



A Summary Of CYAA Sharks and Mini Sharks 2009-2010 Competitive Swimming Program

Welcome to the Carlisle Family YMCA competitive swimming program. The CYAA swim team is a participant in the Central Pennsylvania Aquatic League, competing in 5 dual meets starting in December and continuing into February, together with end of season divisional and all-star meets. Invitational meet opportunities are available throughout the season for those swimmers seeking additional challenges. As YMCA members, CYAA swimmers may also qualify for YMCA District and State meets that take place in March.

Your CYAA coaches and staff for 2009-2010 are: Tara Young, Head Coach; Natalie Harbold and Sean Barnes, Assistant Coaches; and Judy Schreiber, Carlisle Family YMCA Aquatics Director. Tara is entering her 6th year as CYAA head coach. She grew up swimming in Carlisle and continued her competitive swimming career at Western Maryland College. Natalie will be in her 5th year and Sean is beginning his 2nd year with the team.

Success in the pool is a cooperative effort between swimmers, coaches and parents. Participation in swim meets is an integral part of the competitive swim program. Skills learned and mastered in practice are tested in the meet forum. Coaches will provide training sessions and feedback to develop swimmers skills in the pool. The support and help of all parents is a required part of the swim team. All families must agree to work at swim meets and other team events. There are many different jobs so please plan on finding just the job for you!

The CYAA provides a wonderful opportunity for young people to develop swimming skills in a supportive environment. Membership is offered in two categories: (1) the "Sharks," a competitive swim team for all swimmers born 11/30/1999 or earlier and those swimmers born between 12/1/1999 and 11/30/2000 who have been swim team members in the past; and (2) the "Mini Sharks," a developmental swim team for all swimmers born on or before 11/30/2001 and those swimmers born between 12/1/1999 and 11/30/2000 who are joining a winter swim team for the first time.

The "Sharks" is designed for the competitive swimmer seeking to develop and strengthen already existing swimming skills. All "Sharks" should be able to swim 4 lengths of freestyle continuously and have a basic knowledge of the other three competitive strokes; backstroke, breaststroke and butterfly. By the end of the season, swimmers should be at least proficient in all 4 strokes. Training sessions will focus on stroke and turn technique and strength and conditioning. "Sharks"

practices are available 5 days per week. Swimmer commitment should be at least 3 or more practice sessions per week. Participation in league meets is required for all "Sharks." It is the goal that all "Sharks" participate in at least 3 of the 5 dual meets in order to qualify for the end of season divisional meet and possible participation in the all-star meet.

The "Mini Sharks" is designed for the younger, developing swimmer. All "Mini Sharks" must be able to swim one lengths of the pool without break in order to participate. The purpose of all training sessions is to improve the swimmer's skills and to introduce all 4 strokes: freestyle, backstroke, breaststroke and butterfly. By the end of season, swimmers should be comfortable in the pool and confident in their developing skills. "Mini Shark" practices are Monday, Wednesday and Friday. Swimmer commitment should be at least 2 practice sessions per week. All "Mini Sharks" should be prepared to participate in league meets by the end of the season. The coaching staff understands that these young swimmers may be intimidated by the meet participation early in the season. However, the commitment of swimmers, coaches and parents to have every "Mini Shark" swim in a meet is necessary to build confidence and to complete the development of a rising competitive swimmer.

Attached below are the basic guidelines for participation in the CYAA, whether as a "Shark" or a "Mini Shark." It is the purpose of these guidelines to make clear the expectations of all families who participate. Adherence to these guidelines will make the swim team experience much more valuable for all involved. Some guidelines are new for this year. Please review these carefully.

We are looking forward to a great year, lots of fun and fast times! Get ready to swim!

Thanks,

Coach Tara, Coach Natalie, Coach Sean

and

Judy Schreiber, Aquatics Director

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Competitive Swimming Program

Team Guidelines

1. Practices start on Tuesday, October 13, 2009 for all "Sharks." "Mini Shark" practices start Monday, November 2, 2009. Practice times are 3:30 p.m. to 5 p.m., Monday through Friday, for swimmers in the 6th grade and above. "Sharks" team members in 5th grade and below practice from 4 p.m. to 5 p.m., Monday through Friday. "Mini Sharks" practice times are Monday, Wednesday and Friday from 5 p.m. to 5:45 p.m.
2. Timely arrival for all practices is required so that the planned training session can be completed. All swimmers must be attentive on the pool deck.
3. League meets are held Saturdays, at either 9 a.m. or an agreed upon later time.
4. "Sharks" team members should participate in at least 3 Central Pennsylvania Aquatic League meets. "Mini Sharks" team members should participate in at least 1 league meet.
5. 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.
6. 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.
7. Sign-ups for divisional and invitational meets will be posted as they become available with deadlines for entries listed. No late entries will be accepted. Money must be submitted along with the entries.
8. Meets and team events run only with the assistance of parents. **ALL FAMILIES MUST AGREE TO WORK AT A MINIMUM OF 3 MEETS OR TEAM EVENTS.** Home meets need officials, judges, timers, starters, meet announcers, set-up crew and concession stand helpers. Away meets have fewer workers needed but there are always positions for timers, judges and officials. A sign-up sheet for positions is attached here. Sign-up sheets for specific meets shall be posted throughout the season. Families will be contacted to complete their work requirements. **All families are expected to help clean-up after each home meet.**
9. At all meets, areas will be designated for team areas. Swimmers are responsible for knowing what and when they are swimming. Parents must assist in keeping swimmers in the team area, ready for their events. 8 & under swimmers will be assisted by a line-up coordinator. The line-up coordinator will not be responsible for finding swimmers outside the team area.
10. **HAVE FUN!**

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Competitive Swimming Program

Family Work Assignments

FAMILY NAME: _____

SWIMMERS NAMES AND AGES: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

Meets and Events are listed below. Please designate the assignments you are willing to do. Specific work schedules will be based upon the sign-up sheets posted for each meet or event. All unfilled spots will be filled based upon each family's answers here.

Pre-Season Fun Meet:

Timers _____

Meet "officials" and computer operators _____

Pizza Party Helpers _____

5 League Meets:

Meet set-up _____

Officials, Judges, Starters, or Computer Operators _____

Timers _____

Concession Stand (home meets only) _____

8 & under line-up coordinator _____

Banquet:

Food Coordinator and Servers _____

Decorations _____

General Team Administration:

Family Work Assignments Committee _____

Team and Coaches Gift Coordination Committee _____

Invitational Entries Committee _____