



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



GATORS

Swim Team

Handbook 2011-2012

**Glens Falls Family YMCA
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TABLE OF CONTENTS

Introduction/Mission.....	2
Team Expectations (Coaches, Swimmers, Parents, 10 Commandments of Swimming)	3
Training Levels.....	4
Swim Meets.....	7
Team Costs.....	10
Team Equipment.....	12
Communication.....	13
Team Rules.....	14
Parent Participation.....	16
Practice Schedule Short Course 2011-12..... -SUBJECT TO CHANGE	18
*Signature Page.....	19
*Application for Enrollment.....	20
*Parent Participation Registration.....	21
*PLEASE FILL OUT AND GIVE TO YMCA FRONT DESK UPON REGISTRATION	

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,

Jeff Barlok
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 are required to 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.

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 –

- 25 Freestyle continuous
- 25 Backstroke continuous
- 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 –

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

All swimmers are strongly encouraged 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 is offered 5 practices a week. Attendance at a minimum of 4 workouts a week 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 –

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

All swimmers are required to be USA swimming registered.

BLACK GROUP –

This training level is designed for the more advanced age group swimmer who has attained an advanced training capacity as well as the high school age swimmer. The group will emphasize stroke technique, aerobic conditioning, general dry land skills, and teamwork.

Attendance is the number one thing that reflects a swimmers 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 is offered 6 practices times per week. Swimmers are encouraged to attend 5 of the 6 practices offered weekly.

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

All swimmers are required to be USA swimming registered.

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.

Masters will practice 4 days a week; 3 evenings and Saturday mornings. An additional workout 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, participation of all families is required. 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 the Glens Falls High School 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 time of the meet will be listed on the season schedule and emailed to the team. Warm ups are usually one hour before the starting time. Parents will be notified of last minute changes by way of 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.

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 three (3) 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. 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 July. 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.

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 some of the events for each swimmer. Entry fees will be due prior to meet entries. Some meets will specify qualification times to 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.

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.

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.

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 Gold and Black 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 2011-2012 program year (September 2011– Jul 2012). 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. Gatorades are billed coinciding with the Program Sessions of the Y. Varsity swimmers are given a discounted rate as there seasons coincide with our Short Course Season.

SWIM TEAM PROGRAM FEES AND PAYMENT PLAN FOR 2011-2012:

	<u>Full Season</u> (Sep-Jul)	<u>Short Course</u> (Sep-Mar)	<u>Long Course</u> (Apr-Jul)
GREEN GROUP:	\$560	\$385	\$220
GOLD GROUP:	\$770	\$560	\$320
GOLD VARSITY:	\$630	\$400	\$320
BLACK GROUP:	\$980	\$770	\$440
BLACK VARSITY:	\$805	\$525	\$440

Payment Plans: please note that the Full Season payment plan is for the September through July season, but the payments are to be paid in the first seven months of the season.

FULL SEASON – 7 MONTH PLAN	1-Aug	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb
Green Group	\$80	\$80	\$80	\$80	\$80	\$80	\$80
Gold Group	\$110	\$110	\$110	\$110	\$110	\$110	\$110
Gold Varsity	\$90	\$90	\$90	\$90	\$90	\$90	\$90

Black Group	\$140	\$140	\$140	\$140	\$140	\$140	\$140
Black Varsity	\$115	\$115	\$115	\$115	\$115	\$115	\$115

Short Course - 7 MONTH PLAN	1-Aug	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb
Green Group	\$55	\$55	\$55	\$55	\$55	\$55	\$55
Gold Group	\$80	\$80	\$80	\$80	\$80	\$80	\$80
Gold Varsity	\$57	\$57	\$57	\$57	\$57	\$57	\$57
Black Group	\$110	\$110	\$110	\$110	\$110	\$110	\$110
Black Varsity	\$75	\$75	\$75	\$75	\$75	\$75	\$75

Long Course - 3 MONTH PLAN	1-Mar	1-Apr	1-May	1-May
Green Group	\$55	\$55	\$55	\$55
Gold	\$80	\$80	\$880	\$880
Black	\$110	\$110	\$110	\$110

MASTERS	FALL I	FALL II	WINTER	SPRING	SUMMER 1	SUMMER 2
<i>Member</i>	\$63	\$72	\$108	\$90	\$36	\$36
<i>Non-Member</i>	\$84	\$96	\$144	\$120	\$48	\$48
GATORADES	\$73.50	\$84	\$126	\$105	\$42	

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. Fees are due at the time you register the swimmer for the meet. Forms are located in the USA Swimming file outside the pool and must be completed and handed to the front desk at time of payment. 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. Any swimmer who drops out after the two week trial period will be responsible for the entire season fees. Special circumstances must be discussed with the head coach.

TEAM EQUIPMENT

Team equipment and team attire will be available for purchase at the beginning of the short course season. After the initial order, swimmers will be responsible for placing their own individual orders. Please let the Head Coach know if you have any questions.

REQUIRED TRAINING EQUIPMENT

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

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

Gold - Suits, goggles, water bottles, caps, zoomers, t-shirt, shorts, sneakers, cords.

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

*Swim caps can be purchased from the front desk 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 or the bulletin board and at parent 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.

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 monthly 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 is 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) or guardian(s) of each Gator swimmer is expected to volunteer and participate with various tasks listed below.

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.

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. Work with the Head Coach to handle all incoming meet entries for hosted meets and the daily computer operations at all hosted meets.

SWIM MEET POSITIONS

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

Timing System Operator – Operate the 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.

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.

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

Team Pictures – Organize the annual team picture.

(SUBJECT TO CHANGE)

GATOR SWIM TEAM PRACTICE SCHEDULE (Short Course 2011-12)

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Land</u>	<u>Swim</u>	<u>Lanes</u>
<i>GATORADES</i>	TUE	5:45-6:45	6:30-6:45	5:45-6:30	4,5,6
Total Hrs - L .5 W 1.5	THU	5:45-6:45	6:30-6:45	5:45-6:30	4,5,6

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Land</u>	<u>Swim</u>	<u>Lanes</u>
<i>GREEN</i>	MON	6:30-8:00	7:30-8:00	6:30-7:30	3,4,5,6
Total Hrs - Land 1.5 Water 3.0	WED	5:45-7:45	5:45-6:15	6:15-7:45	4,5,6
	THU	6:30-8:00	7:30-8:00	6:30-7:30	3,4,5,6

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Land</u>	<u>Swim</u>	<u>Lanes</u>
<i>GOLD</i>	MON	5:15-6:30		5:15-6:30	1,2,3
Total Hrs - Land 2.5 Water 7.25	TUES	5:15-8:00	5:15-6:15	6:30-8:00	1,2,3
	WED	5:45-7:45	5:45-6:15	6:15-7:45	1,2,3
	FRI	5:30-7:30	5:30-6:00	6:00-7:30	1,2,3
	SAT	7:00-9:00am	7:00-7:30am	7:30-9:00am	1,2,3

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Land</u>	<u>Swim</u>	<u>Lanes</u>
<i>BLACK</i>	MON	5:15-6:30		5:15-6:30	4,5,6
Total Hrs - Land 3.5 Water 10.75	TUE	5:15-8:30	5:15-6:15	6:30-8:30	4,5,6
	WED	5:45-8:45	8:00-8:45	5:45-7:45	4,5,6
	THU	5:15-8:30	5:15-6:15	6:30-8:30	4,5,6
	FRI	5:30-8:00	5:30-6:00	6:00-8:00	4,5,6
	SAT	7:00-9:00am	7:00-7:30am	7:30-9:00am	4,5,6

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Land</u>	<u>Swim</u>	<u>Lanes</u>
<i>MASTERS</i>	MON	7:30-8:30	X	7:30-8:30	2,3,4,5,6
Total Hrs - Water 4	WED	7:45-8:45	X	7:45-8:45	2,3,4,5,6
	FRI	7:00-8:00	X	7:00-8:00	2,3,4,5,6
	SAT	6:00-7:30am	X	6:00-7:30am	2,3,4,5,6

Practices in RED are at the Glens Falls High School

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

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. If you are transferring from another team you must provide a

Parent Information

Mother's Name _____

Work/Cell _____ Email _____

Father's Name _____

Work/Cell _____ Email _____

PARENT PARTICIPATION REGISTRATION

Please check off below the category or categories that you will be able to assist with during the season:

- Parent Council
- Social Committee: Fall picnic, League/States Parties, team outings, socials, etc.
- Apparel
- Parent Liaison
- Meet Director
- Timing Coordinator
- Officiating
- Supersplash Committee: Concession, Runner, Poster, Announcer, Marshals, meet apparel, etc.
- Meet Timing Systems
- Dual Meet Concessions
- Meet Coordinator/Registrar
- Year End Banquet

Each family must check at least one of the above categories to assist during the season. Please reference pages 16 through 18 of this handbook for descriptions.

Name: _____

Date: _____

**TEAM MEETS
SHORT COURSE 2011-2012**

<u>MEET</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>USA/YMCA</u>	<u>TRAINING LEVELS</u>
<u>October</u>					
GREEN-GOLD	Sat Oct 8		GLENS FALLS Y	INTRASQUAD	ALL
Glenville	Sat Oct 29	1:00pm	Glenville Y	YMCA	ALL
<u>November</u>					
FLYERS DEVELOPMENTAL	Sun Nov 6	TBA	GF HIGH SCHOOL	USA	Gatorades (Optional), Green, Gold (Optio
PILGRIMS PRIDE	Sat Nov 12	TBA	RPI	USA	Gatorades (Optional), Green, Gold, Black
Southern Saratoga	Sun Nov 20	1:00pm	Southern Saratoga Y	YMCA	ALL
<u>December</u>					
SUPERSPLASH	Sun Dec 4	TBA	UNION	USA	Gatorades (Optional), Green, Gold, Black
Harvard	Thu Dec 8-11	TBA	HARVARD	USA - Team Trip	Qualified Black
Greenbush	Sun Dec 18	1:00	Glens Falls High	YMCA	ALL
<u>January</u>					
Polar Plunge	Sat Jan 1	TBA	Shepard Park Beach		ALL
STARFISH	Fri Jan 6-8	TBA	RPI	USA	Gatorades (Optional), Green, Gold, Black
Guilderland	Sat Jan 14	1:00pm	Glens Falls High	YMCA	ALL
<u>February</u>					
League Champs	Sun Feb 5	TBA	Shenendahowa	YMCA	ALL
Saratoga	Sun Feb 12	1:00pm	Saratoga Y	YMCA	ALL
REGION I CHAMPS	Fri Feb 17-20	TBA	UNION	USA	Time Standards
<u>March and April</u>					
STATE CHAMPS	Fri Mar 16-18	TBA	BUFFALO	YMCA	All Qualified
YMCA NATIONALS	Wed Apr 2-5	TBA	GREENSBORO, NC	YMCA	All Qualified