

# Lancaster YMCA Swim Team

*CONTINUING THE TRADITION OF  
AQUATIC EXCELLENCE*



STINGRAYS PARTICIPATION HANDBOOK  
2009 – 2010 WINTER SEASON

[www.lyststingrays.org](http://www.lyststingrays.org)

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## THE YMCA PHILOSOPHY

### *Caring – Honesty – Respect – Responsibility*

The YMCA strives to serve the whole community through programs expressing Judeo-Christian principles that build healthy spirit, mind and body. These programs will teach our young athletes values, responsibility, goals, and direction to achieve these goals. The YMCA wishes the young athlete to be self-motivated, honest, and respectful of both self and teammates. We believe a swimmer's mark of excellence should be determined by his/her self-improvement, self-determination, and self-accomplishment, not by medals or ribbons, but by the standards or times set up by the coach and athlete.

We recognize that our swimmers may have different priorities in their lives, so our programs are designed to work with all levels of priorities. If a swimmer wants to achieve specific times, then that swimmer has the option of attending more workouts.

We are here to benefit of all of our swimmers. Therefore, the coaches and parents need to fulfill their responsibilities to ensure the most positive experience for all of our athletes.

#### It's All In The State Of Mind

If you think you're beaten, you are;  
 If you think you dare not, you don't  
 If you'd like to win, but think you can't  
     It's almost a cinch you won't.  
     For many a race is lost  
     Before ever a stroke is swum;  
     And many a coward fails,  
     Before his work has begun.  
 Think big, and your deeds will grow  
     Think small, you'll fall behind;  
 Think that you can and you will –  
     It's all in state of mind.

If you think you're outclassed, you are  
     You've got to think high to rise.  
 You've got to be sure of yourself before  
     You can ever win a prize.  
     Life's battles don't always go  
     To the stronger or faster man,  
 But sooner or later the man who wins,  
     Is the fellow who thinks he can.

## COMMUNICATION

LYST has several methods of communicating information to its members:

1. Swimmer's Files. Each swimmer will have a folder located in the south end of the hallway adjacent to the Wendel Pool. Swimmer awards can be found in these folders. You are responsible for retrieving this information! Check it out weekly. Also, each coach will have a folder.
2. LYST has a bulletin board mounted on the wall next to the Natatorium in the hall. The bulletin board will have important information and news about what's happening with the team and latest updates. On the bulletin board you will find information from the coaches, sign ups for invitationals, dates for upcoming events, past meet results and sign ups for volunteer duties. **It is strongly recommended that you check the bulletin board often to retrieve the most recent information.**
3. Parent meetings will be held on a regular basis. These meeting are usually on Tuesday during swim practice. They are typically twice a month with weekly meetings a month prior to the LYST invitational.
4. **E-Mail.** Please provide the "family" e-mail address so that we may forward important announcements, etc. If your E-mail address changes during the season please notify the LYST steering committee president.
5. The LYST Stingrays web site is [www.lyststingrays.org](http://www.lyststingrays.org). The site has up-to-date information about the team, meets and events. Please check this site frequently for general announcements, dates and other important links.

## ORGANIZATION

LYST consists of all swimmers, their parents or their legal guardians. The LYST Steering Committee is made up of a group of 5 elected swim parents. They are supported by the YMCA personnel and coaching staff.

### LYST Parents Mission

*The mission of LYST swim parents is to be a source of encouragement for ALL swim team members. LYST parents are dedicated in their support of the Coaching Staff, volunteer to run both the team and each meet, and help the Parents Steering Committee create an environment that promotes an exceptional swim program.*

Note: The LYST Steering Committee meets regularly throughout the season. The meetings are held at the Y and **are open to all swim parents**. We encourage all parents to attend. Meetings will be announced via the web page and posted on the Bulletin Board. Specific items will be covered during the meetings and will be determined by the LYST steering officers. Minutes of the meetings can be found on the web page.

### **2009-2010 Parents Steering Committee Officers**

Suzanne Young, President

Open, Vice President

Open, Secretary

Mary Wingett, Invitational Coordinator

Lori Parrish, Treasurer

#### **Steering Committee Advisor**

Jim DePietro-Past President

#### **Committee Chairpersons\***

Officials: Jim DePietro

Score Table/Computer: Mary Wingett/ Lori Parrish

Invitational/Director: Mary Wingett/Jim DePietro

Bull Pen: Kaye Williamson

Apparel: Open

Concessions/Hospitality: **Jen Lewis/Cindy Gilmore/Jane Householder**

Timers/Credit System Chairperson: **Open**

Fund Raising: Open

Facility Management: open

#### **Volunteer Positions**

Entries/Scoring

Timing

Runners

Bullpen

Scoreboard

Clean-up/Set-up

## *Summary of Committee Duties*

### **OFFICIALS:**

The LYST invitational, home and away meets including Championships require certified officials from our team. There is a 1-day 4 hour certification program offered at different times and locations throughout the season. Please talk to Dr. DePietro if you are interested in becoming an official. It is not necessary to be an official to time.

### **FUND RAISING:**

The team is always in pursuit of fund raising activities. This year we will be offering apparel for swimmers and parents to help raise funds to help the cost of running our team. Other fund raisers such as Banners and Invitational sponsorships will again be pursued this year.

### **INVITATIONAL DIRECTOR:**

This position oversees the LYST invitational and all duties associated with the running of the LYST Invitational. This includes learning the timing system, entries and computer operation. It also requires conversing with other league teams.

### **BULLPEN:**

The bullpen is responsible for getting swimmers get to the blocks. Bullpen workers help organize swimmers into their events, heats and lanes in the Natatorium hall way so that the meet can run as quickly as possible. The LYST invitational requires extra bullpen helpers due to the number of swimmers. A bullpen or check in area is used at all home meets.

### **AWARDS/APPAREL:**

These individuals are responsible for contacting swim vendors and other companies to order ribbons, medals, apparel and swim gear for home meets and LYST invitational. ~~Suit try-ons will be held at the Lancaster YMCA in late September or early October.~~

### **COMMUNICATIONS:**

The success and future of this team requires that the public hears about the success of our team! From newspapers to local radio and the Internet, it is important that the community be informed about our swimmers achievements. These people are responsible for getting our team results and any other story ideas to the local news media and posting news near the pool, bulletin board outside the pool and web sight.

### **CONCESSIONS/HOSPITALITY:**

These individuals are responsible for supplying food for all home swim meets and parties. They also provide food for officials and coaches during the LYST Invitational. The more volunteers for this committee, the easier the job! This is a MAJOR moneymaker for our team. And lots of fun, too.

### **VOLUNTEER COORDINATOR:**

The volunteer chairpersons will oversee that all jobs are filled to allow for the proper function of a home meet, LYST Invitational and away meets that require volunteers such as Champs etc. They will also be responsible for monitoring check in/ check out for the new volunteer "credit system".

### **FACILITY MANAGEMENT:**

Home meets require set-up of equipment and tearing down of equipment. There is a need for set-up in the gym and natatorium hall way for home meets as well. All parents are asked to help with clean-up after home meets.

## SOUTHEASTERN OHIO-WEST VIRGINIA SWIM LEAGUE

LYST is one of 22 teams in the Southeastern Ohio-West Virginia Y Cluster League. Other teams include:

Beckley	Mt. Vernon	Gahanna
Huntington	Wheeling	Urban Crest
Parkersburg	Suburban East (SEEYA - Pickerington)	Licking County
Ross County Y	Circleville	Hilliard
Cambridge	Charleston	
Harrison County WV	Newark	
Zanesville	Columbus North	
Columbus Hilltop	Marietta	
Liberty-Township Powell	Grove City	

### SEOWV

(web site [www.seowvswim.org](http://www.seowvswim.org))

Be sure to visit the Swim League web site for updates on news, clinics, meet results and directions to other YMCAs.

### Miscellaneous League Notes

- The 2009-10 SEOWV Championship meet will be held in Athens, Ohio at Ohio University on **March 6-7, 2009**.
- The 2009-10 Zones meet will be held in **Bowling Green, Ohio 19-21, 2010**.
- Winter Nationals Fort Lauderdale, Florida **April 7-10, 2009**.

### USA Swimming

The Lancaster YMCA is a member of USA Swimming. All registered LYST swimmers of any ability are welcome to join the LYST USA team. By being a member of USA swimming, LYST swimmers are offered the opportunity to compete in meets that are different than the Y meets. There are additional fees which are noted in the fee section of the handbook.

## LYST Stingrays – Explanation of Fees

### LYST TEAM FEES

These fees are paid at the beginning of the season and directly benefit the team. Make checks payable to LYST. If team fees are not paid in full within 30 days of registration, swimmers will not be permitted to practice or compete until paid. Please contact the Treasurer, if you are unable to meet this deadline.

1. ***Concession Fee***

This fee provides start-up money for concessions for all home meets, including the LYST Invitational. The fee for the 2009-10 season is \$30.00 per family. (Note: LHS swimmers pay \$20.00 due to the limited swimming during the high school season)

2. ***LYST Booster Fee***

This fee pays entry fees for all team members for the LYST Invitational and Championships. The fee for the 2009-10 season is \$25.00 per swimmer, \$60.00 family maximum.

### SWIM TEAM PROGRAM FEES

These fees are paid directly to the Robert K. Fox Family Y, payable at the Rotunda desk. Make checks payable to the Fox Family Y.  
*Note: All swimmers must also be members of the Fox Family Y.*

1. ***Registration Fee***

This fee is a one-time fee only, paid at the time of application. The fee for the 2009-10 season is \$25.00 per swimmer.

2. ***Program Fees***

Fees must be paid by the 1<sup>st</sup> of each month from *October through February*. A late fee of \$10.00 will be assessed for late payments. Program fees for the 2009-10 season are as follows:

Gold Team (Ages 13-18)	\$57.00 per month
Blue Team (Ages 11-12)	\$53.00 per month
Red Team (Ages 9-10)	\$46.00 per month
White Team (Ages 6-8)	\$41.00 per month
Fall Conditioning	
Ages 11-18	\$57.00 per swimmer
	\$79.00 per swimmer non-member
Ages 9-10	\$45.00 per swimmer
	\$65.00 per swimmer non-member
Ages 6-8	\$29.00 per swimmer
	\$40.00 per swimmer non-member

#### Worksheet

Use to calculate fees payable at time of registration:

Concession Fee (\$30.00; if LHS swimmer only, pay \$20.00) \_\_\_\_\_

Booster Fee (family maximum, \$60.00) \_\_\_\_\_ swimmers x \$25.00 each + \_\_\_\_\_

**Please make check payable to LYST for this amount** = \_\_\_\_\_

Registration Fee \_\_\_\_\_ swimmers x \$25.00 each \_\_\_\_\_

**Please make check payable to Fox Family Y for this amount**

\* Fees for USA participation are presented separately.

## **SPORTSMANSHIP**

The coaches and the YMCA aquatics director have the authority to remove athletes from the natatorium who are disruptive to other swimmers through their behavior. This would include obscene behavior, gestures, or language in the natatorium or locker rooms. Absolutely no disrespect towards individuals associated with the team or general Y-members by swimmers or parents will be tolerated. Any violations will result in disciplinary action by the appropriate authorities including loss of Y privileges, removal from the team and/or suspension from swim meets.

**“Always choose the path that moves in the direction of your dreams. Though your journey may be filled with many winding roads, when you are inspired to follow your dreams, you eventually find success, and discover it is less about the destination and more about the manner in which you traveled.”**

Author unknown.

## **LYST Ten Commandments for Parents**

1. I will read the handbook. Really I will.
2. I agree to bring my child to practice, and be there 15 minutes early.
3. I will be present at least 10 minutes before the end of practice.
4. I will pay my fees on time. I will not create extra work for other volunteers.
5. I will volunteer to help the team.
6. I will help with the Parents' Steering Committee when asked and even before being asked. I will participate at Parents Meetings.
7. I will support the Coaches. If I think the Coaches need my input I will first ask if they need my help. If I have a problem with a coach I will take it first to the coach at the appropriate time and not in front of other parents and /or swimmers.
8. I will make sure that my child(ren) follows the YMCA Code of Conduct and the LYST rules.
9. I will stay connected to the team via email, phone and the bulletin board.
10. I understand that our team is a family and my family is part of the team. I understand that though I may not agree with all of the decisions of the coaches or steering committee, I will do my best to create a positive atmosphere realizing that like me no one is perfect.

## LYST COACHES

### Coaches

The coaching staff is responsible for team practices, choice of meets, and choice of events at home meets and SEOWV Championships. Invitationals are the swimmers choice with help from the coach. All of our coaches welcome your questions before and after practice.

**Head Coach- Heather Parkman**

**Assistant Coaches-**

**Open – ~~Blue Team Assistant Coach~~**

**Ruth Perry – ~~Red Team Assistant Coach~~**

**Stacy McQueary – ~~White Team Assistant Coach~~**

\*\* Currently certified USA coaches include Heather Parkman and Ruth Perry

## Team Suits and Apparel

We will provide the opportunity to purchase a team suit for purchase prior to the start of the regular season. If you do not wish to purchase the suit available for sale, you must have a black and/or red suit of some kind for all meets. Regular season team caps will be available for purchase before the season and during the season. ***Per the head coach, a team cap is mandatory for ALL regular season dual/tri meets, Invitationals, USA, and SEOWV Championship meets.*** For those swimmers who have earned a Zone and/or National cap, we will reserve wearing the designated caps to those particular meets. We are proud to be a part of the Lancaster Y Swim Team and we want to project our pride by wearing LYST apparel.

## PRACTICE SCHEDULE

### Fall Conditioning 2009

September 8– October 2

The Lancaster Y Stingrays open their 2009-10 season with conditioning designed to get the swimmer back into shape after the break between summer and fall. *Open to Y members only.*

Ages 11-up M, T, W, TH, F 5:00 – 7:00 p.m.

Ages 9-10 M, T, W, TH 6:00 – 7:00 p.m.

Ages 8-6 M, T, W, TH 5:00 – 5:45 p.m.

### Regular Season

October 5 – March 2010

#### Practice Schedule

**Level 6** - Training is geared toward YMCA National competition and beyond. The training emphasis for this group is high levels of endurance, strength, and speed conditioning with technique refinement. The swimmers will work on training longer distance, IM work, interval training, and aerobic base development. A mandatory dryland program is utilized to enhance core muscles for maximum performance and injury prevention. This group is only for athletes committed to reaching their full swimming potential. Year round training and mandatory 4 practices per week is required.

(Ages 13-18)

#### Level 6 Practice

M,T,W,Th,F Pool time 3:30-5:30pm

Dryland 5:30-6:15pm

**Level 5** - This group is for 11-18 year old swimmers who aspire to become National Y or collegiate swimmers. The refinement of stroke technique, starts, turns are important at this level. The focus of this group is to take their swimming to the next level. The members of this team must have the ability to uphold a rigorous training regimen as well as the desire to stay focused on their goals. A dryland program is offered for this team and strongly suggested. At least 4 practices per week are strongly recommended for this level.

(Ages 11-18)

#### Level 5 Practice

M,T,W,Th,F Pool time 5:00-7:00pm

Dryland 4:30-5:00pm

**Level 4** - This team is for the experienced competitive swimmer preparing for the Great Lakes Zone Championships and/or high school level of swimming. Emphasis is placed on technique with a stronger conditioning experience. Racing strategies and mental preparation is introduced. Dryland exercises are also introduced at this level. Lanes will be assigned based on timed performance. At least four practices per week is recommended.

(Ages 9-15)

#### Level 4 Practice

M,T,W,Th,F Pool time 6:00-7:30pm before high school season

5:30-7:00pm after high school season begins

Dryland 20 minutes before scheduled practice

**Level 3** - This level will introduce young experienced swimmers and newer older swimmers to mild distance and endurance work. Stroke, start, and turn technique will be the primary focus for the group. Lanes will be assigned based on timed performance. Three to four practices per week is recommended.  
(Ages 8-14)

Level 3 Practice

M,T,W,Th 5:45-7:00pm

**Level 2** - This level will provide swimmers with at least 2 years of competitive swimming experience the continuation of learning the fundamentals of competitive swimming. Swimmers should be able to legally swim the freestyle and backstroke, while butterfly and breaststroke should be at or near legal. Emphasis is placed on stroke, start, and turn refinement and preparation for the next level. Two to three practices per week is recommended.  
(Ages 7-12)

Level 2 Practice

M,W Fox Pool 4:30-5:30pm

T,Th Wendel Pool 5:15-6:15pm

**Level 1** - This level is for novice swimmers and those with less than 2 years competitive swimming experience. The emphasis is to develop the fundamentals of all four strokes by means of drills and games that create an enjoyable environment to develop their skills. Two to three practices per week is recommended.  
(Ages 6-11)

Level 1 Practice

M,W Fox Pool 4:30-5:15pm

T, Th Wendel Pool 5:00-5:45pm

***Practice is cancelled ONLY if the Y is closed!***

*Please keep in mind that high school teams practice in the Wendel Pool from November through February:*  
Lancaster High School                      Monday through Friday                      Time not yet determined

## **TEAM ACCEPTANCE PROTOCOL**

Any athlete wishing to join LYST for the first time will be invited to try out for the team during the first week of the swim season. Considerations are as follows:

- Attendance, general attitude, and ability.
- The availability within various levels to eliminate overcrowding

## **BASIC RULES OF CONDUCT**

1. Swimmers shall meet all requirements of their respective training level. Remember, attendance is necessary for conditioning and development of swimming skills, if a problem arises and you need to alter your workout schedule, please contact your coach. Please be on time for workouts.
2. Swimmers, parents, and coaches are expected to conduct themselves in a manner that will bring credit to them and to LYST and to the Robert K. Fox Family Y. Disruptive behavior will not be tolerated in the YMCA, at practices or at swim meets. Respect is due to the YMCA staff and YMCA property.
3. All swimmers must be at meets at least 15 minutes before our assigned warm-up time. LYST warms up as a team and not as individuals. Swimmers showing up late may mean switching relays around to accommodate those swimmers who are dedicated and on time.
4. Any swimmer found to have caused physical damage to any of the facilities we attend, will be charged for the repair or replacement of the damaged property. Additional disciplinary action from the team will likely be taken as well.
5. Any coaching decisions in which you have a question should be discussed with the coach involved. Please do not talk to the coach on the deck, wait to talk to him/her at the first available time. Also, please make sure no other swimmers are exposed to this conversation.
6. At meets, if a problem arises in regards to officiating or meet format, please inform the coach as soon as possible. Do not address officials or other coaches.
7. Parents: be fair and open in your communications with your child, with the Steering Committee, the YMCA, and the coaching staff.
8. When arriving at a swim meet, please check in with the coaches on deck. Let them know you're here.
9. Parents please do **not** interrupt coaches, or a swimmer, during workout times. The deck is closed during practice.
10. All swimmers **must** show their membership cards to enter YMCA for practices.
11. **ALWAYS** bring goggles and other swim equipment to practice and meets. The coaches do not keep a supply on hand. If a swimmer forgets their goggles, they will swim without them.
12. **ALWAYS** congratulate your competitors whether you win or lose. "Good swim" is all that needs to be said and it goes a long way!

## FACILITIES

Meets will be held in the Don C. Wendel Aquatics Center (8-lane, 25 yards) at the Robert K. Fox Family YMCA. Our swimmers are guests of the facility, they are reminded of the four basic principles of the YMCA: Caring, Honesty, Respect, and Responsibility. It is *imperative* that swimmers follow the YMCA principles, pool rules and keep the locker rooms in order. Failure to follow the YMCA Principles can result in disciplinary action including suspension from the team. ***Parents are expected to monitor their own children and should not rely on the Y staff or other adults to assume responsibility for their child's behavior.*** All swimmers and parents are asked to report problems such as misbehavior or use of foul language to the Y staff. The older swimmers including young men and women should remember that there are young children in the locker room who should not be subjected to lewd behavior or foul language. This team does not tolerate a “boys will be boys mentality.” **Inappropriate language or gestures will not be tolerated.**

## YMCA INVITATIONALS

Entry forms for various invitationals will be posted on the bulletin board. It is your responsibility to enter the events you wish to swim (including your seed times) and pay the fees by dropping a check in the LYST mailbox next to the bulletin board. (Checks payable to LYST). If payment is not received by the designated due date, then that swimmer will not be entered into the meet, NO EXCEPTIONS!

## DUAL/TRI MEETS

The coaching staff has put together a meet schedule that addresses the needs of all our swimmers. A meet schedule is enclosed in this handbook. It is your responsibility to know when and where, and to arrange transportation to and from all meets. If you have transportation problems, please notify the Head Coach immediately!

Since the coaching staff works around this set schedule, no swimmer shall attend any other meet unless given permission by their coach.

The meet line-ups will be entered unless a swimmer signs out (***crossing their name off of the roster sheet on bulletin board***) that they will NOT be able to attend the meet. Please check the Bulletin Board for this sign-out sheet prior to each meet. It is the Parents/Swimmers responsibility to sign out of a meet. Don't disappoint your teammates by being a NO SHOW.

### Important Notes:

\*Swimmers will be automatically entered in every LYST dual/tri meet. If you cannot attend there will be a sign out sheet posted on the bulletin board the week prior to the meet. If you are not going to attend that meet, please be sure to SIGN OUT your swimmer by crossing their names off the roster, or contact one of the coaches.

\*Invitationals are optional. If your swimmer will be attending that event, they will be a sign up sheet as they can select the events they would like to swim. Payment for those Invitational events will be due at sign up time. The coaches will coordinate the relays, based on the swimmers participating.

\*It is VERY important that all swimmers compete in at least 3 meets during the season in order to qualify for the SEOWV Championships. All swimmers that have met this requirement will be expected to participate in Championships the weekend of **March 6 – March 7, 2009.**

\*This is a *tentative* schedule. Communication of any changes/additions will be shared as soon as they are available.

## 2009-2010 YMCA Winter Meet Schedule

October 10	Away	Start Time TBA	Hilliard Midnight Madness Relay Invitational
October 17	Home	12:00 pm Warm-Up / 1:00 pm	Home Meet with Liberty Township YMCA
October 18	Away	Start Time TBA	Licking County Family Y Invitational
October 24	Home	12:00 pm Warm-Up / 1:00 pm	Home Meet Columbus Hilltop YMCA
November 7-8	Home	Start Time TBA	Lancaster Invitational
December 5	Away	12:30 pm Warm-Up / 1:00 pm Start	Away meet @ Gahanna YMCA
January 2	Away	12:30 pm Warm-Up / 1:00 pm Start	Penguin Plunge Invitational
January 9	Home	12:00 pm Warm-Up / 1:00 pm	Home Meet Columbus North YMCA
January 16	Away		Sprints Invitational @ CNY
January 23	Home	12:00 pm Warm-Up / 1:00 pm	Home Meet Jerry Garver YMCA
February 13 or 20 (TBA)		Start Time TBA	SEOWV Regional Championship Meet
February 27	Away	12:30 pm Warm-Up / 1:00 pm Start	Away Meet @ Hilliard YMCA
February 28	Away	Start Time TBA	Big/Little Invitational @ Kenyon College
*March 6-7	Away	Start Time TBA	SEOWV League Championships @ OU
*March 20, 21, 22	Away	Start Time TBA	Great Lake Zones Championships @ Bowling Green State University
*April 7-10	Away	Start Time TBA	YMCA Swimming and Diving National Championships @ Ft. Lauderdale, FL

### USA MEETS

Entry forms for USA swimmers will be posted on the bulletin board with due dates. USA meets are Invitational format. There are no dual or tri meets in USA. It is the responsibility of the swimmer/parent to sign up for the events they would like to swim. Payments are made out to LYST and placed in the LYST mailbox.

## 2009-2010 USA Winter Meet Schedule

Nov. 14 & 15	Mason Fall Invitational @ Mason Community Center
Dec. 12 & 13	MAKOS Speedo Holiday Classic @ Miami University
Feb. 6 & 7	CM TYR Sport Winter Invitational @ Keating Natatorium, Cincinnati

## **FAMILY PARTICIPATION**

In order to run an efficient home meet, and the LYST Invitational, we need participation by every family. The following is a list of jobs needed to run a successful home meet and our Invitational. You will be expected to earn credits through these jobs.

### **HOME MEETS**

Timers  
Scorers  
Bullpen  
Runners  
Concession  
Set-Up Crew  
Clean-Up Crew  
Officials  
Starter  
Timing Console  
Food Prep

### **INVITATIONAL**

Timers (Saturday & Sunday)  
Awards (Saturday & Sunday)  
Bullpen (Saturday) (Cards Sunday)  
Runners (Saturday & Sunday)  
Concession (Saturday & Sunday)  
Set-up (Friday 7 p.m.)  
Clean-up Sunday (afternoon)  
Officials (Saturday & Sunday)  
Starter (Saturday & Sunday)  
Timing Console (Saturday & Sunday)  
Food Prep (Saturday & Sunday)  
Apparel (Saturday & Sunday)

### **AWAY MEETS**

Timers  
Officials

## **TELEPHONE NUMBERS**

### ***Robert K. Fox Family YMCA***

740-654-0616

Executive Director, Mike Lieber

Aquatics Director, C. Stacy McQueary [smcqueary@ymcalancaster.org](mailto:smcqueary@ymcalancaster.org) e-mail

### ***HEAD COACH***

Heather Parkman

740-653-6733 home

740-808-4295 cell

[twoisenuff24@sbcglobal.net](mailto:twoisenuff24@sbcglobal.net) e-mail

### ***BOARD MEMBERS***

\* Individual Board members and chairpersons can be contacted via E-mail. E-mail addresses are found on the LYST web page.

## LYST VOLUNTEER CREDIT SUMMARY

### **Mission Statement:**

The volunteer credit system is designed to increase parent involvement, promote fairness and spread volunteer duties throughout the team. This will increase team unity, understanding and encourage growth.

The volunteer credit program will apply to all registered YMCA swimmers for the winter season 2009-2010. The credit program will apply to both home swim meets and the LYST Invitational although each will be dealt with separately. The volunteer credit system works by establishing a specific numeric value for a specific volunteer duty. Each family will be required to obtain a specific amount of credits for home meets and the LYST Invitational. If a family does not accumulate the designated amount of credits for home meets their child(ren) will not be permitted to participate in the league championship meet. If the family does not accumulate the designated credits for the LYST Invitational they will forfeit their \$50.00 Invitational Volunteer deposit. Families that do achieve their credits will qualify their child(ren) for the league championship and will have their \$50.00 deposit check shredded (approx within 2 weeks after the Invitational).

### ***Program Specifics:***

1. Credit values for jobs are predetermined based on a number of factors including time, effort, expertise and experience. No partial credits will be given for incomplete service.
2. Each (family) regardless of number of swimmers will be required to obtain the same amount of credits. Exception: high school swimmers.
  - a) Families of high school swimmers will be required to obtain a specific number of credits relative to the home meets before and after the high school season.
3. The total amount of credits needed by each family is determined by the number of home meets during the winter season. Winter season begins October, 2009.
4. Credits can be earned through a variety of different jobs related to the proper and necessary function of a home meet and the LYST Invitational. Credits can be earned for during job training during a home meet.
5. Families will be responsible for signing in and out. Volunteer chairpersons will monitor sign in, sign-out sheets.
6. A substitute/replacement can be used to fill in for a volunteer but the credit will be given to the initial volunteer.
7. Multiple family members/representatives can earn credits at any home meet.
8. All credits required for the LYST Invitational must be earned to get back your \$50.00 deposit. There are no partial refunds.
9. If your child does not swim at the Invitational you will not be required to work and you will not have to pay the \$50.00. If this would change a \$50.00 deposit is mandatory before your child(ren) can swim.
10. No families regardless of personal issues are exempt from obtaining the necessary credits for home meets or the LYST Invitational.
11. Any unforeseen circumstances that would alter the credit system such as cancellation of a home meet, i.e., weather, will be taken into consideration to the predetermined credits.
12. The LYST steering committee officers, coach and aquatics director reserve the right to modify the program depending on size of the team and other unknown or unforeseen circumstances.
13. Families may present in writing to the aquatics director and LYST steering committee president any unique circumstance that prevents them from obtaining their credits. Keep in mind that the following circumstances are not considered unique: One parent family, swimmer guardians are relatives not parents, spouse works on days of home meets, certain physical limitations. All letters must be submitted 1 week prior to the first home meet for review.

I have read the above and understand that by signing below I accept full responsibility for obtaining on behalf of my dependent swimmer(s) the amount of credits necessary for potential participation in the SEOWV championship meet at Athens in March 2010 (pending other criteria necessary to participate in Champs).

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

My dependent swimmer(s) will not be participating in the 2009 LYST Invitational. I am exempt from paying the \$50.00 deposit. I realize that if my situation would change I would be required to pay \$50.00 before the invitational entry deadline.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## **DIRECTIONS TO YMCAS IN OUR LEAGUE**

### **Athens** – (CHAMPIONSHIPS) – Ohio University (across from Convocation Center)

33 South past Athens – 682 exit, turn right at first light – turn right at next light – turn right into parking lot. Approx. 44 miles and 1 hour.

### **Cambridge YMCA (CYRT)** – 703 N. Seventh Street (740) 432-6318

Route 37 north to I-70 East. Take first Cambridge exit past Weigh Station – at light make a right (this is Route 40). Go until you see a Pennzoil on the left. Turn left; go over a hump bridge to the light. Veer to right up the hill to light and turn left onto North 6<sup>th</sup> Street. Go to light (Shell Station) – go straight – the Y is on the right. Approx. 70 miles and 1 hour 20 minutes.

### **Circleville YMCA (PICY)** – 440 Nicholas Drive (740) 477-1661

Take Route 22 West out of Lancaster. The first light in Circleville is Nicholas Drive. Turn right, go through on light on Nicholas and the Y is on the right side, past the high school. Approx. 23 miles and 30 minutes.

### **Columbus Suburban West YMCA (CHY – Hilltop)** – 2897 Valleyview (614) 276-8224

Take Route 33 to Columbus, exit 70 West, go through downtown, take Hague exit. Turn right. Go about ½ to ¾-mile to intersection of Hague and Valleyview. Turn right at light onto Valleyview. YMCA is next to church. Church is across from Dairy Mart. Approx. 36 miles and 45 minutes.

### **Columbus North YMCA (CYNW)** – 1640 Sandalwood Plane (614) 885-0181

Take Route 33 to Columbus, exit 70 West, exit 71 North. Exit Morse Road, turn right. Go to Karl Road, turn left. Follow Karl to Sandalwood and then turn right, then immediate left into parking lot. Approx. 30 miles and 40 minutes.

### **Kenyon College (Big/Little Champs)**

Route 37 north to Granville. Turn right at main intersection. Two lights then left onto Route 661. Follow 661 to just outside of Mount Vernon, take a right hand turn at stop sign – turn left – about 2 miles make sure you're in the through lane into old town shopping district – look for KENYON COLLEGE sign on right. Turn right onto Route 229 east. Go to SECOND Kenyon exit, turn left onto Duff Street. The Ernst Center on the left about ½ mile – parking lot is just past the Center on the left and right sides. Approx. 53 miles and 1 hour 25 minutes.

### **Marietta YMCA (MYAC)** – 200 Seventh Street (740) 373-2250

Route 33 south to Athens. Take 50 East to Belpre. Route 7 to Marietta. Go over Washington Street Bridge past 4 traffic lights. Turn right on Seventh Street. Go through 4-way stop, then 2 more blocks – Y is on left at bottom of hill. Approx. 90 miles and 2 hours.

### **Mt Vernon YMCA (MYST)** 103 N. Main (740) 397-4065

Take Route 37 to Granville. . . turn right, then two lights and left onto Route 661. Follow 661 to Mt Vernon. Take Newark Road across viaduct. Take Main Street through downtown, drive around square, pick up Main Street again. Y is on Main on the left. Approx 50 miles and 1 hour 15 minutes.

### **Ross County YMCA (CMMY Chillicothe)** 100 Mill Street (740) 772-4340

Take Route 22 West to Route 159. Route 159 turns into Bridge Street in Chillicothe. This will take you through the shopping district – turn right on Water Street by Wendy's – veer right on Yocatangee and Mill by the park. Approx. 37 miles and 1 hour.

### **Columbus Suburban East YMCA (SEEYA)** – Jerry Garver Y – 6767 Refugee Rd. (614) 834-9622

Route 33 north to Gender Road. Right on Gender. Turn right at Refugee Road (light). Go to Long Road and turn right. Y is at corner. Approx. 20 miles and 30 minutes.

### **Newark YMCA (NASTY)** – 470 w. Church St. (740) 345-9622

Route 37 North to Route 16 East, take Route 16 to the Church Street exit – take a right turn at the light at the end of the exit ramp and continue east until you get to the YMCA. The YMCA is on the left side (north) of Church Street. Approx. 31 miles and 45 minutes.

### **Grove City YMCA** – 3899 Orders Road (614) 871-9622

Route 33 to I-270 west (Cincinnati). Exit at Grove City Route 62 – Broadway. Make a left, follow Broadway all the way through the town. You'll be in the country again. Look for an abandoned gas station and Carter Lumber. This is Orders Road. Turn left and approximately one mile on your right is the Grove City Y. Approx. 36 miles and 44 minutes.

### **Liberty Township YMCA (LTPY)** – 7798 N. Liberty Road, Powell (740) 881-1058

Route 33 to I-70 west to 315-North. 315 turns into Olentangy River Road. Stay on Olentangy River Rd to Home Road (Rt. 124), turn left. Turn left again on Liberty Road. Keep going until you see the Y entrance. Approx 53 miles and 1 hour.

### **Muskingham Family YMCA** 700 McIntire Ave, Zanesville, OH 43701 (740) 453-9622

Route 33 to I-70 east, exit #153, slight right turn to Liberty St., left on Jackson, left on State St., right onto Blue Ave., right onto Morehaed Ave., right onto McIntire Ave. and proceed to 700 McIntire, Approx. 45 miles and 55 minutes.

All distances and drive times are from the Fox Family Y on 6<sup>th</sup> Ave. Lancaster. If you need more comprehensive driving directions and maps go to [www.mapquest.com](http://www.mapquest.com).

## **SWIMMING “LINGO”**

**BULLPEN** - The area where swimmers report before each event to check in and pick up entry card.

**DECK** - The deck is the area immediately around pool. During practice parents are asked to stay off the deck and seated on the bleachers. At meets, stay back away from pool as to allow officials to do their job.

**DISQUALIFICATION** - A technically incorrect stroke, kick, turn, finish or false start. If “DQ’d”, the swimmer’s time does not count.

**FALSE START** - Leaving the blocks before the sound of the starter or before swimmer touches wall on relay exchanges. Leads to disqualification.

**DUAL MEET** - Two teams compete at one location. (Tri-Meet: three teams at one location)

**EVENT** - The race in which a swimmer participates.

**HEAT** - Race with swimmers seeded at the same level. May have more than one per event.

**HEAT SHEETS** - A listing of all swimmers by heat and lane assignments at an invitational. These may be purchased before the meet.

**INVITATIONAL** - More than 4 teams participate at a meet. Swimmer and/or parent may choose events they’d like to swim. There are entry fees due well before the meet.

**REFEREE** - The official who is in charge of all other officials at a meet. The referee makes all final decisions and sees to the running of the meet.

**SCRATCH** - Not to swim an event after being entered. Must get coach’s permission.

**SEED TIME** - The time used to enter a swimmer into a meet. This determines a swimmer’s heat and lane assignment. Usually, it is the swimmer’s best time for that event within the past season.

**STARTER** - The official responsible for the start of each heat and calling swimmers to the blocks.

**STINGRAY** - The team mascot.

**STROKE JUDGE** - The official that determines the legality of a swimmer’s stroke & his/her turns.

**TIME STANDARDS** - Certain qualifying times have been set up by the Regional and National Committees for all events to ensure that competitors are of the same ability in their respective meets.

**COACHES** – your fearless leaders, advisors and friends

**PARENT** – your strongest supporter who is behind you all the way (Also see “Volunteer”)

**VOLUNTEER** – the blood, sweat and tears of every swim team (also see “Parent)