

MONTCLAIR YMCA DOLPHINS SWIM TEAM HANDBOOK 2006-2007

www.montclairymcaswimming.com.

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1. INTRODUCTION & PHILOSOPHY

The major focus surrounding this program will be encompassed by the YMCA's philosophy of healthy spirit, mind & body. In addition, as laid out by the *Guiding Principles for YMCA Amateur Sports Competition*, we will be producing an atmosphere conducive to *Competition and Opportunity for all*. Our goal is to create a program that will be the perfect environment for multiple levels of competitive swimmer from beginners to swimmers who are nationally ranked. We believe the process of following the YMCA core values of caring, honesty, respect and responsibility in all aspects of our swim program will inevitably lead to success not only in swimming but in all areas of their lives. The YMCA National Swimming and Diving motto is "Everybody Swims, Everybody Wins," and we strive to attain that at The Montclair YMCA.

The Montclair YMCA Dolphins Swim Team (MYM) offers a year-round opportunity for competitive swimming in both YMCA and USA Swimming competitions as well as seasonal instructional clinics for aspiring competitive athletes. The team is comprised of girls and boys from age 6 through high school.

The major objective is to offer the competitive swimmer a fun and challenging program, which will aid them in developing a systematic blueprint to succeed. The Montclair YMCA coaching staff stresses individual self-improvement as each swimmer's primary goal. Training in stroke techniques, speed, and conditioning/endurance are customized to ability and age to help achieve this goal. All swimmers will train all of the competitive strokes with attention to "specialties" as they gain experience and demonstrate success. All swimmers should learn what goals are, how to set them, and how to reach them. All swimmers should get and remain in good physical and mental shape. We are aiming for a year round program that caters to all levels of competitive swimming. We want all athletes to learn the value of hard work, sportsmanship, respect, how to work with others, and commitment both to themselves and to a group.

Beyond learning and mastering the competitive swimming skills, one of the most important goals of this program is to teach life skills, which include time management, self-discipline, and sportsmanship. A positive environment is provided at all times.

In addition to working toward each individual's personal success, the program stresses the team concept: each participant is a member of the Montclair YMCA Dolphins Swim Team. Membership on the team carries with it responsibility, loyalty, and dedication to each of the team members. Mutual support during training and competition are valuable assets attributable to the program. Parental support and involvement are highly encouraged and are major incentives for many swimmers at all levels of competitive swimming.

It is the responsibility of parents and swimmers to read the handbook and understand the operations of the program. Many questions should be answered herein. Those that are not may be directed to the coaching staff, Parents Association Board, or YMCA Program Director.

Team Structure- The coaching staff is constantly improving the Dolphins Swimming program. It is the swimmers' and parents' responsibility to make the most of the excellent opportunity this program provides for success in swimming. MYM Swimming uses a "progressive" age group program designed to develop each child physically, mentally and emotionally in a systematic fashion. A well-defined long-term approach of gradually increasing degrees of challenge and commitment is essential to reach peak performance levels at a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. FUN is emphasized at this level. In the later years, more demanding physical and

psychological challenges will be introduced to the training program. In this respect, “too much too soon” is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation. In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible with respect to abilities, commitment levels and goals. At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer’s physical, mental and emotional development.

2. RECENT SEASON HIGHLIGHTS

In the past four years, under the direction of Brian Greene and staff the Montclair YMCA Dolphins have produced

- Numerous YMCA and USA National Ranked TOP 16 Swimmers
- Numerous NJ State Record Holders both individual and relays
- Swimmers qualifying for NJ Zones, USA Sectionals, YMCA Nationals, US Open, USA Juniors, Senior Nationals and Olympic Trials
- 5 YMCA National Champions (4 Individual, 1 Relay)
- NJ HS State Champions (2 Individual)
- 9th Place finisher at Olympic Trials (2004)
- 2 athletes ranked #1 as age group swimmers in the USA
- All time program highs in qualifiers for YMCA States, Junior Olympics, USA Sectionals, YWCA Jr/Sr Champs and YMCA Nationals
- Boys and Girls Combined YMCA State Champions – 2004
- Girls Y State Champions – 2004
- Boys Y State Champions – 2004
- Girls – 3rd (2004) at LC YMCA Nationals
- 2 National YMCA Age Group Record
- 1 Age-Group Swimmer of the Month - Swimming World Magazine (2005)

Numerous Team Records were broken during the 2006 – 2007 Short and Long Course season. Our major goal, to help swimmers reach their fullest potential and personal best times has been achieved along with improving technique, learning new concepts and strategies in competitive swimming.

3. COACHING STAFF

The Montclair YMCA Dolphins will be under the direction of Head Coach [Brian Greene](#). This will be his fifth year at the Montclair YMCA and he brings 20+ years experience in the northern New Jersey area. His Head Coaching experience includes: West Essex YMCA, Berkeley Heights Streamliners, Livingston Aqua Jets, Governor Livingston High School and Assistant Head Coach at Summit YMCA. Brian has worked with all levels of competitive swimming from Novice level to Olympic Trial Qualifiers. He is a USA/YMCA certified Coach and is a former Star Ledger High School Coach of the Year. Also Brian has been on the NJ Swimming All Star Zone Team staff in 2005 and 2006. Most importantly Brian is known for his enthusiasm as well as his knowledge of stroke technique, conditioning, and motivational skills.

Returning for his third year is Head National and Head Assistant Head Coach [Jon Siegel](#) who is also the Senior Aquatic Director at the Y. Jon spent eight years as head coach at the Madison Area YMCA. Previous to that he was Head Coach at the West Essex Y for three years and an Assistant Coach at the Summit Y for one season. Jon has coached in the Northern NJ area for the last 15 Plus years between the Livingston Aquajets, Berkeley Heights Streamliners, Minisink Manta Rays and Morristown Beard High School. Jon is YMCA Swim Coach Faculty, sits on the New Jersey YMCA Executive Swim Committee and the USA Swimming Communications Committee. In addition he is currently the Senior Coaches Rep on the NJ Swimming Board, has been the Head Coach of the NJ Swimming All Star Zone Team in 1999, 2002 and 2005 and has been an assistant coach at Zones in 2000 and 2003.

The 2006-2007 Coaching Staff include the following – Bios will be posted to the team website. Kenny Platt, Paulo Madeira, Paul Stratis, Marvin Navata, Marc Navata, Danny Ascensio, Rueben Sembrano, Kim Geiger, Lauren Sharkey, Carly Orpurt, Tara O’Shea, Dawn Amodio and Ashley Pantall

4. FACILITY

The Montclair YMCA houses two pools, both of which are utilized by the swim team: a state-of-the-art, fully equipped six-lane 25-yard pool ("large" pool), with non-turbulent lane lines and an automatic Colorado Timing System, and a four-lane 25-yard pool ("small" pool).

For qualified Senior level swimmers, state-of-the art weight rooms and cardiovascular equipment are available at the YMCA.

5. GENERAL ORGANIZATIONAL STRUCTURE

The Montclair YMCA participates in the Northern New Jersey YMCA Swim League and in USA Swimming competitions. YMCA swimming is conducted utilizing the current USA Swimming rules unless otherwise designated by the Northern New Jersey YMCA League rules under their constitution.

YMCA and USA age groups are primarily divided as follows:

8 and under	9 - 10 years old <u>or</u> 10 and under
11 - 12 years old	13 - 14 years old
15 - 18 years old <u>or</u> 15 and over	Open/Senior

For YMCA meets, the age group the swimmer competes in is determined by the child's age as of December 1, 2006. For USA swimming meets, the swimmer competes in the age group of his/her actual age on the first day of each meet. See Swim Competitions for more information.

Practice for the season begins in September according to detailed practice schedules and calendars that are posted on the website.

6. PRACTICE TRAINING GROUPS

Practices are broken up primarily by age, ability and level of commitment. Group mobility will occur (both upwards and downwards) over the course of a season and year to year due to coaches evaluation of the athlete's commitment level, work ethics and overall progress.

Note – Swimmers should only attend practice sessions that pertain to their assigned practice group. If an extenuating circumstance arises, please contact Brian Greene about attending an alternate practice session. For the most part this is not an option nor is it recommended.

Clinic Groups:

Little Dolphins Technique Clinic will be primarily for swimmers ages 6-9 with limited or no previous competitive experience. This clinic will meet once a week and it is strictly an instructional based program. Our primary focus for this group is to work on the skills and progressions necessary to develop the four competitive strokes. The goal for this group is to have fun while learning the skills of the sport necessary to make the leap into one of the more competitive training groups. Swimmers in this group will have opportunities to compete in a few appropriate competitions which are optional. Because this group meets once a week we recommend that swimmers attend each clinic session and also sign up for an additional swim opportunity during the week.

Stroke of Genius Technique Clinic will be primarily for swimmers ages 10-14 with limited or no previous competitive experience. This clinic will meet once a week and it is strictly an instructional based program. Our primary focus for this group is to work on the skills and progressions necessary to develop the four competitive strokes. The goal for this group is to build strength and have fun while learning the skills of the sport necessary to make the leap into one of the more competitive training groups. Swimmers in this group will have opportunities to compete in a few appropriate competitions which are optional. Because this group meets once a week we recommend that swimmers attend each session and also sign up for an additional swim opportunity during the week.

Competitive Training Groups:

Intro To Competitive Swimming – Includes swimmers aged six through ten; primary focus includes development of stroke mechanics and swim specific strength building necessary to progress the swimmer to the next level. This group practices three times a week. A minimum of two practices a week is expected. Intro athletes will be placed onto a dual meet team as their personal development allows for it.

Novice - Includes swimmers aged ten and under; primary focus is developing proper mechanics of the four strokes and starts and turns. This group is introduced to basic endurance, conditioning, attention to breathing patterns, and familiarity with race situations. A minimum of three practice sessions a week is expected.

Prep – Includes swimmers ages eight through twelve, primary focus is more advanced mechanics of the four strokes and starts and turns. This group will continue development of endurance, conditioning, attention to breathing patterns, and familiarity with race situations. A minimum of three practice sessions a week is expected.

Silver – Includes swimmers aged eight to fourteen, primary focus of this group is to work on stroke mechanics and developing proper training habits as we are preparing them for what will be expected of them in the gold and junior groups. Because this group meets twice a week, we do expect that swimmers are at both.

Gold – Includes swimmers aged ten to sixteen, primary focus of this group is to work on stroke mechanics and developing proper training habits as we are preparing them for what will be expected of them in the junior and pre-senior groups. This group meets four to five times a week, depending on time of season. We expect that all Gold swimmers attend at least three or more practice sessions per week.

Junior - Includes swimmers aged nine to sixteen. These swimmers continue to build on the foundations already mastered with increased focus on interval training. Constant drill work to perfect stroke technique and start and turn mechanics will be done consistently throughout the season.. Depending on where the athlete is in their own personal progression, the athletes in this group are expected to train from three to five days per week which will need to be communicated during goal meetings. Dry-land training is included in their practice schedule.

Pre-Senior – Includes swimmers aged 10 through 18. this group is divided based on ability and commitment. Practices will include endurance and speed training, technique work and drills, race strategies and starts and turns. Dry-land is included in our practice schedule and outside cardio will be recommended for some. For some athletes in this group, weight training will be strongly encouraged for the serious and mature swimmer (14 or older). Morning practices are offered to any High School aged athletes in this group. Pre-seniors are expected to attend four or more practices

(with an absolute minimum requirement of three) per week. They train two to two and one half hours per session.

Senior 2- Includes swimmers thirteen years of age and older. As with the Juniors, this group is divided based on ability and commitment. Practices will include endurance and speed training, technique work and drills, race strategies and starts and turns. This group is for individuals who are not ready for the Pre-Senior, Senior or National groups and for athletes at that level who have not fully committed to our year round program. Dry-land is by coach's recommendation and outside cardio is recommended. For some athletes in this group, weight training will be strongly encouraged for the mature swimmer (14 or older). Morning practices are offered to any High School aged athletes in this group. Senior 2's are expected to attend four or more practices (with an absolute minimum requirement of three) per week. They train one and one half to two and half hours per session. The goal of this group is to move into the Pre-Senior, Senior or National groups providing a large commitment is made to this group.

Senior 1 and National - Includes swimmers twelve years of age and older. As with the Juniors, this group is divided based on ability and commitment. Practices will include endurance and speed training, technique work and drills, race strategies and starts and turns. We will be following a serious annual training plan so year round commitment to this group is necessary. Dry-land is included in our practice schedule and outside cardio is recommended. For some athletes in this group, weight training will be strongly encouraged for the serious and mature swimmer (14 or older). Morning practices are offered to any High School aged athletes in this group. Seniors are expected to attend five or more practices (with an absolute minimum requirement of four) per week. They train two to two and one half hours per session.

7. SWIM TEAM FEES

YMCA Membership Fees

The YMCA Swim League requires each member of the swim team to be a full member of the YMCA in good standing. This fee must be paid in full prior to the athlete's first practice session. New memberships and renewals must be handled in person at the Front Desk, Montclair YMCA.

Montclair YMCA youth Membership fees are as follows:

Youth Membership - \$ 65.00 year (12 and under)

Teen Membership - \$160.00 year (13 and older)

For more information on membership, check the Montclair YMCA brochure or inquire at the Front Desk. Checks should be made payable to the Montclair YMCA.

Clinic Fees

Clinic fees must be paid in full before the first day of practice, 9/24

Swim Team Program Fees

Separate from the YMCA membership fee is the swim team program fee. The payment schedule is shown below. Payments can be made on an installment plan, or if full payment is made by Friday, September 15, there is a savings of \$25.00 per swimmer.

Included in the swim team program fee is the individual swimmer's USA swimming registration fee (see USA Swimming Registration) and covers the indoor training period of September to your last competition in March or April.

Program Fee Payment Schedule Fall/ Winter (2006-2007)

GROUP	TOTAL	9/15	10/15	11/15	12/15
Little Dolphins	\$275	\$275	X	X	X
Stroke of Genius	\$275	\$275	X	X	X
INTRO	\$495	\$275	\$80	\$80	\$60
NOVICE	\$610	\$275	\$115	\$110	\$110
PREP	\$660	\$275	\$135	\$130	\$120
SILVER	\$530	\$275	\$90	\$90	\$75
GOLD	\$660	\$275	\$135	\$130	\$120
JUNIOR	\$710	\$275	\$155	\$145	\$135
PRESENIOR	\$785	\$275	\$180	\$170	\$160
SENIOR 2	\$710	\$275	\$155	\$145	\$135
SENIOR 1 & NAT	\$870	\$275	\$205	\$200	\$190

All checks or money orders for the program fee must be made payable to the **Montclair YMCA** and dropped off at the Y or sent to the team's administrative assistant, Faith Mazur, Montclair YMCA, 25 Park Street, Montclair, NJ 07042. Payments must be by check, money order, Mastercard or Visa. When paying in cash, please hand deliver the monies to the front desk and obtain a receipt for your records. It is expected that payments will be made on schedule. Positions on team can not be guaranteed if first program fee payment is not made by September 15, 2006.

The Montclair YMCA will not deny participation in any of our programs due to an individual's inability to pay. If you cannot afford the full cost of a YMCA program, please contact Dawn McFadden at (973) 744-3400 for confidential **SCHOLARSHIP** assistance. If you are going to be late with a payment please contact Faith Mazur and we may be able to work something out.

SPRING AND SUMMER FEE SCHEDULE 2007

GROUP	SPRING ONLY	SUMMER ONLY	SPRING & SUMMER COMBINED
Payment Due	5/1	6/15	5/1
Little Dolphins	\$175	X	X
Stroke of Genius	\$175	X	X
INTRO	\$95	\$125	\$195.00
NOVICE	\$105	\$125	\$205.00
PREP	\$115	\$135	\$225.00
SILVER	\$115	\$135	\$225.00
GOLD	\$125	\$165	\$245.00
JUNIOR	\$135	\$175	\$265.00
PRE-SENIOR	X	X	\$325.00
ALL SENIOR	X	X	\$325.00

8. TEAM TRYOUTS & ORIENTATION FOR NEW PARENTS

Tryouts are conducted each Fall for all new swimmers interested in joining the program, all returning 10 and under athletes, and all returning swimmers 11 and Older (who did not meet the coaching staff's expectations). Dates and times are published in the YMCA brochure, below and on

the tryout page of the website. Evaluations are considered by the coaching staff at other times during the season on a one on one basis. Please call to arrange an appointment.

NEW PARENT orientation will be held at the Y on Friday 9/15 at 6:00PM at the YMCA.

2006-2007 Short Course TRYOUTS will be held at the Montclair YMCA, 25 Park St, Montclair, NJ

Age <i>As of 12/1/06</i>	Tue 9/5		Wed 9/6		Thr 9/7
6-10	3:30-5:30p	OR	3:30-5:30p		
10-13			6:30-9p	OR	3:30-5:00p
11-18	6:30-9p	OR			6:30-9p
Makeup for all ages: Sat 9/9/06, 9AM -12:00PM					
Please arrive 10 mins early for tryout registration on the large pool balcony at the beginning of each time slot. NO LATE COMERS. Each swimmer will be allowed to attend one tryout session. Y membership is not required for tryouts.					

For more information, please contact:

Brian Greene (Head Coach) @ B.Greene@montclairymca.org Phone: 973-744-3400 x109

or

Jon Siegel (Asst Head Coach) @ JPSIEGELNJ@aol.com

What to expect at try-outs:

Arrive early and register on the pool balcony, ready to swim.

There will be a 15 minute warm up period that the coaches will conduct

Swimmers will be asked to participate in some time trials as per the following grid - we will attempt to get in all four strokes if time permits.

Age Group	Try Out Distances
8/U	25 Yards
9&10	50 Yards
11&12	50 Yards
13&14	50 Yards
15&O	50 Yards

Notification of placement will be made by Sunday 9/10/06. We will post this information on both the tryout page of the website as well as on the team bulletin board.

We will do our best to place each willing participant into one of the many aquatic programs at the Montclair YMCA where we provide an appropriate experience for swimmers at every level.

One placed, in order to guarantee your spot you must register with Faith Mazer, by 9/15/06.

9. PARENTS' ASSOCIATION (MYPO)

The Parents' Association (MYPO) is an organization comprised of all swimmers' parents, formed to help the coaches and swimmers in their endeavors. The Association also tries to improve conditions for the team and is a resource for many of the team's outside activities: fundraising,

social, meet coordination, etc. There is at least one meeting of the General Parents' Association each season (tentative meeting date is Wednesday, October 18 in the evening at the Y – specific time TBA on team website at www.montclairymcaswimming.com).

Parents often become closely associated and involved with the team and can assist the team in many ways. A parent should:

- Encourage swimmers to attend appropriate practices and meets, and provide transportation to the workouts and meets as necessary.
- Encourage their child to work diligently, and assist their younger child to set realistic goals; offer support to the child throughout the season.
- Let the coaches do the coaching.
- Take an active part in fundraising projects and consider becoming a certified swim meet official.
- Assist at dual meets and any other team-hosted competitions: timing, concessions, and help in the setup and breakdown for home meets.

Whenever the team hosts a meet at the Montclair Y, timers, judges, recorders, and general help come from the Parent's Association. There may be a need for preparation and selling of food, marshalling, basic clerical work, etc. All of this is volunteer work and it is anticipated that each parent gives of his/her time and talent to facilitate the job for everyone!

All parents who have swimmers on the team are members of the Parents' Association. At least one parent is expected to participate on a working committee and/or help at the dual meets.

Official's Certification

A big part of parental involvement comes from those who become certified to be swim officials:

USA Swimming Certification – qualifies one to officiate at any New Jersey Swimming (USA) meets, various levels of certifications are available, and courses are offered throughout the season.

YMCA Certification – qualifies one to officiate at YMCA dual meets and other Y sanctioned meets; various levels of certifications, courses are offered throughout the season.

The officials' chairperson or a Parents' Executive Board Member can direct interested parents appropriately. Information regarding upcoming officials' clinics will be posted on the Swim Team website.

Fundraising

During the year, the Parents' Association conducts several fundraising events. Such events include a swim marathon and hosting swim meets. The funds raised are used to help defray some of the costs for the Annual Awards Brunch, Nationals, other social activities, and for annual maintenance of the timing system, team computer, etc. All monies raised during these events benefit the program and the swimmers, so 100% participation is strongly encouraged.

Parents Executive Board

The Parents' Executive Board operates according to by-laws established by the Parents' Association. Officers are selected per the by-laws each year to administer the Parents' Association and serve on the steering committees as follows:

President	Treasurer
Vice President	Members at Large
Secretary	Team Managers

Committee assignments will be solicited by the Executive Board each season. The President and board positions of the Parents Executive Board/Association changes annually and will be posted on the website whenever changes occur. Board members may be contacted with questions pertinent to the function of the board and its many activities.

10. USA SWIMMING REGISTRATION/MEET FEES AND SIGN-UPS

Included in each swimmer's swim team program fee are funds to cover registration costs to be eligible to compete in USA swimming meets. Each swimmer placed into one of the competitive training groups is registered with USA swimming each year, regardless of whether they actually compete in USA meets or not. For athletes placed into our stroke clinics who would like to register for USA Swimming there will be an optional \$50 registration fee which will allow participation in appropriate USA Swimming meets.

Meet Fee Account During the season, swimmers are assessed separately to cover meet entry fee costs required to compete in each invitational meet. There are no fees for the regular YMCA dual meets. An accounting of meet fee deposits and withdrawals are maintained for each swimmer's family. Parents are asked to make a deposit in **September** as per the recommendations below:

\$50 For Little Dolphins and Stroke Of Genius Clinics
\$75.00 per Intro, Novice, Silver and Gold, \$100.00 per Prep and Junior
\$125.00 per Pre-senior and Senior

As the funds are used for meets and become exhausted, parents will be contacted for an additional deposit. Accountings/billings are distributed through the family files and/or mailed out several times per season. Funds remaining from the previous year will be forwarded into the next year's account.

Unless funds are in a family's account to cover the cost of a requested meet, the swimmer cannot be entered into that meet. This must be strictly enforced. Questions can be directed to the meet fee chairperson.

Note that you are financially responsible for any fees incurred to enter into a meet. You will be charged for meets (or events) you scratch, sign up for and then decide you can not go, when you are auto-entered into meets that you did not decline participation and any relays you swim or cause the team not to swim (see relay section).

Make checks payable to: Swimming Parents

Attn: Meet Fees Chairperson - Contact info will be available on the website

Sign-Ups for Meets

For YMCA dual meets, all swimmers are automatically signed-up and placed into events by the coach. Unlike YMCA dual meets whose events are fixed and known well in advance, invitational

meets have many different formats; i.e. the events swam for each of the age-groups varies from meet to meet. Please see website for individual meets and sign up procedures.

For USA Swimming and YMCA Invitational meets – a schedule will be posted on the team website at www.montclairymcaswimming.com with information.

Meet Entry Procedures – All meet info will be on the website and each meet will have some entry instructions specific to that meet. You should check the website as close to daily as possible because meet information will be posted and sometimes turned over within as little as 36 hours from posting.

For invitational meets marked **auto-enter** all swimmers who qualify for that meet will be entered unless those swimmers respond that they can not go by the date listed as the due date. Coaches will try to discuss all those entries with the athletes on deck at two or three consecutive practices, but it is crucial that we send in the entry as fast as possible. We will not be able to await individual entries to ensure that our team does not get “shut out” of meets like Holiday Classic, and Winterfest.

For all invitational meets **not** marked “auto-enter” you will have to let us know if you **can** attend by the due date listed along with some event preferences which the coaches can take into consideration. Please sign up as quickly as possible after the meet is posted. The entry needs to be sent in soon after we receive notice to avoid the situation that our team is closed out of a meet. **YOU MUST** adhere to the posted deadlines!

Once our team’s entry is compiled that entry will be posted to the website and e-mailed to the e-mail list. From that time we generally have approximately 12 hours to make changes, additions and subtractions. Stay alert when it comes to meet entries because for the most part once the entry is in and accepted no further changes can be made.

Eligibility Report: For meets with time standards (qualifying times necessary) we will post an eligibility report on the website on the page with the meet information so a swimmer may see if they have qualified for that meet and if so what events they are eligible for.

In all cases for invitational meets, a Meet Entries Report indicating all swimmers and events entered will be posted on the website once the meet entry has been sent in and accepted. Check this immediately for any errors and contact the meet entry person to correct. In some cases when there are a lot of changes a second will be posted. It is the responsibility of the interested swimmers/parents to check and ensure proper entry as early as possible.

11. SWIM COMPETITIONS

*At all meets, swimmers are expected to “check in” with a coach when arriving and before leaving. It is imperative that swimmers are at the meet at least 15 minutes prior to the first scheduled warm-up time of your session in order to “check in” with the coach so that the team can check in with the meet director. Swimmers who are not “checked in” **will** be scratched from the day’s events if they arrive after the check in time.

Swimmers are expected to warm-up and warm-down properly and as a team at meets and when available before and after races.

Swimmers are expected to check all websites posted on the meet information prior to leaving for a meet to see if any last minute changes have been posted.

Competition

Competition gives you an opportunity to learn about yourself. Not only in terms of physical accomplishment, but perhaps more importantly, what you are capable of in terms of will power, goal attainment and self-discipline. Competition is a healthy and necessary aspect of life in order to be productive. It is vitally important to develop the capacity to do better and to not settle for just being average. This type of motivation and desire can be applied as a tool, not only to swimming, but to school and all aspects of life as well.

Eligible Competitors:

In order to be eligible for any meets swimmers must be Y members in good standing with all fees up to date. Additionally you must be regularly attending practices as per our recommendations and putting forth effort during them. You must be a good teammate and a responsible and respectable member of the team. Coaches will make final decisions concerning what swim meets the team will going to and what swimmers may attend. The coaching staff also will make the final decisions as to what events the athletes will be swimming.

Red Black Meet:

Swimmers in all groups (not including stroke clinics) are required to attend the **Red/Black Scrimmage** (an intra-squad meet/ time-trial) which is also used to help finalize dual meet team assignments (Tentatively scheduled for the weekend of 10/14 and 15th - check website for more information) If you can not attend due to an unforeseen circumstance contact both Coach Jon and Coach BG

YMCA Dual Meets

We participate in the Northern New Jersey YMCA dual meet league (one-on-one meets with other YMCA's in the North Jersey area). Each team competes in approximately 6 of these meets which take place on Saturday afternoons from October to February. Each swimmer is permitted to swim in a maximum of three events, one of which must be a relay. The coach makes all event and lane assignments and they are at his/her discretion and quite often will change throughout the meet. NCAA rules apply to YMCA competitions and age is determined as of 12/1. All swimmers on the team are required to compete in dual meets.

The Montclair "Y" has two girls teams, ("A" and "B"), two boys teams, ("A" and "B"), and a CO-ED team. There are several divisions in both the girls' and boys' YMCA league. The dual meet "line-up" (events each swimmer will be competing in) for each team will be posted just before the start of the meet. The coaching staff tries to get everyone into each meet where the pool has six lanes (some pools have four lanes). All races are treated as official and are used to qualify for various competitions. Athletes will be placed on a competitive team based on their swim times, attendance and overall commitment.

Invitational Meets

These are meets where swimmers compete against other swimmers on an individual basis. Both our YMCA league and United States Swimming (USA Swimming) sanction these meets. USA Swimming in our part of the country is governed by our Local Swim Committee (LSC) which is New Jersey Swimming (NJS). Swimmers are required to submit information for these meets by a given date.

YMCA Championship Meets

The NJ State, Silver, Bronze and Mini Meet Championships are competitions held at the end of the dual meet season. All swimmers who qualify for these meets are expected to attend as they are team

scored meets. To attend YMCA National level competition, a swimmer is required compete fully in the YMCA State Championship Meet.

USA Swimming Championship Meets

Similar to the YMCA system, NJ Swimming offers an extensive championship season. Those meets that we will be participating in will be posted to our website.

For very elite swimmers, USA Swimming sponsors Sectional Championships (Northeast region), Phillips 66 National Championships, U.S. Open, Olympic Trials, etc. Time standards for all of these meets will be posted on the team website. Details regarding any of these competitions will be distributed to qualified swimmers.

Eastern Zone Age Group Championships

The Eastern Zone hosts two “Zone” meets a year, one in the spring and one in the summer.

Spring: In the Spring the NJ Zone team is comprised of the top 2 fastest times achieved at JO’s or NJ Junior/Senior Championships who apply for that competition. Because MYM attends YWCA Junior Senior Championships as a team, Spring Zones is not our focus meet.

For a 10 year old swimmer, it is acceptable to attend the Spring Zone meet providing it does not conflict with YWCA Jr/Sr champs. The Zone meet will be swam in addition to and not instead of YW’s.

It is not acceptable for a MYM 11/Older to attend Spring Zones except in the rare occurrence that Zones falls after YW’s.

SC YMCA National qualifiers can not attend Spring zones except in the rare occurrence that Zones occurs after YMCA Nationals.

Summer: In the summer, the NJ Zone team is comprised of anyone who made the meet qualifying times and applied to be on the team or in the case that two people do not apply, the two fastest swimmers who do apply will be selected.

In the Summer, LC Zones should be the focus of every swimmer who did not make YMCA Nationals or beyond. YMCA National qualifiers can attend this meet providing it falls after YMCA Nationals.

YWCA Junior & Senior Championship Meet

The YWCA Jr/Sr Champs differs from YMCA Nationals in that: they have both Junior (13 years) and Senior (14 years & older) Divisions and it is a USA Swimming (not YMCA) sanctioned meet. The YWCA Nationals also have qualifying times which are less stringent than those for YMCA Nationals (cuts to be posted to the website during the season) enabling a large group of our athletes to attend. In recent years more than 70 Montclair Y swim team members have competed at this meet. For the past few years this meet has been in Charlotte North Carolina in early-mid April.

In order to participate in this meet you must be 10 or older, must have fully participated in your highest level YMCA championship meet, must have made the meet qualifying times and must be in good standing with the team.

One parent from each participating family is expected to attend this meet Transportation for a swimmer is the responsibility of the parents. Details regarding air and hotel reservations are usually

handled early in the season for the group. Information will be distributed and posted throughout the season.

YMCA National Championship Meets

National YMCA Short Course Championship is an open national competition. All contestants must be 12 and older and has achieved the qualifying times, have fully attended YMCA States and be in good standing with the team. This meet is held in early April and has for the past several years been in Ft. Lauderdale, Florida.

National YMCA Long Course Championships (50 meter pool length) is an open national competition. All contestants must be 12 and older and has achieved the qualifying times, have fully attended YMCA States and be in good standing with the team. This meet is held in late July into early August and has been at the University of Maryland for the past several years.

Competition Guidelines for Athletes

1. Arrive on time to the meet. For invitational meets, arrive at the pool with enough time to get checked in, dressed and situated with the team before warm-up is scheduled to begin.
2. Warm-up for all meets as a team. **A proper warm-up is crucial to the success of a meet.**
3. Arrive at the blocks at least 5 heats before your race.
4. Try your best and swim hard. It's ok to be nervous. Many swimmers have pre-race apprehension, especially for events they may not have swum before.
5. After your race immediately see a member of the coaching staff for feedback. Learning what you did well and understanding areas for improvement will help you become a better swimmer.
6. Warm-down after each race, if a pool is available.
7. Relay spots are decided by the coaches.
8. Sit with the team, you are part of it.
9. Support and encourage your teammates...before, during, and after their races.
10. Join in team cheers.
11. Wear Montclair YMCA Dolphins team uniform at all meets. Caps and suits from other teams (high school, USA or YMCA) are not permitted.
12. **For dual meets** remain in your team suit until the meet is over and you have finished the team cheer. Since relays are at the end of the meets and are subject to change, do not leave as you may be called upon to swim. **For invitational meets** stay at the meet until you have received clearance from the coach to leave.

For all meets parents are not allowed on the deck or in the swimming section. The only exception is parents who are timing or officiating. This is a standard regulation for all swim meets, and breaking this regulation can lead to removal of the swimmer and parent from the meet and/or fines.

12. RELAYS

For Dual, Invitational and Championship swimming meets, if enough swimmers in an age group attend the meet the coaches will put together relays when preparing the entry for each meet. It is very important to check with the coach at any meet to establish whether a swimmer has been assigned to a relay. In all meets **relays are set by the coaching staff**

Please note that, it takes four (4) swimmers to make a relay and if one swimmer does not swim, the remaining three lose out! Unless an acceptable excuse is given to the coach, the “no show” swimmer will be assessed the entire fee for the relay.

13. TRANSPORTATION

For most meets (except for some championships where air transportation is required) it is the parent’s responsibility for travel arrangements and to see that swimmers are at the meet on time and ready for warm-ups at least 15 minutes prior to the first scheduled warm-up time. Arrangements should be made with another parent if there is a conflict of schedules.

A complete packet of directions to all pools will be posted to the website before the competitive season begins.

Coaches can NOT transport athletes at any time for any reason, except where we are using a YMCA vehicle or a vehicle that has been rented and insured in the name of the YMCA.

14. HIGH SCHOOL AND SUMMER LEAGUE SWIMMING

Many senior-level swimmers represent their high schools’ swim teams during the winter. While high school swimming is encouraged, each Montclair Y swimmer must adhere to certain guidelines to support the integrity of the Montclair Y swim team. Supplementary information will be distributed in October to assist swimmers along the way. All swimmers in high school must commit to training at the Montclair Y an absolute minimum of four days per week throughout the entire season.

The coaching staff at the Montclair YMCA Dolphins is in full support of both High School and Summer League swimming. That being said we feel that your primary team is the Montclair YMCA Dolphins. In short, your 8 week summer league program or 16 week High School program should never take precedent over your commitment to your 11 month year round team.

15. BEHAVIOR AT PRACTICE SESSIONS/SWIM MEETS

It is very important that the swimmer be on time to practice and meets to allow for stretching/preparation and warm-up. Swimmers are expected to stay in the pool area during the entire practice, and they must not visit with parents during the sessions.

Swimmers are expected to check in with a coach when arriving and before leaving a practice or meet. Swimmers are expected to see a coach before and after races at meets. Swimmers are expected to warm-up and warm-down properly and as a team in both practices and meets and when available before and after races. Swimmers are expected to compete in all events they are entered in at meets, this included bonus, consul and final heats of trial-final events.

- Parents of Junior, Pre-senior and Seniors are **not** to observe practice Monday through Thursday but are welcome to observe from the observation deck on Friday, Saturday and Sunday providing there is no interaction between the athlete and the parent as well as no interference. If you have a concern with this please contact BG.
- Parents are not to come on the pool deck while practice is in progress unless invited by a coach. “Coaching” by parents from the balcony will not be tolerated.

- Parents of Junior, Pre-senior and Seniors are permitted to check bulletin boards and family folders which are located on the pool balcony the first and last five minutes of each practice.
- Parents of all other groups are invited to watch practices daily providing there is no interaction between the athlete and the parent as well as no interference.

During practice sessions it is expected that swimmers pay attention and listen carefully to directions. No physical or verbal abuse or profanity directed at anyone will be tolerated. The coaches are in essence teachers and are expected to be treated with respect. The coach's major objective is to teach; thus, the swimmers should be able to learn in a suitable environment. A swimmer who misbehaves may be dismissed from the practice.

At swim meets and at practice each swimmer is a representative of the Montclair YMCA. Appropriate behavior is expected at all times. Behavioral violations at the Y, during practice or at meets may result in suspension or expulsion from the team. All swimmers will be asked to read and sign a **code of conduct** (to be distributed separately) witnessed and signed by a parent or guardian.

Discipline Policy- Participants who behave improperly will be disciplined according to the policy outlined below:

- I. For each misbehavior during practice a swimmer will have a time out.*
- II. After 3 time outs, the swimmer will be dismissed from swimming the remainder of practice and a parent will be notified.*
- III. After 3 dismissals from practice a swimmer/parent/coach meeting will be required before the swimmer returns to practice.*
- IV. Subsequent disciplinary problems will be brought to the attention of the Senior Aquatic Director and the Executive Director, and could result in expulsion from the team.*

While we try to stick to this chain of events as far as dealing with misbehaviors, occasionally we find that level jumping is sometimes necessary depending on the severity of the situation.

Swim Caps must be worn in the pool by all swimmers having hair length below the ears.

Showers must be taken before entering the pool, according to New Jersey State Code. The shower should be brief and the swimmer must remember to turn off the shower.

Also swimmers are asked to use the bathroom before practice to avoid disruption during practice. There should be no fooling around or yelling in the locker rooms.

The YMCA is not responsible for personal belongings. It is recommended that valuables be left at home or with a parent; however, valuables may be checked at the front desk or locked in a locker. Please do not give valuables to the coaches. Swimmers are encouraged to bring a lock for their locker each day or to bring their swim bags out onto the deck while swimming.

No gum or food is allowed in the pool area during practice. Swimmers are encouraged to bring water bottles to practice labeled with their name. For health purposes, please do not share water bottles! Athletes are asked to keep pool area clean – discard empty containers, etc.

No swimmer is to enter the water unless both a coach and a lifeguard are in attendance. Never jump in the water when there is any danger to you or to another swimmer. Feet-first entry at all times is enforced except when instructed otherwise.

Parents, please NO SMOKING in or near the building.

16. COMMUNICATION

The team **WEBSITE** will be the lifeblood of our communications. Info from the website will be on the bulletin board, but for the most part, the website will be our primary tool.

For last minute information we will be assembling an **E-MAIL LIST** for each season individually. If you wish to be on the list e-mail b.greene@montclairymca.org and jpsiegelnj@aol.com at the beginning of each season. It is crucial that you have your full name on the e-mail so we can get you in the address book properly. We will use this list so that cancellations and last minute information can get out at first notice. If you do not use e-mail, you will need to let us know so we can get a phone call into you when we send group e-mails.

Occasionally Newsletters and notices will be posted on the bulletin board in the balcony area located by the “large pool” and will also be put into file folders assigned to each family (filed alphabetically), located in filing cabinets near the team record board also on large pool balcony. These notices are the primary link between parents/swimmers and coaches. They provide important information that should be read thoroughly. It is recommended that all correspondence be filed at home for future reference. It is the swimmer’s responsibility to check for these communications at every practice!

Please feel free to schedule an appointment with anyone on the coaching staff with questions and/or concerns. You may also contact the coaches by phone or via the filing system throughout the season. In addition, you are encouraged to contact Brian Greene (BG) via email at b.greene@montclairymca.org or call the Y at 973-744-3400 ext. 109. As a last resort emergency, you can call BG at home at 908-626-0444.

Please avoid trying to meet with the coaches during, just prior or just after practices or meets.

NOTE – Quite often we receive e-mails that are sent when we are on the way to or already at meets. Please use your best judgment in communicating with us at the last minute and realize that if the coaching staff is at a 2 or 3 day meet we will not be checking e-mails or YMCA Phone messages from the first day. Make sure you get an emergency message to someone else who is attending the meet.

17. WEATHER/VACATIONS/ILLNESS

Practice and YMCA dual meets will be held unless notified by at least one of the following; e-mail, website or phone chain. Please check your e-mail, the website and your voicemail before venturing out in a blizzard. Y meets have been cancelled because of inclement weather or other emergency situations. USA and Invitational meets are very rarely cancelled (unless a state of emergency is called) but there is usually facility closing information phone numbers and meet host team website info on the meet page of our website. Obviously if we find out about a cancellation ahead of time we will do our best to get the info out, but if the staff is already at the meet it may be impossible. In inclement weather, use your best judgment and please try to contact us as best you can.

Please inform your coach by a written note to file folder or by email if you will be missing practice or meets for any reason if the absence is to be longer than 3 days. Please do this as soon as you are aware of the dates even if you have already mentioned it to us in passing or on deck. We will not remember. Also, call or e-mail the coach if a swimmer's illness will preclude him/her from competing in a meet.

It is important to avoid sending any information verbally through other swimmers or parents to avoid confusion or miscommunication and all should communicate directly as indicated above.

18. HEALTH FORMS

It is required that each swimmer has a yearly physical. The completed form must be turned into the folder labeled "Health Forms" in the filing cabinet located on the large pool balcony or mailed directly to the Y, Attention to: Montclair YMCA Swim Team, by October 15th. Please make us aware of any illnesses or injuries that could affect their participation. Swimmers will not be allowed to participate in the meets without a completed health form.

19. UNIFORMS/EQUIPMENT

Team uniformity is important for unity and team spirit. It is strongly recommended that each swimmer have the team suit which should be worn at both YMCA and USA competitions in which the swimmer represents the Montclair YMCA. It is required that, if a cap is worn, the team cap be worn at any competition for which the swimmer represents the Montclair Y.

Team Suit Sale and fitting is annually scheduled to take place the end of September – you will need to check the website to find out specific details about this.

The fittings will take place on the large pool balcony. Other team uniform items will be made available at the beginning of the season and possibly again later in the year by the Parents' Association which include warm-ups, T-shirts, shorts, etc. Watch for notices regarding these offerings which will be in the family files and on the website.

Goggles are to be worn at all practices by all swimmers; they enhance vision and protect eyes from effects of chemicals in the water. Only Pre-senior and Senior swimmers need to purchase fins used for stroke technique work, ankle flexibility, and speed-assisted training. Pre-senior and Senior level swimmers also will need to get some hand paddles, to enhance stroke mechanics and increase resistance during pulling sets. Questions on equipment may be directed to coaching staff.

20. WHAT TO BRING TO A MEET

The following is a list of those items to make the day at a meet run a little smoother:

- Team Suit and extra suits ("drag" suits for warm-up)
- 2 T-shirts
- 2 pairs goggles (appropriately fitted to swimmer)
- 2 caps – MUST WEAR TEAM CAP (if you wear a cap)
- Warm-up jacket/pants (some gyms and pools are chilly)
- Healthy snack(s): bagel, fruits, and juice ("power drinks")/water.
- Books, cards, music
- Sleeping bag and or blanket when appropriate

Most meet sponsors do serve snacks, but often are not optimal or they run out early. Come prepared and come early to get settled! Always check in immediately with your coach.

21. NUTRITION

During the season, it is important that parents ensure that each swimmer eats healthy, well-rounded meals. There is much literature which addresses nutrition and athletes in training, copies of which will be shared from time to time. Parents can help by instilling good eating habits at home.

It is extremely important that fluid intake occurs frequently during more difficult workouts and most definitely at swim meets in between events. Swimmers are encouraged to bring labeled water bottles to practice. For each swimmer's safety, we ask that swimmers do not share water bottles.

22. WEIGHT TRAINING/DRYLAND

For swimmers 14 years and older (girls must have started menstruation), a cardio and weight-training program will be offered in addition to swim practice. In late September we will have a cardio and weight training orientation to take to the fitness center. The coaches will monitor the athletes progress (with the help of the fitness staff) and help the athletes progress. Each participating swimmer will be given a personal program.

Dry-land sessions are built into Junior, Pre-senior and Senior practice schedules which will be very beneficial. The sessions will include stretching, crunches, push-ups, basic pilates and some light plyometric work.

23. LOG BOOKS/BEST TIMES/RECORDS

Swimmers should try to be as knowledgeable as possible regarding the swimmers' progress during the season. (parents should help the athletes who are under the age of 10) One effective way of tracking a swimmer's progress is by recording all times and results from each competition in a logbook during the season. Swimming logbooks are commercially available or can be made up in any blank book. Meet results will be posted to the website as soon as possible after the competition. A best times report will be posted on the bulletin board periodically.

Swimmers are also encouraged to keep track of their daily workouts and dry-land. This is most easily done each day, immediately after practice, by writing into a notebook the day's swim workout.

A full set of records are maintained for all events in all age-groups for both the short course yards and long course meters and are posted on the record boards and website. The website is updated 3 times a year and the record board is updated once a year.

24. GOALS

Goal setting is an extremely effective motivational training tool. At the beginning of the season, each swimmer will be asked to set three goals that he/she could realistically accomplish during the season and discuss them with their coach. Pre-senior and Senior athletes will have goal meetings with their coaches in Sept./Oct. Goals are tracked by the coaching staff throughout the season.

25. SOCIALS

From time to time, social gatherings and special events are offered by the Parents' Association to encourage team bonding between athletes and families. Please check the website for information about gatherings. If you have any ideas for appropriate outings in a social setting or would be willing to run a special event, see BG.

26. AWARDS BRUNCH

The Annual Awards Brunch will be held at the conclusion of the indoor season on a Sunday in early to mid-May! Always a highlight of the season, watch for details and don't miss out. Information about this event will be on the website.

27. SPRING AND SUMMER PROGRAM

The Montclair YMCA is a year round experience. Like many sports annual participation in the activity is crucial to long term success, particularly for athletes over the age of 10. It is expected that all athletes in our programs aged 10 and older participate in our spring and summer programs and it is highly recommended for our 9 and under athletes.

The Spring program, which we consider the start of our annual training plan. This is the most comprehensive stroke work the athletes will get in all year. By the end of the Spring all athletes should be well conditioned with improved strokes and should be prepared to begin the summer program.

The summer program is run both indoor (at the Y) and in a 50 Meter outdoor facility. We participate in competitions in both USA and YMCA meets but there are no dual meets. A separate fee is charged for the spring and summer session. More information on this program is issued in the spring and more detail is contained in the training plan in this handbook.

SPRING AND SUMMER FEE SCHEDULE 2007

GROUP	SPRING ONLY	SUMMER ONLY	SPRING & SUMMER COMBINED
Payment Due	5/1	6/15	5/1
Little Dolphins	\$175	X	X
Stroke of Genius	\$175	X	X
INTRO	\$95	\$125	\$195.00
NOVICE	\$105	\$125	\$205.00
PREP	\$115	\$135	\$225.00
SILVER	\$115	\$135	\$225.00
GOLD	\$125	\$165	\$245.00
JUNIOR	\$135	\$175	\$265.00
PRE-SENIOR	X	X	\$325.00
ALL SENIOR	X	X	\$325.00

28. SWIMMING IN COLLEGE

Like any other commitment driven extra-curricular activity, swimming for the Dolphins can help a student athlete greatly during their college search as successful academics and athletics generally go hand in hand. Being part of a team such as ours proves goal setting, work ethic, dedication, determination, time management and a desire to succeed. Many Montclair Y high school graduates

have chosen to continue competitive swimming at their respective colleges. During the junior year in high school, those interested are encouraged to meet with Jon or Brian to start the selection process keeping in mind academic abilities and demographic choices, while exploring competitive swimming opportunities.

In recent years Montclair Y graduates have gone on to swim for: Amherst, Boston University, Bucknell, Duke, Fairfield, Florida Atlantic, University of Chicago, Colgate, Columbia, University of Connecticut, Franklin & Marshall, Georgetown, Hamilton, Ithaca, Lafayette, LaSalle, Lehigh, Montclair State, NYU, The College of NJ, Notre Dame, University of Miami, UMASS, Northeastern, Providence, Purdue, Rowan, Rutgers, Seton Hall, St Peters, Syracuse, William & Mary. Several of our swimmers have received athletic scholarships for their swimming.

29. Training Plan:

Annual Training Plan (Primarily 10/Older)

Our yearly plan begins in the spring just after YMCA Nationals. Our spring session's main concentration is learning or re-learning the strokes and rebuilding our aerobic capacity which would have dropped off considerably through taper and rest. We use the second half of the spring and then the long course season for high quality training to get ready for LC Championships. When the winter season starts in early fall, we begin our more specific plan which is outlined below. It is imperative that all Dolphins take each part of our annual plan seriously in order to maximize learning and to get all the tools you will need to compete at a high level.

General Training Plan

Little Dolphins through Prep – Training will follow the physiological recommendations of the American Swim Coach's Association. (ASCA) Most of their training will be in the form of isolations and drill work. They will be doing some anaerobic training and some appropriate aerobic training.

Junior - Training will follow the physiological recommendations of ASCA. Swimmers will do most of their workouts in the form of drills, kicking, and swimming. This group will spend about half their time doing skill work and some anaerobic training and the other half doing aerobic base work preparing them for senior training.

Pre-Senior and Senior – Training will be according to the physiological recommendations of ASCA. This includes some drills, kicking and pulling, but mostly endurance work. Seniors have a very high anaerobic capacity and we will be expanding upon that. Seniors also need to develop their aerobic capacity and we will be doing that in the form of longer distance swimming. It is imperative that the Seniors realize in order to be successful athletes, they must take all forms of endurance work seriously.

Specific Training Plan

Phase I is a time where swimmers will learn or relearn the strokes and turns. This may be a hard time for many swimmers who need to break bad habits. Along with this, swimmers will begin some endurance work.

Phase II is a time spent building endurance and strength through longer sets including long kicking and pulling sets and yardage swims. We will be doing a lot of drill work at this time.

Phase III is a time where much emphasis will be on speed work and fine tuning of strokes. The strokes we have by this point in the season will be worked with to make faster. Drills will still be used, primarily to reinforce all the good habits the swimmers have acquired.

Phase IV is a time where swimmers will be concentrating entirely on speed. Drills and stroke work will be done only during warm ups and loosen downs. We will be nearing the end of the season and our last chances to qualify for our big championship meets.

Phase V is a time when swimmers will be getting ready for the final meets for which they have qualified. Swimmers will start tapering for their final performances. Swimmers will be divided up into more specific training groups to satisfy their needs based on their final meet.

August - Mid October = Phase I
Mid October - Early December = Phase II
Early December - Late January = Phase III
Late January - Mid February = Phase IV
Mid February - Early April = Phase V

30. Expectations of Athletes

The following portion of this handbook is dedicated to what the coaches collectively expect from our athletes. Please be aware of this portion as it is important that the athletes know where we are coming from. Athletes who do not adhere to these guidelines will be asked to re-try out and risk their spot on the team.

Improvement – We expect that all athletes in our programs want to improve. Realize that in order for improvement to occur you must increase your frequency and intensity of workouts. In short you have to come more then you did last year and work harder then you did yesterday to make that happen.

Practice Attendance- All training groups have a set number of practices that the coaching staff recommends – you are expected to stick to these. If you need to come late or leave early to practice your deck coach needs to know and approve this at least 24 hours in advance in order for that practice to count towards your requirement.

Meet Attendance- All swimmers are expected to be at all meets and fully participate in all events registered for. Contact BG and JON if you can not be there as far in advance as possible and at the very latest the Wednesday prior to the meet. After that, only in the case of emergency is it acceptable to miss a meet.

Tardiness- Swimmers should be on time to practices and meets. It is imperative that athletes partake in a warm up session before participating in strenuous workouts. Lateness means missed warm ups. Missed warm ups mean injuries. BE ON TIME. Anyone who is late to meet warm-ups will be scratched. Lateness and chronic lateness will be dealt with in a variety of ways including but not limited to having to sit out for a period of time, or the whole practice, parental calls and or meetings

Dual Meet- Dual meets are required. If you know of something well ahead of time, let the coaching staff know ASAP via e-mail or written note. It is unacceptable to tell us a few days before a meet that you cannot be there.

Attitude/Will/ Determination- Dolphins must have the willingness to work hard, do well, try new things, break old habits, have fun, work with others, and be leaders. Simply, Dolphins must have the will to succeed and be part of a team. Swimmers and parents are expected to have a positive attitude all season long.

Respect- Dolphins need to have respect for many things including ourselves, each other, coaches, the YMCA, Montclair Beach Club, other YMCAs... etc. Dolphins respect other people's belongings, the buildings we visit as a team and the actions and activities we partake in while wearing team apparel.

Good Behavior- It is imperative that Dolphins behave in a manner worthy of respect. We will not do anything that could bother, hurt, dishonor or disrespect anyone, or damage the facilities we are privileged to use. Use your judgment and before you act, ask yourself if this action could get my team or myself in trouble.

Goal Setting- All swimmers will be required to submit goals within the first two months of the season. Goals will be worked on all season long

Equipment/Swimmer- It is necessary that all swimmers bring healthy, well-rested, well-fed bodies to practice along with a good attitude. This should include goggles, a cap, fins, hand paddles, a bathing suit, towels, a water bottle etc...

Communication- We expect that all athletes communicate with the coaching staff regarding anything that will affect their swimming – illness, injury, academics, swim camp, high school swimming, summer league swimming, private lessons etc.....

Time Management – We expect that all athletes learn to manage their time to be able to fulfill the expectations that this program has on them. While we encourage other activities outside of swimming please remember that balancing your time is perhaps the most crucial element that can be developed from competitive athletics. We expect that if athletes are having a struggle with time management they help us to help them by scheduling meetings with the coaching staff to make it all work and before it becomes a problem.

Vacation and Absences – We expect that families will plan their vacations and individuals will plan their absences (intensive courses such as SAT Prep, Lifeguarding etc....) at appropriate times of the year as to not affect the goals that a swimmer may have. Whenever possible plan for April and August after the competitive season is over when the team is on break.