



KEN-TON FAMILY YMCA
535 Belmont Avenue, Kenmore, NY, 14223
716-874-5051 ymcabn.org

WELCOME TO THE COBRAS

Swim Team Handbook

WE'RE GLAD YOU'RE HERE

This is a guide for swim team participants to become familiar with the Ken-Ton Family YMCA's swim team policies and procedures, which may be updated without notice. Above all, the Y is here to serve its members and looks forward to working with them to make the community a healthier and happier place to live.

The Cobras Swim Team is a competitive YMCA swim program. We are a part of the National YMCA Competitive Swimming program, offering instruction, training, and competition. Competitive swimming has been a part of the YMCA for over 50 years. The team operates in accordance with National YMCA Competitive Swimming and Diving policies and USA-Swimming Technical Rules. Accordingly, all team members must be full privileged members of the YMCA. All rules and regulations can be found at www.ymcaswimminganddiving.org

Our staff, coaches, and parent volunteers work together to instill and reinforce the Y focus areas of youth development, healthy living, and social responsibility as well as the core values of caring, honesty, respect, and responsibility as part of a positive and fun experience for swimmers and their families.

The Swim Team provides opportunities for personal development in individual stroke technique and skills, improved times, building self-esteem, and good sportsmanship. As part of this philosophy, each swimmer is expected to participate with the team in all swim meets; there are no benchwarmers in YMCA Swimming.

The swim team is a family program, and there are opportunities for swimmers and their families to support community involvement through volunteering.

OUR MISSION

YMCA Buffalo Niagara is a charitable, community-based organization committed to providing programs designed to build a healthy spirit, mind, and body for all.

TEAM ELIGIBILITY

As a member of the team, each participant must be a member of the Y and meet specific swim requirements. There are three practice groups based on a skill assessment: Beginner, Intermediate and Advanced. Group placement is based on several factors including skill level, age, endurance, and team size, and is at the discretion of the coaches. The following grouping criteria are meant to be a guideline only. Group assignments are entirely at the discretion of the coaching staff and aquatics director.

Beginner (White):

For beginning competitive swimmers with little or no competitive swimming experience. Focus is on skills development and mastery.

- Six years of age or coaches' discretion
- Jump off the starting block, resurface, tread water for 30 seconds
- Swim a minimum of one length of the pool (25 yards) freestyle continuously
- Swim one length of the pool backstroke continuously
- Demonstrate balance and comfort in the water
- Must be able to practice two to three times per week for 45 minutes per practice

Intermediate (Green):

For intermediate swimmers with some competitive swimming experience. Swimmers in this practice usually have one or more years of experience on a swim team or advanced level swimming lessons.

- Perform start from block into a streamline position, resurface, and tread water for 30 seconds
- Swim a minimum of 100 IM with legal strokes
- Familiar and competent at long and short axis drills
- Demonstrate balanced, streamlined push-offs prone and supine
- Must be able to practice two to three times per week for one hour per practice with a range 1,500-2,500 yards
-

Advanced (Emerald):

For more advanced swimmers. Swimmers in this practice group may have years of competitive swimming experience and/or swim on a high school or club team during the off-season.

- Perform start from block into a streamline position, resurface, and tread water for 30 seconds



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- Swim a minimum of 100 yards of each stroke with legal strokes
- Competent at long and short axis drills
- Must have qualified for at least one state championship meet event or able to demonstrate ability to have qualified in at least one state championship meet event
- Must be able to practice two to three times per week for two hours per practice and one time per week for one hour with a range 2,500-3,500 yards

SWIMMER RESPONSIBILITIES

- Come to practice ready to swim, learn, and have fun!
- Come to practice prepared and ready to start when practice begins with your suit, goggles, cap, water bottle and any other necessary items.
- Swimmers must wear team logo to meets. Encourage your teammates in practice and during meets. Cheer them on!
- Respect coaches, swimmers, officials, parents, and other teams' swimmers at all times.
- Respect and follow the rules of your YMCA. Our facility is here for you. Abuse of the facility will not be tolerated and may result in dismissal from the team.
- Swimmers should be aware that they represent the YMCA, whether during training or at meets.
- Be responsible for your belongings. The YMCA is not responsible for lost or damaged items. Consider bringing a lock.
- Please check your file folder regularly for ribbons and other correspondence.
- Work to have a healthy spirit, mind, and body at all times.

PARENT RESPONSIBILITIES

- Get your swimmers to the pool on time. **Your swimmer should be at the pool 15 minutes before practice and on deck and ready to get in the water at the beginning of practice.**
- Make sure your swimmer has all the necessary practice needs including:
 - Swimsuit
 - Goggles
 - Swim Cap
 - Towel
 - Water Bottle
- **Make sure your swimmer follows locker room policies.**

- **If you attend practices**, please be a silent partner. Any interaction on deck during practices should be between the swimmer and coaches only.
- **Encourage your swimmer to attend** as many practices as available. The pace of your child's improvement is based on his/her commitment to swimming.
- **Check your E-mail** on a regular basis. This will be the primary method of communication for the team.
- **Please notify your coach** by the Wednesday before a meet if your child will not be able to participate in that meet.
- **Attend Parent Meetings.** Regular parent meetings provide parents an opportunity to volunteer, give feedback, and exchange ideas with the coaches and parent leaders. Meeting notices will be on Team Reach and sent via e-mail.
PARENT INFO MEETING WILL BE HELD ON THURSDAY, OCTOBER 7th at 6:30pm.

- **Volunteer.** Parents/Families are requested to volunteer during meets and to provide volunteer support for other team and events. We are always in need of parent volunteers to help manage the team. Find an opportunity that fits your skills and time. Here is just a partial list of volunteer opportunities:
 - ✓ Meet Volunteer
 - ✓ Swim Official
 - ✓ Meet Refreshments
 - ✓ Meet Awards
 - ✓ Parent Leader
 - ✓ Swim Apparel
 - ✓ Team Liaison
 - ✓ Volunteer Coach
 - ✓ Communications/social media
 - ✓ Goodwill Meet
 - ✓ State Meet
 - ✓ Year-End Banquet

SWIM MEETS

The Ken-Ton Family YMCA Cobras are one of several YMCA Swim Teams in WNY. We participate in closed competition meets (YMCA teams only) throughout the season with other teams in WNY. Swimmers are encouraged to participate in meets throughout the season and must swim in a minimum four meets to continue to participate in the swim team season.



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| Order of Events or Dual Meets | | | |
|--------------------------------------|-----------|--------------------|------------------|
| Odd – Girls | | Even - Boys | |
| Event Number Female / Male | Age Group | Stroke | Distance (Yards) |
| 1 / 2 | 11 – 12 | Freestyle | 200 |
| 3 / 4 | 13 – 14 | Freestyle | 200 |
| 5 / 6 | 15 & up | Freestyle | 200 |
| 7 / 8 | 8 & under | Medley Relay | 100 |
| 9 / 10 | 9 – 10 | Medley Relay | 100 |
| 11 / 12 | 11 – 12 | Medley Relay | 200 |
| 13 / 14 | 13 – 14 | Medley Relay | 200 |
| 15 / 16 | 15 & up | Medley Relay | 200 |
| 17 / 18 | 8 & under | Indiv. Medley | 100 |
| 19 / 20 | 9 – 10 | Indiv. Medley | 100 |
| 21 / 22 | 11 – 12 | Indiv. Medley | 200 |
| 23 / 24 | 13 – 14 | Indiv. Medley | 200 |
| 25 / 26 | 15 & up | Indiv. Medley | 200 |
| 27 / 28 | 8 & under | Freestyle | 25 |
| 29 / 30 | 9 – 10 | Freestyle | 50 |
| 31 / 32 | 11 – 12 | Freestyle | 50 |
| 33 / 34 | 13 – 14 | Freestyle | 50 |
| 35 / 36 | 15 & up | Freestyle | 50 |
| 37 / 38 | 8 & under | Butterfly | 25 |
| 39 / 40 | 9 – 10 | Butterfly | 50 |
| 41 / 42 | 11 – 12 | Butterfly | 50 |
| 43 / 44 | 13 – 14 | Butterfly | 100 |
| 45 / 46 | 15 & up | Butterfly | 100 |
| 47 / 48 | 8 & under | Freestyle | 50 |
| 49 / 50 | 9 – 10 | Freestyle | 100 |
| 51 / 52 | 11 – 12 | Freestyle | 100 |
| 53 / 54 | 13 – 14 | Freestyle | 100 |
| 55 / 56 | 15 & up | Freestyle | 100 |
| 57 / 58 | 13 – 14 | Freestyle | 500 |
| 59 / 60 | 15 & up | Freestyle | 500 |
| 61 / 62 | 8 & under | Backstroke | 25 |
| 63 / 64 | 9 – 10 | Backstroke | 50 |
| 65 / 66 | 11 – 12 | Backstroke | 50 |
| 67 / 68 | 13 – 14 | Backstroke | 100 |
| 69 / 70 | 15 & up | Backstroke | 100 |
| 71 / 72 | 8 & under | Breaststroke | 25 |
| 73 / 74 | 9 – 10 | Breaststroke | 50 |
| 75 / 76 | 11 – 12 | Breaststroke | 50 |
| 77 / 78 | 13 – 14 | Breaststroke | 100 |
| 79 / 80 | 15 & up | Breaststroke | 100 |
| 81 / 82 | 8 & under | Free Relay | 100 |
| 83 / 84 | 9 – 10 | Free Relay | 200 |
| 85 / 86 | 11 – 12 | Free Relay | 200 |
| 87 / 88 | 13 – 14 | Free Relay | 200 |
| 89 / 90 | 15 & up | Free Relay | 200 |

Types of Meets:

Dual – A meet involving two YMCA Swim Teams.

Double Dual (Triple) – A meet involving three YMCA Swim Teams. In these meets, each team is swimming against the other two teams simultaneously and the meet is scored as three dual meets.

Invitational - Invitational meets are open to several teams and typically have different formats and events. They may be multi-day. Additional fees apply

League Championship (Districts) – A closed competition meet held at the end of the season between all WNY teams.

Swimmers must swim in at least three dual meets and one invitational meet to qualify.

State Championship – A state-wide meet every March involving 1,400 - 1,500 swimmers who have met qualification times. The location of the meet changes each year. Additional fees apply.

Sanctioned – Higher-level meets, including state championship and some invitational meets. Times achieved at Sanctioned meets can be used to qualify for YMCA National and USA-S meets.

MEET SCHEDULE 2021-2022 DATES AND TIMES TBA

| | |
|----------------------|-------------------------|
| BYSD-Batavia | IHYS-Independent Health |
| CAQY-Canandaigua | MAPY-Maplewood |
| CSAY-Clifton Springs | LPYS-Lockport |
| GFYG-Geneva | GRAY c-Rochester |
| GRAY b/d-Rochester | KTYC-Ken-Ton |



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EQUIPMENT FOR MEETS

- Two or more towels, one for sitting on
- Water Bottle
- Team swimsuit, goggles and caps (at least two pairs in case one breaks), hair ties
- Healthy snacks (must be consumed in the hallway, food is not permitted on pool decks)
- Additional items may be needed for swim meets.

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

PRACTICES

Practice will be offered at Independent Health Family YMCA (IH) and Ken-Ton Family YMCA (KT). Swimmers are encouraged to attend all practices at both locations for their level.

Practice Level **Days** **Time**
White: Monday/Wednesday: 6:00-6:45 pm
Practice will take place at Independent Health YMCA (IH)

 Tuesday/Thursday: 6:00-6:45 pm
Practice will take place at Ken-Ton YMCA (KT)

Green: Monday/Wednesday: 6:45-8:00 pm
Practice will take place at Independent Health YMCA (IH)

 Tuesday/Thursday: 6:45-8:00 pm
Practice will take place at Ken-Ton YMCA (KT)

Emerald: Monday/Wednesday: 6:00-8:00 pm
Practice will take place at Independent Health YMCA (IH)

 Tuesday/Thursday: 6:00-8:00 pm
Practice will take place at Ken-Ton YMCA (KT)

Independent Health Family YMCA is located at 150 Tech Drive, Amherst, NY 14221.

CLINICS

Clinics will be held every Saturday that there is not a swim meet being held. The location will switch every week between Ken-Ton and Independent Health. The clinic is open to all swim levels and will be held at both pools from 10:00-10:45 am. Skills such as starts, turns and finishes will be focused on. *pre-registration will be required at the front desk by the Wednesday of that week.

HOLIDAY PRACTICE SCHEDULE

| | |
|-------------|--------------------|
| 10/31 | No practice |
| 11/24-26 | No practice |
| TBD | Holiday Swim Party |
| 12/23-12/31 | No practice |

INVITATIONAL/CHAMPIONSHIP MEET FEES

There are additional fees to participate in invitationals/championship meets that are not included in swim team program fee. Specific entry fee information will be available prior to the meet.