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INTRODUCTION

Dear Parents and Swimmers,

On behalf of the Glens Falls Family YMCA, welcome to our Gators Swim Team Program.

Thank you for taking time to read through our Team Handbook. The goal of this handbook is to answer any questions you might have as well as give you an in-depth look at our Swim Team and the different levels it has to offer.

Please do not hesitate to approach me, a member of our coaching staff, or a member of the Parents Council with any questions you might have. I am looking forward to a great year!

Sincerely,

Bryan Woodward
Head Coach, Gators Swim Team

The Mission of the Team

The Gators is a YMCA Swim Team as well as a USA Swimming Club. We strive to provide the best training environment for swimmers both in the area and nationally. The Gators will adhere to the following philosophical objectives.

The coaching staff will teach, train and motivate young athletes to achieve their potential in the sport in hopes that this experience will teach them valuable life lessons that they can carry into adulthood. Swimming, like most sports, is a great way for a child to learn how to be in control of their own lives. It helps young athletes mature into independent, confident, secure young men and women. This philosophy will apply to all swimmers at all levels.

The Gator Swim Team is aimed at long term success. Swimming is a very complex sport. The majority of successful collegiate swimmers have had anywhere from nine to twelve years of previous competitive experience. No swimmer will reach their peak before their college years, but the foundation needs to be started at a very young age. Endurance and stroke technique are the two biggest aspects of swimming that will determine a swimmers success. Developing proper stroke mechanics as well as building a swimmers endurance base will be major objectives at each level of the Gators Swim Program.

The Gators Swim Team provides many different training levels geared to meet the individual needs of all swimmers on the team. The program will teach fundamental skills, physical conditioning, work ethic, character growth, healthy competition, the overall enjoyment of the sport, and successful academic and athletic performance.

Team Expectations

We expect that coaches, swimmers and parents actively support the Glens Falls YMCA Gators Swim Team. We must all work together to make this program the best it can possibly be. Swimming is a team sport and we expect that all swimmers, coaches and parents support the entire program at all times. Each swimmer's individual success is just a piece of the overall success of the team and the program's daily mission to strive for excellence.

The coaching staff will be professional and will set a good example for the young athletes in the program. Through swimming and its challenges, the coaching staff will strive to develop an environment that teaches teamwork, discipline, work ethic and respect.

The expectations of the swimmers are as follows. 1) Give 100% effort each and every practice and race; and 2) Have a great attitude at every practice and meet. A swimmer can always control his or her effort and can always control his or her attitude. They might not always be in the best shape to perform at his or her highest level, but he or she can always give 100%.

The challenges the swimmers will face every day will help them grow into confident, independent young adults. It is expected that swimmers hold themselves accountable both in and out of the pool.

Parents play a huge role in the development of the program. Parents should all take part in volunteering some time to help out the program. The team would not function without the help of the parents. The more help we can get, the better our team will be!

Parents should actively support their child and the other swimmers on our team to give their best effort. Parents also need to understand that decisions are always made with the best interest of the entire team in mind.

It is expected that parents let the coach do the coaching. Parents are not allowed on deck at practice so that the swimmer can be completely focused on the coach. If anyone has any questions regarding their swimmer and his or her swimming, please do not hesitate to speak to a coach directly.

THE TEN COMMANDMENTS FOR SWIMMING PARENTS

By Rose Snyder – from the USA Swimming Swim Parent Survival Guide

- 1) Thou shall not impose your ambitions on thy child
- 2) Thou shall be supportive no matter what
- 3) Thou shall not coach your child
- 4) Thou shall only have positive things to say at a swim meet
- 5) Thou shall not relive your athletic life through your child
- 6) Thou shall not criticize the officials
- 7) Honor thy child's coach
- 8) Thou shall not jump from team to team
- 9) Thou shall have goals besides winning
- 10) Thou shall not expect thy child to become an Olympian

Training Levels

We believe there is a place for everyone in our program. All of our training levels are geared towards helping all swimmers achieve both their short-term and long-term goals. Below is a description of each training level. Placement into a training level is determined by the coaching staff.

PRE-TEAM (non-competitive) **NEW** -

The Pre-Team will be for swimmers age 6-12 that might not be ready for the competitive team. It is a low-pressure approach with instruction of the 4 competitive strokes, starts and turns. The group will cover fun filled training drills and a positive atmosphere. The opportunity to participate in a YMCA dual meet may be available for those the coaching staff feels are ready.

The Pre-Team will run 2 sessions throughout the year -

17-week session (*November 2nd - February 28th*)

12-week session (*May 3rd - July 25th*)

- o To be placed in this group, swimmers must be able to swim 25 yards continuously and be comfortable in deep water.

GATORADES -

The Gatorade program is for swimmers, typically 6-9 years old, who have little or no competitive swimming experience but are interested in trying a swim team. This level will provide children with an introduction to competitive swimming with a focus on basic stroke mechanics, team building activities, as well as physical and mental development, and most of all - fun!

Swimmers in this group will be expected to attend all the meets on the Gatorades meet schedule.

The Gatorades will practice 2 nights a week. It is recommended that swimmers attend as many practices as possible.

To be placed in this group, swimmers must be able to complete the following -

- o 25 Freestyle continuous
- o 25 Backstroke continuous
- o Have passed swim lesson level Minnow.

USA Swimming Registration is optional at this level.

GREEN GROUP -

This level is for swimmers, typically between the ages 8-12, that may be new to competitive swimming and are interested in developing the stroke techniques and endurance training necessary to develop into an outstanding swimmer. This level will focus on stroke mechanics, racing skills, and enjoyment of the sport. There will be a gradual increase in endurance training capacity.

Swimmers in this group will be expected to attend all the meets on the Green Group meet schedule.

The Green Group will practice 3 nights a week. Attendance at all practices is recommended.

To be placed in this group, swimmers must be able to complete the following -

- o 1x200 Free continuous
- o 1x100 Back continuous
- o 1x50 Breast continuous
- o 1x25 Fly continuous

All swimmers are required to be USA swimming registered.

GOLD GROUP -

This level is for swimmers, typically between the ages 10-13, that are interested in developing the stroke techniques and endurance training necessary to grow into an outstanding national and collegiate level swimmer. This level will focus on stroke mechanics and a better understanding of nutritional and psychological concepts that will help them enjoy the sport of swimming.

Swimmers in this group will be expected to attend all the meets on the Gold Group meet schedule.

The Gold Group will practice 4 nights a week. Attendance at all workouts is highly recommended for optimal improvement. Any swimmer wishing to advance to the Black Group must attend 4 practices a week consistently.

To be placed in this group, swimmers must be able to complete the following -

- o 10x100 Free on 1:50
- o 1x500 Free with proper turns and streamlines
- o 1x200 IM with legal strokes and turns

All swimmers are required to be USA swimming registered.

BLACK GROUP –

This training level is geared towards preparing a swimmer for the Senior group. This group is designed for the more advanced age group swimmer who has attained an advanced training capacity as well as the high school age swimmer who is not yet ready to fully commit to the sport. The group will emphasize stroke technique, aerobic conditioning, general dryland skills, and teamwork.

Attendance is the number one thing that reflects a swimmer's commitment to themselves and to their team. At this level of training, consistency and dedication are critical to the success of each individual. All swimmers are required to be USA swimming registered.

The Black Group will practice 5 times per week. Morning practices will be available for select individuals.

To be placed in this group, swimmers must:

- Have YMCA State Championship Qualifying times and be able to complete the following sets –
 - 20x100 Free on 1:30
 - 15x100 Kick on 2:00
 - 10x100 IM on 1:40
 - 1x1000 Free with proper turns and streamlines

SENIOR GROUP –

This level is only for those swimmers that have fully committed to the sport. This group is a privilege and participants must be invited by the Head Coach. The Senior Group is mostly for YMCA National level swimmers and above who are committed to reaching 100% of their potential in the sport. At this level we will incorporate extensive stroke technique, dryland training, nutritional education, endurance training, preparation for competition and race strategy. The Senior Group will also help swimmers with goal setting, mental training, overall strength, flexibility and coordination, as well as general knowledge of competitive swimming.

A contract signed by the swimmer, parent and coach is required. Attendance at all meets and practices are mandatory. All swimmers are required to be USA swimming registered.

The Senior Group will practice 6-8 times per week.

To be placed in this group:

- Have at least a Y Nat cut and/or be able to complete the following sets –
 - 30x100 Free on 1:20
 - 10x200 IM on 3:00
 - 20x100 Kick on 1:50
 - 20x100 Back on 1:30

ATTENDANCE REQUIREMENTS:

85% attendance required to remain in the Senior Group (based on 6 days/wk)

MASTER SWIM GROUP –

This group is for swimmers age 19 and older that wish to join and participate at whatever level they choose in this "lifetime sport." Masters swimmers can range in ability from those just learning to swim to former collegiate swimmers.

There are swim meets available for those swimmers interested in competing. Competing is completely optional. No matter what level a swimmer chooses to participate at, they are able to enjoy the benefits of coached workouts, exercise of swimming and to meet other active adults.

Each practice will focus on a variety of aspects of competitive swimming. The primary objective will be to improve stroke efficiency and swimming endurance. Speed will improve as swimmers become more efficient in the water and their endurance increases.

Specialized tri-athlete training is also available; tailored workouts towards the specific race that the tri-athlete is preparing for.

Masters will practice 4 days a week; 3 evenings and Saturday mornings. 2 additional workouts will be emailed to participants so they can complete them on their own.

SWIM MEETS

MEET POLICY

Swim meets are an important part of a swimmers' development. Each swimmer needs to develop the ability to race any event without hesitation. Racing, just like technique, is a skill that needs to be practiced if it is to be perfected. Each training group will receive a meet schedule based on the needs of the swimmers in the group. It is expected that swimmers attend all meets on their groups' meet schedule. Below is a description of the types of swim meets that could be on your swimmer's schedule.

GLENS FALLS YMCA HOSTED USA SWIM MEETS

The team currently runs one USA swim meet a year in early December. To ensure the smooth operation of the meet we need the participation of all parents. Each family is required to work at least one shift per child participating. Sign-up sheets will be posted and the plans will be discussed at the parents meetings. If you sign up for a job and cannot attend, you must find a replacement.

YMCA Dual Meets

Dual meets are held at our YMCA facility or at the other team's home pool. These meets are an excellent way to introduce the swimmers to competition and for the parents to become involved.

All eligible members of the team will be at dual meets. The coach determines the events that the swimmers will be entered into at dual meets, consequently the coach must know who will be attending so that the correct entries are prepared for individual and relay events.

The time of the meet will be posted outside of the pool and warm ups are usually a 1/2 hour before the starting time. Parents will be notified of last minute changes by way of the phone chain, web site or e-mail. Make sure that your information is correct on the team roster.

At home meets, the Refreshment Committee expects each family to bring some type of food or drink that can be sold at the meet. This helps the team raise money for swim team needs.

YMCA North Country League Championships

The Gators Swim Team Program is a member of the YMCA North Country Competitive Swim League which is comprised of other local YMCA swim team programs. This league sponsors an annual championship meet. This is a meet that has qualifying times for every event; swimmers must have met these times for each event entered. In addition, the swimmer must have competed in at least two (2) YMCA Dual Meets. The coach will notify you if your swimmer qualifies.

The meet is held once a year at a location within the Adirondack Region. The coach will enter your swimmer into the events they have qualified for.

YMCA State Championships

This is a meet that has qualifying times for every event. Swimmers must have met the minimum qualifying times for each event entered. In addition, the swimmer must have competed in at least two (2) YMCA New York State Dual Meets. Check with the coach if you are not sure if your swimmer qualifies.

The meet is held once a year at various locations throughout the state. The coach will enter your swimmer into the events they have qualified for. In almost all cases motel/hotel reservations will be needed, so if your swimmer wishes to participate, contact the person handling the reservations as soon as possible.

YMCA National Championships

Swimmers at this meet come from across the country to participate in the "Y Nationals", which is the highest level of competition of YMCA Swimming. This meet is held twice a year in April and in August. Participation in the National Meet requires that swimmers have met the qualifying times. Travel, along with hotel/motel reservations will be needed. These meets are held at various locations throughout the country. A minimum attendance requirement must be met.

USA Invitational Meets

These are usually large meets with many teams participating and are open to swimmers that are registered as USA swimmers. All registered USA Swimmers will be expected to attend the USA meets that are on the schedule. The coach will select the events for each swimmer. Entry fees will be billed to you after the meet is held. Some meets will specify qualification times be met.

Warm ups will usually start an hour or so prior to the start of the meet. The swimmer should arrive so that they are there for the start of warm ups. If a swimmer is late he or she may be scratched.

USA Spring Adirondack Silver/Gold Championships

Adirondack Silver/Gold Championships are held in the spring of each year. Qualify by meeting or exceeding qualifying times published in January of each year. Qualifying times can change from year to year.

Speedo Championship Series

This meet is also known as USA Sectional Championships. This meet has faster qualifying times than YMCA Nationals. This meet is held twice per year at a facility inside our 'section' of the country – the Eastern Zone. A minimum attendance requirement must be met.

Junior National Championships

This meet is held twice per year as a stepping stone for USA Nationals and Olympic Trials. This meet has very fast qualifying times and is for swimmers age 18 and under. A minimum attendance requirement must be met.

Senior National Championships

Outside of the Olympic Trials and the NCAA Championships, USA Senior Nationals is the highest level of swimming our country has to offer. This meet is held twice per year and has extremely fast qualifying times. A minimum attendance requirement must be met.

TRAVEL MEETS

There will be some swim meets during the year that will be 'Team Travel Meets'. These meets are for the swimmers in the Black and Senior groups and are selected based on qualifying times and/or invitation by the coach. These are meets where the team will travel together under the supervision of the Head Coach. Chaperones will be asked to attend if necessary. The coach will make all arrangements for hotel, transportation and meals. Swimmers will be roomed together. Roommates are selected by the coach.

The cost of these meets will be based on the estimated total cost of the trip divided by the number of swimmers attending. A non-refundable deposit will be necessary prior to the trip. Every effort will be made to provide a detailed description of expenses.

All swimmers attending will be instructed of the strict rules that go along with these types of trips. Failure to follow these rules can result in being removed from the trip at the expense of the parent.

TEAM COSTS

There are four types of fees associated with our team and payments must be made on time in order to remain an active member of the program. All fees are to be paid at the front desk of our YMCA or online at www.glensfallsymca.org.

Any payment plans other than the ones listed below must be arranged with the Head Coach prior to any payments being due. No swimmer will be turned away due to lack of financial means. Scholarships are given depending upon need. Applications are available at the front desk.

YMCA MEMBERSHIP

Each swimmer must be a member of the Glens Falls Family YMCA. This can be a youth, teen or family membership. Please see the front desk or our latest program flyer for membership rates. You can choose to pay for your membership monthly (automatic draft from checking or savings account, debit or credit card), or up front with cash, check, or credit/debit card.

SWIM TEAM PROGRAM FEES

Below is a description of our team fees for the 2009-2010 program year (September 2009 – Aug 2010). The fee is the cost for the duration of the season. All monthly payments are simply made as a piece of the entire program fee. Registering for swim team means you are committing to the entire fee. No refunds will be given.

SWIM TEAM PROGRAM FEES AND PAYMENT PLAN FOR 2009-2010:

	<u>Short Course 2009-10 (Sep-Mar)</u>	<u>Long Course 2010 (Apr-Aug)</u>
GATORADES:	\$250	\$174
GREEN GROUP:	\$350	\$249
GOLD GROUP:	\$770 (Year-round)	\$324 (New member)
BLACK GROUP:	\$980 (Year-round)	\$420 (New member)
SENIOR GROUP:	\$1,155 (Year-round)	\$420 (New member)

PRETEAM – Session I* (17 weeks) **\$85 Member, \$125 Non-member**
 Session II* (12 weeks) **\$60 Member, \$90 Non-member**

*Session I – Nov 2nd – Feb 28th, Session II – May 3rd – July 25th

MASTERS GROUP: **Prices Vary – See Next Page.**

You may pay for your team fee in full at the front desk with cash, check or credit/debit card. You may also choose to go with a payment plan (see below) with a monthly bank or credit/debit card draft.

Short Course - 5 MONTH PLAN	1-Aug	1-Sep	1-Oct	1-Nov	1-Dec
Gatorades	\$50	\$50	\$50	\$50	\$50
Green Group	\$70	\$70	\$70	\$70	\$70

Year Round - 7 MONTH PLAN	1-Aug	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb
Gold	\$110	\$110	\$110	\$110	\$110	\$110	\$110
Black	\$140	\$140	\$140	\$140	\$140	\$140	\$140
Senior	\$165	\$165	\$165	\$165	\$165	\$165	\$165

Long Course - 3 MONTH PLAN	1-Mar	1-Apr	1-May
Gatorades	\$58	\$58	\$58
Green Group	\$83	\$83	\$83
Gold (new swimmers only)	\$108	\$108	\$108
Black (new swimmers only)	\$140	\$140	\$140

MASTERS	FALL 9/14-11/1	L FALL 11/2-1/3	WINTER 1/4-2/28	E SPRING 3/1-5/2	SPRING 5/3-6/20
<i>Member</i>	\$56	\$80	\$64	\$72	\$56
<i>Non-Member</i>	\$84	\$120	\$96	\$108	\$84

USA SWIMMING FEE (Non-refundable)

There is an annual fee associated with a swimmer being USA registered. The cost of this membership is \$65 and needs to be paid in full at the front desk at the time of registration. This fee allows the swimmer to participate in any USA swim meet for one full year.

SWIM MEET FEES (Non-refundable)

A good portion of swim meets have event fees associated with them. All USA meets as well as all YMCA and USA Championship meets will charge a fee per event swum. Cost per event can range anywhere from \$3.50 to \$12.00 an event. You will be billed for the cost of these meets and payments need to be made at the front desk or online in a timely manner. The total cost for each meet will also include a minimal administrative charge per event.

CANCELATION POLICY

There is a two week trial period at the beginning of each season when families can decide if they wish to commit to the team or not with no financial commitment. After the two week trial period swimmers wishing to drop the program must fill out a drop form at the front desk. You will be responsible for a minimum of 50% of the total program fee. No refunds will be given.

TEAM EQUIPMENT

Team equipment and team attire will be available for purchase on our team's website. A password will be needed to access the Kastaway store. This will include practice suits, racing suits, warm-ups, t-shirts, pants, bags, and training equipment. Please let the Head Coach know if you have any questions.

REQUIRED TRAINING EQUIPMENT

Gatorades - Practice suit, goggles, water bottles, swim caps.

Green - Practice suit, goggles, water bottles, swim caps, t-shirt, shorts.

Gold - Practice suit, goggles, water bottles, swim caps, t-shirt, shorts, fins.

Black/Sr - Suits, goggles, water bottles, caps, zoomers, t-shirt, shorts, sneakers.

*Swim caps can be purchased from the pool office before or after practice.

COMMUNICATION

Good communication is vital to our program's success. It is each family's responsibility to be aware of the information that is made available either through email, letters, and the website, bulletin board or parents meetings.

Email

This is the most effective way to communicate information to and from the coaching staff. It is important that you check your email daily. Please notify the Head Coach if your email address changes.

Website

The website is a work in progress but please keep checking back for information. Please visit it at www.glfygators.org.

Bulletin Board

The bulletin board is located just outside the pool doors and has lots of information on it. Information includes but is not limited to meet results, meet schedules, practice schedules, volunteer job signup, meet qualifying standards and inspirational quotes.

Parents Council and Parents Meetings

The Head Coach will meet with the Parents Council each month to discuss any tasks or issues at hand. The Parents Council is an avenue other members of the team can use to ask questions or communicate concerns to the Head Coach.

Parents meetings will also be held at certain points throughout the year and will cover mostly what is up and coming in our season at that time. This is also a time for questions to be answered. Please make every effort to have at least one representative from your family attend these meetings.

At any point families are encouraged to speak with the Head Coach whenever there are issues and/or questions.

TEAM RULES

All members of the Gators Swim Team are expected to be respectful and show good sportsmanship during all practices, meets and any other team function. This includes all YMCA facilities and other competition venues as well as hotels. Any inappropriate behavior will be reviewed by the head coach and may lead to suspension or dismissal from practice, meets and/or the team.

A. Drugs, Alcohol & Tobacco

- a. A swimmer shall not engage in any behavior involving the illegal use or distribution of alcoholic beverages, drugs or controlled substances.
- b. If a swimmer is concerned about his or her own involvement in drugs or alcohol or that of another swimmer, the swimmer is encouraged to come forward to talk confidentially with a coach. Any information a swimmer voluntarily discloses to a coach regarding his or her involvement with drugs and/or alcohol will be kept confidential, however notification of the disclosure will be made to the swimmer's parents.

B. Practice and Meet Behavior

- a. Swimmers will refrain from using drugs, alcohol, and tobacco.
- b. Swimmers are responsible for the care and proper use of equipment. Any equipment used during practice are to be returned to storage.
- c. Swimmers will refrain from physical or verbally abusive behavior.
- d. Swimmers will be dedicated, loyal and supportive of all teammates.
- e. Swimmers will act respectfully at all times.
- f. Swimmers will be on time for practice and meets.
- g. Swimmers will contact their coach as soon as a conflict is known.
- h. Swimmers will commit to their best effort everyday. Skipping parts of the set or pulling on lane lines are among the things that will not be tolerated.

C. Travel Meet Behavior

- a. All swimmers attending team travel meets are reminded that you are representing the Glens Falls YMCA and the Gators Swim Team. Your behavior must reflect the high standards of the program.
- b. Male and female swimmers are not allowed in each others rooms at anytime. The only exception is when the coach is holding a team meeting.
- c. All swimmers will stick to the itinerary and directions given out by the head coach.

- d. Swimmers are not allowed anywhere alone and without permission from the coach or chaperones.
- e. Swimmers are to be respectful of all facilities the team is in or around. This includes being quiet while staying at hotels.
- f. All parents must sign a permission form prior to all travel meets.

D. Consequences for Violating Team Rules

- a. Counseling by the coach
- b. Community Service
- c. Restriction from team trips
- d. Loss of privileges
- e. Probation
- f. Suspension
- g. Expulsion

PARENT PARTICIPATION

PARENT'S COUNCIL

The Parent's Council will be made up of a representative from each level inside the program. After being selected by the Head Coach, the individual can choose whether he or she wishes to sit on the parent's council.

The Parent's Council will meet with the Head Coach monthly to discuss the team and any questions the council or another member of the team may have. They will also discuss any upcoming team activities (i.e. Super Splash, Team Dinners, Banquet).

The council positions are selected annually and the position terms run September 1st – August 31st.

COMMITTEE POSITIONS AND MEET RELATED ACTIVITIES

The Meet Committee is the group that coordinates all aspects of running a swim meet. We welcome any and all involvement with any of the positions outlined below. If you wish to help out or to get more information about helping out please contact a member of the Parent's Council or the Head Coach.

Fundraising – Develop fundraising ideas in conjunction with the Head Coach and YMCA Development Director. Increase sponsorships for annual Super Splash swim meet.

New Parent Liaison – Extend a personal welcome to each new family that joins the team, answer any questions to help them become comfortable with the team.

Meet Director – Coordinate all aspects of any team hosted meets including meet manager support, order of awards, worker sign-up sheets, appoint coordinators where needed and work with meet entry coordinator and Head Coach to finalize all details of swim meet operations.

Meet Coordinator/Registrar – Handle all team, coach, official and swimmer USA registrations. Handle all incoming meet entries for hosted meets and the daily computer operations at all hosted meets.

Group Officials – A parent from each level inside the program will work with the coaching staff and the parents organization to improve communication and assist with team events.

SWIM MEET POSITIONS

Computer Chair – Similar to meet coordinator (can be same person). Responsible for all computer needs for meets.

Colorado Operator – Operate the Colorado timing system at all hosted meets.

Timers Chair – Organize timers for all home and away meets. Maintain team stopwatches. Assist Meet Director in any way possible.

Concession/Hospitality Food Coordinator – Work with meet director to coordinate and/or assign responsibilities to committee members and volunteers required to run home meet concession stands and coaches/officials hospitality rooms.

Meet Awards – Responsible for obtaining, labeling and distributing awards.

Program Chair – Work with Fundraising Officer to develop a program layout for hosted meets.

Officials – Responsible for recruiting and training volunteers for officials positions. Many are needed to run meets throughout the year.

Timer – Responsible for operating the stopwatch and recording a swimmers time on the timer sheet.

Runner – Responsible for distributing and retrieving timer sheets during the meet.

Poster – Responsible for posting heat/lane assignments and results at hosted meets.

Announcer – Responsible for warm-up session music and announcements at hosted meets.

Marshals – Responsible for monitoring access to the pool deck to ensure that no unauthorized person(s) gain access, checking locker rooms and making sure swimmers are demonstrating safe behavior.

Hospitality – Oversee the officials/coaches room during meets.

Concessions – Work in concession are preparing, stocking and selling food.

TEAM RELATED ACTIVITIES

Team Apparel – Establish procedure and organize sale of coach-approved team swimwear, primarily at the beginning of the fall season.

Fall Picnic – Arrange beginning of the year fall event to promote team unity – typically the picnic is held after the green-gold meet in late October.

League/State Parties – Coordinate all aspects of pre-league and pre-state championship psych parties.

Team Pictures – Organize the annual team picture.

Bryan Woodward – YMCA Swim Team Director/Head Coach

In his first two years leading the Gators Swim Team, Bryan has led the program to be one of the best YMCA teams in the state. This includes 1st place finishes at the 2008 and 2009 North Country Swim League Championships. This marks the first time in team history the program has won the League Championship two years in a row. The team also finished 3rd overall at the 2008 and 2009 New York YMCA State Championships which included 1st place finishes in the 11-12 Boys Division and the 13-14 Girls Division in 2008 and a 1st place finish in the 13-14 Girls Division in 2009. The team also finished 2nd in the 15-18 Girls and 15-18 Boys Divisions in 2009. The team currently has seven swimmers qualified for the YMCA National Championships as well as two USA Sectional level swimmers and one Senior National level swimmer.

In the summer of 2009 Bryan was selected to the coaching staff of the Longhorn Swim Camp where he worked under Olympic coaches Eddie Reese and Kim Brackin at the University of Texas. He also got to work along side 9 Olympians and current and former World and American record holders.

Bryan came to the Gators Swim Team after six successful seasons with the Bay and Ocean State Squids from 2004-2007. Bryan was the Head Junior Coach as well as an Assistant Senior Coach for the program. He has worked with all levels of swimmers, from the age-grouper to Olympic Trial qualifiers. Known as one of the best swimming clubs in both New England and the country, Bryan helped lead the Squids to eight top-3 finishes at the New England Championship meet in his three years with the club, including 1st place finishes in the 2006 New England Long Course Open Championships and the 2007 New England Short Course Boys Age Group Championships.

With the Squids, Bryan has had multiple swimmers qualify for the New England Senior Championships and US Sectional Championships. Swimmers coached by Bryan currently hold a number of New England Records including the Boys 11-12 1000 yard freestyle, Boys 11-12 200 meter freestyle relay, Boys 11-12 400 meter freestyle relay, Boys 11-12 400 meter medley relay, Girls 11-12 400 meter medley relay, and Boys 13-14 800 yard freestyle relay.

During the 2005-2006 season, Bryan also worked as the Assistant Swim Coach for Brandeis University Men's and Women's Swim Teams. Brandeis swimmers broke 4 school records and finished 2nd at the Division III New England Championships.

Prior to 2004, Bryan was a swim coach for the Middleboro YMCA Sea Devils in Middleboro, MA. He was an Age Group coach from 2000-2002 before becoming the Senior Coach in 2002-2004. Bryan had 6 swimmers qualify for YMCA Nationals in multiple events and 2 swimmers qualify for the US Sectional Championships in the summer of 2004.

Bryan was born in Wrentham, MA where he lived for three years until he and his family moved to Assonet, MA where Bryan's parents still reside today. He graduated from Bridgewater State College with his Physical Education degree in May 2004. His younger sister Lindsay recently graduated from the University of Florida where she still swims. Bryan currently lives in Hudson Falls.

Flip Williams

Flip has been coaching with the Glens Falls YMCA Gators since 2005. He has helped the program finish 1st at the 2008 and 2009 North Country Swim Leagues Championships as well as a 3rd place finish overall at the 2008 and 2009 New York YMCA State Championships.

Flip was born in Sioux Falls, SD and he started swimming in summer leagues at age 6. At age 12 he joined the Dad's Club YMCA Swim Team in Houston, TX. He attended Robert E. Lee High School and by his freshman year he qualified for YMCA Nationals. Flip would go on to make Junior Nationals in the 500, 1000 and 1650 yard freestyles. He moved to San Jose, California his sophomore year and joined the San Jose Aquatics Team. There he trained under Jonty Skinner, who at one time held the world record in the 100 meter freestyle. Under Jonty, Flip continued to excel and qualified for Senior Nationals in the 100 and 200 freestyles. Flip would miss the 1988 Olympic Trial qualifying time in the 100 meter freestyle by 0.05 seconds.

After graduating high school, he spent 1989 at Peddie Prep School and trained under Chris Martin. Flip then went on to attend the United States Military Academy at West Point. He swam all four years under Ray Bosse where he set multiple school records; some still stand today. Flip missed the Olympic Trial cut again in 1992. He would graduate from the Military Academy in 1993. Flip would go on to attend the Basic and Advanced Logistical School in Ft. Lee, VA and Airborne School in Ft. Benning, GA. He was stationed with the 10th Mountain Division in Ft. Drum, NY and served on active duty and reserves for 8 years. He is still currently involved as a Liaison to West Point for high school candidates interested in West Point.

Flip works full time as a sales representative in the medical pharmaceutical industry. Since 2000 he has spent representing products by several companies in the Oncology sector. Flip resides in Lake George with his wife Laurie, and their 4 children.

Julie Prendeville

Julie was born in Holden, Massachusetts but moved to Fishkill, New York in 1957 where she grew up. Her father introduced her to swimming and her first official swim season was in the local YWCA's 20 yard pool. It was not long after that she joined the Poughkeepsie YMCA swim team where she swam for Coach Jack Kennedy. Julie was also part of the first ever swim team at John Jay high school. By age 15, Julie had qualified for YMCA Nationals but chose to pursue her love for competitive skiing.

After graduating high school in 1974, Julie, along with her continued passion for competitive ski racing, was fortunate to be nominated All American (batting average) and playing 3rd Base in the NJCAA Softball Championships while earning her Associate in Applied Science, Physical Education degree at Orange County Community College in 1979. She then went on to the University of New Hampshire where she graduated with a Bachelor of Science in Physical Education in 1981.

Julie started her coaching career in 1976 in skiing. Julie loves helping young athletes improve and she shows that through her coaching of swimming with the Gators since 1995 and skiing as well as through her full time work at CWI. She has been a part of three 1st place finishes at the 2006, 2008 and 2009 North Country Swim Leagues Championships. Julie resides in Diamond Point with her husband Mark, and their two daughters.

Kristi Dardis

Kristi started coaching with the Glens Falls YMCA Gators at the beginning of the 2008 short course season as the Gatorades coach. Beginning in November 2009 she will also be the coach for the pre-team.

Kristi was born in Gloversville, NY and started swimming at the age of 5 when she moved to Saratoga Springs with her family. She was a member of the Saratoga YMCA Stingrays swim team until she graduated high school. She attended Saratoga Springs High School and swam for their varsity swim team for 5 years, each of those years qualifying for and competing in the Section II Sectionals championships. She was the Section II champion in the 100 backstroke and the 400 freestyle relay her senior year. Although a variety of factors have kept her out of the competing arena for many years, her love and passion for the sport have never faded and she is grateful for the opportunity to be a part of the team and working with the younger swimmers.

Kristi works full time as a paralegal for a law firm in Albany, New York as well as being a Title Officer for a national title insurance company. Kristi resides in Gansevoort with her husband Tom, and their 3 children.

Kris Jeffords

Kris will begin his second year as an assistant coach with the team. He swam with the Glens Falls YMCA Gators for 11 years. Kris was a 3-time short course YMCA National qualifier and a 4-time long course YMCA National qualifier.

Kris graduated from Glens Falls High School in 2007. He is currently attending Adirondack Community College and is majoring in Criminal Justice.

Emily Singer

Emily Singer is a Junior at Queensbury High School. She has been involved with the Glens Falls YMCA Gators Swim Team for nearly 12 years as a volunteer, swimmer, and coach. She is a certified Water Safety Instructor and in addition to 2 years of coaching with the team, has experience teaching lessons at the YMCA.

Emily started swimming for the team in 2000 where her work ethic and developing her stroke technique were two of her strengths. In 2007 Emily was diagnosed with a heart condition called Hypertrophic Cardiomyopathy, which caused her struggle with aerobic training. Her condition declined rapidly, resulting in a heart transplant in January 2009. As soon as her recovery allowed, Emily returned to coaching Gatorades and is pleased to continue helping with beginner swimmers, which is her passion.

Dennie Swan-Scott

Dennie was born in Jamestown, NY. She started swimming at age six with the "Jamestown Jets" YMCA Swim Team, and swam year round until 9th grade when she transferred to Jamestown High School to swim.

Dennie earned a Swimming Scholarship at Edinboro University of Pennsylvania. She graduated in 1998 with a Bachelor of Arts in Fine Arts and Crafts/Ceramics with a minor in Art Education. For nine years she and her husband ran a Wilderness Retreat for the University at Albany, in Thurman NY.

She is currently a Master Gardener working at a Private Estate in Lake George. Dennie resides in Lake George with her husband Matthew and their three children.

PRACTICE SCHEDULE – SHORT COURSE 2009-2010

Senior Group

MONDAY	6:00-8:30PM
TUESDAY	5:45-8:30PM
WEDNESDAY	5:45-8:30PM
THURSDAY	5:45-8:30PM
FRIDAY	5:45-8:15PM
SATURDAY	6:30-9:30AM

**TUESDAY/THURSDAY AM PRACTICES 5:15-6:45am by coach invitation*

Black Group

MONDAY	6:30-8:30PM
TUESDAY	6:00-8:30PM
THURSDAY	6:30-8:30PM
FRIDAY	5:45-8:15PM
SATURDAY	6:30-9:30AM

**TUESDAY/THURSDAY AM PRACTICES 5:15-6:45am by coach invitation*

Gold Group

MONDAY	6:00-7:30PM
TUESDAY	5:30-7:00PM
WEDNESDAY	6:00-7:30PM
FRIDAY	5:15-6:45PM

Green Group

MONDAY	5:45-7:00PM
WEDNESDAY	6:00-7:30PM
THURSDAY	6:00-7:30PM

Gatorades

MONDAY	5:45-6:45PM
WEDNESDAY	5:45-6:45PM

PRE-TEAM (Nov-Mar & May-July Only)

Monday	6:30-7:00PM
Thursday	5:30-6:00PM

Masters

MONDAY	7:30-8:30PM
WEDNESDAY	7:30-8:30PM
FRIDAY	6:45-7:45PM
SATURDAY	6:00-7:00AM

SIGNATURE PAGE

In order to ensure that swimmers, parents and coaches are all on the same page with regards to our policies, each swimmer and parent(s) must sign and return this page to the Head Coach. If you have any questions please do not hesitate to ask.

I acknowledge that I have read and understood the contents inside the Gators Swim Team Handbook. I understand the team rules and policies as outlined in the handbook and will adhere to them at all times:

Swimmer

Parent/Guardian

Parent/Guardian

Glens Falls YMCA Gators Swim Team

Application for Enrollment *NEW SWIMMERS ONLY*

Swimmer Information

Name (Last, First, MI): _____

Date of Birth: _____ Age: _____

Address: _____

Email Address: _____

Please describe your swimming background. List years of lessons, years of competitive swimming experience, and teams/locations where you have swum.

Parent Information

Mother's Name _____

Work/Cell _____ Email _____

Father's Name _____

Work/Cell _____ Email _____

Parent experience with swim club work (officials, meet personnel, fund raising, meet entry, etc):
