM TEAM INFO SHEET

We would like to welcome each family and swimmer to the Greater Peoria Family YMCA summer swim team. The coaching staff is ready for another GREAT season here at the pool. The majority of our communication will be through our weekly newsletter which will be distributed via email. Please make sure your email address is up-to-date in our database.

PRACTICE TIMES:

11 & UP*	8:00am TO 9:00am	MON. – FRI.
10 & UNDER*	9:00am TO 10:00am	MON. – FRI.
PRE-TEAM**	10:00am TO 10:30am	MON. and WED.

IMPORTANT DATES:

Early Bird Registration	April 30, 2018 (Price increases May 1 st)
Ice Cream Social	Tuesday, May 29, 2018
First Day of Practice	Wednesday, May 30, 2018
Last Day of Practice	Wednesday, July 11 / Friday July 13, 2018
Swim Team Banquet	Tuesday, July 17, 2018

To receive your team t-shirt, you must turn in your order from with shirt size **TWO (2)** weeks prior the Ice Cream Social. The shirts will be available for pick up at the Ice Cream Social.

This year the final meet will be the Journal Star Meet, held at Peoria High School. It is strongly suggested that all team members swim in this meet.

CONTACT DETAILS:

Email Address	gpfysummerswimteam@gmail.com
Facebook	www.facebook.com/groups/GPFYSUMMERSWIM/
Website	http://peoriaymca.org/swimteam

* **Swim Team:** Needs to be able to swim one length of the pool (25 yards)

** **Pre-Team:** Needs to be able to swim one width of the pool (12 yards). Available for ages 3 and up. Kids can transition into swim team if ability allows. Pre-team members are able to swim in meets, if they can swim 25 yards, using the proper stroke technique.

WELCOME TO THE GREATER PEORIA FAMILY YMCA SUMMER SWIM TEAM

The YMCA and Coaching staff would like to welcome you to the 2018 SUMMER SWIM TEAM.

Our **Coaching Staff** is led by Brian Points. **Coach Points** comes to us once again with many years of competitive swimming and coaching experience. We also welcome back assistant coaches Amanda McKinley and Ellen Rytter, from last year.

TEAM PHILOSOPHY

It is our philosophy that any swimmer who practices regularly, works hard, and tries to improve deserves as many opportunities as possible to swim at meets (some swimmers may swim more than others). The positive support of coaches, parents and teammates will help all of our swimmers to reach their goals of individual and team improvement. We must not measure success by how someone performs against teammates and opponents, but by how the swimmer performs against the clock and his or her own improvement. We encourage every swimmer to cheer for fellow teammates at meets and at practice.

PRACTICES

Practices are held each morning, Monday through Friday (ending July 14). Pre-team practices are Monday and Wednesday (ending July 12). All swimmers are expected to attend. Attendance will be kept. Vacation and/or conflicts should be documented in a note and put in the coaches' mailbox.

Practice times are:

Ages 11 & up **8:00 – 9:00 A.M. (Monday-Friday)**
Ages 10 & under **9:00 – 10:00 A.M. (Monday-Friday)**

Pre-team **10:00 – 10:30 A.M. (Monday & Wednesday)**

WEATHER RELATED CANCELLATIONS

If the air temperature is 65 degrees or over, your swimmer can expect to be in the water, unless the water temperature is below 70. If the air temperature is below 65, the coaches will decide whether or not to cancel practice. Swimmers will practice in light rain.

DONUT THURSDAY

We will be having Donuts on Thursday mornings again this year. We only order for the swimmers so we ask that no parents or siblings take part. You **MUST** be at practice to get your donut.

PARENT PARTICIPATION

The parents of the swimmers play a vital role in the running and management of this team. We rely on parent help to run all of the meets. Each home meet requires at least **29** workers to run the meet. Duties include: **timers(18), place judges(2), runners(2), ribbons(3), scorekeeper(2), starter(1), and announcer(1).**

To spread the work around, we ask each parent of every swimmer to volunteer at one swim meet (minimum). If you did not sign up at the registration please do so at your earliest convenience.

MAILBOXES

There will be a large container outside the pool office. A marked folder for each swim family will be inside. Weekly newsletters, notices and meet ribbons will be distributed in the mailboxes. The Coaches will have mailboxes as well. Please check them regularly after practice.

We ask parents who would like to talk with the coach to email them at gpfysummerswimteam@gmail.com. The coaches will make every effort to try to reach you within 24 hours. This procedure will allow the coaches to concentrate on the swimmers during practice.

You can also follow us on Facebook: www.facebook.com/groups/GPFYSUMMERSWIM/

MEET SIGN OUT

Swimmers expecting to miss a meet due to vacation or other conflicts should sign out of meet on the meet participation form. These sheets are to be turned in the first day of practice and will be kept available for changes during the season. This information is vital, as the coaches use it to prepare the Meet Entries. Please be sure that if there are changes that they are taken care of at least 2 days before the meet.

POOL MAINTENANCE

Our pool is one of the nicest in the area. Please remind your swimmer how fortunate we are to have a clean, beautiful and well-maintained pools. It is up to each of us to leave the pool area as clean as when we arrived. This includes practices, as well as meets. Please pick up trash and dispose of it prior to leaving the pool deck area. **THERE IS TO BE NO GLASS CONTAINERS ON THE POOL DECK!**

We appreciate your adherence to this and other pool and swim team rules.

NEWSLETTERS

We will distribute weekly newsletters via E-MAIL each Monday. Please be sure to check your E-MAIL at least once a week for up-to-date news.

TEAM PICTURES

Team pictures have been scheduled for June 14th with a rain date of June 15th. Individual pictures will be taken beginning at 8:00A.M. The Group photo will be taken at 9:00A.M. EVERYONE is asked to be a part of the group picture, even if you do not order any photos. Be On Time and wear your team T-shirt for the picture.

Picture order forms will be placed in the mailboxes about 1 week prior to the scheduled date. Please bring the completed form and payment in the envelope on the morning of pictures. Extra forms will be available the morning of pictures.

TIME TRIALS

Time trials are held at the beginning of the season to measure each swimmer's times in the four basic strokes. These times are used to determine swimmer placement in the early meets, so therefore swimmers should be encouraged to do their very best. Swimmers who are out of town should provide the coaches with a list of their best times as soon as possible.

SWIM MEETS

The coaches are responsible for preparing the meet entries. This is a time-consuming and difficult job, so it is extremely important that they know of absences from a meet **at least 2 days prior to the meet**. Last minute scratches delay the start of the meet and create extra paperwork. We do want the swimmers at every possible meet, so help your swimmer with choices in your busy hectic summer schedule.

All swimmers are expected to remain for the entire duration of the meet. This is important because the relays are the final event and occasionally substitutes are needed.

When arriving at an away meet, look for our **TEAM AREA**. Find the coach assigned for check-in at the meet and let them know that you have arrived. The **meet line-ups** will be handed out as you arrive. It is extremely important to arrive **on time** for warm-ups. Nothing is more disappointing to a relay team than not getting to swim because someone did not show or they arrived too late for the event. If you know you will not be coming or running late, please let Coach Points know as soon as possible so he can "scratch" you from the necessary event(s) and find a substitute. Points are lost for every lane that is left open in a swim meet.

TEAM MEET AREA – we utilize a STAGING AREA to keep the team together during the meet. If swimmers are not sitting in the STAGING AREA, they should be sitting with their supportive parents. It is the swimmers' responsibility to be aware of when to report for an event. Our bullpen workers will not be searching the pool area to find AWOL swimmers. **Swimmers who are not in the bullpen at the time of their event risk being replaced by another swimmer.**

We expect our swimmers to be on their **best behavior**. This means **no running, screaming, hitting, name calling, shoving, kicking, or towel snapping** (or any other action which might cause harm or show disrespect to another). We also expect them to pick up all belongings and trash before leaving the area. Once again **NO GLASS OBJECTS ALLOWED IN THE POOL AREA**.

NO HANDS CLAUSE

Due to the size of the team and the amount of horseplay going on at events (ex. pushing people in the pool). We will be instituting a NO HANDS POLICY for the swim team. This means that all swimmers must keep their hands to themselves.

The penalty for violating the policy will be dismissal from the event that is happening at that time, whether it be at practice or at a meet. If it continues to be a problem it could constitute dismissal from the team.

This rule is needed to help keep everyone safe. No one wants to go to the hospital due to the horseplay of others.

Parents: Please keep an eye on your children in the staging area to make sure their conduct is appropriate and their needs are being met.

Discipline: Anyone who is caught repeatedly acting up during a meet will be warned once – after that, the bull pen workers and/or coaches will have the authority to dismiss that swimmer for the night. The coach will be informed and a replacement swimmer for the remainder of that swimmer’s events will be found. Further discipline may result.

STROKES/EVENTS

Each meet will consist of at least 60 events, with as many as six swimmers or relay teams per event (3 per team). There will be 10 events of the same stroke/relay divided into girl and boy age groups of: 8 & Under, 9-10, 11-12, 13-14, and 15 & Up. Swimmers age is determined as of the day of the meet.

One length of our pool is 25 yards. In each individual event the 8 & Under, and 9 & 10 girls and boys will swim 25 yards each, except in the long free, where they will swim 50 yards of freestyle. Swimmers 11 & 12 and older will swim 50 yards for individual events and 100 yards for the long free.

HOME MEET EVENT ORDER

<u>Long Free</u>	Freestyle 50y – 8 & Under and 9 & 10; 100y – 11 & UP
<u>Medley Relay</u>	4 team members each swimming 1 leg Back/Breast/ Fly/Free
<u>Short Free</u>	Either 25y or 50y depending on the age group
<u>Back</u>	Either 25y or 50y depending on the age group
<u>100 IM</u>	25Y each of Fly/Back/Breast/Free – all age groups
<u>Breast</u>	Either 25y or 50y depending on the age group
<u>Butterfly</u>	Either 25y or 50y depending on the age group
<u>Free Relay</u>	4 team members each swimming one leg all free

Due to the length of the meets we swim the first half of the meets with the long free in the meet events and the second half of the season we swim the IM (individual medley).

Each swimmer is limited to 3 individual events and 2 relay events.

If a swimmer is asked to “Swim-Up” into the next age group (usually done to fill holes in that age group and complete a relay team), he/she will have to swim the whole meet in that age group. Points earned will still be counted in their own age group.

SCORING

Individual events:	1st 6 points	Relays:	1st 8 points
	2nd 4 points		2nd 4 points
	3rd 3 points		3rd 0 points
	4th 2 points		Relay teams receive only 1st and
	5th 1 point		2nd place points – One team can not
	6th 0 points		earn both places.

Ribbons are awarded for 1st through 6th place for individual events and 1st through 3rd for relays. Ribbons will also be given out for all exhibition events. Ribbons can be picked up from the swimmer's mailbox **after** practice the day following the meet.

INVITATION MEETS

We are participating in two invitational meets this year. These meets fall on Saturdays, they are considered optional. However, the teams with the most swimmers in attendance often win the meet. It is also a great chance to swim additional events, which the swimmer gets to choose. We hope you will make every effort to attend.

We will distribute separate entry sheets for the **El Paso Invitational** (June 16), the **Summer Sizzler** (June 30). Swimmers can choose their events for these meets. **NEW THIS YEAR:** these fees are included in the cost of the swim team program. The coaches will select the relay teams from participating swimmers.

Note: There will probably be stroke judges at these invitational meets. Though there is no penalty to the team for disqualified swimmers, being disqualified can be disappointing. Swimmers may be disqualified in a race for (and not limited to):

- Failure to touch the end of the pool on a turn.
- Failure to use a two-handed touch on turns and at race end while swimming
- Breaststroke or butterfly
- Touching the bottom of the pool at any point during a race
- An incorrect stroke or kick
- Leaving the block too soon in a relay event

The coaches will go over these rules in practice. It may be helpful for you to go over this again at home. We do not usually have stroke judges at dual meets.

GPFY Summer Swim Team Events & RSVP

******Cut off each portion and turn in with payment for events attending.***

Please turn in each portion by the due date with payment as your RSVP. Start from the bottom and work up!
Thanks!

07/17- GPFY Summer Swim Team Awards Banquet- RSVP

FAMILY NAME _____

Join all your swim team friends for a fun night of dinner, recognition, and swimming! This dinner is potluck style. Families with names A-M should bring a side or salad. Families with names N- Z should bring a dessert. Table service, meat, iced tea, lemonade, and water will be provided.

COST: \$5.00 per swimmer x _____ = \$ _____

06/30- Journal Star Swim Meet- RSVP by

FAMILY NAME _____

This Peoria Area summer championship meet is held at the Central Park Pool in Peoria, IL on June 30, 2018. For 10 & Under swimmer will swim approx. 8:00 am with warm ups prior. 11 & Up swimmers will compete in the afternoon session with a hopeful 12:00 pm start time. **NEW THIS YEAR:** the entry fees are included in the cost of the program.

06/16- El Paso Invitational Swim Meet RSVP TBA

FAMILY NAME _____

This meet is held at the El Paso Sports Complex in El Paso, IL on June 15, 2018. 10 & Under swimmers will swim around 8:00 am with warm ups prior. 11 & Up swimmers will compete in the afternoon session with a hopeful 12:00 pm start time. **NEW THIS YEAR:** the entry fees are included in the cost of the program.

05/29-Ice Cream Social and Mandatory Parent Meeting

FAMILY NAME _____

RSVP by 05/25 at the Front Desk

- Get to know your coaches, team mates, and families at this fun evening of ice cream sundaes and swimming (weather permitting).
- There will be a mandatory parent meeting from 6-7:00pm or as soon as we cover all material. This will be a great opportunity to learn all you can about what it means to be a part of the summer swim team, how you can help, and ask questions.
- Turn in all your forms to receive your complimentary team t-shirt!

COST: \$3.00 for ice cream # _____ x = \$ _____



GPFY-Summer Swim Team Meet Commitment 2018

Please return on May 29th, 2018, at Ice Cream Social, or ASAP.

ONE SHEET PER SWIMMER

Swimmer Name: _____ Age: _____

Best Contact Number: _____

*****Mark YES (your child will attend the meet) OR NO. Any changes must be turned in to Coach Amanda or Coach Ellen 24 hours before the event.***

Date	Day	Event	Location	WU Time	YES	NO
05/29	Tuesday	ICE CREAM SOCIAL	HOME	5:00 pm	___	___
06/05	Tuesday	Time Trial	HOME	5:00 pm	___	___
06/12	Tuesday	Galesburg Dual	AWAY	5:30 pm	___	___
06/14	Thursday	Mt. Hawley CC Dual	AWAY	5:00 pm	___	___
06/16	Saturday	El Paso Invite	AWAY	TBA	___	___
06/19	Tuesday	Tremont Dual	HOME	5:00 pm	___	___
06/21	Thursday	C at RC / Morton	HOME	5:00 pm	___	___
06/26	Tuesday	Kewanee/Arrow Head	HOME	5:00 pm	___	___
06/28	Thursday	MAST Dual	HOME	5:00 pm	___	___
06/30	Saturday	SUMMER SIZZLER	Central Park Pool	TBA	___	___
07/03	Thursday	Lake Bracken Dual	AWAY	5:00 pm	___	___
07/17	Tuesday	BANQUET	HOME	5:30 pm	___	___

Greater Peoria Family YMCA

2018 Summer Swim Team Registration Form

All participants on the swim team program **MUST** be members of the YMCA.

SWIM TEAM: \$140 for early bird registration (prior to May 1)
\$150 per member after April 30

PRE TEAM: \$90 for early bird registration (prior to May 1)
\$100 per member after April 30

Practice Times:

11 & UP*	8:00am-9:00am	MON. – FRI.
10 & UNDER*	9:00am-10:00am	MON. – FRI.
PRE-TEAM**	10:00am-10:30am	MON. and WED.

PARENT/LEGAL GUARDIAN INFORMATION

Name (Last,First): _____

Address: _____ City: _____ Zip: _____

Place of Employment: _____ Work Phone: _____

Cell Phone: _____ Home Phone: _____

Email: _____

Swimmer Name (F, MI, L)	D.O.B	Gender	Age	T-Shirt Size
1. _____	_____	_____	___	<input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
2. _____	_____	_____	___	<input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
3. _____	_____	_____	___	<input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
4. _____	_____	_____	___	<input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
5. _____	_____	_____	___	<input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL

*****TURN PAGE OVER TO COMPLETE*****
MEDICAL INFORMATION & EMERGENCY FORM

Emergency contacts:

Name (first, middle, last): _____

Phone (including area code): _____

Relationship (friend, neighbor, coworker, etc.): _____

AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

This information will be kept in the possession of the YMCA. A copy will be distributed to the person in charge of each activity in which the student/minor participates. Should the need arise this information will be given to the proper medical authorities.

I, _____ [parent/guardian], understand that in the case of illness or injury to my child, _____ [child's name], the YMCA and will try to notify me or the person I have listed above as an emergency contact. In case of medical emergency concerning my child, at a time when I or my listed emergency contact cannot be notified, I grant full power to the YMCA and to 1) arrange for the transportation of my child, whether by ambulance or otherwise, to a proper facility where emergency medical treatment would normally be administered, including but not limited to, an emergency room of a hospital, a doctor's office, or a medical clinic; and 2) sign releases as may be required in order to obtain any medical or surgical treatment as is required in the judgment of medical authorities at the facility.

I agree on behalf of myself, my heirs, assigns, executors and personal representatives, to hold harmless and defend Greater Peoria Family YMCA including the directors, coordinators, agents, employees or representatives associated with the event from any and all liability claims, loss of damage arising from or in connection with my participation.

Signature _____ **Date** _____

PUBLICITY FORM

On occasion, the Greater Peoria Family YMCA takes photographs or makes an audio or video recording of children and/or adults involved in activities. Such photographs or video records may be used by staff and participants to remember the activities or participants. In addition, such photographs and audio/visual recordings may be used in publications or advertising materials to let others know about the YMCA. Also, local news organizations may learn about the YMCA's activities or events, and the YMCA may invite or allow them to photograph or record such events to be used, distributed, or displayed as the agents of the YMCA see fit.

I hereby expressly grant to the Greater Peoria Family YMCA the right, privilege and license to use the picture or likeness of my child/children in any photograph, movie, video production or any other forms of media publication and to use the verbal or written statements or declarations of my child/children for the purpose of publicizing, fostering and promoting the YMCA and its programs, or for any other purpose in furtherance of the mission of the YMCA

Name of Student(s): _____

Signature of Parent/Guardian : _____

Printed Name of Parent/Guardian: _____

Date _____