



WELCOME TO THE FOREST CITY YMCA COMPETITIVE SWIM TEAM

We are looking forward to an exciting swim season! We strive to maintain a POSITIVE learning, practice, and competitive environment. Thank you for sharing this experience with your child.

All swimmers must be a member of the Forest City Family YMCA to participate in swim team.

Goals:

We encourage swimmers to begin the season with goals that they would like to achieve, whether it is learning to do a flip turn, improving upon their times from last season, or qualifying for a championship meet. Goals, such as these, help swimmers to stay focused throughout the season and give them something to work towards at meets. If a goal is achieved partway through the season, make new ones! We want our swimmers to achieve all that they can during the season. Coaches are there to help teach, motivate, and support each and every swimmer along the way.

We strive to ensure that the swimmers enjoy a healthy, happy, and challenging swim season as we build skill, stamina, speed, and sportsmanship. We not only focus on developing swimming skills, but also on developing the character of our swimmers. We focus on individual progress and successes, and we encourage each swimmer to improve their skill level and performance.

Swim Team Expectations:

1. Attend practice regularly. Please remember that skills will best be developed by regular practice attendance.
2. Swimmers should always give their best effort at practice and swim meets.
3. We understand that each swimmer is unique. We design the season and our workouts to meet the needs and level of the competition that the swimmers are ready for. We highly encourage swimmers to stay for the entire practice. We hope by increasing yardage and maintaining emphasis on technique, our swimmers will achieve their personal goals!
4. If you will be gone for a period of time, such as vacation or holiday travel, please let the coaches know ahead of time.
5. Swimmers and parents are to be stewards of the YMCA values.

Concerns:

If you ever have a question or concern about swim team, your best resource is your child's coach. Please contact the coaches directly. You can call the coaches, or leave a message with the front desk to have a coach contact you. If needed, we will be more than happy to schedule a meeting with yourself, your swimmer, and if needed or requested, the program director and aquatics coordinator.

Coach:

Amanda Take: 641-590-6290

Aquatics Coordinator:

Ree Pederson Moore

Program Director:

Tony Reynolds

TReynolds@forestcityymca.org



Practice:

EQUIPMENT NEEDED FOR PRACTICE:

1. Swim Suits:
 - a. Girls: 1 piece suit
 - b. Boys: Swim trunk or jammer
2. Goggles: Preferably two, good fitting pairs (in case one breaks)
3. Swim Cap
4. Hair Ties for Long Hair
5. Water Bottle *****This is Required*****

It is important to be on time and ready to go when your coaches tell your group to get started on warm-ups.

Practice Schedule:

Practice times are arranged by ability and age with each group having specific and progressive training goals. This progressive approach to technique development ensures your child has the skills to build upon as they move through the program, so that they get the most out of each practice. Each swim group has its own practice times. We ask that swimmers only attend their assigned practice times this year. We feel the times noted are a good representation of both ages and abilities for each group. We want our swimmers to be excited about coming to practice. Too much practice can over time lead to burnout, which in turn can lead them to dropping out of swimming as they approach high school level.

All Practices will be on Tuesdays, Wednesdays, and Thursdays

Tuesday/Thursday:	Level 1:	3:30-4:15 PM
	Level 2:	4:15-5:00 PM
	Level 3:	5:00-6:00 PM
Wednesdays:	Level 1:	2:00-2:30 PM
	Level 2:	2:30-3:15 PM
	Level 3:	3:15-4:15 PM

Level 2 Criteria: Typically this group is for our older swimmers. Level 2 swimmers must be able to dive off starting blocks, perform all 4 strokes with good technique, do all turns correctly, know rules for disqualification, and have a good level of swim fitness. The focus of this group will be concentration on refining technique, endurance training, starts and turns and building speed.

Level 1 Criteria: Typically this group is for our younger swimmers. Swimmers must be able to confidently swim 1 length of the pool nonstop and unaided and must be able to follow instruction and rules. The focus of this group will be to learn and develop a strong foundation in all 4 strokes, learn starts and turns, develop swim endurance, and learn the rules of competitive swimming.

*****As a general rule: If school is canceled, there will be no swim team practice!*****

Goggles

On occasion at practice, we will have the swimmers complete a length or two of the pool without goggles. This is done so that the swimmers know what to do during a meet if they have a goggle malfunction, such as their goggles slipping half way down their face, fog up, fill with water, etc. They need to know how to finish the race and make turns confidently if this were to happen. Much like a “foul” or “penalty” in other sports, if the swimmer grabs a hold of their goggles to pull them up or down, they (and their entire relay team, if it is during a relay) will be disqualified. This is the reasoning behind this drill. We would hate to see a possible personal best time or a first place race/relay disqualified. If you have questions please contact the coaches.



Physicals

Due to COVID-19 we anticipate it will be difficult to get physicals complete this year so they will not be required for the 20-21 season.

Swim Meets:

Our regular season runs from October through the end of January.

- Saturday, November 14th: Algona Dual
- Saturday, November 21st: Spencer
- Saturday, December 5th: Algona
- Sunday, December 6th: Virtual Meet (Mason City Y)
- Sunday, December 13th: Virtual Meet (Mason City Y)
- Saturday, January 16th: Algona
- Saturday, January 23rd: Spencer

We will have seven regular season swim meets. All members of the swim team are eligible to swim in these meets. We would love to see all swimmers participate; however, meet participation is not required. Remember though, in order to compete in the Sectional Meet (in February), a swimmer is required to swim in at least three (3) regular season meets. This requirement is made by the State Rules Committee.

Virtual meets are sanctioned meets that count as regular season meets. These meets will include officials and timers and will follow the same format as normal meets. The main difference between a virtual meet and a normal meet is that we will not be directly swimming against other teams during the meet. We will collect official times and submit them to the host of the VM who will tally scores and determine meet placings amongst all teams participating in the meet.

Meet Sign Up

Meet entries are usually due the Wednesday before a regular season meet (entries for Sectionals, State, and Regionals are due sooner). Meet information sheets will be handed out prior to every meet. These sheets will profile information on the location of the meet, warm up times, and more. There will also be a sign-up slip for each of your swimmers attached to your information sheet. Please fill this slip out and return it to the YMCA either way (the front desk, Tony, or a coach) no later than the Tuesday before the meet. This will allow us to know who is swimming and who isn't, as well as what events your swimmer(s) would like to participate in. Entries will be done Tuesday night, after practice, for the meet coming up that weekend. Each swimmer may swim in 3 individual events and 2 relay events per meet. Note that due to COVID-19 relay events may not be available at all meets.

Meet Transportation

Parents are responsible for driving their swimmer to and from all swim meets. Carpooling is encouraged, **but not facilitated by the YMCA**. Prior to the first swim meet, a team roster will be handed out or put in your family file folder. This can assist you in setting up carpools. **Coaches are not permitted to be involved in transportation due to YMCA insurance limitations.**

Meet Cancellations for Inclement Weather

If a meet must be canceled because of inclement weather, or the coaches feel it is in the best interest of the team not to attend, the coaches and YMCA front desk will be notified. An email, text, Remind alert, or phone call will be sent to spread the message as early as possible. Please check with any of these resources if there is a threat of inclement weather. You are always welcome to call the coaches if in doubt!



If you feel that you or your swimmer will not be able to attend a meet due to inclement weather, but the meet is not canceled, **please notify the coaches as soon as possible** so that we can adjust the relays.

Post Season Swimming

Post season swimming (tentatively) consists of the following meets:

1. Sectional meet: Swimmers must have participated in at least 3 regular season meets in order to participate in Sectionals. If swimmers achieve qualifying times in any of the three meets prior to sectionals, they may then move on to the Iowa YMCA State Swim Meet without swimming at sectionals. They may choose to participate in sectionals anyway, either in order to lower their times or to try to get additional qualifying times. Sectionals will be held Sunday, February 14th. For the past several years, our team has been designated to swim in Spencer. We will let you know exactly where we will be as soon as we find this information out.
2. Iowa YMCA State Championship Meet: Swimmers must achieve qualifying times at or before the sectional meet in order to attend. This is **ALWAYS** held the first weekend in March. Boys and Girls alternate yearly with which day they swim. For **the 2020/2021 season the Girls will compete on Saturday, March 6th and the Boys will compete on Sunday, March 7th.**
3. Midwest Regional Championship Meet: To qualify for this meet, swimmers must meet the regional qualifying times at some point during the regular season. The 2020 meet will be held Saturday, March 20th and Sunday, March 21st.

Many of our swimmers strive to attend the Iowa YMCA State Championship meet. Therefore, we ask that you all look at your calendars for the weekend of Sectionals and the State meet. This is especially important if your swimmer is close to, or has already met a qualifying time, and most likely they will qualify at sectionals. It is heartbreaking for the swimmers to find out that they will not be able to attend the meet, knowing they qualified. If you think there would be a conflict in your schedule, please let us know at the beginning of the swim season.

COVID-19 Specific Guidelines

- All meets will be split session meets. 10 and under will complete all of their events followed by 11 and over swimmers.
- Spectators will likely be limited at most meets to immediate family or one parent/guardian. Each venue will have specific guidelines that we will share well ahead of time.
- In an effort to minimize exposure, swimmers will not be able to switch practice times when they have a conflict. They will be able to reserve a lane and complete their missed practice at a different time.
- Participants are not allowed on deck for practice until 5 minutes before their scheduled practice time. Masks must be worn while waiting on deck for practice and social distancing maintained.
- Lockers will be assigned to swimmers this year in the Boys and Girls locker rooms. Swimmers should only use assigned lockers and should maintain social distancing at as best as possible.
- Spectators will not be allowed in the pool, multi-purpose room, lobby, or racquetball area during practice this year. If you have a Y membership we encourage you to workout, shoot some hoops, and enjoy our amenities. However, we ask that you do not congregate in the above listed areas.
- Parents should provide extra hand sanitizer for their children for meets and practices.
- We will not be able to loan out goggles this year. If you forget them you will have to swim without them.



Remind Messaging

The YMCA uses Remind mass messaging service to update our members about facility changes, programs, and more. For swim team, we will have a specific Remind class that all announcements will be sent out on. It is a simple program to join and you will receive up to the minutes updates via text message on your cell phone. To sign up:

- Send a text message to the number 81010
- In the body of the message, type “fcswimteam” without the quotation marks
- Push send!
- You will receive a few messages to finalize your registration
 - Respond with your name when prompted to create your account
 - Respond with your birth date when prompted, the Y does not allow contact with users under the age of 13 through Remind
 - Respond with “P” for parent when asked if you are a student, parent, or teacher

----- DETATCH HERE-----

Parent Assistance

We are always looking for volunteers to help improve our team. Even if you aren't a swimmer or you have limited time, there are ways to help! Please indicate in the space provided below an area in which you may be interested in helping out! If there is an addition to the program you would like to see, there is a good chance others would like to see that as well. Be creative with your suggestions! Some ideas include:

- Level 1 official
- Photographer
- Carpool driver
- Meet guide
 - Helping young swimmers get to the clerk of course, find their lane, etc.
- Team event planning
- Fundraising Planning and Implementation

Your name:

Your phone number:

How you'd like to help:

Can we include your contact information (your name, swimmer(s) name, and phone number) on a team roster and contact list to be shared with other swim team families?

_____ Yes _____ No

People we should contact about participating in swim team:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____