



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

# **Winooski Summer Swim Team**

Greater Burlington YMCA at  
266 College St. Burlington, VT.

2019 Handbook  
June 17-August 6, 2019

## **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.

## Table of Contents

General Information	3
Communication	3
Team Mission and Philosophy	3
Contact Information	3
Practice Schedule	4
Practice Structure	4
Guidelines and Expectations for Practice	5
Equipment	5
Swim Meets	6
Home Team Concession Stand	6
League Championship Meet	7
VT State Championship Meet	7
Swim Meet Schedule	8
Directions to Away Pools	9
Swim Meet Order of Events	10
Swim Team Volunteer Positions	11
Swimming Terminology	12

## **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 needs to complete the online registration form by Wednesday June 19, 2019. [www.qbymca.org/winooski-swim-team-registration](http://www.qbymca.org/winooski-swim-team-registration)

## **Communication**

Coaches are happy to talk before or after practice but need to give our full attention to swimmers during practice. A weekly update email will go out with information about social events, practice changes, meet registration, meet changes and other important information. Additionally if your swimmer(s) is registered for a meet an email with meet information and parent job assignments will go out the night before the meet.

**Weather** If there is a thunder and lightning storm swim meets may be delayed or cancelled. We will swim if it is just raining. An email will be sent no later than 3pm the day of a meet if weather or other issues require the meet to be cancelled.

## **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.

## **Contact Information**

**Jacsen Callanan**, Head Coach

(P) 802-652-8154 (YMCA)

(C) 773-848-8925

(E) [jcallanan@qbymca.org](mailto:jcallanan@qbymca.org)

## Practice Schedule

Group	Monday, Wednesday & Friday
Stroke School	5:30-6:30pm
Jr. Age Group/ Age Group 1	5:30-6:45pm
Age Group 2 & Senior Transition	5:30-7:00pm
Seniors	3:30-5:30pm/4:00-6:00pm & Tuesday/Thursday 7:45-9:15am at BCC

## 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. Swimmers must be able to swim in deep water without floatation. This group focuses on building a knowledge of swimming, teaching proper technique for all four competitive strokes and learning racing starts and turns.

**Jr. Age Group/Age Group 1 (ages 9 & under)** is designed for swimmers who can already swim 25 yards of freestyle and backstroke, breaststroke, or butterfly. The group focuses on improving strokes swimmers already know and developing those that they don't. Swimmers will learn to develop speed and fitness in all four strokes, improve their starts and turns and understand the basic rules of competitive swimming. The first five minutes of practice each day swimmers will do on land exercises to improve core stability and spatial awareness.

**Age Group 2/Senior Transition (ages 9-12)** is designed for swimmers who can complete 100 yards of freestyle, 50 yards of backstroke and breaststroke and 25 yards of butterfly. Though the course of the season practices will build in yardage and intensity while maintaining a focus on stroke technique and refinement. Every day swimmer will start with 20 minutes of on land exercises focused on core stability and overall strength. In the water we will spend time on speed, distance, kick, turns, underwaters, finishes and technique drills.

**Seniors (ages 12+)** is designed with a focus on sprint racing. Yardage will remain steady with increasing intensity throughout the season. Every day swimmers will do 30 minutes of dryland exercises with a focus on core stability and weight lifting. During the water portion of practice there will be some time spent on technique refinement in strokes, turns, underwaters and finishes but the bulk of time will be spent on sets to develop speed in short distance sprints.

*Parents & family are welcome to observe practices 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 the behavior they expect. 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 stay on deck the whole time. Check in with your coach before getting in if you are late.
2. Be prepared for dryland activities before all practices by staying dry and wearing appropriate clothes.
3. If you arrive and you are not ready to participate please communicate with a coach about what is going on and formulate a plan.
4. Swimmers and coaches should communicate with each other respectfully by using kind and thoughtful words and making direct requests.
5. Please treat the team equipment with the same respect that you would treat a favorite toy or possession, including returning equipment at the end of practice.
6. Let a coach know before going to the bathroom or getting water.
7. Swimmers should start and finish at the walls.
8. Respect and follow all directions of coaches and lifeguards. Do not hesitate to ask questions if you need clarification on directions.
9. All pool rules apply during swim practice and the lifeguard on duty has the final say about rules.
10. Locker Room and Lobby Expectations: Walk, use inside voices, place all belonging in a locker for the duration of practice, use showers and soap responsibly, treat the YMCA and other members with respect. If you need help ask a coach, YMCA staff member, lifeguard or parent.

## **Equipment**

### **REQUIRED**

- Swim suit
- Goggles

### **RECOMMENDED**

- Swim Cap
- Water Bottle

## **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.

During 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 timers. 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.

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 Hosted 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.

## **League Championship Meet**

The League Championship swim meet will be held on Friday July 26 and Saturday July 27 at Middlebury. We will be co-hosting this meet with Middlebury. Friday evening older swimmers will compete in longer distance events, Saturday morning 10 & Unders will race and Saturday afternoon 11 & Up will race. All swimmers are eligible to compete at this meet as there are no qualifying times. A Winooski Swim Team tent will be provided as there is limited space in the bleachers.

## **VT State Championship Meet**

The Vermont Swimming Association hosts the Vermont State Swimming Championship meet at the Upper Valley Aquatic Center in White River Jct. VT, August 3-4, 2019. 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 updated weekly and emailed out as well as being posted on the pool deck. There will not be a bullpen for this meet so each swimmer will be responsible for getting themselves on deck and behind the blocks prior to their events.

*No photography is allowed on deck at Championship meets.*

## 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.

**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.

<b>Date</b>	<b>Location</b>	<b>Against</b>
<b>Tuesday 6/25</b>	<b>At St Mikes</b>	<b>TEST</b>
Thursday 6/27*	At Vergennes	Vergennes
<b>Tuesday 7/2</b>	<b>At St. Albans</b>	<b>St. Albans</b>
Tuesday 7/9	At EDGE	EDGE
<b>Thursday 7/11**</b>	<b>At Middlebury</b>	<b>Middlebury</b>
Saturday 7/13	At EDGE	All-Distance Meet
Tuesday 7/15	At BCC	BCC
Tuesday 7/17	At BTC	BTC
7/23 & 25	Rain date	TBD
<b>Friday 7/26 &amp; Saturday 7/27</b>	<b>At Middlebury</b>	<b>League Championships</b>
Saturday 8/3 & Sunday 8/4	At UVAC	State Championships

\*COTS Night (no trial sizes)

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

\*\*Food Shelf Night

<b>Age</b>	<b>Item to Bring</b>
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):** St. Michaels College in Colchester, VT.

## Swim Meet Order of Events

<b>Girls</b>	<b>Age and Event</b>	<b>Boys</b>
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 hosted away AND away meets  
REGULAR are JUST home 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. All 3 times are recorded and the middle circled 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 timers 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/hosted away meet with the meet results.

**RUNNER:** Three people per meet help ferry the swimmers heat/lane cards for 25y races from the swimmers to the timers and collect all of the swimmers cards from each lane after EACH heat and bring 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 part of the deck in order of event and assign heat and lane. This job helps the meet run smoothly.

**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.

# 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 swimmer's 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 swimmer's 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.