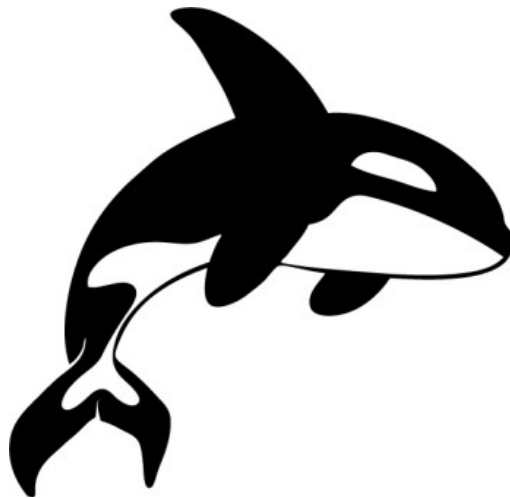


Killer Whales—Copper Country
Contingent

Handbook

For Parents



An affiliate of the
YMCA of Marquette County

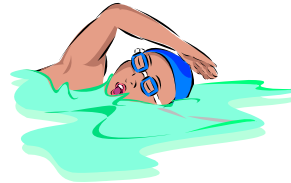
September 2011

Table of Contents

Welcome Letter
Mission Statement
YMCA Affiliation
History of Our Program
Meet Our Coach
Staff Contact Information & Practice Schedules
Relationship Between Athlete, Parent & Coaches

Parent Code of Conduct
Athlete Code of Conduct
Practice Groups
Fees, Billing Policy and Procedures
Equipment for my Swimmer
Parents/Guardians and Volunteer Roles
 Home Meets
 Fundraisers
 Committees

General Practice Policy Information
Meets
 Eligibility
 How to Enter
 Fee Structure
 What to Take to a Meet
 What Swimmers do at Meets
 What Parents/Guardians do at Meets
 Time Standards



2011-2012 Meet Schedule
Glossary of Swimming Terms
Resources
 YMCA of Marquette
 USA Swimming
 Walter Schroeder Aquatic Center

Welcome Letter

Welcome and congratulations!

If you have an athlete who has chosen to give swimming a try, then we hope you will see a program that provides him/her a lot of fun, fitness, challenge, and friendship. We hope you enjoy the opportunities to meet new people, socialize, have fun, and most of all, watch your swimmer grow as a person and athlete as you support your swimmer in meeting his/her goals.

We look forward to working with you on during the swim season. If you have questions at any time, please feel free to talk to Coach Templeton or another parent.

We hope that you will be part of the parents' committees to keep the Killer Whales a strong and viable program — we can't do it without everyone's support.

We hope you enjoy the swim season as much as we're sure your swimmer(s) will.

The Parent Advisory Committee

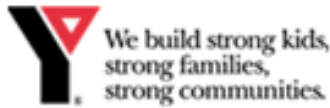


Mission Statement

The purpose of the Copper Country Killer Whales Swim Team is to encourage self-confidence, self-discipline, self-respect, and respect for others through the sport of swimming. By teaching the fundamentals of good technique and a strong training ethic, we will enable swimmers to set and achieve personal goals and to excel individually as an integral part of a competitive team. Through teamwork and individual commitment, each athlete will have the opportunity to develop and expand their knowledge physically and mentally as a competitive swimmer while still having fun!

YMCA Affiliation

Being associated with YMCA of Marquette County means we are a part of a national organization which is a leader in competitive swimming and youth development. Among the side benefits of this partnership are memberships in the Marquette County Y and even more competitive opportunities. This affiliation allows our local swimmers to participate in regional, state, and national competitions. The YMCA also carries all of our liability insurance and provides training and leadership to our local coaches. Additionally, the swimmers who are Y members are able to use Y facilities around the US.



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

Core Values

The YMCA established the following core values for its program:

- Caring
- Honesty
- Respect
- Responsibility

We strive to reflect these core values in the things we say and all of our actions as part of the Copper Country Killer Whales.

History of Our Program

The Killer Whales began in 1978 when Jan Cook, a 21-year old Michigan Tech student, who was also a swim coach, life guard and competitive swimmer, started the program at Suomi College (now Finlandia University). Fifteen swimmers were in the program in June 1979 when the team was organized by a group of parents, relieving Jan of all the organizational work so he could focus on coaching. The team has been known as the Killer Whales ever since.

Coach Williams

Coach Matt Williams is the Head Coach of the YMCA Marquette program. Coach Williams begins his third season as head coach for the Killer Whales of Marquette County and the Copper Country. He was hired by the YMCA of Marquette County in 2009 to help merge the former Marquette Aquatic Club Riptide, UPY Watercats and Copper Country Killer Whales into one competitive swim team and to work with the prior coaches and parents from those teams to ensure a smooth transition. Prior to that Williams coached at Marquette Senior HS from 1994-2007 where he was chosen three times as the U.P. Swim Coach of the Year. He has also served as coach at Northern Michigan University's technical swim camps and has run swim clinics and a private coaching program in Marquette. Williams is a 1985 graduate of Michigan Tech and during his college tenure was a member of the Huskies men's swim team.

Coach Templeton

Coach Jon Templeton has enjoyed the sport of swimming his whole life; it is this high energy that he brings over to his coaching. He teaches strong morals, dedication, hard work and most of all fun. Coach Templeton has been coaching swimming for 8 years. He started coaching middle school teams while in high school for 4 years. Jon Templeton then moved to Houghton, MI to study Electrical Engineering at Michigan Technological University. He started coaching for the Copper County Killer Whales here which he continued for 3 years until the 2010 fall season where he took on the Head Coaching Position. In his free time, Coach Templeton likes to spend his time outside mountain biking, snowboarding, backpacking and traveling. He spent the last 9 months doing a co-op at ITC working on High Voltage Power Lines.

Coach Donahue

Coach Kelci Donahue is our assistant coach. In her freshmen year of high school, she joined the Houghton Gremlin's swim team and has been hooked ever since. She started coaching for the Killer Whales in 2010. Along with coaching, Kelci instructs swimming for the community of Houghton and teaches private swim lessons at Michigan Tech where she also life-guards. This past summer Kelci worked as a Residential Counselor for the athletic camps at Michigan Tech. Kelci is attending Michigan Technological University and is majoring in Exercise Science.

Staff Contact Information

Coach Templeton's contact information -
Telephone: (734) 612-7306
E-mail: jwtemple@mtu.edu

Coach William's contact information -
Telephone: (920) 227-9622
E-mail: mwilliams@ymcamqt.org

Practice Schedules

All practices are held at the Houghton High School Pool. Swimming sessions have changed this year. Swimmers may register for just one session or all that they are eligible. Practice schedules for each group are as follows:

High School Age

September 12th- November 4th (8-weeks)
February 20-March 16th (4-weeks)
3:45-5:15 Mon-Fri
Also attendance at any other scheduled practice

Non-High School Age Group

Fall Session

September 12th- November 4th (8-weeks)
3:45-5:15 Mon/Tues/Thurs/Fri (Golds/Juniors)
Silver Mon/Wed/Friday
&
November 5-November 19 (2 weeks)
6:30-8:00 pm Mon-Thurs

Winter Session

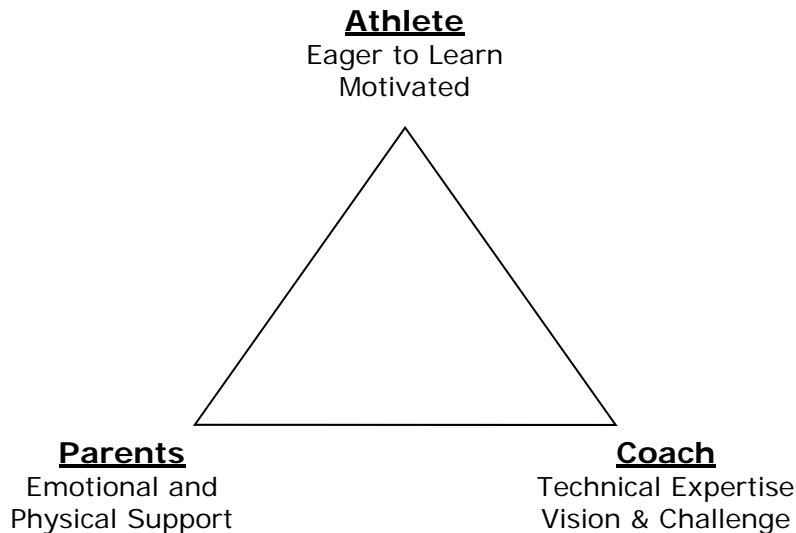
November 19th- February 18 (14 weeks)
6:30-8:00 pm Mon-Thurs
February 20-March 16th (4 weeks)
3:45-5:15 Mon-Fri

No Practice:

October 14th (no school area wide)
November 23rd-27th (Thanksgiving)
December 22nd- January 2nd (Christmas)

Please note the difference in practice times during the high school swim season.

Relationship Among Athlete, Parents & Coaches



Eager to Learn - Always mentally ready to participate in swimming and listen to the coaching staff's instructions

Motivated - Excited to swim and achieve goals

Emotional Support - Understand the athletes' goals and commitments, and support them with encouragement. Help them develop positive philosophies of sports and life through swimming

Physical Support - Provide necessary swim gear. Transport swimmers to practice and swim meets. Help them eat right and get enough sleep

Technical Expertise - Maintain currency in certifications. Continue to learn and expand coaching skill set

Vision and Challenge - Understand abilities of each swimmer and develop individual guidance as needed to help them reach their goals

Parents Code of Conduct

As swim team parents/guardians, we will:

- ◇ provide encouragement and support to our athlete(s)
- ◇ provide transportation to/from practices, arriving at the high school 15 minutes before practice starts to get our athlete(s) on the pool deck and ready to begin no later than 5 minutes before practice begins. We will also arrive promptly at the end of practice
- ◇ ensure my athlete(s) makes it to all practices held each week and if unable to do so, establish a routine which provides consistency for our athlete(s) which will bolster our athlete's(s) responsibility and commitment to swimming and the team
- ◇ not disturb the coaches before or during practice as this time is reserved for practice preparation and for our athlete(s)
- ◇ approach the coaches after practice or call/email them to discuss any issues/concerns we have
- ◇ not voice any concerns we have to our athlete(s) so as not to undermine the coach/athlete trust we are all striving to create
- ◇ provide feedback to the coaches, positive thoughts as well as constructive concerns as appropriate
- ◇ request assistance from the Parent Committee in resolving an issue if it becomes too emotional
- ◇ promptly read all communications from the coaching staff and respond as appropriate
- ◇ provide transportation to/from meets
- ◇ observe practices from the observation area, not on the pool deck
- ◇ participate in team parent meetings
- ◇ participate in team socials and potlucks
- ◇ turn in meet entry forms on time; and understand that if we don't, our swimmers won't be able to enter that particular meet
- ◇ NEVER compare our swimmer(s) to others so as not to lower our swimmers' self-esteem, build animosity and competition among teammates or undermine our swimmer's goals
- ◇ NEVER critique a swim. Critiquing is the responsibility of the coaching staff
- ◇ ALWAYS be positive and encouraging - especially after a practice or bad swim

Athlete Code of Conduct

The YMCA swim team expects all athletes and coaches involved in athletic competition and events, who are representing the YMCA, to present themselves in a positive manner at all times.

CATEGORY I

In order to maintain a positive image of the team and support its performance objectives, the YMCA strictly prohibits:

- A. The use or possession of tobacco in any form.
- B. The purchase, possession or consumption of alcoholic beverages.
- C. The purchase, possession, use or sale of controlled substances.
- D. Insubordination, illegal acts, vandalism, promiscuity or conduct in direct violation of YMCA rules.

CONSEQUENCES

Failure to comply with the Code of Conduct as established in Category I may result in payment of any incurred damages, if necessary, and:

- A. First offense: a one-month suspension from all team activities.
- B. Second offense: suspension from the team for the remainder of the season.
- C. Third offense: permanent suspension from team activities.

CATEGORY II

In order to take full advantage of the Y swim team experience & to ensure the safety of all team members, each athlete is expected to:

- A. Pay attention and apply him/herself at all practices and meets.
- B. Display proper respect, honesty, and sportsmanship toward coaches, officials, administrators, chaperones, parents and fellow competitors.
- C. Maintain a lifestyle that will allow proper rest and nutrition to ensure a healthy body, mind and spirit.
- D. Display a positive and supportive attitude toward the YMCA program, coaches and teammates.

CONSEQUENCES

Failure to comply with the Code of Conduct as established in Category II may result in the following actions:

- A. First offense: discussion between parent, athlete and coach.
- B. Second offense: removal from the event (practice, meet or team function) and further discussion between the parent/guardian, athlete and coach
- C. Third offense: team suspension for up to one month

PROCESS FOR DETERMINING VIOLATIONS

Coaches, officials, chaperones, YMCA personnel, athletes and parents should inform the Head Swim Coach or YMCA officials of any violations. In the event of a violation, the head coach or his/her representative shall have the responsibility of exercising the consequences listed by category as soon as he/she has been notified of a violation. It shall be the coach's prerogative to exercise less than, but not more than the stated consequences if he/she feels it is in the best interest of the athlete. The coach shall notify the parents/guardian of the athlete of the violation as soon as it is practical. Thereafter, the coach shall arrange a meeting with the athlete and parents or guardian. The YMCA administration shall act as arbitrator if an athlete or the athlete's parent or guardian feels they have been treated unfairly.

Practice Groups

All swimmers will be placed in ability groups by the coaching staff. There are four swimming groups (levels): Silver, Gold, Junior, and Senior.

Almost all swimmers start in Silver. If your child has competitive racing experience, however, talk to the coaches about possibly starting in a higher level.

To be placed in Silver, swimmers should be able to swim one length of the pool or have passed Red Cross Level 3. Stroke development is one of the primary focuses at this level.

All swimmers may be moved up a level when the coaching staff feels they are ready. Parents are welcome to be part of this decision, especially if they would like to leave their swimmers in a lower level, (but we ask that this discussion be made without the swimmer present).

There are intermediary steps to help the swimmers in their progress towards the next level.

Senior swimmers frequently compete on their high school swim team. so they do not typically participate during the Winter Practice Sessions. High school swimmers may only swim in two meets during the season as long as their 'Y' memberships are current.

Fees, Billing Policy and Procedures

As a team, we are made up of a group of people who are working toward the common goal of providing a quality swim program

where our swimmers can excel and grow. The only paid personnel are the coaches and typically, the YMCA-Parents/Guardian Group liaison. Everything else is done by parent volunteers.

Each swimming session will have its own program fee based on length of the session which determines the costs (i.e., coaches' salaries, pool rental). These fees are paid to the YMCA Marquette via their on-line billing system or by cash/check.

Additionally, as members of the YMCA, all swimmers are required to maintain a \$17/month YMCA membership.

We expect all parents/guardians will live up to their financial commitments to their swimmers and the team. We ask that everyone pay their fees on time. If special arrangements are needed, please contact the YMCA-Marquette Chief Executive Officer or Financial Officer to discuss individual family situations.

Financial assistance may be available through the YMCA Strong Kids program. For more info, contact a coach or YMCA Marquette.

Equipment for Our Swimmers

- ~~☞~~ Swimming suit (cost \$20-60 depending on style and fabric)
- ~~☞~~ Goggles (\$10-\$15, prescription goggles \$25-\$30)
- ~~☞~~ Swim Cap (\$2-\$5)
- ~~☞~~ Fins, Speedo Optimus recommended (\$20)
- ~~☞~~ Towels

Make sure you put your swimmer(s)' name(s) or initials on each item.

Parent/Guardians and Volunteer Roles

Home Meets

We typically host two home swim meets each year, one in the fall and one in the spring. Without our parents'/guardians' involvement and assistance, our meets will not be successful. Home meets have two important goals:

1. Provide all of our swimmers with a meet that is easy to attend.
2. Raise funds for the team

We need your help for these meets to be successful. We ask families that have swimmers in a session with a home meet or swimmers participating in the meet, that they participate in the following ways:

- * Provide a concession item
- * Help at the meet

The following is a list of all positions, with their descriptions, required to orchestrate a successful home meet. We have jobs that are good for first-time parents. Just ask for suggestions. The volunteer coordinator will begin putting together the team about 6 weeks before the home meet:

Leadership Team

Meet Coordinator/s: Coordinates with coaches and other coordinators. Generates volunteer sign up sheet. Responsible for communication with school reference facilities, etc. Confirms supplies, officials, awards, national anthem, etc.

Technical Coordinator/s: Responsible for computers (Colorado & lap top), printed labels, timing box supplies , & results

Head Timer: Coordinates, educates, & supports all timers

Swimmer Support Coordinator: Coordinates seeding, event boards, marshaling

Heat Sheet Coordinator: Coordinates with coach about hard copy. Happy ads, business ads; cover sheet, printing, etc.

Facilities Management Coordinator: Coordinates set up and take down

Concession Coordinator: Assigns concession items, coordinates concession stand

Merchandise/Heat Sheets/Meet fees Coordinator: If we have merchandise, coordinates sales. Coordinates heat sheet/fee collection

Supporting Cast Members

Happy Ads: get ads from all teams' families for their swimmers to be in the home meet heat sheet; actions take place between 6 and 4 weeks out

Local Business Ads/Donations: ask local businesses if they'd like to

have an ad in the home meet heat sheet; actions take place between 6 and 4 weeks out

Heat Sheet prep: get hard copy from coach, coordinate with happy ads, & get copied. May work with swimmers to generate a cover. If we do have ads, then two sets of heat sheets are needed. ~25 are printed without ads and the second set equals the number of swimmers -70 (# swimmers -70) with ads.

Public Relations: submit information about the team's meets (i.e., in local paper, on radio)

Awards: order awards for meets (medals, ribbons, heat ribbons/prizes)

Merchandise: if we sell merchandise, coordinate. Like a school book fair

Concessions: help set up and run concession during meet, hospitality for coaches, team decorations

Set Up: set up gym, halls, commons. Signs, tables, chalk boards etc.

Poolside: get computer systems up & running. Set up lanes, boards, timer boxes, dry erase board and coaches' packets.

Gym/Commons: Floor, tables, chairs, signs, chalk board

Marshalling: help younger swimmers to get from gym to the seeding area to their event.

Fee Collections: Heat sheets/Meet: collect meet fees, sell heat sheets. (List of swimmers/teams fees due, collected from each coach.)

Colorado Computer: run Colorado system during meet. (experience required)

Timers: two timers per lane. Time events. Work with head timer

Floater: help where needed.

Runners: collect cards from timers; deliver to 'results' computer station

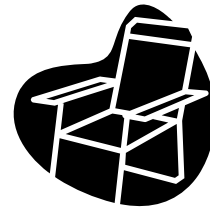
Boards: keeps track of events on board poolside or in gym

Results/Awards: posts results in hall and places labels on all medals and ribbons; distributes awards (usually collected in paper bags by team)

Clean up: take down, clean up, put away.

Fundraisers

All parents/guardians are needed to ensure successful fundraisers that support the team. All parents/guardians have talents that can be used to raise monies for socials, meet entry fees and state competition...and we ask that everyone shares their talents to the best of their abilities.



Committees

If parents/guardians would like to become more involved, we are always looking for adults who would be willing to serve on a committee or volunteer for other roles. Help is never turned down and always greatly appreciated.

- Parent Advisory Committee: All parents are automatically members of this committee which assists the YMCA coaching staff in matters pertaining to the smooth functioning of a competitive swimming program within the framework of the YMCA's values, purposes, policies and objectives. This committee typically meets once every two months with the sub-committees meeting during the off months.

- Parent Steering Committee: Made up of committee chairs and the YMCA Coordinator.

- Transportation and Out-of-Town Meets Committee: This committee makes hotel arrangements for out-of-town meets whenever advantageous to the swimmers and their families. They also assist with hooking up swimmers without rides with parents/guardians who are willing to accept responsibility for a team member.

- Swim Meet Management Committee: This committee coordinates Swim Meets hosted by the club. They recruit meet volunteers and officials.

- Club Publicity and Membership Committee: This committee promotes the swim team to potential or new swim team members. They promote swimmer achievements and activities through newspaper, radio, and television coverage.

- Social, Sunshine, and Spirit Committee: This committee plans family and team social activities, banquets; sends cards to swimmers who are sick or celebrating a birthday; and recognizes coaches and other family achievements.

General Practice Policy Information

~~1.~~ No practices are held if school is cancelled (i.e., snow day, teacher in-service day)

- ~~Ⓢ~~ If weather turns bad at the end of the day and prior to practice, practice cancellations will be announced via radio as well as email. You should never drop off your swimmers without confirming that practice is taking place
- ~~Ⓢ~~ Winter break days and hours will be announced
- ~~Ⓢ~~ The coaching staff supervises swimmers during swim practice hours only. You are responsible for ensuring proper supervision of your swimmers before and after practice, including in the locker rooms

Special Clinics

Stroke Clinics and Swim Team Practices are usually held during the summer months (off season). For new swimmers, they are designed and serve as an introduction to the sport of competitive swimming. For returning swimmers, sessions will focus on furthering their stroke development and turns. Swimmers' families and coaches will determine which is most appropriate for each swimmer. The summer session is usually a 7-week season and held at the Michigan Tech Student Development Complex pool.

Meets

Swimmers are expected to participate in home meets. Away meets are encouraged but not required. Swimmers can be excused from home meets, but the swimmer and parents/guardians should discuss the situation with the coaching staff. Obvious reasons not to participate are illnesses, death of a family member, etc.

Eligibility

A swimmer **MUST** be a member of a YMCA ***30 days prior*** to swim in regular 'Y' meets, but ***90 days prior*** to either a state or national championship. Swimmers are divided into different age groups for competitive purposes, most often they are: 8 & Under, 9-10, 11-12, 13-14, 15 & Over. During the fall/winter season, the age of the swimmer is determined by how old he or she is on December 1. In the YMCA summer season swimmers are grouped by their age on the day of the meet.

How to Enter

We provide an electronic entry system on our website. It will contain a listing of all the races divided by age category. Parents enter their child in the meet and may request desired events. The

coaches may change a race or two after talking to the swimmer, based on their observations in practices.

Things to keep in mind when selecting events to participate in:

- Choose races the swimmer is **ready** for
- Choose a race that „challenges“ the swimmer
- If in doubt, discuss with coaches

Fee Structure

Each event a swimmer participates in has an entry fee. Once we submit our entries to the host team, these fees are nonrefundable, even in the event of illness or injury. An athlete involved in a 4-person relay who does not show up is responsible for the fees of the other three members. Coaches will make every attempt to find substitutes for relays when there is a “no show.”

What Your Swimmers do at Meets

They:

- ~~1.~~ Find the staging area (usually a gym or cafeteria) and set up camp. The team usually sits in one place together
- ~~2.~~ Report to their coach at the pool at least 15 minutes prior to their warm-up time and should be prepared to swim
- ~~3.~~ Keep warm during the meet
- ~~4.~~ Write their event numbers on their forearms or thighs or have a coach/parent do it
- ~~5.~~ Pay attention to the event order and make sure they know when their event is called. They will want to arrive at the blocks three heats before they swim. If they are 8 or under, they will report to a marshalling area.
- ~~6.~~ Sit with their teammates and cheer them on
- ~~7.~~ Keep their eye out for really fast swimming
- ~~8.~~ Talk to their coach immediately after their swim; coaches will provide feedback on their swim

What Parents/Guardians do at Meets

- ◇ Ensure swimmers arrive at the pool ready to swim at least 15 minutes before warm-ups are scheduled
- ◇ Purchase a heat sheet. These are usually available for sale in the lobby or concession area of the pool. Heat sheets generally sell for \$2-\$5 per day. They list all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time in that event is listed.

If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

- ◇ Assist coaches with writing races on the swimmers arms; include race number, heat number, lane number, and type of race (i.e., 63-3-6-50 Br would mean the swimmer is in the 63rd race, 3rd heat, lane 6 in the 50 breast)
- ◇ Sit with other team parents/guardians and cheer the team on; it's a great opportunity to meet some more super swimming supporters
- ◇ Ensure swimmers meet with the coaches after their swims before coming to visit with parents/guardians
- ◇ Ask swimmers what the coach had to say (to help reinforce any recommendations for improvement; remember not to critique the swim)
- ◇ According to USA and YMCA swimming rules (because of insurance purposes), remain off the pool deck unless serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. Coaches will pursue the matter through the proper channels.
- ◇ Be considerate of fellow parents/guardians watching races around you; try not to stand in front of chairs, bleachers, etc.
- ◇ Check with coaches prior to departing for the day to ensure your swimmer(s) is not in a relay
- ◇ For those meets where a parent or guardian is unable to attend and/or take his/her swimmer, a non-parent can fill this role.

What to do in the Event of a Disqualification (DQ)

- ◇ Swimmers: Don't be discouraged. It happens to everyone at some point. Talk to the coaches to see what happened and develop a strategy to prevent it in the future. Remember the 'thing' that caused the DQ and practice not doing it at practices
- ◇ Parents/Guardians: This is one of the toughest parts of swimming you'll have to deal with. A DQ is more common than not, especially for new swimmers. Please encourage your swimmer and let him/her know that a DQ is not the end of the world, it's something that can be fixed, and he/she can always try again and do better at the next meet. Swimmers who receive a DQ need support and encouragement more than anything else right after it happens, and they need to get right on to their next races. Please help the coaches keep DQs from being totally devastating...a positive attitude about learning and trying again make all the difference in the world.

What to Take to a Meet

Most swimmers swim in multiple events, both individual and as a member of a relay. This oftentimes can lead to a full day at the pool, with multiple periods of downtime and no racing. The following list is provided to assist with keeping the swimmers warm and dry, nourished, and entertained. It will also help the parents/guardians and any siblings who attend as well. It is by all means not mandated nor all inclusive; it's a starting point that can be tailored based on the families' needs.

- ◇ MOST IMPORTANT: Swimsuit, cap, and goggles
- ◇ Several towels for drying after races
- ◇ A robe for staying warm between races (fleece works very well and doesn't absorb water like cotton does)
- ◇ Several changes of clothes (another option instead of a robe)
- ◇ Permanent marker (to write race/heat/lane info on swimmer's arm)
- ◇ Highlighter (to highlight your swimmer on heat sheet)
- ◇ Portable sports chairs
- ◇ Blanket or sleeping bag to lounge or nap on
- ◇ Healthy snacks & drinks (each meet organizer usually has a concession stand to help raise money for their teams, so we try to support them as we hope they would support us at our home meets)
- ◇ Crocks or flip flops (recommended for swimmers and parents/guardians; pool areas get rather toasty and humid)
- ◇ Homework (ha ha ha)
- ◇ Entertainment (GameBoys, Leap Frogs, coloring books, decks of cards, crossword puzzles, Mp3 players, etc.). Anything to pass the time...

THE BONUS OF MEETS

One wonderful side benefit of traveling to swim meets exists...that is Family Time. The family spends time together away from the rat race usually experienced at home; there are no dishes to wash, clothes to fold, floors to vacuum. You can spend time together doing whatever it is your family enjoys...playing games, swimming, eating out, visiting a museum before/after swimming depending on the time of your swimmers' events...possibilities are endless. Consider it a mini-vacation.

2011 Time Standards

At publication, the 2011 Time Standards had not been released. These times standards are provided as a reference only. Times frequently change year to year depending on swim times at the State meet. Your coach will get you the 2012 Time Standards as soon as they are released. (See pages 22-23)

Tentative 2010-2011 Meet Schedule

See page 24.

Glossary of Swimming Words and Terms

(Source: USA Swimming 2010 Mini Rule Book)

CLUB — an organization which has been accepted for membership in the Corporation and which operates on a year-round or seasonal basis (e.g., YMCA club, USA Swim club).

COURSE — designated distance over which the competition is conducted.

DNS, DID NOT SHOW, DID NOT SWIM

DQ, Disqualified

LONG COURSE — 50 meters (55 yards to be recorded as 50 meters).

SHORT COURSE — 25 yards or 25 meters.

FORWARD START — a forward entry facing the course.

HEATS — a division of an event in which there are too many swimmers to compete at one time.

LANE — the specific area in which the swimmer is assigned to swim; e.g., lane one.

LANE LINE — continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

LANE MARKINGS — the guide lines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

LAPS—LEG — (relay) the part of the relay event that is swum by a single team member.

LENGTH — extent of the course from end to end.



MARK — (take your) starting position.

MEET — a series of events held in one program.

NT, NO TIME—

PROGRAM — the order of events, including starting times and intermissions in a meet or portion thereof, sequentially listed by class of competition, sex, age group, distance, and stroke as set forth in meet announcement.

REFEREE — Shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed.

SCISSOR — use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

SCRATCH (from an event) — withdraw an entry from competition.

SEED — to distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

SESSION — any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., preliminaries and finals; morning and evening; Senior and Age Group, etc.

SPLIT TIME, SPLITS — time recorded from official start to completion of an initial distance within a longer event.

STARTER— shall stand within ten feet of the starting end of the pool and upon signal from the Referee, shall assume control of the swimmers until a fair start has been achieved.

STROKE JUDGE — Shall operate on both sides of the pool; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number and the infraction.

SUBMITTED TIMES — those filed with an entry, as having been previously achieved.

TIMED FINALS — competition in which only heats are swum and final placings are determined by the times performed in the heats.

TIME STANDARD — the time a swimmer must have previously achieved in order to compete in that event at any designated competition.

TURN JUDGE — Shall operate on both ends of the pool; shall en-

sure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used; and shall report any violations to the Referee on signed slips detailing the event, the heat number, lane number and infraction observed.

Resources

YMCA of Marquette - <http://www.ymcamqt.org/> (906) 227-9622

This site is 'home' to the Copper Country Killer Whales swim team. It provides information on all YMCA programs including competitive swimming. At this time, most information on the competitive swimming is only about the Marquette portion of the joint team. We are working with the 'Y' to include Copper Country-specific information so our information is only a click away. Useful items on the competitive swim page are videos of swim drills, Swim Meet 101, State and National Qualifying Times, etc. This site also holds the online billing system for sessions, monthly dues, meets, etc.

USA Swimming - <http://www.usaswimming.org/>

This is the website for the National Governing Body for the sport of swimming in the United States. USA Swimming is a 300,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. This website provides data on everything from rules and regulations to tips and training to resources to events.

Walter Schroeder Aquatic Center - <http://www.wsac1td.org/>

This site is all about the site of the Wisconsin-Upper Michigan State Swimming Finals. The aquatic center is located in Brown Deere WI (just north of Milwaukee WI). The website provides a look at the pool, hotels in the area as well as restaurants and has the qualifying times for the WI 'Y' and for the state of WI.

2010-2011 State Qualifying Times

		13 & 14		
time standards	girls	event	boys	time standards
		200 Medley Relay		2:02.99
		50 Freestyle		24.99
		100 Freestyle		54.69
		200 Freestyle		2:05.89
		500 Freestyle		5:41.99
		100 Backstroke		1:05.19
		200 Backstroke		2:23.79
		100 Breaststroke		1:12.09
		200 Breaststroke		2:38.99
		100 Butterfly		1:04.09
		200 Butterfly		2:44.29
		200 Individual Medley		2:20.99
		400 Individual Medley		5:12.99
		200 Freestyle Relay		1:48.09

		Open (11-19)		
time standards	girls	event	boys	time standards
		200 Medley Relay		1:49.29
		400 Medley Relay		3:59.69
		50 Freestyle		23.19
		100 Freestyle		51.09
		200 Freestyle		1:54.89
		500 Freestyle		5:15.29
		1000 Freestyle		11:22.99
		1650 Freestyle		19:59.99
		100 Backstroke		58.29
		200 Backstroke		2:09.39
		100 Breaststroke		1:05.19
		200 Breaststroke		2:28.59
		100 Butterfly		56.29
		200 Butterfly		2:18.19
		200 Individual Medley		2:09.59
		400 Individual Medley		4:51.69
		200 Freestyle Relay		1:34.99
		400 Freestyle Relay		3:30.29
		800 Freestyle Relay		7:56.59

 = Faster than 2010 qualifying standard

2011 Wisconsin YMCA State Qualifying Times

		<i>8 & Under</i>		
time standards	girls	event	boys	time standards
1.29.09		100 Medley Relay		1.32.69
17.19		25 Freestyle		17.09
38.79		50 Freestyle		38.49
01:27.3		100 Freestyle		1:28.89
22:19		25 Backstroke		21.89
47.39		50 Backstroke		48.59
23.29		25 Breaststroke		24.09
50.69		50 Breaststroke		52.19
22.09		25 Butterfly		21.29
48.99		50 Butterfly		54.39
1:39.29		100 Individual Medley		1:42.79
1:15.99		100 Freestyle Relay		1:22.89
<i>9 & 10</i>				
time standards	girls	event	boys	time standards
2:32.49		200 Medley Relay		2:42.29
31.79		50 Freestyle		32.79
1:10.79		100 Freestyle		1:14.39
2:39.89		200 Freestyle		2:41.29
37.99		50 Backstroke		39.49
1:22.99		100 Backstroke		1:25.19
42.09		50 Breaststroke		44.09
1:33.89		100 Breaststroke		1:37.09
36.59		50 Butterfly		39.29
1:25.29		100 Butterfly		1:32.09
1:23.69		100 Individual Medley		1:25.49
3:02.79		200 Individual Medley		3:10.99
2:13.49		200 Freestyle Relay		2:20.39
<i>11 & 12</i>				
time standards	girls	event	boys	time standards
2:12.89		200 Medley Relay		2:17.39
27.39		50 Freestyle		28.79
1:00.99		100 Freestyle		1:01.99
2:16.79		200 Freestyle		2:19.99
6:07.49		500 Freestyle		6:14.29
33.79		50 Backstroke		34.29
1:12.09		100 Backstroke		1:12.89
37.59		50 Breaststroke		36.69
1:20.09		100 Breaststroke		1:22.89
30.59		50 Butterfly		31.99
1:12.99		100 Butterfly		1:15.59
1:11.99		100 Individual Medley		1:12.39
2:34.39		200 Individual Medley		2:39.99
1:57.39		200 Freestyle Relay		1:57.09

Tentative 2011-2012 Meet Schedule

October 29	Halloween Meet, Houghton-Portage Township HS pool in Houghton MI
November 4-5-6	Fox Cities Invitational, Appleton, WI
November 18-19	Marquette High School, Marquette MI
December 10	Menominee-Marquette at Marinette HS
December 9-10-11	Finalist Meet at Schroeder (qualifying times required)
December 17	Dual meet with Escanaba/Marquette at Marquette Senior HS
January 7-8	Oshkosh Invite, Oshkosh WI
January 13	Friday Night Novice Meet at Marquette Senior HS
January 28	Iron Mountain Polar Plunge
February 5	Yoopers Invite, Escanaba, MI
February 11	Menominee-Marquette at Marinette HS
February 17-18	U.P. Swim and Dive Championship (High School only)
February 24-25	Houghton Spring Meet, Houghton-Portage Township HS pool in Houghton MI
March 9-10	Last Chance Meet, Marquette MI
March 16-17-18	Wisconsin YMCA State Championship at Walter Schroeder Aquatic Center, Brown Deer WI
April 2-5	Nationals, Greensboro NC

Bolded meets indicate meets where a YMCA-Marquette coach will be on site with our swimmers.

