

IMPORTANT INFORMATION FOR SWIM TEAM PARENTS - PLEASE READ!

A. SWIMMERS MOST NEEDED ITEMS:

Combination Locks - for use at all practices, home and away meets. Can be purchased at most discount stores for \$3.00 - \$5.00. Please NO IPODS or GAME BOYS or expensive electronics left unattended in the locker rooms or pool area.

Swim Team Suits -The team suit is ordered very early in the season for all team members who do not have one or need a new one. These will be sized during the first two weeks of practice and ordered together. Practice suits can be purchased locally or through most swimming catalogs. The team will occasionally order practice suits for several swimmers at one time which can save money. **See bulletin board for more details.**

Goggles and Caps - Both are typically available at practice. Early in the season someone will be designated as the “cap & goggle” person and they will be at practice for at least a little while each night with the “cap & goggle” bag. Swimmers must have cash to pay for their items when they receive them.

Gift items - T-Shirts, towels, zippered swim bags, sweat shirts, and other Stingers merchandise will be made available from time to time. We will post information about sales and orders. Check out the bulletin board regularly.

HINT: Label all items!

B. PRACTICES:

The minimum number of practices a swimmer should attend is two per week. As stated, however, this is a minimum amount. Most of our team members attended well over 75% of all practices last year. Of course it goes without saying that the more practices attended, the better one becomes.

Practice times and locations: SEE WELCOME HANDOUT OR WEB PAGE (<http://www.thestingers.org/>)

C. ATTENDANCE POLICY FOR MEETS: (Important)

Swimmers are expected to make their *very best effort* to swim at every “YMCA” meet scheduled. The more kids that swim, the more exciting the meet. Also, the more kids that swim, the more likely it will be that we can put together relay teams in each age group and swim for points in every event. This is a **TEAM** sport and meet participation promotes good sportsmanship, camaraderie, a cheering crowd, relays and much more. Please keep this in mind as you schedule things during the competitive part of the season. We will post a meet schedule as soon as we can.

Please let the coaches know if your child will not be able to attend a meet. For dual meets, always remind the coach again the Monday of the week prior to the meet. **Do not leave messages with the Y front desk or other team members or parents.** Call the coaches at home or see them at practice. SEE THE BULLETIN BOARD AT THE YMCA FOR EMAIL AND PHONE NUMBERS.

Two of the most important meets for the team are: “Y” Districts (usually around the 2nd weekend of February). All swimmers are expected to compete. No “cut” times. **“Y” States -The 2010 State Meet is March 12, 13, 14 and is being held in Buffalo. 2010 Qualifying times will be posted on the team bulletin board when they are available.**

D. FUND RAISING: (Important)

As you can imagine, the program is expensive to run. The fee you pay to the YMCA does not cover all our costs nor does it cover the cost of renting buses and hiring bus drivers for away dual YMCA meets, hosting the annual banquet, etc., so some fund raising is inevitable. This can also be fun and a way to meet the swimmers and their parents. We have one major fund raiser and some minor ones throughout the year.

The ANNUAL Lap-A-Thon - This is our big event. **HOME MEETS:** Money made from this event goes to help off-set the high cost of transportation to the away meets. Detailed information will be provided at the start of the season. **Participation is mandatory! The date for 2010 is Sunday October 18.**

H. AWAY MEETS:

E. EVENTS FOR MEETS:

The events your child will swim at each meet will be posted on the bulletin board in the Y Pool area by the Wednesday before each meet. You or your child should check the board prior to each meet and be familiar with the event numbers. Please help us get your child to the right event by knowing the numbers and writing them down for your child. Your child will not always swim the same events.

F. CONDUCT:

Please help us encourage proper respect for all YMCA and swimming facilities, both home and away. The lobbies should not be used as a playroom and food should be restricted to appropriate areas. Please encourage your child(ren) not to litter the locker rooms and other facilities. All parents are encouraged to "police" locker rooms and seating areas following meets. Our team is responsible for cleaning up the pool area and locker rooms for all home meets and everyone's help is appreciated. Clean-up assignments will be made.

G. HOME MEETS:

All family members are welcome and needed to cheer on the team. Bring a friend. Maybe they will develop an interest in the sport.

We need help from all parents. Please become involved. It can be a lot of fun. Areas where your help will be welcome: (Please let Jenny Wissink know ASAP if you have a strong preference for any of these areas.)

a. *Timing* - we will show you how and you get the best seat in the house.

b. *Scoring* - we will show you how to do this too!

c. *Food* - the team runs a concession stand at each home meet.

d. *Officials* - These need special training which is provided at a training session held before the season begins. If you are at all interested, please give Jenny Wissink a call at 753-6287. We need 4-7 officials for every meet. This is a great way to learn more about your child's sport!

e. *50/50 Raffle* - We sponsor a raffle at each home meet. We need help selling chances. The winner of the drawing goes home richer by half the money collected and the other half goes to support the team.

f. *Set Up & Take Down & Clean-up:* Everyone needs to help here, especially with clean-up. At the end of a long meet clean goes MUCH faster if there are a lot of helping hands.

Away Meets: All team members must ride the bus to all away meets. Please check for departure time for each meet and be on time so the bus is not delayed.

If extenuating circumstances arise where your child cannot ride the bus, please advise the coach prior to the meet. **NEVER** drive your child or others to an away meet without first advising the coach.

Swimmers should ride the bus home, but if circumstances occur where this is not possible, please contact the coach prior to leaving a meet to inform him if they will be driving home with parents or another adult.

Things to take: a) combination lock; b) bag lunch and drink (**no glass bottles**); c) snacks for the meet such as fruit, raisins, lifesavers, etc. Try not to send too much junk food with your swimmer(s).

Things **NOT** to take: a) more money than needed; b) expensive games or other items that cannot be locked up; c) jewelry (this should also not be worn to practice to guard against injury or loss); d) boom boxes.

Dinner Money: The bus stops for dinner after the away meets at either Burger King or McDonalds (coaches choice!). You will need between \$4.00 and \$5.00. Please do not send more than is needed for your child(ren). The coach riding the bus will collect the money upon boarding the bus and return it to the swimmers upon arrival at dinner.

Clothing for meets: Swimmers get cold between events and should have extra clothing to wear after events. Sweat suits, extra T-shirts or sweat shirts are recommended. You may want to also send an extra towel.

REMEMBER TO LABEL EVERYTHING!!

I. NEWSPAPER WRITE-UPS: Watch the Sports section of **The Cortland Standard** each Tuesday or Wednesday following a meet.

J. CAR POOLS:

Away meets - Often parents will get together to drive to away meets and share expenses. Feel free to ask around for a rider or to go with another parent if you need a ride. Maps will be supplied the morning of the meet and on our Web page <http://www.thestingers.org/>

Practices - Many parents are interested in arranging car pools to and from practices. We will post a roster of swimmers with address and phone numbers. Please check the board and ask around.

K. ENTRY FEES:

Entry fees are not charged for the YMCA dual meets. However, entry fees are charged for the District and State meets (unless we are the host team). Swimmers are sometimes charged entry fees for USAS meets and other invitational meets we attend.

These fees must be paid to Amy Winters, the team treasurer, prior to the meet. Please help us by checking the bulletin board for the amount of entry fees you owe.

L. DECEMBER HOLIDAY TIME:

We have a holiday party for the kids in late December. This is a great time for the kids to goof off and play in the pool. We provide pizza and soda for the kids after the pool party.

M. SPRING BANQUET:

Each year after the season ends we have a catered family banquet. It is a great chance to see the kids with dry hair and dressed in something other than sweat suits. The coaches give “spell-binding” speeches that we all look forward to. It’s a great time for the kids.

N. PARENTS COMMITTEE:

The Parents Committee is a group of parents who help the coaches make decisions with respect to administrative and organizational matters and provide as much support as we can in other ways to help the team and its activities run smoothly. This keeps the coaches free to, well...coach! If you have any questions with respect to the Stingers Program, please contact one of us. We will do our best to answer any and all questions or we will refer you to the right person. The names and numbers of the people on the Parents Committee will be posted at the “Y” on our bulletin board and on our Web page <http://www.thestingers.org/>

O. PARENTS AT PRACTICE:

The Stingers have always had an “open door” swim team practice philosophy and the coaches encourage parents to stick around at practice and take an interest in the progress and practices of their swimmer. This is a great way to get to know what’s going on in the pool and to get to know the other parents and swimmers out of the pool.

SOME FINAL NOTES:

Please stop by the YMCA on a regular basis. Come in and keep in touch.

PLEASE GET INTO THE HABIT OF CHECKING THE BULLETIN BOARD ON A REGULAR BASIS. Entries for meets, times and splits after the meets, time standards for States and other important information is posted there. Please keep informed.

PLEASE GET INTO THE HABIT OF CHECKING THE WEBPAGE ON A REGULAR BASIS, too!

The Cortland YMCA Swim Team has enjoyed great success in its program over the years due to the dedication of the coaches and the parents. Getting involved with your child(ren)’s swimming life is a great way to meet new people, have fun and be involved directly with the child(ren) at the same time. **HELP US TO CONTINUE TO MAKE THE PROGRAM A SUCCESS FOR THE SWIMMERS AND JOIN IN THE WINNING TRADITION - GET INVOLVED! STAY INFORMED! HANG AROUND!**

<http://www.thestingers.org/>