



**CARLISLE  
YMCA  
AQUATICS  
ASSOCIATION  
HANDBOOK**

**2009 – 2010**

Welcome to the Carlisle YMCA Aquatics Association (CYAA). This handbook has been prepared by the Swim Team Advisory Committee and staff of the YMCA for use by parents and swim team members. We hope it will answer many of your questions and make your swim team experience an enjoyable and fulfilling one.

## **Philosophy**

The Carlisle YMCA competitive aquatics program is dedicated to the philosophy of providing an activity that meets the needs of all children, regardless of skill level. An integral part of the program is the belief that the development of CITIZENSHIP, GOOD SPORTSMANSHIP, FELLOWSHIP, individual MATURATION, and ASSUMPTION OF RESPONSIBILITY are as important as AQUATIC SKILLS. The YMCA has employed, with considerable input from the Parent's Association, a competent staff to coach, guide, and provide the discipline that is necessary for improvement and cohesiveness.

## **CYAA COACHING STAFF**

HEAD COACH	Tara Young (7th season as Head Coach)
ASSISTANT COACH	Natalie Harbold (5 <sup>th</sup> season with CYAA)
ASSISTANT COACH	Sean Barnes (2 <sup>nd</sup> season with CYAA)

## **SWIM TEAM ADVISORY COMMITTEE**

The Swim Team Advisory Committee is a group of **volunteers** who are responsible to the Aquatic Director to assist the Carlisle Family YMCA and its coaches in matters pertaining to the smooth functioning of a competitive swimming program. All parents are invited to attend the Advisory Committee meetings throughout the season. Meetings will be announced in the weekly team newsletter "Sharkbeat". We will need people to be in charge of different sub-committees such as Fundraising, Swim Suit orders, Banquet, etc. Please consider offering your time and talents to serve in one of these areas.

## Coaches' Responsibilities

The coaches are hired by the Carlisle Family YMCA to supervise age-group swimming practices and competitions. In the course of executing their responsibilities, the members of the coaching staff will:

- Place the swimmers into practice groups. Within the practice times, the coaches will separate the swimmers into groups according to the swimmers' abilities and goals. The coaching staff will advance a swimmer into a more challenging group when it is in that swimmers' best interest. At times, the coaches may temporarily move a swimmer into a different practice group as disciplinary action when two or more swimmers need to be separated.
- Provide competitive instruction and set training regimens. The coaches will be solely responsible for ensuring that swimmers receive appropriate instruction in competitive techniques and conditioning.
- Encourage good swimming habits. The coaching staff will advise swimmers on specific training procedures and proper use of equipment during practice and competition. At times swimmers may be requested or encouraged to purchase and use caps, goggles, swim fins, etc.
- Provide discipline and supervision during practice. The coaches are responsible for all swimmers in the pool area; they therefore are given full authority to discipline any swimmer that disrupts practice or endangers the health and safety of the other swimmers. Please refer to 'CYAA Policy for Disciplining Unacceptable Behavior' for detailed information on discipline procedures.
- Determine team line-up for competitions. The coaches will make the final decisions concerning events and lane assignments in league competitions. This responsibility includes determining whether a swimmer will swim in an exhibition event, a scored event, and/or a relay event (including what leg of the relay each swimmer will swim). The coaches will also make decisions regarding relays for YMCA championship meets based upon a swimmers' performance, training habits and attitude.
- Supervise and conduct team activities at swim meets. The coaches are responsible for supervising and conducting warm-ups before each meet. After each event, the coaching staff will discuss the race with the swimmer and provide constructive comments for furthering the swimmers' progress.
- Provide a forum for communications with parents. The coaching staff will make themselves available to address concerns with parents. These meetings can be private and shall be at a time that does not conflict with scheduled practices.

## Parents' Responsibilities

The greatest contribution any parent can make to their swimmers' progress is to be loving and supportive. Despite hours of practice and regular exposure to competition, the main source of confidence and self-esteem for most swimmers is a simple word of praise from their parents. Between rounds of encouragement parents should make sure that they do the following:

- Review this handbook with your swimmer(s). Parents should ensure that their swimmers understand the responsibilities connected with belonging to a swim team, especially with respect to behavior at practice and meets.
- Get your swimmer(s) to practice on time. Every effort should be made to have swimmers to the pool on time so that practices will run smoothly for everyone. Latecomers don't just disrupt the rhythm of other swimmers; they also miss important warm-up laps designed into the beginning of practice to decrease the possibility of injury.
- "Quick" questions for the coaches should be addressed after practice sessions or by making an appointment with the coach.
- Check the website ([www.carlislefamilyymca.org](http://www.carlislefamilyymca.org)). Check the bulletin board. Check your mailbox. Parents can stay informed by checking the website or the bulletin board in the pool hallway for information on upcoming meets or team functions. We will not be mailing out meet information. Therefore, it is very important to check these resources regularly to stay informed. A weekly newsletter to keep you up-to-date on important deadlines and information will be emailed to each family by Tuesday of each week. If you prefer, this newsletter can be placed in your child's mailbox instead.
- Address issues with the coaches in private. Parents should refrain from criticizing the coach in front of swimmers and other parents. Young swimmers are easily discouraged and often become discipline problems when they are constantly hearing negative things about the coaches or the team. Disparaging remarks about the team or the coaches should not be vented on other parents. Such negativity weakens the social atmosphere of the team and destroys any pleasure swim parents may derive from conversing with each other. Parents who have an issue to address with the coach should either make an appointment by placing a note in the coach's mailbox or speak with the aquatics director regarding their concern.
- In circumstances where an issue has been discussed with the coach and the parent still feels that the problem has not been fully resolved, the parent should present the problem to the aquatic director. The issue may be addressed privately with the director or it may be shared with the advisory committee. The director or the committee may then choose to intercede with the coaching staff on behalf of the parent, or to stand behind the actions of the coaching staff if they deem those actions to be in accordance with CYAA and YMCA policy.
- **Volunteer, volunteer, volunteer!!** Parent volunteers perform a variety of tasks ranging from simple jobs such as setting up for a meet or selling concessions to the more complex jobs such as officiating a meet, score keeping, or running the computerized timing system. No job is too small or unnecessary. All jobs are important for the team to operate smoothly and effectively. For this reason it is essential that every parent participate in some way by volunteering their time and talent during the course of the season.

**We can't run this program without YOUR help!!**

## Fundraising

There will be a Fundraising Fee in place of mandatory fundraising. **This fee is due at the time of registration.** These monies help to offset the costs of purchasing meet ribbons (required by the league), training equipment, year-end recognition awards and team gifts. We will offer a fundraising opportunity during the season which will be optional, however, if you choose to participate you will be able to earn money back, up to a maximum of \$30 or \$60, depending upon how much you paid at registration.

2009-2010 Fundraising Fee: \$30 per swimmer with a max of \$60 per family

## Practice

Swimmers are expected to attend practice for their level of swimming as often as possible. The coach will communicate to parents just how often and how long a swimmer should attend. Below are a few pointers to make practices run as smoothly and efficiently as possible.

- Arrive on time. Swimmers should make the most of their practice time by arriving early and ensuring that suits, caps, and goggles are properly fitted. Arriving late is often disruptive for other swimmers and for the coaches, who must make adjustments to lane assignments.
- Listen to the coaches. Each individual practice session is one small part of a long-term competitive strategy mapped out by the coaching staff at the beginning of the season. Each swimming drill and every series of laps are important steps in the coaches' plan to develop each swimmer's competitive edge. Try to concentrate on specific aspects of your stroke as you practice. Remember:

### **Perfect Practice Makes Perfect Permanent!**

- Practice good sportsmanship. Being courteous toward your coaches and teammates will cause them to want to treat you with equal respect. The result will be more effective communication between the coaches and swimmers and a more pleasant practice experience for everyone.
- Stay in supervised area when practice is over while waiting for a ride home. There are many activities that go on in and around the YMCA building during all hours of the day. Swimmers should exercise good judgment and caution when walking through the building or when playing outside. Often, there are massages taking place outside the pool corridor. Please do not use loud voices, especially in this area. Parents please do not congregate in this area as well.

- Check your mailbox folder and the bulletin board. Swimmers should check their mailboxes and the bulletin board in the hallway every day of practice for information on upcoming meets, schedule changes, or dual meet registration. The website ([www.carlislefamilyymca.org](http://www.carlislefamilyymca.org)) will also have this information.
- Refrain from horseplay and unruly behavior. Practice sessions can be fun, but clowning around and horseplay can lead to injury. Unruly behavior is also disruptive to those who are really trying to gain something from practice. The coaching staff is authorized to take disciplinary action when they feel that the situation is dangerous, disruptive, or a negative influence on the other swimmers. Review and make sure you understand the Carlisle YMCA Aquatics Association policy for handling unacceptable behavior and administering disciplinary action.
- The following rules specifically apply at practices and meets:
  - Team members shall not dive from the sides of the pool or into shallow water/no diving zones.
  - Team members shall not push or shove anyone into the pool. **This includes after meets.**
  - Team members shall not throw anything into the pool.
  - Food and beverages are prohibited in the pool area. **Parents and siblings of team members should refrain from eating snacks while in the pool area.** Water bottles ARE PERMITTED on deck- please make sure they are disposed of properly at the end of a practice/meet.
  - Team members should not wander around the facility. They should be in the pool area at all times. Please ‘check out’ with one of the coaches before leaving the pool deck – i.e. bathroom trips, early departure from practice, etc. Please use the bathroom BEFORE reporting to practice. Do not use the pool as a toilet.
  - No glass or gum on the pool deck.
  - Horseplay will not be tolerated ANYWHERE during practice or meets.
  - ALL jewelry is to be removed before entering the water for practice and meets. This includes earrings. Medical bracelets should be secured to the child by using first aid tape.
- If a swimmer is going to miss a number of practices for whatever reason, please contact Coach Tara at 243-0791 or via email at [tyswim@embarqmail.com](mailto:tyswim@embarqmail.com). If on the morning of a meet your child wakes up ill and will not be able to participate, please contact Coach Tara on her cell phone (448-6291) or Coach Natalie (440-2566).

## Swim Meet Guidelines

The following procedures will help swimmers and parents participate effectively in swim meets:

- All swimmers MUST be signed up for participation in any scheduled league meet by no later than the Monday of the week of the scheduled meet, 5 days prior the meet.

- Any swimmer not signed up to participate in a meet will not be entered in the team's meet line-up. The meet line-up shall be posted no later than the Wednesday before the meet. No changes will be made after the Friday before the scheduled meet except for cases of illness. A swimmer who is not originally in the meet line-up will not be added on the day of the meet. Changes to the line-up on the day of the meet may be made at the discretion of the coaches.
- Meet times will be announced prior to the meet. Our home meets are almost always on Saturday afternoons with warm-ups beginning at noon and the meet at 1:00PM.
- Get enough rest and proper nutrition prior to the meet. A well-rested mind is as important as a well-rested body when competing. Of course, performance is also dependant on body strength and stamina which are influenced by diet. Please do not allow your swimmer to bring powder sugar snacks to a meet (i.e. jello powder, pixie sticks, etc)
- Be on deck 15 minutes before the scheduled warm-up begins. Allow plenty of time to find a place to put swimming gear and to get any last minute instructions from the coaching staff. Prompt arrival of team members also allows the coaches to identify 'no shows'.
- Warm-up with the team. A good warm-up is essential to successful performance. Begin warm-up with land based stretching and loosening exercises and follow with a comprehensive swimming warm-up. Swimmers should also use this time to familiarize themselves with pool conditions that may affect swimming starts and turns. Swimmers who are uncertain of how to maximize their warm-up time should ask the coaching staff for clarification during weekly practice.
- Know your events and report to the starting block on time. Check the event assignments as soon as they are posted and ask any questions at that time. Each swimmer is responsible for knowing which events they are swimming and being at the assigned event on time. **It helps to write the event number and lane in magic marker on the swimmer's hand prior to warm-up.** Although there may be deck volunteers at dual meets who will help younger swimmers line up for their events, team members should learn to be responsible for their own assignments. At invitational meets, parents are responsible for getting younger swimmers to the 'bull pen' on time for line up.
- Participate as a team member. CYAA swimmers have the option to wear team suits and team caps (if worn) during competition. Proper competition attire not only enables the coaches and spectators to identify team members but it also promotes team spirit and unity. It is also essential that CYAA swimmers sit together during a meet not only to promote team spirit, but also so that the coaches and deck volunteers know where each swimmer is. If it is necessary to leave the team area, the coaching staff or a deck volunteer must be notified as to where the swimmer will be.
- Stay warm, rest, and drink plenty of fluids during the meet. By staying warm, energy is conserved for use during competition instead of used up trying to heat the body. Warm muscles are also better at converting energy into motion. While waiting between events, activities should be kept at a minimum, again to conserve energy. It is most important that you drink plenty of cool (not ice-cold) fluids to keep your body hydrated. Even though you may not feel like you're sweating, your body is losing fluids at an accelerated rate during competition and good hydration is required for effective muscle performance.

- Plan on staying for the entire meet. Swimmers are expected to stay for the entire league meet as a display of team unity. Sometimes last minute changes in relays may require your swimmer to be available to swim. **At the conclusion of a home meet, parents and swimmers are expected to stay and help clean up.**
- **Contact Coach Tara as soon as possible if a swimmer is ill and can't attend or continue to participate in a meet. This will allow the coach adequate time to make adjustments to the line-up.**

### **Swim Meet Behavior**

This list identifies behavior that is expected of all CYAA members, both swimmers and parents.

- Behave in a manner that generates respect. Swimmers and parents should remember that any time CYAA uniforms, apparel, or team logos are worn; the action of the wearer reflects the image of the club. Swimmers should behave in a manner that reflects the discipline of their sport and thereby exhibit pride in being part of a team.
- Be courteous to officials and meet hosts. Courteous behavior is always required. At meets courtesy should be extended to meet officials by staying off the poolside unless you are a competing swimmer or a working official. Questions or comments from swimmers or parents at the meet should be directed to the CYAA coaching staff, who will then pursue the matter through appropriate channels. Please do not approach host team members or volunteers during the running of the meet.
- Be a 'good sport'. Swimmers must always compete according to the rules of the sport. Swimmers and spectators must never 'bad mouth' teammates, competitors, officials, or coaches. As a gesture of good sportsmanship, swimmers should remain in the pool until all swimmers have finished the race and offer congratulations or some other positive comment to competitors.
- Accept the coach's judgment. The head coach is responsible for swimming assignments and for giving advice to swimmers during a meet. The coach has worked with the swimmers and knows the extent of their competitive poise and ability. Poorly delivered comments during a swim meet can quickly erode a swimmer's positive attitude and undermine the swimmer-coach relationship. Therefore, opinions regarding the coach's decisions should be addressed with the coach after the meet in private. Remember, one of the aspects of good sportsmanship is self control; mature swimmers must learn to control their emotions even when the situation is not to their liking.
- **Flash photography IS NOT PERMITTED during the start of a race.** Once the whistle is blown by the starting official prior to each race, there should be no cheering or shouting until after the start of the race.

### **What to Pack for a Meet**

#### **For Dual Meets**

- 3 towels (or more)
- Dry clothing for between events
- Plenty of water / sport drinks
- Extra pair of goggles, extra cap

- Restful activity or book
- Poolside or shower sandals
- Shower soap and shampoo
- Street clothes in a dry plastic bag
- Pen (to mark swimmer's hand with events and lane assignments)

Please keep in mind; there is always a concession stand at each of the dual meets.

**For Invitational Meets Add:**

- Sleeping bag or large blanket
- Highlighter to mark program
- Folding chairs

## **EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT A SWIM MEET**

*Listed below are some guidelines to help you through the season.*

### **BEFORE THE MEET STARTS**

For our home meets, we ask all team parents to contribute to the concession stand by providing baked goods, salads, hot dogs, candy, etc. Each family will also be asked to donate a case of water or soda for the season. A sign up sheet will be on the swim team bulletin board the week before the meet. This is one of the ways we raise money for the team.

Many volunteers are needed during a home meet, such as timers, ribbon writers, stroke and turn judges, finish judges, announcers, and concession stand workers. **At least one parent from each family is expected to work every meet (including away meets).** For home meets we can often use both parents. "Many hands make light work" – anyone volunteering for a task at a swim meet appreciates a relief volunteer to take over half-way through the meet. Starters, Stroke and Turn Judges and Finish Judges are the only workers who must receive special training. Everyone is trainable as a timer, scorer, ribbon writer, etc. Get involved. It makes the meet go faster and it's actually fun. Dress for summer. Even on the coldest days, you'll get hot and you'll get splashed, guaranteed. REMEMBER, this a parental participation sport.

On the date of the swim meet, swimmers need to arrive at the pool at least 15 minutes before the warm-up time begins. Upon arrival, find a place to put the swimmer's bag and look for familiar faces. The swimmers sit together.

Find the coach and 'check-in'. You are needed by the team. Late swimmers make the coaches nervous. Once checked in, your swimmers should write each event number on his/her hand in ink and their lane assignment. This helps the swimmers remember what events they are swimming and what event number to listen for. Make sure the swimmer checks to see if he/she is in a relay. It is not fair to other swimmers who have stayed to swim on a relay and one swimmer has left to go home. No swimmer should leave a meet without first checking with a coach to make sure they are finished swimming for the day. All swimmers are expected to remain until the end of the meet unless you have a prior commitment that has been discussed with the coach prior to the meet.

Moms and Dads – don't expect the families of the last swimmers in the water to take care of pool clean-up. Everyone is exhausted after a meet, but with only a few helpers, the chores after a meet can take as much as an hour. With about a dozen helpers, it can take less than twenty minutes!

## **THE MEET STARTS**

Our coaches will decide the line-up for the meets. The coaches may ask your child what they might prefer to swim but the final decision belongs to the coach in dual meets. Encourage your child to see his or her race as part of the team effort.

It is important for all swimmers to know what event numbers they will be swimming and where those events fall in the meet line-up. A swimmer might swim two events early in the meet and then not swim in another event until much later in the meet.

Event numbers and the names of the events will be called by an announcer. Swimmers should be watching the meet and anticipating their event. Boy's events are odd numbered and girl's events are even numbered. Swimmers need to report to the starting block area with cap and goggles. At most meets, the announcer will call out the names of the swimmers for each lane in each event, but it is always best to know your lane assignment in advance.

After a swimmer completes his or her event, they should ask the timer for the unofficial time and then go immediately to the coaches. The coach will discuss the race briefly and offer encouragement. At this point, it is a good time to check out the bathroom, get a drink, or something light to eat.

## **INVITATIONALS**

Invitationals are sponsored by individual clubs/teams as fund raisers. It provides swimmers with opportunities to compete with swimmers from many of the surrounding areas. It is a good gauge of the local competition and prepares swimmers for bigger championship meets. These meets are optional and fees are charged to swimmers for each event entered. Information on Invitationals is posted on the bulletin board a few weeks prior to the meet date. Watch carefully for due dates- No entries will be accepted late or without meet entry fees!

## **CPAL DUAL MEET LEAGUE CHAMPIONSHIP MEET – DIVISIONALS**

Swimmers must participate in three league dual meets to be eligible to swim the league championship meets. Divisionals is the first step of the championship process. This competition is made up of all the teams we have already swum in our league division. All the divisions of our league have their divisional meet on the same day. Each division swims at a different location. All times from the divisional meets are then combined to determine who qualifies to swim in the All-Star Championship Meet.

Swimmers with parent's and coach's advice, choose the events they want to enter at Divisionals. Everyone on the team who has met the league minimum dual meet requirement (3 dual meets) is eligible to swim in the Divisional meet.

Top qualifiers are called the evening of the Divisional meet and told if they should report at the next day's league All-Star meet.

## **All-Stars**

Top swimmers from the entire league compete on the Sunday following Divisionals in individual and relay events. For most 8 and Unders, the Divisional and All-Star meets are the end of their season.

## **YMCA CHAMPIONSHIP MEETS DISTRICTS**

This meet is for swimmers who are 9 and older. Swimmers need to have qualifying times in order to participate. In addition, to meet the YMCA District qualification, the swimmer must compete in 3 “closed” YMCA meets. The qualifying times will be posted on the team bulletin board as soon as they are available. These times should be the swimmer’s goal to achieve during the season. Our coaches will help by telling swimmers when they have qualified. There are times when multiple relay teams from the same age category will qualify. It is the coaches’ decision as to what relay team will be entered into the championship meet. This will be based on the coach determining which relay has the best chance of advancing to the State meet. Districts are held at LaSalle University in Philadelphia in mid- March. This competition is the East District Championship (YMCA teams in the eastern half of the state). Even though you have qualified, you still need to enter and fees will be collected. Keep an eye on the bulletin board for more information. The top nine individuals in each event and the top nine relays qualify to compete at State College the following weekend in the PA YMCA State Championship meet.

## **STATES**

The top swimmers from the Eastern District will swim against the top swimmers from the state’s Western District in the PA YMCA State Championship meet. This is held at Penn State University. It is a great accomplishment and a big thrill for swimmers to compete in this meet!

## **NATIONALS**

Swimmers will need to meet qualifying times in order to be eligible to attend the National YMCA meet. YMCA Nationals are held in Fort Lauderdale, FL in April and is the most exciting meet your swimmer will compete in. More information regarding Nationals may be obtained from the coaches. Those who qualify and plan to attend the meet will be asked to participate in a fundraiser to help defray the costs associated with the trip for the coaches and the swimmers. The swimmer’s family will be responsible for additional costs not covered by fundraising funds.

**REMEMBER** – staying informed about swim team news is both the **swimmer’s and the parent’s responsibility**. Those who car pool or drop swimmers off at the door may miss out on checking the bulletin board and miss important announcements. The Advisory Board will not personally contact every parent about every change or activity.

If you are new to our team, WELCOME! Talk to other parents and ask questions. By the end of the first season, both you and your swimmer will have learned a lot about swimming. Enjoy your year with CYAA – we love swimming!

# Equipment

## Personal Equipment

Although the equipment necessary for swimming is minimal compared to other sports, swimsuits, caps, and goggles require special care to make them last as long as possible.

Goggles should be kept dry when not in use and checked periodically for loose lenses or tears in the strap. Always bring an extra pair to practice or competition.

Swimsuits usually come with care instructions, but general care includes rinsing immediately after swimming to remove pool chemicals and air drying on a flat surface to prevent stretching of fabric. **DO NOT DRY YOUR SWIMMER'S SUIT IN THE DRYER.**

Swim caps suffer the most if handled with neglect. The latex used in swim caps is extremely susceptible to deterioration from pool chemicals, hair care products, and trapped moisture. Caps should be rinsed after use, dried thoroughly, and dusted with a light film of talcum powder. If your child is allergic to latex, silicone caps are available and usually will last longer than the thinner latex caps.

All personal equipment and apparel should be clearly marked with the swimmer's last name and 'CYAA'. It is highly recommended that each swimmer purchase a mesh bag to keep their equipment in so that it can be transported to and from practice easily.

## Team Equipment

All swimmers are responsible for equipment used during practice and swim meets. Swim fins, kick boards, etc. should be treated with care so that they will last through many seasons. Swimmers are responsible for putting equipment away at the end of practice and for helping with clean up after a meet.

# **CYAA Policy for Disciplining Unacceptable Behavior**

When the unacceptable behavior is first identified the coach will:

- Reprimand the unruly swimmer

If the unacceptable behavior occurs again the coach will:

- Reprimand the swimmer again
- Announce the first warning

If the unacceptable behavior continues the coach will:

- Reprimand the swimmer again
- Announce the second warning

If the unacceptable behavior continues the coach will:

- Issue a 15 minute 'time out for the swimmer
- Announce the third warning
- Notify the swimmer's parents regarding the specific behavior and request that the parents address the situation at home.

If the unacceptable behavior continues the coach will:

- Suspend the swimmer from practice for a specified number of days
- Notify the parents directly regarding the suspension

If the unacceptable behavior continues the coach will:

- Submit documentation of the situation as it transpired to the appropriate YMCA administrative authority
- Ban the swimmer from a specified number of competitions

Finally, if unacceptable behavior continues as documented by the coach:

- The swimmer will be permanently removed from the team. The dismissal will be in the form of a letter from the appropriate CYAA administrator

# The Health of Your Swimmer

A swimmer's health is best maintained by proper rest and good nutrition. There are few more topics to cover, however, that can make the swimmer's experience more pleasant.

- **Avoiding Swimmer's Ear**

Swimmer's ear is a state of persistent irritation and inflammation of the outer ear canal that most commonly occurs in young adults. Symptoms include ear itching, flaking skin inside the ear, or a pain in the ear canal. Yellowish or yellowish-green pus often oozes from the ear and occasionally hearing will be affected if the pus or swelling blocks the ear canal. Swimmer's ear is usually caused when bacteria or fungi are allowed to grow in the ear canal either trapped by moisture or wax. Once the condition occurs it should be treated by a doctor, although taking aspirin and placing a warm heating pad over the ear may help relieve the pain. The best prevention of swimmer's ear is to apply an over-the-counter solution to ears after each swim (or you can make your own solution of equal parts of rubbing alcohol and distilled white vinegar and place a few drops in the ear). Swimmers with chronic ear problems may find it helpful to apply a preventative solution after bathing at home as well as after each practice.

- **Avoiding Athlete's Foot**

Athlete's foot symptoms usually include itching, burning, or stinging on the soles of the feet or between the toes. Some cracking and peeling of skin may occur as well. This mildly contagious infection is transmitted by contact in public showers and swimming areas and by sharing towels. Wearing sandals in showers or at poolside has not been proven to prevent athlete's foot. The key to prevention is to keep your feet dry. Always dry your feet thoroughly after bathing. Applying a spray anti-perspirant or an antifungal foot powder to your toes and feet may help in prevention.

## Getting Messages to Coaches

There are various ways to reach the coaches if necessary. Remember, the coaches need to know if your swimmer will not be at practice for some of time, or if the swimmer is going to miss a meet.

### Coach Tara Young

Home: 243-0791

Cell: 448-6291

E-Mail: [tyswim@embarqmail.com](mailto:tyswim@embarqmail.com)

### Coach Sean Barnes

Home: 241-4455

E-Mail: [seanbarnespo@aol.com](mailto:seanbarnespo@aol.com)

### Coach Natalie Harbold

Cell: 440-2566

E-Mail: [Natatude5@aol.com](mailto:Natatude5@aol.com)

## **Inclement Weather / Pool Closing Plan**

### **When Carlisle Schools have a delayed opening:**

- The 5:30 – 7:00AM practice will be canceled
- The afternoon practice will be held unless weather conditions deteriorate throughout the day in which case the phone chain will be activated to cancel practice (Please make sure we have your correct phone number so that you can be reached.)

### **When Carlisle Schools are CLOSED:**

- The 5:30 – 7:00AM practice will be canceled
- A decision regarding afternoon practice will be made by 12:00PM. **The phone chain will be activated if practice is canceled.**

### **When Carlisle Schools have an early dismissal:**

- Afternoon practices will be canceled