

2011 – 2012
www.vinelandseals.com

Information in this handbook

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- ✓ Technical Information
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 - What your swimmer will need at a meet
- ✓ Conduct / YMCA Rules
- ✓ Ad Board & Ad Page & Fundraising

Attached to this handbook

- ✓ Practice schedule
- ✓ On account forms
- ✓ USA Swimming Information
www.vinelandseals.com
www.ccaymca.org
YMCA of Vineland
1159 E. Landis Avenue
Vineland, NJ 08360
856-691-0030

YMCA of Vineland

Seals Swim Team – Handbook

www.vinelandseals.com

Coaches Welcome

Coach Dennis DeMatte, Jr.

The information provided in this handbook has been created for you to help answer questions you may have regarding the team and provide you with the information about our swim program. It will also help you to better understand the skills, motivation, and training necessary to be successful. Our coaching staff works hard to help you improve, but they need your commitment to see improvement. We have a long term approach to swimming and we need your support.

Developing Proper Stroke Mechanics

BE COACHABLE: Listen to your coach. Try to understand and perform your coach's recommendations. Ask your coach for a demonstration if you do not understand.

ASK YOUR COACH: Your coach will feel good that you asked and will know you want to learn.

EXPERIENCE MOVEMENT: Learn and practice new drills for each stroke. Your mind & body will then use these experiences to create solid strokes

OVERCORRECT: Make changes by exaggerating them to a more desirable pattern. If it feels strange, different, crazy, unusual, or funny, it is probably correct.

OVERLEARN: Constant repetition and reinforcement of desired patterns or drills provides for learning and automatic performance swimming.

BEGIN each arm stroke with correct hand position. Extend the arm out in front of and a little outside the shoulders for maximum catch, hold on the water, and then rotate to a high elbow.

MAINTAIN streamlined body position to minimize resistance to the water when swimming and coming off a turn.

SCULL to find still water by changing



the angle or pitch of the hand, wrist and arm during the out sweep, down sweep, in sweep and up sweep movements of the pull pattern. Do not push in a straight line. Try holding your arm out the window on the way to practice and change the position of your arm and see how the wind will push your arm back.

ARM PATTERNS: High elbow rotation is similar in all strokes.

INDIVIDUAL DIFFERENCES which limit stroke adaptation include instruction interpretation, desire and individual physical capacity (flexibility, strength, endurance, buoyancy, and body type).

CREATE A MENTAL IMAGE: Visualize a successful & proper stroke. If you begin with a picture of the correct stroke in your mind, it will then help when you practice skills and drills.

Team Scholarship

The YMCA of Vineland Seals Swim Team Aaron Ploch Memorial

The scholarship will be awarded to a team member at the end of the year banquet. Graduating seniors must complete an application and meet the requirements of the scholarship. The parent organization will determine the dollar amount each year.

Visualization / Preparation

Visualization is a technique that can help you become more successful with stroke technique, strategy and goal achievement. Seeing what is ideal in your “mind’s eye” is essential to learning. For visualization to be

beneficial, the picture created must be positive and successful. If you imitate a poor stroke your chance for success or improvement is limited. Relaxation and visualization are essential for the preparation of a race. When anxious for a race, stress can mentally and physically inhibit your performance. Being able to relax your body gives you increased pain tolerance for training, racing, and control over muscles.

When visualizing, use all of your senses. Try each of the following methods for a week and see which one works best for you.

1. **OBJECTS:** See the objects around you and your arms as you swim. Visualize lanelines, pool lines, targets, colors, taste, smell and seeing proper arm movement.

2. **OTHERS:** See other swimmers performing properly. Perhaps you can see yourself as one of your swimming idols or team partner performing everything correctly.
3. **ON TV:** Imagine yourself as if you were on TV or as if your coach is watching you swim along with excellent strokes.

In preparation to swimming your best at meets visualize your race and see yourself in the competition pool.

Try to visualize yourself doing the following things:

1. Getting your suit, cap, and goggles ready.
2. Feeling good in warm-up – Get to the pool on time.
3. A swimmer cannot perform well if he/she is horse playing and running around at a meet.
4. After you swim your event, go directly to your coach. You can learn from your swims, discuss your race with your coaches.
5. Preparing for your race: food, fluids, resting, and time allotment.
6. See the entire pool area as you walk to the starting block.
7. Anticipate your race and see your start.
8. See your entry into the water and the feel of your first stroke.
9. Feel your body and what it is like holding the correct stroke and turn positions.
10. Visualize your finish and excitement of looking up at a great time.

Fee Schedule – YMCA & Parent Association

- All swim team members must have a YMCA full facility membership—ID by 1st day of practice. Select one that best fits the needs of your family. You will need your card to enter practice. Replacement cards available for fee.
- YMCA Swim Team Program fee is payable to YMCA before you start practice. Mail to YMCA or pay at the front desk. See fee schedule in YMCA program brochure. Payment based on practice group. High school swimmers practicing with their high school team receive a reduced fee. Save 45% on a family membership and work out while your kids practice. Swimmers will not be permitted to practice or attend a swim meet until this fee is paid. Draft payment plans available for a fee, call the YMCA.
- Swim Team Parent Association Booster Club Fee – The fee supports many of the team related events throughout the year. Ten dollars per swimmer must be paid by October 30th. Make check payable to “Swim Team Parent Association” and mail to Rita Santoro, 145 Friendship Road, Buena, NJ 08310 or look for treasurer mail box – top bin.
- Please note that there are two separate payments – one to the YMCA and one to the Seals Parent Association.
- Financial assistance is available to those who qualify. Go to YMCA front desk for the Y-Cares - application. Takes 2 weeks to process so apply early.

11. The happiness you, your coach, teammates and family will feel after a great swim.
12. Your celebration immediately following a successful swim.
13. Stay positive before, during, and after your race. Each swim presents a chance to gain knowledge.
14. Experience the compliment from your coach, teammates, and family after you swim.

Practice Requirements

Don't Miss Practice

Do not be late – coaches will log late swimmers – if you run late just come in pool area to advise staff and it will not be recorded as late. If you have trouble getting to practice on certain day by the start time you must speak with Coach Dennis.

If a swimmer has any type of injury parents must e-mail Coach Dennis so he can advise his coaching staff to be aware their condition.

Swimmers 9 and under MUST have adult supervision in the locker room. children 10 and older are recommended to have adult supervision in the locker room. Inappropriate behavior in the locker room can lead to suspension from the locker room or the facility (swim practice)!

The practice schedule will be posted and in your mail box. Parents and swimmers are reminded that swimmers are scheduled to be on deck 10 minutes before they enter the pool for mandatory pre-practice instructions and warm-up. Swimmers should have a water bottle. You may want to freeze it so they can have cold water. Parents must make

sure their swimmers make it on deck in time to stretch out and remember no street shoes on the deck and please label swimmer's gear.

From October to April, swimmers are not permitted to swim outside of the team's practice schedule. This excludes high school swimmers. Any special practice or stroke mechanics needs should be brought to the attention of the head coach. Failure to follow practice rules will result in removal from meets. The head coach determines meet participation. The team has a long term approach to swimming. This method follows a training cycle using different workouts and recovery patterns. Swimmers should try to improve each timed set or drill as it is repeated. If you miss practice, you miss training your body's energy systems that contribute to specific race fitness. To be the best swimmer you can be, you need to adhere to the practice schedule, improve your training set intervals, and focus on your stroke mechanics. This formula will condition your body to adapt to different changes. Always remember success is measured with improved times not ribbons.

Do not sit in the front driveway waiting for your swimmer this is a fire lane.

Please note that any infraction of practice requirements will result in removal from meets as determined by head coach.

Best Times

Use Your Log Book & Personal Magnetic Record/Goal Board

The results from every swim meet will be posted on a clipboard across from our team's bulletin board in the pool entrance hallway. Use your team logbook and personal magnetic record board to record your times following

Contact Information

All swimmers have a mailbox located in the pool hallway of the YMCA. Notices, ribbons, entry forms will be distributed via the mailbox. Please check your mailbox at every practice. You can leave notes for the coaching staff via the mail box. Information regarding meets and attendance should be placed in Coach DeMatte's mailbox. Please direct all team related questions or concerns to Coach Dennis. The team also has a bulletin board in the back hallway leading to the pool check the board for notices, qualifying times, sign-up, and meets information. Check our web site for all information at www.vinelandseals.com

Coach Dennis DeMatte, Jr.
761 Highland Avenue
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Home: 856-794-9238
Work: 856-825-3700
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MaryAnn Harris
Parent Association President
934 E. Wheat Road
Vineland, NJ 08360
856-457-5590
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Rita Santoro
Treasurer
145 Friendship Road
Buena, NJ 08310
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Jennifer Helm
Senior Program Director
1159 E. Landis Avenue
Vineland, NJ 08360
856-691-0030x109
E-mail: helm@ccaymca.org

PARENTS: Get Involved

The team needs parents to volunteer their time to make the program successful. The Parent Association has numerous committees and job assignments in which you can get involved. You should have selected at least three assignments on your swimmers registration form.

Committees and Special Assignments Include:

Team Manager – Beverly Tarquinio

Meet Personnel –

- Officials / Timers
- Ribbons / Scoring
- Set-up – clean-up – 50/50
- Line-up–
- Sound System–

Timing System – Lori DeMatte, Sid D'Angello

Concession-

Marketing

- Telephone – Lori DeMatte
- Ad page –
- Ad wall–Jackie Choko
- Photos – Beverly Tarquinio
- Nominating – Karen Milam

Finance– Rita Santoro

WaWaSub Tickets–

USA Swimming– Noel Bennett

YWCA Nationals–

YMCA Nationals–

Locker Room Supervision -

Team Wear– Look on web site

Meet Sales- Susan Wolkowitz

Team Caps– Karen Milam

Banquet– LuAnn Macavoy

Trophies– Lori Hullihen

Directions – Team Manager

Relay Carnival-

Holiday Function-

Pot Luck Dinner–

Bowling Night -

Best Time Raffle – Karen Milam

Swim Lists – Team Manager

- Bronze Silver -NJ States –
- East Field – Nat.

Partners Prog. - Sheryl Soboloski

SJSL Champs – MaryAnn Harris

Web Page- Beverly Tarquinio

your best time a little bit at a time. Compare your time to the qualifying time listed on the bulletin board to see if you qualify for post season meets. If you improve your time you will receive a best time coupon with the event time and amount of time cut from your previous best. Swimmers will place that coupon with the prize number in the Best Time Raffle and the winners will be selected at the end of the season.

Look for information on the bulletin board. Each family should have a personal magnetic record board, compliments of the parent association, placed on their refrigerator to record your swimmers best time and focus on a goal time for each stroke. This is another way to track best times and work on getting faster. Please remember, if you want to swim a special event, drop Coach Dennis a note and he will get you in that event.

The Swimmers Diet

Fluids & Carbohydrates

There is wealth of published information on nutrition and the best diet for your swimmer may vary. Follow these basic tips for the competitive edge.

Fluid replacement is probably the most important concern for a swimmer. If lost fluids are not replaced this may lead to dehydration and poor performance. Prevent dehydration by drinking fluids before, during, and after the workout or race. Do not wait until you are thirsty. Bring a squeeze bottle of water to practice and meets. Drink water between major sets.

The primary fuel for exercising muscle is carbohydrates. A swimmers diet should consist of at least 60% carbohydrates. You can increase your carbohydrates by eating fruits,

vegetables, and grains. Try a bagel with peanut butter and 2/3 cup of raisins in the morning, a turkey sandwich on whole wheat bread with a cup of applesauce for lunch, and spaghetti with meat sauce and garlic bread for dinner. Visit www.usaswimming.org for more information.

Remember – Food does not make a swimmer swim fast. Quality training makes them swim fast.

Partners Program

Team Building

The Parent's Board will partner our older swimmers with the younger swimmers on the team. They will be encouraged to track each other's performance, watch each others races during meets, and get together whenever possible. Parents are encouraged to help this program along and ask your swimmer about their partner. Parent coordinators chair this program and also coordinate Pool/Pizza nights. These team-building exercises will have long lasting effect on both young and old swimmers.

Seasoned Seal Parents Program

The Parent's Board will partner new swim parents with seasoned swim parents. The seasoned parents will be available for questions, information and guidance.

Swim Team Ad Board & Fundraising Efforts:

The ad boards in the Kontes Pool has helped the swim team purchase the

each meet. Work towards improving

timing system, record board, bleachers, and other items for the team. A travel booster fund has been formalized to benefit the team. Businesses interested in advertising on the board should contact Jackie Choko at 856-825-4860 or Coach Dennis. Support from our parents and our community has helped the team obtain many needed items.

Fundraising is voluntary because of the Parent Association Booster Fee. Fundraising efforts offered by the team will be credited to your account. For example, the team will be selling WaWa subs. 100% of the proceeds are credited to the swimmers account. WaWa tickets must be purchased in advance.

Rules That Govern YMCA Competitive Sports Fair Play

Interpretation of the "Rules That Govern YMCA Competitive Sports" is based on the fair-play concept. The YMCA believes that fair play is the very essence of competition. This fundamental virtue is a special attribute of sport and inherent in it. A spirit of truth and honesty should mark competition, with strict observance of all rules, whether written or unwritten. Fair play implies respect for oneself, one's opponents, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play: Fair play sets the game above the prize. Competition can provide excellent means of developing a predisposition to playing fairly. As this virtue develops, it can influence behavior in everyday life. It is the development of such virtues that the YMCA promotes competitive sports.

As members of the YMCA of Vineland, swimmers and parents must follow the YMCA's rules. Make yourselves familiar with the rules, if you have any questions check with YMCA personnel.

See the New Jersey Competitive Parent and Swimmer's Code of Ethics. Your payment for the team will serve as your understanding of this handbook and Code of Ethics for you and your swimmer to abide by.

Rules That Govern the Seals Swim Team

Locker Room

Swimmers under 9 years old MUST be supervised in the bathroom and locker room at all times. Do not bring valuables to the pool area or locker room. Neither the YMCA nor the Seals Swim Team is responsible for lost or stolen items. We strongly recommend using a padlock on the lockers to prevent any stolen items. Label all your swimmer's gear.

Parent/Child Locker -1st floor

The use of this bathroom needs to be limited to 10 minutes to allow other individuals use of the facility.

Team Discipline

We expect our swimmers to be at practice on time and come to the meets to work on their stroke mechanics and improve their times. The coaching staff does not think it is fair if there are others that do not share these goals. We want the best for all of our TEAM members. Getting to practice on time is critical and if you are late you better have a note from your parents or have them stop in the pool. If not a coach will log their lateness and my keep them after practice to complete the time they missed.

In order for discipline to be consistent and fair, the coaches have developed this STEP system to deal with any potential problems: It is the coaches perspective regarding discipline and a swimmer may be removed from any meet at any time.

Step #1: A coach will address any behavior or participation problems with the swimmer directly and document with the head coach.

Step #2: If the problem continues the head coach and coach will have a meeting with swimmer and parent to address the issue.

Step #3: If the problem still persists the swimmer will be removed from a team event and/or meet and will not be permitted to participate with the team.

Participation in Meets

Championship meets are a privilege and will be based on times, practice commitment, overall team support and the coaching staff will determine participation based on their perspective. Meet participation is also based on sportsmanship in addition to times.

It is your responsibility to let Coach Dennis know of any conflicts in your schedule at least a week before a meet. You will be enter in championship meet and responsible for any entry fees unless notice received before entry deadline.

Swim Meets / Inclement weather

The meet schedule will be placed in your mailbox. Everyone will be able to swim dual meets if they are in good team standing. A meet eligibility list will be placed on the bulletin board before each meet. Always check the board and if you believe there is a mistake, see Coach Dennis immediately. You must advise Coach

Dennis if you are unable to participate in the meet e-mail is best. There are no event charges for dual meets or select Seals sponsored invitational meets.

Visit the team web site for updates regarding inclement weather. Call the YMCA for a message 856-691-0030. We will have practice if the YMCA is open.

Invitational Meets

All other meets have event charges for individual and relay events. **If you have a qualifying time or if the meet is on the schedule you will automatically be included in that meet.** If Coach Dennis does not receive a written note regarding a swimmer's attendance prior to the meet entry deadline you, will be responsible for any entry fees assumed by the parent association. If the swimmer is scheduled to participate and does not attend, you will still be responsible for entry fees.

High School Swimmers

YOU CAN DO BOTH! There is a special rate for high school swimmers. High school swimmers are permitted to practice with their high school team. High school swimmers must give Coach Dennis a list of the meets they have a conflict with at the beginning of the season. There are participation requirements to swim in certain post season meets.

Strength Training

The coaching staff will be working with swimmers of age to enter the YMCA family fitness center during designated practice times. Fitness waiver must be completed and returned prior to use of the fitness center. All swimmers must follow all YMCA rules regarding this facility and should participate according to the coaches individual directions which will vary from swimmer to swimmer. Swimmers are encouraged to do stretches, abdominal, and shoulder

strengthening at home. The coaches will review these exercises with the swimmers. Please note that any infraction of practice requirements will result in removal from meets as determined by head coach.

Let the Coach Coach!

The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that this is a learning experience. You and your child should learn to treat successes and failures as learning experiences and not life changing situations. Encourage your child's efforts and point out the positive things. The coach is the one you have assigned to judge a swimmer's performance and technique. Your role is to provide love and support regardless of outcome.

Please take the time to carefully read all the information contained in this Handbook. Payment of your swim team program fee acknowledges that you have read, understand, and accept all information contained in this handbook.

Swimmers Accounts

The team will establish an account for your swimmers. You are required to establish the account with a minimum of \$50 per swimmer. You must have that account open by November 5th and make payments to bring the balance up to \$50 by December 3rd. All meet entry fees, charges for team caps, fundraising credits, and other charges will be deducted from your account.

All accounts must be kept current. If your dues to the YMCA or the Parent Association are not paid, your swimmers will not be permitted to swim. Accounts which are past due will be subject to additional charges. At the end of the season any money remaining in your account will be returned at the banquet.

How Do You Communicate Your Concerns?

You are able to contact the coach by e-mail, phone or note in the mailbox. You are able to contact the Parent's Board by phone.

What to do if you have a concern about your swimmer or the team?

Bring your swim questions or concerns to the head coach right away. Do not hold back and allow your problem to escalate. Do not let an issue become a bigger problem. If an assistant coach is not performing to our standards, contact the head coach immediately.

Coaching the Parent

Parent's Rights / Keeping Things In Perspective

Remember which one of you is the swimmer and do not overburden your child with pressure to win. It's a sport; it is supposed to be a pleasurable experience for your child. Let him/her know that, first, he/she is the child you love and second, he/she is a swimmer. Stated another way, place the athlete first and winning second. This doesn't mean that winning is unimportant. Striving to win is essential to enjoyable competition. Swimming is a competitive sport! However, an obsession with winning often produces undue pressure, resulting in below par performances and unhappy children. Remember fun and improvement are

equally important and worth striving for. Accept both your child's success and failures. Neither is a reflection on YOU!

Commandments for Swimming Parents

- I. *Thou shall not impose thy ambitions on thy child.*
- II. *Thou shall be supportive no matter what.*
- III. *Thou shall not coach thy child.*
- IV. *Thou shall only have positive things to say at a swim meet.*
- V. *Thou shall acknowledge thy child's fears.*
- VI. *Thou shall not criticize the officials.*
- VII. *Thou shall honor thy child's coach.*
- VIII. *Thou shall be loyal and supportive of thy team*
- IX. *Thou shall have goals besides winning.*
- X. *Thou shall not expect thy child to become an Olympian.*

Parent Meet Commitment

Parents are **REQUIRED** to work a minimum of three (3) regular season meets (dual meets or Seals Invitational Meet) or pay a \$150 fee to the Parent Association. It is **MANDATORY** for parents of 10 & under swimmers to work line up as 2 of their 3 required work assignments during the regular season. Meet sign up sheets will be on the bulletin board. We need active parents to make our team successful.

If you are choosing to pay the fee instead of fulfilling the work assignments it must be paid prior to the first meet.

If you are having trouble with your required work at meets see the Parent Board President for other tasks immediately.

Parent & Athlete

Positive Parenting Tips

- ◆ Your child needs your emotional, physical, and financial support.
- ◆ Support but do not push your child.
- ◆ Understand development – long-term development as an athlete, and growth and development as it impacts performance.
- ◆ Be realistic in terms of expectations; factor in age, skill level and your child's perception and expectations.
- ◆ Emphasize performance and effort, not just outcome.
- ◆ Keep winning in perspective.
- ◆ Give plenty of encouraging and rewarding statements. Criticize sparingly.
- ◆ View swimming as an arena in which to teach your child about commitment, hard work, and coping with adversity.
- ◆ Work to form an effective Coach-Athlete-Parent Triangle.

Swim Meet Check List

Swim equipment – Mark with your name in case you leave behind and bring a lock to secure your stuff in a locker.

- **Goggles:** Swimmers use goggles to protect their eyes from the chlorine as well as to gain a clear view of their surroundings in the pool.
- **Caps:** Caps are designed to keep the hair out of swimmers' faces and goggles straps into place. For meets you need out

team cap and for practice swimmers show off their personal style.

- **Towels** – bring at least 2 towels to a swim meet.
- **Warm-up jacket and pants** – you need to keep warm when waiting for your race. You can purchase team gear from the Seals. Also do not forget to keep your feet warm so you can feel the water.
- **Meet Suit / Practice Suit:** Practice suits are used during workouts. They are created with a stronger material for durability. Do not use you're your meet suite to practice all the time. A team suit is required for meets.

ITEMS YOU MAY NEED

- **Swim Bag:** A swim bag has a special area for wet suits and goggles
- **Mesh Bag:** A mesh bag is used by swimmers to hold their training equipment.
- **Fins:** Fins are a device that fit on a swimmers feet to increase kicking speed during practice. The team has fins but a swimmer may want to use their own.

With your team payment, parents and swimmers, understand and accept all information contained in the Seals Swim Team Handbook.

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