



Sussex County YMCA Swim Meet Guide

Overview

Purpose

The purpose of this SCY Swim Meet Guide is to provide helpful information to parents regarding all aspects of swim meets attended by SCY swimmers. It includes an overview of the types of meets conducted by YMCA and USA Swimming, how to sign up for a meet, what to expect at a meet, the volunteers needed to run a meet and much, much more.

The information in this manual pertains to the SCY winter short course team.

YMCA and USA Affiliations

The SCY Swim Team is a competitive swim team affiliated with both USA Swimming and YMCA Swimming, the two largest amateur swimming associations in the United States. What this means is that we participate in meets sponsored by the New Jersey YMCA and Garden State Cluster in association with YMCA of the USA and meets sponsored by USA Swimming. YMCA meets only have swimmers affiliated with a YMCA. USA meets are open to anyone registered with USA Swimming, which includes YMCA and non-YMCA teams.

One important difference between YMCA and USA meets is the age-up date for the meet. The age up date is the date used to calculate the swimmer's age. For YMCA meets the date used is December 1st of the current season. For USA meets the date used is always the first day of the meet.

YMCA Swimming

The YMCA competitive swim program is a national program that sponsors competitions at the local, state and national levels. It is highly regarded for providing many opportunities for success to all levels of swimmers, from novice to national qualifiers. NCAA rules are used at all YMCA competitions when specific YMCA regulations do not supersede.

The winter team has a dual meet schedule through the Northern NJ YMCA Cluster. They operate under the direction of the East Field South who sets up our state and regional meets. The winter team also competes in selected invitational meets and championship meets open only to YMCA teams. At YMCA meets, swimmers compete using their age on December 1st.

USA Swimming

The SCY Swim Team, its swimmers and coaching staff are members of USA Swimming. The organization directs America's largest age group swimming program of guided fitness activity for children. USA swimming sponsors competitions at the local, state, regional ("zone") and national levels. USA Swimming is the organization that selects and sends swimmers to the Olympics and other international events. USA Swimming is organized into 59 Local Swimming Committees (LSC's). We are part of the New Jersey (NJ) LSC or New Jersey Swimming (NJS). The New Jersey Swimming website is www.njswim.org.

Our swimmers pay an annual registration fee to USA Swimming. This fee is covered by your swimmer's team deposit fee for the winter short course team. A swimmer that joins the summer long course team (should the SCY have one in the future) that did not participate during the winter must pay this fee separately. Any swimmer transferring from one USA team to another must also pay a transfer fee.

Our team is also a member of USA Swimming and pays annual dues. Membership benefits include USA Swimming Rules and Regulations, membership certificate and certificate of insurance. Clubs joining USA Swimming have liability insurance coverage for approved insured activities.



USA Swimming members receive Splash, a bimonthly publication providing current and timely information of interest about age group swimming. The USA Swimming website, www.usaswimming.org, is a brilliant way to learn about the sport; there are sections for swimmers, parents, and volunteers, each providing a wealth of information individualized for that group.

New Parent/Swimmer FAQ

	<u>YMCA Dual Meets</u>	<u>YMCA and USA Invitational and Championship Meets</u>
Attendance	Expected at all dual meets	These meets are posted by the coaches. Some are mandatory, while others are optional.
Eligibility	All are eligible to swim	Swimmers may need to meet certain time standards in order to qualify for the meet.
Sign-Up	Swimmers are entered in the meet by the coaches.	Swimmers review meet information & decide which meets to attend.
Events	Coaches select all events for the swimmers. Maximum of 2 individual events and 1 relay per Swimmer. Schedule of events is standard, although event distances may change midway through season.	Swimmers select individual events. Coaches choose relays. Event limits vary per meet, as do the events.
Transportation	Parent provides transportation to/ from meet.	Parent provides transportation to/ from meet.
Cost	No Cost.	Swimmers are charged a fee & a surcharge for each event entered. The fees are deducted from your declining balance.
Length of Meets	Average about 2-3 hours.	Meets run for many hours with different sessions throughout the day. Some meets run an entire weekend.
What to Bring to the Meet:	Team suit, 2 goggles, 2 towels Team cap, positive attitude, Sharpie marker, drinks & healthy snacks.	Team suit, 2 goggles, 2 towels Team cap, positive attitude, Sharpie marker, drinks & healthy snacks. Chairs, blankets & games.
Arrival	Arrive 15 minutes prior to warm-up.	Arrive 15 minutes prior to the first warm-up for your session (especially if you want a parking space).
Check Events	Check meet sheet for events when you arrive. Write event #, heat # & lane # on back of swimmer's and in permanent marker.	Check in with coaches when you arrive. Write event #, heat # and lane # on back of hand. Coaches will get that info for you.



Supervision	Swimmers remain poolside with teammates during the meet. No one leaves the deck without a coach's permission and no one showers until the meet is finished and the final cheer is done.	Parents are responsible for swimmers during the meet. Coaches do not supervise swimmers. Swimmers & parents are usually assigned to remain in gym while waiting for events. Team sits together in gym. Coaches are always on Deck.
Marshalling	8 & Unders (and sometimes 9/10's) are marshalled to their event by a parent volunteer. All other swimmers are responsible for getting to the blocks on time. Parents must remain in bleachers if they are not working the meet..	Swimmers are usually marshalled in the gym & parents are responsible for getting swimmer to the marshalling area. Once marshaled, parents can go to the bleachers to see the event. Parents are not permitted to be on the pool deck unless working the meet.
Volunteers	Parents MUST volunteer to work at meets.	Parents may need to time for a session at a meet. Rotating assignments are made prior to the meet.
Results	Meet results are posted on the the team board.	Meet results are posted during the meet. In addition, results are posted on the board as soon as they are available from the host team.
Awards	None are given.	Ribbons, Medals and Trophies are given out at these meets.
Scoring	Only swimmers in the first heat score points. 8 & unders do not score.	Varies by meet
Snacks	Snacks are usually available for purchase at a concession stand. Pack something for yourself too.	Snacks are usually available for purchase at a concession stand. Pack something for yourself too

General Meet Information

Meet Conduct

- Whenever and wherever a Swordfish wears any item of the team uniform, the individual should remember that his/her actions and words reflect on the team they represent and they should behave accordingly. Let your actions reflect the pride you have in the SCY organization and all of its members.
- As a matter of courtesy to the officials, and meet hosts, it is required that swimmers and parents alike stay off the deck and competition venue, unless they are competing or serving in an official capacity. Similarly, as matter of courtesy, all questions swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff only. They, in turn, will pursue the matter through proper channels.
- As a matter of pride, leave the SCY team area in a neat and clean condition at the conclusion of each session of a meet.
- With regard to which events a swimmer competes in, the coaching staff shall have the final word. SCY team members are never to scratch or late enter an event without first consulting one of the coaches.
- In a meet with preliminaries and finals, it is expected that any SCY swimmer qualifying to swim in the finals will do so, even as an alternate.



Note: If you qualify for finals or consolation finals at a meet, you will have 30 minutes to scratch if you will not be swimming in finals. If you do not declare your intention to scratch, and are then a NS (no show) you will be barred from the remainder of the meet. A \$50 fine is assessed to the team of a swimmer that is scheduled to swim the finals or consolation finals that does not show up for the finals on the last day of the meet.

Out of Town Meets

Trips to meets in other cities become an important aspect of a swimmer's development while advancing through the Age Group ranks. SCY Swimming has established the following policies for the safety of the swimmer and peace-of-mind of his/her parents.

- The team asks one parent to volunteer to research possible lodging for away meets, reserve blocks & publicize. Parents are responsible for arranging transportation and lodging to away meets. **DO NOT ASK YOUR SWIMMER TO HANDLE THIS JOB.**
- Parents are encouraged to attend out-of-town meets with their swimmers and/or to chaperone on team trips. These trips can be great fun for parents and swimmers alike and are rare opportunities to participate in a special way in each young swimmer's career.
- A coach has too many responsibilities to the team as a whole to accept responsibility for an individual swimmer. Therefore, do not ask a coach to provide transportation.
- Any swimmer riding in a car is responsible to the parent/driver for his behavior and is expected to adhere to the SCY Code of Character at all times. A medical release and emergency telephone number should be given to the parent/driver with whom your swimmer is riding in case emergency medical treatment is required.

Terms Used at Meets

Positive Check In - Positive check in requires the coach to check in their swimmers by a specified time prior to the beginning of the session (usually 45 - 60 minutes prior to the start of the session). Swimmers should be on time and notify the coach when they arrive. Swimmers who do not get checked in will be scratched from the meet but are still responsible for their entry fees.

Warm-Ups - The coaches require swimmers to be "on deck" at a specific time (minimum 15 minutes) prior to the start of the meet. It is imperative that all swimmers are present at the requested time.

Seed time - This is the placing or ranking of your swimmer based on his/her best swim time. Events are seeded from slowest to fastest. In each heat the fastest swimmers are in the middle lanes.

Psych Sheets - This is a complete listing of all the swimmers based on age, times, stroke, distance, and order of heats/events. It is preprinted and sold at the meet by the host team. Psych Sheets generally list swimmers from fastest to slowest - the opposite way from how events are swum.

Heat Sheet - This is prepared after check in is completed and the meet has been seeded and no shows are scratched. It lists the swimmers in each event by heat and seed time. This list is posted in several areas of the pool as well as given to a coach of each team.

Session - This applies only to large meets. The meets are divided into sessions by age group. Invitational meets usually have a morning session and an afternoon session. Please pay attention to when your swimmer will be swimming so that you attend the correct session.

Lane assignment - After the scratches have been made, all swimmers are seeded by time and are given a heat and lane assignment. It is important for all swimmers to look for this after they have warmed up prior to the beginning of each session.



Officials - There are several officials at each meet. Each one has a job such as referee, starter, stroke and turn judge. The officials ensure that the meet is run properly and the strokes are done legally.

Marshalling - Some meets will designate an area to stage swimmers prior to an event. This is used to ensure that swimmers get in the proper heat and lane. It is mostly used for the 8 and under age group. The use of marshalling seems to be diminishing & the primary responsibility for being timely to the events is on the swimmer.

DQ - This is a term for disqualification based on an infraction of the rules spotted by one of the judges.

Touch Pad – The part of electronic timing system that rests in the water at the finishing end of each lane. Swimmers times are electronically recorded when the pad is touched.

Timed Finals – Competition in which only heats are swum and the final placing is determined by the times performed in the heats.

Prelims/Finals – In certain meets (usually for 13 and older swimmers), there are qualifying heats held for each event to determine the finalists. The finalists consist of the heat of the fastest swimmers and optionally 1 or 2 more consolation heats. Swimmers, including alternates, are given 30 minutes after the results of the preliminaries are announced to scratch from the finals. Any swimmer who does not scratch and does not appear at finals for which they qualify will be scratched from the remainder of the meet.

Splits – the time achieved for a shorter distance swim within a longer distance swim. For example, you can achieve a 50 breast time while swimming a 100 breast.

Taper – to gradually diminish the amount of yardage in a practice.

YMCA Dual Meet Teams

SCY has 3 different dual meet teams that compete with other YMCA teams in the Northern NJ YMCA Cluster. This year we have 1 girl's team, 1 boy's team & 1 Co-Ed team. Each dual meet team is placed in a league with other YMCA teams of comparable ability. The teams in the league compete against each other in dual meets. The coaches decide the placement of swimmers on our dual meet teams by the end of September or early October. Please see the Swim Team bulletin board at the YMCA for team assignments.

Each team has five or six dual meets during the season from late October through January. Team trophies are awarded to the best team in the league based on the first 4 dual meets. Two additional dual meets are also held in each league. In these dual meets, teams compete but not for team standings. The purpose of these dual meets is to provide additional opportunities for swimmers to achieve new best times or swim events they did not typically swim at the dual meets when the teams were competing against each other.

Each dual meet team has 2 dual meet coaches. The dual meet coaches make the line-up for the dual meets. The coaches can enter a swimmer in a maximum of two individual events and one relay at the dual meet. All dual meets are held on Saturdays and last approximately 1 ½ to 2 hours. There are no additional fees to attend a dual meet.

Every swimmer is expected to attend all five or six dual meets. But if there's some reason a swimmer cannot attend, the dual meet coach must be notified a minimum of 1 week in advance. The sign-out policy is explained below. Swimmers must show up for their assigned meet.



YMCA Championship Participation

YMCA rules require participation in at least 3 dual meets to compete in the YMCA State Championships. Remember, participation in the YMCA State Championships is required to swim in YMCA National Championships.

Dual Meet Sign-Out Policy

The parent or swimmer must contact their dual meet coach individually to inform them of their intentions of not swimming at a particular swim meet. They must contact (by email or in person) the dual meet coach by one week prior to the start dual meet date in order to be taken off the roster for that weekend's dual meet. The penalty for a no show swimmer at a dual meet is that they will not be able to swim in the following dual meet.

If your swimmer has a last minute illness and cannot attend the dual meet, contact the Sussex County YMCA or coach.

Note: If you sign your swimmer out of a meet and are scheduled to work that meet, you also need to find a replacement by contacting another parent on the team. The dual meet coach cannot do this for you. See the Parent Work Commitment.

Invitational Meets

Invitational Meets are those at which swimmers from many teams go to compete against each other within their own age group. Invitational meets are a good place for a swimmer to swim strokes and distances they do not normally swim at dual meets or to better existing times. Invitational meets can last anywhere from one to three days, with a swimmer competing in a particular session during the day. There are usually two or three sessions per day with no session lasting more than about 4 hours. The fee to swim in an invitational meet is usually around to \$4.00 per event and a swimmer is usually allowed to swim 3 events per day. In addition, each swimmer will pay a \$5.00 surcharge for each invitational. Meet fees are paid for and deducted from the swimmers meet fee declining balance account. A swimmer must have an account balance in order to enter the meet.

The coaches decide which invitational meets we will attend. Each swim meet on the schedule will have a target set of swimmers. This set may include particular practice groups, particular age groups or swimmers who have obtained the qualifying times for the meet.

Some invitational meets are YMCA meets and some are USA meets. Of the USA meets we attend, most are hosted by teams from New Jersey Swimming (our LSC).

For YMCA invitational meets, the Age-Up date is December 1. For USA meets, the Age-Up date is the first day of meet. This makes a difference for a swimmer whose birthday is after December 1. For example, a swimmer who turns 11 on December 2 will swim as a 10 year old at all the YMCA meets for the winter season. But will swim as an 11 year old at the USA meets that are held after December 1. For most meets the swimmers compete in one of the following age groups: 8 & under, 9 – 10, 11 – 12, 13 – 14, 15 – 18, senior (which usually means over 12) or open (any age). Meets that are listed as Mini Meets are for younger swimmers. Sometimes they are limited to 6, 7, and 8 year olds. Occasionally they include 9 year olds.

Most YMCA meets will allow a swimmer to swim with a NT (no time). USA meets sanctioned by the New Jersey LSC will not allow a NT, so it is important that a swimmer try to swim events where they have no times at a dual meet or a YMCA invitational.



Each practice group coach decides which invitational meet their group will attend. Some meets are Auto Entry where the coaches decide on your events. For non-Auto Entry meets you are allowed to select your own events. For all meets the coaches do the entries and you will be signed up for the meet unless you sign out according to the Meet Entry Procedures. Make sure you understand the Meet Entry Procedures for both.

Relays

Some invitational meets have relays. The coaches decide whether to enter a relay in the meet. Relay decisions made by the coach are NOT debatable. The coaches decide who will swim in the relay at the meet. The swimmers who end up swimming in the relay are not charged for the relay entry fee. This fee is paid for by the team from our booster account.

At the Meet

- Arrive at the competition pool 15 minutes prior to the start of the first warm-up period for your session. Even if the team has the 2nd or 3rd warm up, the swimmers are expected to be there at the start so that check in sheets can be completed and final instructions to the swimmers can be given.
- Coaches will notify swimmers of Heat and Lane Assignments. If there is a mistake, discuss it with a coach so corrective action can be taken if appropriate.
- A member of the SCY Coaching Staff will always conduct warm-ups.
- Swimmers are expected to wear either team apparel or plain Blue & White warm-ups, T's, or Shorts. Wearing the complete team uniform promotes team unity and pride and greatly aids spectator recognition. No jewelry is allowed at meets.
- Each swimmer is responsible for knowing which events he/she is swimming and for being present on time to swim, including relays. All swimmers especially should check with their coach to see if they are entered in a relay. It is helpful to write the event numbers, heats, and stroke and lane assignments on the back of the swimmer's hand.
- If possible, before reporting to the blocks, a swimmer should confer with a member of the coaching staff to review race strategy and goals.
- At the conclusion of each race, the swimmer should ask the lane timer for their time. Younger swimmers are then to go immediately to their coach. Older swimmers must go to the warm down pool first and then to their coach. This gives the coach an opportunity to discuss the race with each swimmer and add positive comments concerning splits, technique and race strategy.
- At most meets, electronic timing is used. The official time is generally the one recorded in the computer by the swimmer touching the touch pad at the end of the race. Sometimes the swimmer misses the pad or there is a computer malfunction and the time that appears on the scoreboard is incorrect. The final and official time is posted at the meet, but can still be reviewed by the meet referee up until the meet is completed.
- When the official results are posted, record the official time to the 100th of a second in your record book.
- In between races, swimmers are asked to rest and stay warm. All energy is to be stored up and used in competition. If swimmers must eat, a light nutritious snack is recommended.
- It is very important that swimmers check with the coaching staff prior to leaving the swim meets. This rule is for the safety of the children.
- What to bring to a meet: Come dressed in warm outer clothing wearing your Team Suit underneath. Bring 2 Team Caps, goggles, spare goggles, a towel, quiet games, books, homework, record book for recording times, a light snack, and a water bottle.
- If you can't make a meet you committed to, it is imperative that you contact a coach and let them know if you cannot attend as planned. If the meet registration has already been submitted, you are still responsible for your entry fees even though you did not swim. If a parent is assigned to time at the meet they must find a replacement. See the Parent Work Commitment for more information on timing assignments.



Championship Meets

Championship meets are held at the end of the season. All swimmers are required to attend the championship meets. These are team meets and every point counts! Entries are decided by the coaching staff.

Championship meets are held for both YMCA and USA and all our swimmers are eligible to participate in both YMCA and USA meets. The championship meets are broken down so that swimmers with similar abilities compete together. The breakdown is based on meet qualifying times (or time standards). The time standards used for YMCA and USA are different. Also, YMCA uses an age-up date as of Dec 1 and USA meets use an age-up date as of the first day of the meet. More information about time standards is provided below.

The championship meets for YMCA and USA are run like invitational meets. They are paid for and deducted from the swimmers declining balance account. A swimmer must have an account balance in order to enter the meet.

The championship meet schedule is posted when available along with the invitational meet schedule.

YMCA Championships

8 & Under YMCA Championships

All our 8 and under swimmers participate in the YMCA 8 & under championships. There are no time standards for this meet. Swimmers are eligible to swim any event where they have swum a legal time. This is a team meet that is not scored. The meet is designed to expose these young swimmers to Championship format. Above all it should be FUN!!! Coaches and parents alike must keep this in mind at all times, especially at this tender age.

YMCA Bronze, Silver and State Meet

The Bronze, Silver and YMCA State meets are for swimmers 9 and up although 8 & unders may enter the YMCA Silver or State Meet if they qualify. A swimmer generally participates in only one of the Bronze, Silver or State Meet. Exceptions are:

- If a swimmer only has a three State times they can still enter Silvers
- If a swimmer has no State times and only a few Silver times the can still enter Bronze.

Swimmers who achieve a YMCA State time at the Bronze or Silver meet may use that time to qualify for the YMCA State meet.

Eligibility reports are posted for the YMCA Championship meets so you can see what events you are allowed to swim in these meets. The reports are posted on the website when available. They are updated to reflect a swimmer's best times.

YMCA National Championships

YMCA National Championships are held twice a year; April for short course and the end of July or beginning of August for long course. There are no age groups at this meet and each meet has its own time standards. Times can be achieved in any course but must be achieved in the current year (beginning September 1) or at the previous year's national championships. Converted times are not accepted, nor are times from meets that are not approved.



USA Championships (New Jersey Swimming)

NJS 8 & Under Mini Champs

The NJS Mini Champs is for swimmers who are still 8 or under as of the first day of the meet. There are no time standards for this meet. Swimmers are eligible to swim any event where they have swum a legal time. 8 & unders may also participate in the NJS Silver and Junior Olympics if they meet the qualifying times but they cannot participate in the NJS Bronze meet since all the events are offered to them at the Mini Champs.

NJS Bronze, Silver and Junior Olympic Championships

Eligibility for the NJS Championships is done per event. A swimmer is eligible to enter an event (up to 3 events per day); in any of the USA championship meets as long as they have a qualifying time. If a swimmer obtains a Silver time at the Bronze championships, they can then enter that event at the Silver Championships. Likewise, if a swimmer obtains a JO time at the Silver Championships they can swim that event in the JOs.

Eastern Zone Age Group Championships

Eastern Zones is a regional meet that includes swimmers from the 12 different LSCs in the USA Swimming Eastern Zone. For the short course Eastern Zone meet, New Jersey Swimming (our LSC) can enter two swimmers for each event, which is usually determined from the results of qualifying times. Those swimmers must also have swum in two additional USA meets sponsored by New Jersey Swimming during the year. See www.njswim.org for more information regarding qualifications for the Eastern Zones. For the summer long course Eastern Zone meet, New Jersey Swimming can enter any number of swimmers as long as they have met the qualifying times for the meet. A swimmer must swim in at least two long course meets sponsored by New Jersey Swimming to be eligible.

Sectionals

The sectional meet is another Eastern Zone championship meet that is part of the Speedo Championship Series. This meet is a regional meet for 12 and older swimmers who qualify. There are no age groups in this meet.

Summer LC Championship Meets

For the summer long course season, the only YMCA championship is the YMCA Long Course Nationals held the first week of August. For USA meets, New Jersey Swimming holds the Bronze, Silver and Junior Olympic championships during July. Sectionals are held generally in late July and in the first weeks of August.

Meet Fees

Meet Fee Declining Balance Accounts will be set up for every swimmer on the winter short course team. This account is used to pay entry fees & surcharges to invitational and championship meets and eliminates the need to have parents write multiple checks for these events for every meet you attend. Our team writes one check for each meet we go to. Meet fees are then automatically deducted from your account based on the number of events your swimmer(s) entered. Each swimmer also pays one \$5.00 surcharge per meet. Fees for relays are not charged to the individual swimmers. Relays are paid for from our team's fundraising account.

Account balances will be updated after each meet is entered. Swimmers with insufficient funds in their declining balance account will be asked to replenish funds as needed. If you have a question about your Declining Account Balance, contact the 1st Treasurer & account coordinator.



Adding Funds to Your Account

At any time your declining balance account falls below \$25.00 during the season, you will need to add sufficient funds to bring it back up to the base amount of \$60.00 due for each swimmer.

Requesting Refunds

All funds in your declining balance will be used on entry fees & the \$5.00 surcharge. Any remaining balance will not be refunded and will rollover for the next season or will be a donation to the team. Please use it or lose it.

Communication

We utilize multiple forms of communication simultaneously, so it is important that your swimmer checks all sources.

Bulletin Boards

The bulletin boards provide information for athletes and parents. All meet information and sign ups are posted there. Meet eligibilities are posted on the bulletin board but do not sign up for a meet on the bulletin board.

Mass Emails

We maintain an email distribution list of all our swim team families to send out important messages from the coach or notices about upcoming events. Your email address is taken from your registration form at the beginning of the season. If your email address changes during the season or you are not receiving team emails, please notify us at scy.swimteam@gmail.com.

Team Roster

Each winter season a team roster is handed out to all the families so that parents will be able to contact each other about car pools to practice and meets and other swim team information. The roster is compiled with all our swimmers names, age, practice group and dual meet team plus the parent contact information (home phone, cell phone and email address). This roster is available after the dual meet teams have been finalized (by the middle of October) so they can be included on the roster. Coach's contact information is also included on the roster. Please be sure to collect a copy.

Parent Meetings

Parent meetings are scheduled a few times a year. Every effort should be made to attend.

Volunteers

Parent Volunteers

As the saying goes, you can never have enough help. Such is the case with swimming. In order for all parts of the team to run efficiently, we require the generous help of parent volunteers. While becoming more involved with the team can seem intimidating at first, many parents find the experience very rewarding, and a large percentage of these parents go on to become officials, dual meet team coordinators, or even members of the board.

The Sussex County YMCA is making every effort to keep team membership fees affordable. Parent support & volunteer efforts are the most important component to help us accomplish this goal.



The SCY swim team is a competitive swim team program. Our swimmers work hard in practice and give a great deal of time towards their sport. And for all their hard work we want to see our swimmers participate in quality meets. Most of the help we need from parents is to run these meets.

Your help is needed in the following three areas: Dual Meets, Invitational Meets and coordinating specific team tasks. The parent board tries to spread the work amongst all the parents so that no one parent has to work too much. For the most part, the parents needed to work are going to be at the meet anyway. While no plan is perfect, a great deal of effort goes into coordinating the volunteers by the Dual Meet Team Coordinators and the Parent Board members for the benefit of our swimmers. The work commitment is summarized below.

Officials

One great way to volunteer at meets is to become an official. The number of swimming officials nationwide is far from what it was ten years ago. Less and less volunteers are becoming officials, simply because the position is perceived as too difficult and cumbersome to attain. However, this is not the case at all. Becoming an official is very simple, and it is a great way to expose you to some of the more technical aspects of the sport. You get to watch the meet (and your swimmer) from the best seat in the house - poolside.

In order to become an official you need to take a course for certification. Separate certifications are required to become a YMCA official and a USA official. Most of the courses are in September and October and last a half day with a take home test. Official clinics are posted on the website as they become available. If you are interested in becoming an official for our team, please speak to a member of the parent board or a coach.

SCY Swim Team Parent Organization

The Sussex County YMCA Swim Team Parent's Organization consists of all swimmers' parents. It is represented by a board, which provides administrative, financial and general support for the Y's swim team program.

The parents' efforts are greatly appreciated by the coaches and swimmers. The Y Swim Team is a YMCA program with all coaches being employed by the YMCA. The Parents' Organization is designed to support the coaches and enhance the swimming program. Any coaching concerns should always be referred to the coaching staff, since it is not the responsibility of the Parents' Organization.

Feel free to contact a member of the parent board or a coach if you have questions about the team or if you would like to know more about donating your time to the program.

Interested in Becoming a Board Member?

Another great way to get involved is to volunteer for one of our positions on the parent board, on a committee, or some of the other positions that are tied to the team. Often times, many parents find that they would do things differently than the board does in running the team, and becoming a board member is a great chance for you to voice your opinion and offer suggestions to change the way things are done. We have no traditional method in running our team, but we simply want to find the most efficient method to keep swimmers, parents, and coaches happy. Fresh minds are often the best addition to problem solving, and we hope that you will consider offering your time and creative thinking and become a volunteer to our team.

Elections for the parent board are held every year at the beginning of the winter season. Board positions are two years. If you are interested in running for the board, please let us know.



SCY Parent Work Commitment

Being part of the SCY Swim Team requires parental involvement so that your swimmers can participate in appropriate quality meets. Parents are needed to work at Dual Meets, Invitational Meets, Championship Meets and Hosted Meets. Parents are expected to check the Bulletin Boards at the YMCA regularly and be aware of their family's eligibility, entries and assignments. The commitment required by parents for being part of the 2008-2009 SCY Swim Team is outlined below.

Dual Meets

- Each family is assigned to work at the dual meets. If you cannot work your assignment, you must find a replacement.
- If the swimmer becomes sick and cannot attend the meet, a replacement will be provided but the parent must notify the team coordinator and volunteer to make up the missed assignment at one of the future dual meets.

Invitational Meets

- At Invitational and Championship Meets, SCY is given timing assignments by the host team. These timing assignments are assigned on a rotating basis to the parents of the swimmers entered in the meets. Typically you will be required to work one in three or four meets for approximately four hours. The length of each assignment will depend on the number of swimmers attending the meet and the length of the session.

If the swimmer becomes sick and cannot attend the meet, a replacement will be provided but the parent must notify the volunteer coordinator and be re-assigned appropriately to a future meet.

Scratches: It is your responsibility to know the meet entry procedures and to check the bulletin boards regularly to know if your swimmer has been entered in a meet. If your swimmer is entered for any meet, by you or the coach, and you need to 'scratch' from that meet, you must inform the coach that will be at the meet as early as possible.

Heads up Parents! Many swim teams impose fines for missed volunteer assignments. Please provide feedback to the parent board if you believe we should as well.

Fall & Spring Adult Swim Meet

- The Sussex County Swordfish will be hosting 2 Adult Swim Meets in October and April. All proceeds go to the Swim Team account & have the potential of becoming the primary annual fundraisers. Parent participation is critical to the success of this effort. We would love to see some of our parents swim too!