



BAY VIEW TIGERS

2015 – 2016 TEAM HANDBOOK



Photo by Paul Logothetis

The YMCA Mission

The YMCA Mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Swimming and the YMCA Mission

It is extremely important that YMCA competitive swimming programs are consistent with the YMCA Mission, as well as the YMCA's commitment to building strong student-athletes, strong families, and strong communities. This means that the YMCA competitive swimming programs should focus on the development of the whole person, the strengthening of the family and the inclusion of all in the community who desire to participate. These programs should use competitive swimming as a means by which to build positive character and assets. The focus should be on competing with dignity and respect while striving for one's personal best. Winning is not the primary goal in YMCA competitive sports.

The Bay View Tigers Mission

The Bay View Tigers Mission is to implement the YMCA mission in a competitive swimming environment. Swimmers will learn to enjoy the water and earn the satisfaction that comes from dedication and discipline.

The Philosophy of the Bay View Tigers' Coaching Staff

It is the philosophy of the Bay View Tigers coaching staff that individual success and improvement be the focus in every practice and competition. Through improved technique, structured practices, and a fun atmosphere swimmers' personal needs and goals can be addressed and achieved.

Welcome to the 2015–2016 Bay View YMCA Tigers Swim Season:

Competitive swim programs in YMCAs have been in existence since the 1920's. The Bay View Tigers compete at a district level in the Rochester Area YMCA Swimming League. The league is comprised of teams from YMCA's in the Rochester area along with the Buffalo area and Central New York. The regular swim season runs from September through February with state qualifying swimmers continuing through the middle of March for an additional fee. Along with pool and dry-land practices there will be league dual meets and invitational meets that the team will participate in. Our season builds towards our three (3) Championship meets: Districts, States and Nationals. Swimmers must compete in four (4) league meets in which a minimum of three (3) must be dual meets to qualify for Districts. In order to qualify for the YMCA New York State Championship meet and the YMCA National Short Course meet swimmers must achieve qualifying times and swim at least three (3) YMCA meets.

There will be a two week trial and evaluation period at a cost of \$20 per swimmer. During this two week trial the coaching staff will evaluate each swimmer on an individual level to determine whether they are ready for the Bay View Tigers swim team or if they need time on our developmental swim team, Tiger Kicks. Please see the "Swimmer Expectation" section for what the coaches will be looking for. The \$20 fee will be applied to the fee of either the swim team, the developmental swim team or swim lessons.

Swimming the YMCA "Tiger" Way

We are very excited to start the new swim season! Please take some time to read through this handbook, if you have any questions please contact David Lindskoog at david.lindskoog@rochesterymca.org or Anne Hossenlopp at anne.hossenlopp@rochesterymca.org. It is our goal to improve in every way possible and to continue to instill the Bay View Tiger Swimming Family values in everything we do. If you have any suggestions in how we can improve please do not hesitate to contact any of our coaching staff either before or after practices and meets.

Swimmer Expectations

- Swimmers aged **8 and under** are expected to have a basic understanding in freestyle and backstroke, be able to swim 25 yards (one length) of the pool and must be comfortable jumping into the deep end of the pool. Swimmers at this level will be racing 25 yards (1 lengths of the pool) and distances up to 100 yards. Diving will be taught at most practices.
- Swimmers aged **9 and 10** must be proficient in freestyle and backstroke and must have a beginning knowledge of breaststroke and butterfly. Swimmers at this level will be racing at least 50 yards (2 lengths of the pool) and distances up to 200 yards and will be swimming around 1,500 yards each practice.
- Swimmers aged **11 and 12** must be proficient in freestyle and backstroke, and have a basic understanding of breaststroke and butterfly. Swimmers at this level will be racing at least 50 yards (2 lengths of the pool) as well as longer distances up to 200 yards and will be swimming around 2,000 yards each practice.
- Swimmers **13 and older** must be able to swim each stroke as well as 500 yards (20 lengths) non-stop. Swimmers at this level will be mostly racing 100 yards (4 lengths) and will be swimming over 4,000 yards each practice.
- There will be a two week trial period during which the coaches will evaluate each swimmer on an individual basis to determine if they will be able to meet these expectations by our first meet October 17th as well as placing them in the appropriate practice group.

Swimmer Responsibilities

- Attend practices and meets as often as possible as it fits in family schedule
- Demonstrate good sportsmanship on a daily basis
- Treat your coaches, teammates, and fellow competitors with respect
- Attend four (4) League designated Dual meets to qualify to compete at Districts.

- **Behave responsibly and safely at practices and meets: on the deck, in the pool, and in the locker rooms.**
- Each family will have a folder located in the hallway under the swimming display cabinet. Please check it regularly, it will have updates and will be where your swimmers' ribbons from meets will be placed.
- **Have Fun!**

Practice Expectations

- Arrive on deck at least 5 minutes prior to the start of practice.
- We request that swimmers bring their own pull buoys, paddles and kick boards though extra items may be available on deck.
- While waiting for practice to start it is expected that swimmers stretch on their own.
- Each swimmer **MUST** have their own water bottle at every practice.
- Each swimmer must show effort in working through practice. If effort is shown to be lacking or if swimmer disrupts practice and other swimmers, swimmer may be asked to sit out practice until effort improves.

Equipment Needed for Practice and Swim Meets

- **Swim Suit (1 for practice and a Black Team Suit for Meets)**
- **Goggles**
- **Water Bottle**
- **Swim Cap**
- **Positive Attitude**
- **Kick Boards (Some available at the YMCA)**
- **Swim Fins (Some available at the YMCA)**
- **Pull Buoys (Some available at the YMCA)**

Parent Responsibilities

- Please drop off and pick up your swimmers on time and supervise them in the locker room if needed. If your swimmer needs to leave practice early, it is our policy that you contact your child's age group coach to ensure your swimmer's safety at all times.
- Swimmers will be expected to stay until the end of all meets. Please let the coaching staff know if any early departures are expected to ensure that the meet runs smoothly.
- Each family will have a folder located in the hallway under the swimming display cabinet. Please check it regularly, it will have updates and will be where your swimmers' ribbons from meets will be placed.
- Parents are expected to help out with team events including, but not limited to, meets, "pasta parties" and any fundraising events that are put on throughout the year. There are many committees to help with, if you are interested in helping with one specifically please contact the chair of that committee. Committees include, but not limited to: Swim Meet Concessions, Suit Sizing and Orders, Apparel Orders, Awards, Publicity, Swim Team Parties, New Parents Liaison.
- Please do not hesitate to contact any of the coaching staff at **any time** with questions, comments, or concerns. Our contact information can be found on page 8 of this handbook.

Swim Meets

- Swimmers will compete in the age group of the age they will be on December 1st. Therefore if your child turns 9 on November 30th they will swim in the 9 and 10 age group for the season. If your child turns 9 on December 2, they will swim in the 8 and under age group for the season.
- Swimmers are to stay in the water after completing a race until all swimmers have finished. This shows good sportsmanship and is the appropriate time to congratulate swimmers in the next lanes.

- Although swimmers will fill out wish lists for each meet, the coaching staff will make final decisions. Throughout the season we will encourage all swimmers to compete in each event possible in his or her age group. We will not have swimmers swim a race they are not prepared for. However, we may nudge a swimmer outside of his or her comfort zone in order to show them what they are capable of achieving physically and mentally.
- Swimmers must arrive at least 15 minutes prior to warm-up. This allows time to find the pool, parking and get on deck ready to swim.
- We expect swimmers to come to the meet with their events written on their hand in waterproof in (i.e. Sharpie (Event 3, Heat 4, Lane 2, 50 Freestyle would look like this written on the swimmers hand (50FR EV3 H4 L2)). Aside from events, writing on themselves or teammates will not be tolerated.
- It is expected that swimmers sit with their teammates during meets. This allows the coaching staff to keep better track of all swimmers to ensure none miss an event. Swimmers must notify the coaches if they go to see their parents in the stands, go to the rest room, or get a snack. We as a coaching staff need to know where everyone is at all times.
- Swimmers are expected to stay the whole meet unless arrangements have been made with their age group coach prior to the meet. This will help to cheer on the swimmers that are swimming in the later events. It is wonderful when teammates cheer on their friends, younger swimmers, and all of their other teammates through all of the races. It is also necessary at times to make last minute change to later events such as relays when other swimmers are ill or have to unexpectedly miss the meet. The hope is that swimmers remain flexible enough in order to fill out relay races when asked by coaches.

Additional Equipment Needed for Swim Meets

- Several towels (at least 2 for drying off during the meet and 1 for getting dressed after the meet is over)

- A blanket to sit on
- Water bottle
- Team Swim suit, goggles (at least 2 pairs in case one breaks), hair ties, caps (at least 2 in case one breaks), etc.
- Healthy Snacks (must be consumed in the hallway)
- Book, cards, games if desired

**Swimmers and families are expected to leave the pool deck, bleachers, and locker rooms in good condition. Please assist in cleaning up.

Hosting Swim Meets

Hosting our meets at Richard Mann Elementary in Gananda requires a full team effort. It takes more than 20 parents to fully staff a meet. Whether we are home or away there is always something to do. We encourage your help in **any way** you can. Being on deck lends itself to a unique view of the meet and your swimmer.

- Meet Managers – Organize timers, officials, and the timing table
- Head Timer – In charge of getting enough timers and organizing them to help run the meet
- Clerk of Course – In charge of getting swimmers lined up for their events in the right order to ensure that they get to their correct heat and lane for each swim.
- Meet Marshal – Greets and welcomes spectators. Ensures that swimmers find their designated team seating and locker rooms. Ensures that spectators are seated in the designated spectator seating areas.
- Timers – 3 per lane plus one backup, totaling nearly 20 timers necessary.
- Scorekeepers – 2 per meet

- Officials – 1 Starter, 1 Stroke judge (more if available), and 1 Administrative Official (to run the Meet Electronics). If you are interested in becoming an official please sign up for the officials training course scheduled for October (Date TBD) at the Northwest YMCA
- Locker Room Monitors – 1 male and 1 female needed for the entire meet.

2015 - 2016 Coaching Staff

David Lindskoog: Head Coach – david.lindskoog@rochesterymca.org

Rae Andrews: Associate Head Coach -

Mike Barody: Assistant Coach

Jake MacKecknie: Assistant Coach

John Sherry: Coach Tiger Kicks/Assistant Coach

YMCA Aquatics Director

Anne Hossenlopp – (585)341-3218 or anne.hossenlopp@rochesterymca.org

Bay View Tigers Pool Practice Schedule

2015 - 2016 Season

	8 & Under	9 - 10
Monday	5:00 - 6:00	5:00 - 6:00
Tuesday	None	None
Wednesday	6:00 - 7:00	6:00 - 7:00
Thursday	6:00 - 7:00	6:00 - 7:00
Friday	None	None
Saturday	1:30 - 2:30	1:30 - 2:30
Sunday	5:30 - 6:30	5:30 - 6:30

	11 - 12	13 - 14	15 & Over
Monday	None	None	None
*Tuesday	7:30 - 8:30	7:30 - 8:30	7:30 - 8:30
Wednesday	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00
Thursday	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00
Friday	None	None	None
Saturday	1:30 - 3:00	1:30 - 3:00	1:30 - 3:00
Sunday	6:30 - 8:00	6:30 - 8:00	6:30 - 8:00

***Denotes Practices at Webster Thomas**

All other Practices will be held at the Bay View Family YMCA

Bay View Tigers Dry Land Schedule

2015 - 2016 Season

	8 & Under (On Pool deck)	9 – 10 (On Pool deck)
Monday	None	None
Tuesday	None	None
Wednesday	7:00 – 7:15	7:00 - 7:15
Thursday	None	None
Friday	None	None
Saturday	None	None
Sunday	6:30 – 6:45	6:30 - 6:45

	11 - 12	13 - 14	15 & Over
Monday	None	None	None
Tuesday	None	None	None
*Wednesday	6:00 - 6:45	6:00 - 6:45	6:00 - 6:45
Thursday	None	None	None
Friday	None	None	None
Saturday	None	None	None
^Sunday	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15

^ Denotes Honesty Hall

***Denotes Wellness Center**

Unless noted all dry lands will take place on the pool deck before or after practice

10 COMMANDMENTS FOR SWIMMING PARENTS

by Rose Snyder

1. Thou shalt not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is people can strive to do their personal best and benefit from the process of competitive swimming.

2. Thou shalt be supportive no matter what. There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach thy child. You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for". You also may want to consider being positive anytime you are around the pool.

5. Thou shalt acknowledge thy child's fears. A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience. Most of their fears are one's you have given them.

6. Thou shalt not criticize the officials. If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who

are doing the best they can. You too can be trained to be an official in an afternoon.

7. Honor thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.

8. Thou shalt be loyal and supportive of thy team. It is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new teammates. Oftentimes swimmers who do switch teams never do better than they did before they sought the bluer water.

9. Thy child shalt have goals besides winning. Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

10. Thou shalt not expect thy child to become an Olympian. There are 280,000 athletes in USA Swimming. Only 2% of the swimmers listed in the 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not an Olympian, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.

2015 – 2016 Bay View Tigers Swim Meet

Schedule

Sunday October 11th – Practice Meet – Bay View Family YMCA – 6:00pm

Sunday October 25th – Auburn Invitational (Optional) – Skaneateles YMCA – 10 & Under 8:00am Warm-Up and 9:00am Meet Start -- 11 & Up 12:00pm Warm-Up – 1:00pm Meet Start

- Saturday November 7th – @Geneva YMCA (Geneva Jr/Sr HS) – 10:15am Arrival - 10:30am Warm-Up – 11:00am Meet Start
- Saturday November 14th – Home (Richard Mann Elementary School, Gananda) vs. Maplewood YMCA – 1:30pm Arrival, 1:50pm Warm-Up – 2:30pm Meet Start
- Saturday November 21st - @Northwest YMCA (Greece Olympia HS) – 12:15pm Warm-Up and 12:40pm Meet Start
- Sunday November 22nd – Canandaigua YMCA Invitational (@ Canandaigua Academy) (Optional) – 10:30am Warm-Up and 11:30am Meet Start
- Saturday December 12th – Home (Richard Mann Elementary School, Gananda) vs. Canandaigua YMCA – 1:00pm Arrival, 1:20pm Warm-Up – 2:00pm Meet Start
- Saturday-Sunday December 19-20 – Northwest YMCA Invitational (@RIT) (Optional) – 8:00am Warm-Ups and 9:00am Meet Start for 10 & Unders and 11-12 Boys -- 1:30pm Warm-Up 2:30pm Meet Start for 13 & Overs and 11-12 Girls
- Saturday January 9, 2016 – Home (Richard Mann Elementary School, Gananda) vs. Clifton Springs YMCA – 1:00pm Arrival, 1:20pm Warm-Up, 2:00pm Meet Start
- Saturday January 16, 2016 - @Southeast YMCA (Calkins Rd Middle School, Pittsford Central Schools) – 11:30am Warm-Ups and 12:00pm Meet Start

- Sunday January 17, 2016 – Buffalo Goodwill Invitational (@ ECC Buffalo) (Optional) – Session, Warm-Ups 8:30 AM, Start 9:30 AM, Finish ~3:00pm

Saturday January 23 – Jamestown YMCA Invitational (@ Jamestown HS) (Optional) – 10 & Under Warm-Up 7:30am, Meet Starts 8:30am. 11 & Up Warm-Up 12:30pm, Meet Starts 1:30pm.

Sunday February 7 – 10 & Under Districts – @ RIT - Warm-Up and Meet Start TBD

Saturday February 28 – 11 & Over Districts - @ RIT - Warm-Up and Meet Start TBD

March 18 - 20 – State Meet @ SUNY Buffalo (Amherst, NY) – Warm-Up and Meet Start TBD

April 4 – 8 - YMCA Short Course Nationals (Greensboro, NC) – Warm-Up and Meet Start TBD

- * Meets that count towards Districts