



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Winooski Summer Swim Team

at Pomerleau Family YMCA
266 College St. Burlington VT.

2017 Handbook

June 5-August 8, 2017

Coaches Statement:

We strive to create a team where love of swimming will drive our swimmers to their greatest goals. We are committed to building an environment that promotes responsibility by respecting the body, mind and spirit of each swimmer.

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General Information

Welcome to the Winooski Swim Team (WIN). This handbook is designed to help families new and returning understand the many aspects of summer swim team. If you have any questions don't hesitate to ask one of the coaches.

Team Name: Winooski Swim Team

Meet Code: WIN

Team Colors: Green and White.

Registration

Each family on the Winooski Swim Team needs to complete the online registration form by Wednesday, June 14 2017. Form is available on the Winooski Swim Team Website

www.qbymca.org/winooski-swim-team

Communication

Coaches are happy to talk before or after practice. During practice we need to be giving our full attention to the swimmers. The coaches will produce a weekly updates email. The updates will include information about team socials, practice changes, meet changes, upcoming meets and any other information that families and swimmers should be aware of. We may also occasionally send out reminders or last minute updates over email.

Weather If there is a thunder and lightning storm then swim meets will be delayed or cancelled. We will swim if it is just raining. An email will be sent in the event of a cancellation but you may also call the YMCA at 862-9622.

Team Mission and Philosophy

Team Mission

Winooski Swim Team helps create confident swimmers who achieve both individual and team goals through a love of swimming and an environment of excellence.

Y Mission

To build a strong community by involving youth, adults and families in programs and activities that develops spirit, mind and body.

Equipment

REQUIRED

- Swim Suit
- Goggles

RECOMMENDED

- Swim Cap
- Water Bottle

Practice Schedule

Age	Monday	Wednesday	Friday
Stroke School	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm
Jr. Age Group	5:30-6:45pm	5:30-6:45pm	5:30-6:45pm
Age Group	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm
Seniors	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm
Masters	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm

Practice Structure

Stroke School (Ages 5-8) is designed for those swimmers whose goal is to be on the swim team, but who have not yet been on a swim team. These swimmers should be able to swim in deep water without flotation. This group focuses on building a strong knowledge of swimming and teaching proper technique. Swimmers will increase their ability in all 4 strokes, as well as learn flip-turns, racing starts, and much more.

Jr. Age Group is designed for our 9 & Under swimmers who can swim 25 yards of freestyle, 25 yards of backstroke, breaststroke or butterfly. Jr. Age Group swimming aims to improve all four of the competitive stroke as well as the fitness and speed of the swimmers. Daily work will focus of stroke technique, turns, starts, rules of competitive swimming, participation in competition. The group will do on-land exercises daily for 5 minutes at the start of practice to improve core stability and an understanding of the body in space.

Age Group is designed for 9-12 year old swimmers who can swim 100 yards of freestyle, 50 yards of backstroke and breaststroke and 25 yards of butterfly. Through the course of the season practices will build in yardage and intensity while still maintaining a strong focus on stroke technique and refinement. Every day swimmers will start with 10 minutes of on land exercises focused on core stability and overall strength. The rest of the practice will be in the water with time spent on speed, distance, kick, turns, underwaters off walls, finishes and technique building drills.

Seniors is for ages 12+ and is designed with a focus on sprint racing. Yardage will remain steady with increasing intensity through the season. Every day swimmers will do 15 minutes of dryland exercises with a focus on core stability and swimming specific strength building. During the water portion of practice there will be some time focused on technique refinement in strokes, turns, underwaters off walls and finishes but the bulk of time will be spent working specific sets to target short distance sprint training.

Parents and family members are welcome to observe practice but we ask that spectators watch without participating.

Guidelines and Expectations for Practice

Swimmers are expected to follow the guidelines in order to sustain a safe and fun environment for everyone. If swimmers do not follow guidelines the coaches will directly communicate with the swimmer and request behavior they expect from the swimmer. If the swimmer chooses not to modify their behavior after this request the coach will communicate with the parent or guardian and ask for additional assistance to help the swimmer modify their behavior.

1. Arrive on time to practice and plan to stay the whole time. If you are late or need to leave each please check-in with a coach at the beginning of practice.
2. Stay on deck for all of your practice time
3. Always walk on the pool deck
4. When you arrive to practice please stay out of the water until a coach tells you otherwise (swimmers will need to be dry for the beginning of practice activities)
5. If you arrive and you are not ready to participate please communicate with a coach about what is going on and formulate a plan.
6. Swimmers and coaches should communicate with each other using kind and thoughtful words and by making direct requests.
7. Swimmers are asked to speak to and treat each other with respect by using kind, thoughtful words and by making direct requests.
8. Splashing each other, other swimmers in the pool, coaches, lifeguards, or other people on deck is not acceptable.
9. Swimmers are not to hang on or pull on the lane lines as they can break.
10. Swimmers should keep hands to themselves, unless they are directed otherwise by a coach.
11. Take out and return equipment for each practice.
12. Please treat the team equipment with the same respect that you would treat a favorite toy or possession.
13. Let a coach know before going to the bathroom or getting water.
14. Swimmers should start and finish at the walls.
15. Respect and follow all directions of coaches and lifeguards. Do not hesitate to ask questions if you need clarification on directions.
16. Locker Room Expectations:
 - Walk
 - Use inside voices
 - Use showers and soap responsibly
 - Treat the Pomerleau Family Y members with respect
 - For additional help, talk to a coach, Staff member, lifeguard, or parent

Swim Meets

During the season we have meets nearly every Tuesday and Thursday evening. We swim against teams that are all members of the Champlain Valley Swim League: Burlington Country Club, Burlington Tennis Club, Edge Swim Team, Middlebury, St. Albans, Town of Essex, and Vergennes. This season we will be swimming all of our meets away since we cannot host at our home pool.

The main emphasis at all swim meets is to try your best at achieving personal best times, be a great sport and show team spirit by supporting your teammates.

Please plan to stay for the duration of the meet to help cheer on teammates and to ensure that all volunteer duties are covered.

Meets can be long and tiring so plan your daily schedule to ensure that swimmers are rested and well-fed.

Equipment for Swim Meets

- Team swim suit
- Team swim cap (required)
- Goggles
- 2 towels
- Sweatpants
- Sweatshirt
- Flip-flops or other shoes that can get wet
- T-shirts
- Chairs

Concession Stand at Hosting Away Meets

The concession stand is our main fundraiser for the team. It is fully staffed and organized by the parents. We sell hamburgers, hotdogs, sausages, fruit cups, beverages and healthy snacks. Each family is asked to donate an item for each HOSTED AWAY meet. Coordination of the donations will be done by the Head Organizer. Please see sign-up sheets online. All donations should be brought with you to the meet.

Some good items to bring are:

- | | |
|-------------|-------------------------------|
| Apples | Fruit salad and cups to serve |
| Pasta salad | Bagels and cream cheese |
| Brownies | Cookies |

Use your imagination as this may be dinner for many families. The healthier the snack the better!

Hosting Away and Away Meets

During hosting away and away meets each swimmer will need to keep track of their heat/lane assignment cards and bring them to each race with them to give to their timer. This is different than winter swimming and a very important part of summer swimming. If you don't have this card you won't be able to race.

League Championship Meet

The League Championship swim meet will be held on July 28 & 29. Friday night will be some of the longer events. Saturday morning the 10 & Unders swim and Saturday afternoon the 11+ swim. All swimmers are eligible to compete at this meet as there are no qualifying times. A Winooski Swim Team tent will be provided for all families as a space on deck is reserved for viewing only when your child is swimming.

It is important for us to know in advance if you will not be attending this meet as we pay entry and event fees for each swimmer.

VT State Championship Meet

The Vermont Swimming Association hosts the Vermont State Swimming Championships meet at the Upper Valley Aquatic Center in White River Jct, VT., August 5-6. Younger swimmers will race in the morning both days and older swimmers in the afternoon. Swimmers **MUST** qualify for this meet and qualifying times will be posted at the pool. There will not be a bullpen for this meet so each swimmer will be responsible for getting themselves on deck prior to their events.

No photography is allowed on deck at Championship meets. This is USA Swimming rule.

Swim Meet Schedule

Hosting Away Meets: Arrive at 4:45pm. Warm up 5:00-5:30pm. Meet begins at 6:00pm. Meet ends by 8:30pm. (noted below in bold on schedule)

Away Meets: Arrive by 5:15pm. Warm up 5:30-6:00pm. Meet begins by 6:00pm. Meet ends by 8:30pm.

If you will not be able to attend a meet at the last minute please contact Jacsen as soon as possible.

Date	Location	Against
Tuesday 6/27	At TEST	TEST
Thursday 6/29*	At Vergennes	Vergennes
Thursday 7/6	At St. Albans	St. Albans
Tuesday 7/11	At EDGE	EDGE
Thursday 7/13**	At Middlebury	Middlebury
Friday 7/14	AT EDGE	All Distance Meet
Tuesday 7/18	At BCC	BCC
Thursday 7/20	At BTC	BTC
Thursday 7/25 & 27	Rain date	TBD
Friday 7/28 & Saturday 7/29	At St. Albans	League Championships
Saturday 8/5 & Sunday 8/6	At UVAC	State Championships

*COTS Night (no trial sizes)

Age	Item to Bring
8 & Under	Toothpaste
9-10	Toothbrush
11-12	Shampoo/Conditioner
13-14	Deodorant
15 & Up	Soap

**Food Shelf Night

Age	Item to Bring
8 & Under	Peanut butter or jelly
9-10	Cereal
11-12	Soup/canned goods
13-14	Boxed mac & cheese/pasta
15 & Up	Tomato sauce

Directions to Team Pools

Burlington Country Club (BCC): From Route -7 South. Take a right onto Prospect Street and follow it as it winds through the neighborhood. At the stop sign, take a right to remain on Prospect. Continue on Prospect and BCC will be on the right. From North -From exit 14 on I-89, go on US2 (Williston Road/Main Street) toward Burlington. At UVM Green take a left on Prospect Street. Prospect Street and follow for about a mile BCC on left.

Burlington Tennis Club (BTC): Route 7. Take Swift Street to Spear Street. Take a left on Spear Street. Before reaching Williston Road, take a right onto East Terrace. The BTC parking lot is left off East Terrace. From North -From exit 14 on I-89, go on US2 (Williston Road/Main Street) toward Burlington. Take the Spear Street jug handle and continue across Main Street, instead of going up Spear Street continue around toward Main St. Take right onto East Terrace. BTC is a few hundred feet up on the left.

Sports and Fitness Edge (EDGE): The Edge of South Burlington, 75 Eastwood Drive, South Burlington, VT 05403 - From the north: Take 89 south; merge onto I-189 S via EXIT 13 toward US-7/Shelburne/Middlebury. Take US - 7 N exit. Keep RIGHT at the fork to go on Ethan Allen Hwy/Shelburne Rd/US-7. Take the 1st RIGHT onto Farrell St. If you reach Bacon St. you've gone too far. Turn LEFT onto Eastwood Dr. 75 EASTWOOD DR is on the LEFT. If you reach Joy Dr. you've gone too far.

Middlebury Town Pool (MIDD): Take Route 7 through Middlebury. Pass the Middlebury Inn and bear left up the hill. Take a right onto Court Street. Take the first left parking lot next to Champlain Farms. This is the front parking lot for the pool.

Vergennes Town Pool (VERG): Take Route 7 South into Vergennes. Stay on Route 7 through the traffic light in town (a shopping plaza will be on the right). Take your next right after the traffic light onto Green Street. Travel for about a quarter mile and take your first right (onto East Street). The pool will be on your right and parking is available in the school parking lot on the left.

St. Albans City Pool (STA): Take 89 to exit 19 in St. Albans. Go straight through the 4-way intersection. Take a right onto Main Street. Travel straight on Main Street, go to the second stop light and take a left onto Lake Street. Go straight on Lake Street to the church on the right side of the road; take a right at the church onto Elm Street. Travel straight on Elm Street over the train tracks and past the baseball fields on the right. Take a left onto Aldis Street. The pool is on Aldis Street on the left side of the road.

Town of Essex Pool (TEST): Take 89 to exit 15 onto Route 15 East. Take Route 15 to the light at Susie Wilson Road. Take a left onto Susie Wilson Road. Follow Susie Wilson Road onto 289 North. Exit 289 at Route 15. Follow Route 15 East to the light at the junction of 15 and 128 Take a right at the light. (Stay on Rte 15) for about ¼ mile Take a right onto Sand Hill Road. The pool is about ¼ mile up on the right.

Swim Meet Order of Events

Girls	Age and Event	Boys
1	8 & Under 100yd. Medley Relay	2
3	10 & Under 100yd. Medley Relay	4
5	12 & Under 200yd. Medley Relay	6
7	14 & Under 200 yd. Medley Relay	8
9	18 & Under 200yd. Medley Relay	10
11	8 & Under 25yd. Butterfly	12
13	10 & Under 25yd. Butterfly	14
15	12 & Under 50yd. Butterfly	16
17	14 & Under 50yd. Butterfly	18
19	18 & Under 50yd. Butterfly	20
21	8 & Under 25yd. Backstroke	22
23	10 & Under 25yd. Backstroke	24
25	12 & Under 50yd. Backstroke	26
27	14 & Under 50yd. Backstroke	28
29	18 & Under 50yd. Backstroke	30
31	8 & Under 25yd. Breaststroke	32
33	10 & Under 25yd. Breaststroke	34
35	12 & Under 50yd. Breaststroke	36
37	14 & Under 50yd. Breaststroke	38
39	18 & Under 50yd. Breaststroke	40
41	8 & Under 25yd. Freestyle	42
43	10 & Under 25yd. Freestyle	44
45	12 & Under 50yd. Freestyle	46
47	14 & Under 50yd. Freestyle	48
49	18 & Under 50yd. Freestyle	50
51	8 & Under 100yd. Freestyle Relay	52
53	10 & Under 100yd. Freestyle Relay	54
55	12 & Under 200yd. Freestyle Relay	56
57	14 & Under 200 yd. Freestyle Relay	58
59	18 & Under 200yd. Freestyle Relay	60

Swim Meet Volunteer Positions

Unlike other team sports, a swim meet requires many hands on deck. Without the cooperation and support of ALL families, a swim meet will not function. Below is a list of volunteer jobs that need to be filled.

BOLD duties at hosting away meet AND away meets
REGULAR are JUST hosting away meets

TIMER: We need about 12-14 timers total for a meet. 3 timers are assigned to each lane and will use stop watches to time the swimmer in that lane. The average of the 3 times is then recorded on the swimmer's heat/lane card. Timers need to check the swimmers name following each heat. This job can be done in shifts.

HEAD TIMERS: One person per meet is in charge of organizing the stop watches and timer for each meet.

SCORE TABLE: One person per meet tallies the results of each event, keeps a running score for each team, gives the final copies to the coach and calls the Burlington Free Press after each home meet with the meet results.

RUNNER: One person per meet collects all of the swimmers heat/lane cards from each lane after EACH heat and brings them to the score table.

HEAT RIBBONS: One person per meet will hand out ribbons at the end of each heat to the swimmer who came in first for that heat. If boys and girls are swimming together each boy and girl who were first get a ribbon. For relays each swimmer gets a ribbon.

STARTER: One to two persons per meet will announce events, call swimmers to the starting block, and start each event with a starting gun.

STROKE AND TURN JUDGE: 3 people per team per meet will watch all swimmers during each race to make sure they perform legal starts, strokes, turns and finishes. The judge will notify the timers in the swimmers lane if they do not do all of the above legally- they are disqualified (DQ'd). The judge may kindly explain to the swimmer the reason for the DQ. All judges must be certified through a course provided by the league to be on deck.

BULLPEN: 3-4 people per meet will help organize the swimmers on a park of the deck in order of event, heat and lane. This job helps the meet run smoothly.

SET-UP AND CLEAN-UP: 4 or more people per meet to help set up the pool area for the meet (scorer's table, backstroke flags, bullpen, starter's area etc) and put away all materials at the completion of the meet.

CONCESSION STAND: 3-4 people per meet to help organize, cook and run concessions during the meet. This could be done in shifts and the duties will be coordinated by the Concession Director.

Coach Bios

Head Coach

Jacsen Callanan— Jacsen graduated from UVM in 2005. He grew up as a competitive swimmer on the south side of Chicago and had the opportunity to swim each summer at the University of Michigan at Ann Arbor under the direction of Jon Urbanek. He has been working in aquatics as a guard, instructor and coach for 15 years. He has been the head swim coach for the Northeast Philadelphia YMCA and an assistant coach for the Philadelphia FINS master swimming team. He just finished his fourth season as the Head Coach of Dynamo Swim Team at the Greater Burlington Y and is excited for his fourth season as the Winooski Head Coach!

Assistant Coaches

Steph Duncan- A native New Jersian, swimming has been a part of her life for as long as she can remember. She swam competitively from 5-18 and loved being part of the team. UVM stole her heart in 2009 and she has stayed in Vermont since. She works as an early childhood special educator and will be in her third season coaching with Winooski.

Ellyse Fredericks- A former swimmer of Dynamo and Winooski teams. Currently studying at the University of Vermont as a Sophomore and is a part of UVM's rowing team. Along with coaching she teaches swim lessons and guards at the YMCA and this will be her second summer with Winooski.

Jess Lukas - Jess began her aquatics career in high school at the White Plains Y and has been with various YMCAs since. She graduated from UNH in 2004 and moved onto a career in aquatics. She is currently the Youth and Family Programs Coordinator at the YMCA as well as coaching with Winooski for her 6th season

Reiko Maeda- A former Dynamo and Winooski swimmer who has been swimming since she was little. She loves to swim and participates in Masters Swimming at the YMCA. This will be her third summer with Winooski.

Tom Nececkas- A former Division 1 swimmer at Boston College and current member of the YMCA's master team, Tom brought his love of swimming to the Dynamo swim team this past season, and is excited to coach with Winooski for the first time this summer.

Swimming Terminology

EVENT: This is what the swimmer will be swimming. For example: Event 1 is 8 & under girls 25 yd. butterfly

HEAT: Different groups of swimmers doing the same event. For one race and one age group there could be as many as 4 or 5 heats. The first heat usually has the faster swimmers, with the slower swimmers going last (except in Championship Meets). For example: Event 1 Heat 3

LANE: This is what lane of the pool has been assigned to the swimmer to swim in. Most pools are 6 lane pools. The farthest lane to the right at the starting blocks is lane 1. For example: Event 5 Heat 2 Lane 4.

25 YARDS: Length of the pool. 10 and under swimmers swim 25 yds. (1 length), 18 and under swimmers swim 50 yds. (2 lengths).

BULLPEN: The designated area where each swimmer must go prior to their event. There are usually chairs or benches lined up in the order of lanes and heats with a volunteer in charge of making the bullpen run smoothly. Swimmers must have their heat/lane assignment card with them and carry it to the starting block and hand it to the timer in their lane.

HEAT/LANE CARD: Index card given to swimmer by coach prior to start of meet with name, event, heat, lane and personal best time for that event. Swimmer needs to bring card with them to the bullpen where they will be organized into event, heat and lane. The swimmer then brings the card with them to the starting block, where they give it to the timer responsible for record keeping. When the event is over, the timers will write each swimmers time for the event on this card and then a runner will pick the card up from the timer and bring it to the scorer's table so that it can be recorded.

SCRATCHED: Didn't show up for, or was taken out of an event.

DQ: Disqualified from an event because the start, stroke, turn or finish was done incorrectly or illegally. Each swimmer/coach will be told immediately following a race if a swimmer has been DQ'd and the reason for the disqualification.

FALSE START: When the swimmer leaves the blocks before the start gun is fired. The swimmer then returns promptly to the block for a second try or can be DQ'd. The starter will determine the ruling.

STARTER: The volunteer who shoots the start gun or horn to start each heat. This must be supplied by the HOME team for each meet.

HEAT RIBBONS / PERSONAL BEST RIBBONS: Ribbons handed out to the winner of each heat (for each event immediately after each heat. Swimmers times are recorded for each event at each meet. When a swimmer's time in an event is faster than any previous time in that same event, the swimmer receives a Personal Best ribbon. This ribbon will be put in that swimmers family's on deck mailbox within a few days following a meet.

MEDLEY RELAY: Group of 4 swimmers each doing *one* event in this order: back, breast, butterfly, free style. Coaches will determine relay teams and which swimmer will be swimming which event in the relay.

FREE RELAY: Group of 4 swimmers each doing free style. Coaches will determine relay teams and the order of the swimmers.

I.M.: Individual Medley; one swimmer, swimming *each* stroke: butterfly, back, breast, free, in that order.

AGING UP: If a swimmer's birthday falls during the swim season, the swimmer would age up to the higher age group – even if the birthday is during the Championship Meets.

Coaches Contact

Head Coach

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