



We build strong kids, strong families, strong communities.

Welcome

Congratulations on becoming a Union County YMCA Hurricanes Swim Team family. We sincerely hope that this commitment, with all its dedication, hard work, time and energy, will be a rewarding and educational experience for both the swimmer and his/her parents. Thank you for allowing the Union County Family YMCA to aid in your child’s swimming success. Go Hurricanes!

Mission Statement

The mission of the Union County Family YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Hurricane’s coaches provide an opportunity for young people to participate in competitive swimming under conditions that will foster skillful aquatic ability, team spirit and sportsmanship. They will encourage personal goal setting, self-discipline, commitment to team objectives, and parent involvement. UCY Hurricanes is dedicated to the development of a well rounded swimmer. And above all parent participation is essential to the success of the swimmer and our team.

Fees

All swimmers must be members of the Union County Family YMCA to be eligible to be on the team.

Team fees are based on your swimmers intent to practice and participate.

Yellow- 1 or 2 weekly practices, home meets, and league champs	\$175 + \$25 escrow
Green - 3 or 4 weekly practices, home meets, away meets and league champs	\$275 + \$75 escrow
Red - 5 weekly practices, all meets home and away and league champs	\$325 + \$75 escrow

The fees may be paid in three installment payments. If payments are not received on time then your child will not practice. The schedule is as follows and is based on one swimmer:

Monday, October 5th	Monday, November 2nd	Monday, November 30th
Yellow \$75.00	Yellow \$65.00	Yellow \$60.00
Green \$125.00	Green \$115.00	Green \$110.00
Red \$135.00	Red \$115.00	Red \$100.00

Included in your fees is an escrow account per swimmer to cover meet expenses. Swim event fees are deducted from this account as needed. If the escrow account runs low, the family will be asked to make an additional deposit during the season. All swimmers are encouraged to attend meets. Unused escrow will be absorbed as a swim team expense at the end of the season. NO REFUNDS OR CREDITS FOR FUTURE PROGRAMS for unused escrow.

All teams must prepay for events, (including relays). In the case you must pull out of a relay for any reason, it is your responsibility to find a replacement for your child that is approved through a coach or you will accept the fee for the withdraw of the team relay (usually \$24.00).

Travel, hotel accommodations, meals, etc. are not provided by the team and may be required for some meets.

There will be no refund of fees.

Equipment

- A team Swim suit (design and color to be chosen by a coach) optional
- A practice swimsuit is encouraged because the chlorine can be very damaging to suits.
- Please purchase practice fins for your swimmers.** Please be sure to have them available for every practice. Storage buckets are provided for swimmers wishing to store fins for practice use.
- Goggles
- Practice cap (A MUST for females with long hair)
- A TEAM cap will be provided to your swimmer. These usually arrive about Nov 1.

Practices/Practice Schedule

Swimmers are expected to attend all practices. This will help maintain contact with the parent group and the coach for important changes to the schedule of updates concerning the team. Please remember that just like other team activities, practice is the best way to improve. A committed practice regimen is appreciated and will show in the swimmer's performance. Attendance will be monitored and in some cases could be used to determine relay lineups. Practice times are posted on the swim team bulletin board

Parents are not required to stay for practice, however parents are responsible for supervising swimmers when they are not on the deck. Swimmers should be prompt for practice but should not be dropped off more than 15 minutes early. They should be picked up promptly after practice.

No parents will be allowed on deck during practice. The observation deck and lobby area are good places to view our pool area. Please do not sit on the deck it distracts the swimmers and the coaches.

Lockers are provided for use during practice. A locked locker or the pool deck would be the best way to ensure the safety of your personal belongings. Swimmers are asked to shower and dress promptly and quietly. Please no horseplay or rowdy behavior in the locker rooms. Swimmers should respect YMCA property at all times and all equipment should be returned to the proper place after practice. The YMCA is not responsible for lost or stolen items.

Our coaches are responsible for the team members during practice and will invoke appropriate and fair disciplinary procedures when necessary. Please discourage horseplay, refusal to practice, rowdy behavior, offensive or disrespectful language and any other inappropriate actions. We encourage development of self-discipline and self-control, and hope that parents will support our efforts to conduct an organized and serious practice.

Swim Meets

YMCA Invitationals are hosted by a league swim team and are held as a fundraiser. They include many teams and hundreds of swimmers.

Dual/Tri Meets are hosted by a league team and are designed to provide maximum opportunity to compete. They are held between two or three teams.

League Sectional Championship Requirements

In order to qualify to swim in the league sectional championship meet a swimmer must have participated in at least **three inter-association meets**.

“Short Course Championships”, “ZONEs” and “Y Nationals” qualifiers advance solely by the swimmers times. Attached is a list of the 2009-2010 qualifying times. Swimmers must achieve these times in an inter-association meet during the 2009-2010 swim season.

If a swimmer will not be able to attend a meet they have registered for, please contact Coach Audrey as soon as possible, especially if your child participates in relays. We encourage swimmers to swim as often as possible.

Age Groups (Age is determined as of December 1, 2009)

8 & Under Girls
8 & Under Boys
9 & 10 Girls
9 & 10 Boys
11 & 12 Girls
11 & 12 Boys
13 & 14 Girls
13 & 14 Boys
15-18 Girls
15 -18 Boys

MEET INFO/NEEDS

Concessions are available at the meets. Plastic sport drink bottles and snacks are allowed. Glass containers are never permitted. Your family will normally be able to take a cooler in to the meet.

A few other 'necessities' to think about...

Swimmers

Blankets/Sleeping bags
Warm, comfy clothes (2nd set recommended)
Team suit, goggles, shirt and cap
Shoes (slip ons)
Towels (several for each swimmer)
Extra Goggles and swim cap
Crayola markers are great for kids to draw "tattoos" on each other, and they wash right off.

Parents

SHARPIE Markers
Chairs
Stopwatches
Time record book
\$\$cash\$\$
Healthy snacks
Books, cards, activities to pass the time

The day can be long, so a few enjoyable things for your swimmer can help a lot.

Possible helpers...

-Electronic games
-Cards
-Coloring books

But please no balls, frisbees, playdoh or rowdy behavior.

Motivation/Parental Support

You can help to motivate your child by offering encouragement and praise. Emphasize achieving personal best times rather than placement. If your child achieves a best time, praise and congratulate them on a job well done. If your swimmer does not achieve their best time, offer encouragement for their next swim. If your child is disqualified, assure them that it happens to many and that it is a learning experience. Being DQ'd (disqualified) can be a traumatic experience for swimmers. Comfort them and encourage them to talk with the coach.

The coach will be encouraging the thrill of competition and the personal rewards in achieving their best times. Reaffirming this at home will improve their performance and self-esteem.

Congratulate not only your child, but also his/her teammates. Encourage your child to cheer for teammates and to rejoice in their accomplishments.

Remember...Progress isn't measured in wins or losses, but rather in Personal Best Times.

Parents

The UCY Swim Team parents are one of the most important aspects of the team. Without parents to volunteer, our team has no room to grow. Parents are appreciated and will be throughout the season. Through our parent group raising money, our team can expand toward set goals. Team equipment, meet entry fees, coach's salaries, ribbons and awards and other important and very necessary cost can be provided. This, in return, can begin to lower the cost of the program to parents and help the team grow to its full potential.

All UCY Swim Team parents are automatically members of the UCY Parents group. There are no dues or fees for this membership, just a request to volunteer your time to help make our swim program a success. This is a wonderful opportunity to voice an opinion on such issues as special events, team goals and fund-raising ideas. If you have questions concerning the Parent Advisory Group please contact

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>E-mail</u>
Co-Vice-Presidents	Joni and Pat Altman	937-644-1754	jonialtman@yahoo.com
RETIRED President	Tracy Zimmerman	614-565-8027	cheftracy@gmail.com
Treasurer	Kay Olson	937-642-3578	kolson@unioncountyyymca.org
Secretary	OPEN		
NEW Parent Rep	Peggy Jackson	937-642-8913	peggy-j@earthlink.net
Communication Rep	Christina Wolf	937-303-3996	wolfpack1988@columbus.rr.com
Invitational Director	OPEN		
Swim Officials	Amy Main	937-243-1607	amain@ohp.k12.oh.us

Union County Family YMCA Staff

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>E-mail</u>
Head Coach	Audrey Rossi	937-578-4250	arossi@unioncountyyymca.org
Asst. Coach	Tracy Grimm	937-578-4250	tgrimm@unioncountyyymca.org
Asst. Coach	Louisa Kane	937-578-4250	Louisa.kane@gmail.com
Asst. Coach	Luke Fleming		
Executive Director	Suzy Zumwalde	937-578-4250	szumwalde@imetweb.net

We are here to answer any questions a parent or swimmer may have. Please do not hesitate to ask. Open communication is vital to the success of everyone; the team, swimmers, parents, coaches and the YMCA.

UCY Hurricanes 2009-2010 Swim Team Schedule

11/7/09	BelleHilliker Fall Invitational Bellefontaine, Ohio
11/14/09	Sidney Pentatholon Sidney, Ohio
12/4-6/09	Springfield Invitational Springfield, Ohio
1/2/10	Darke County Invitational Greenville, Ohio
1/30/10	Union County Invitational Marysville, Ohio
2/14/10	Key Valentine Invitational Kettering, Ohio
2/20 or 2/27	Dual Meet <u>vs</u> ?? Marysville, Ohio
March 6-8	League Sectional Championships Springfield YMCA, Springfield, Ohio
March 13 –15	League Short Course Championships (must qualify) Miami University, Oxford, Ohio
March 20-22	Great Lakes Zone Championship Oakland University, Rochester, MI

More Dual Meets to be Scheduled!!!

Please check back often for updates and changes. UCY reserves the right to change the schedule without notice.



We build strong kids, strong families, strong communities.