



Lake Community YMCA Titans LKY



Parent Packet

Coaching Staff:

The Titans coaching staff will supervise the entire competitive swim program and is dedicated to providing a program for all age group swimmers under the guidelines of Y-USA Swimming. Therefore, the coaches must be in control of matters affecting training and competition.

Coach's Responsibilities:

The coaches are responsible for placing swimmer in practice lanes. This is based on the level of commitment and ability of each individual. When it is in the best interest of the swimmer, he/she will be placed in a more challenging training lane.

Sole responsibility for stroke instruction and the training regimen rests with the Titans coaching staff.

Decisions concerning which meets swimmers will attend will be made on an individual basis and involve input between each swimmer, his/her coach, and parents. The coaches make the final decision concerning which events a swimmer will be entered.

At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will provide feedback regarding the swimmer's performance.

Coaching Staff:

Head Coach	Nathan Rose	c 330-354-6674	nrose@ymcastark.org
Assistant Coach	Alyssa Thomas		
Assistant Coach	Landry Carnel		
Assistant Coach	Kayla McLeod		
Assistant Coach	Nicole Montgomery		



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Practice Policies:

Swimmers should be ready to swim 5 minutes prior to the start of their practice. While on the pool deck, swimmers are the responsibility of the coaching staff. For swimmers to leave practice early swimmer must have a written note specifying time or parent present.

A team cap or solid caps are mandatory for all meets. Swim caps with logos/pictures may not be used.

Team or solid blue suits and caps promote team unity and pride and assist coaches in identifying swimmers at meets.

Other required equipment:

- Practice suit
- Goggles

Required goggles and team suits can be purchased at Aquatics Outfitter located in the North Canton Gymnastics Center plaza.

Address: 7223 Whipple Ave NW, North Canton, OH 44720

Each season, every swimmer will receive one team cap. If the swimmers lose his/her cap, a replacement cap may be purchased from the front desk at Lake Community YMCA.

The Titans Swim team is sponsored by Speedo.

Swim Meets:

Things you, as a parent, can do after each swim:

- Tell him/her how great they did! The coaching staff will be sure to discuss stroke technique with them (we are honest with the swimmers).
- Take him/her back to the towel area and relax.
- This is another good time to check out the bathrooms, get a drink or something light to eat.
- The swimmer now waits until his/her next event is called and starts the procedure again.



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- When a swimmer has completed all of his/her events he/she and their parents may go home. However, the parent must check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she is not there. (The coaches speak from experience on this issue).

What to Take to a Meet:

1. Most important: Swim Suit, Swim Cap and goggles.
2. Towels—Realize your swimmer will be there awhile, so pack at least two or three
3. Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other Titans Swim Team parent for help or information!

These meets are a lot of fun for the swimmers! He/she gets to visit with his/her friends and meet kids from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

Special Parent's Note: The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! Feel free to bring folding chairs to sit on. The benches get very hard.

Parent Responsibilities:

Titans are a family organization; when your swimmer joined Titans, so did you! Parent volunteers keep our team running. Parent volunteers work at swim meets, help fundraise, and get their swimmers to practice on time. You are needed to keep our team healthy and functioning in an orderly, positive way. As a part of Titans, you have the following obligations:

- Stay informed:
 - Visit the pool deck at least once a week to read the bulletin board Check your email— we use email to notify parents of upcoming meetings, changes in practice times, unscheduled pool closures, etc. It is important that we have an accurate email address for you.
- Pay monthly fees, meet fees and activity fees on time.
- Support your child's coach and the team with a positive attitude
 - If there is a problem, please discuss it with the coach first, at an appropriate time.

Lake Community YMCA
428 King Church Ave S.W. Uniontown OH, 44685
330-877-8933



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- Willingly volunteer to help at meets when called upon. **For a swimmer to swim at Championship meet a volunteer must work 4 times a season is required.**

Behavior prohibited from parents:

- Coaching your children at practice or during meets, that is the coach's job, interrupting or confronting the coaching staff on the pool deck during practice or meets
- Abusive language towards coaches, swimmers, parents, officials or your own children.

Always remember that Coaches coach, Swimmers swim, and Parents parent.

Volunteer Areas and Description:

- Photography – We need parents to take photos at different events. i.e. socials, swim meets, etc. These photos could then be used in our newsletter or on the website
- Printing/Copying- help print and/or make copies of paperwork and such for the team. This can include heats for meets and any other paperwork we may need in large quantity.

At Swim Meets No Training Necessary:

- Awards – Anyone can do this job. All you have to be able to do is put labels on the appropriate ribbon at swim meets.
- The Concession Stand Coordinator- responsible for organizing and supervising the concession table at Titans hosted meets. This includes, but is not limited to recruitment of volunteers, purchase of food and drinks, and ensuring there is enough change for each day of the meet.
- Runner – This is for anyone that would be willing to act as a gopher at swim meets. During the summer, this would entail running the "swim cards" from the timers to the computer operator. During the regular season, this could simply mean finding someone that any area coordinator may need to speak with.
- Head Timer – The Head Timer is responsible for maintaining extra timers during a Titans hosted meet in the event that one of the lane timers malfunctions as well as recruiting lane timers.
- Lane Timer – Lane Timers are needed at every swim meet to help time the swimmers in individual lanes. We need two timers per lane at every meet. The more timers we have, the less time anyone timer has to work.
- Facility Set Up – Facility set up is for anyone that can help set up a swim meet. At Titans hosted meets, this includes, but is not limited to, setting up tables and putting touch pads in the water.



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- Facility Take Down – Facility take down is for anyone that can help clean up after a swim meet. At Titans hosted meets this includes taking down tables and removing touch pads.
- Bull Pen – This is the area where swimmers wait in between events. This volunteer will bring the parents behind the block.

Training Required (must have to run meet):

- Meet Director – The Meet Director is responsible for each meet. He/she recruits coordinators for each of the various areas of responsibility. This person also has the final word in how something is done at a swim meet.
- Timing System Operator – The Timing System Operator ensures that all touch pads are firing correctly and sets and clears heats.
- Computer System Operator – The Computer System Operator is responsible for making sure the computer works with the timing system at swim meets. He/she makes sure that times and disqualifications are correctly entered for swimmers, enters last minute swimmers.
- Stroke and Turn Judge – A Stroke and Turn Judge goes through training and looks at how swimmers are performing their strokes and turns during a swim. This judge is responsible for disqualifying swimmers on the basis of incorrect stroke or turn.
- Referee – Is responsible for the swim meet, judges, swimmers, etc.
- Starter – announces the beginning and ending of a meet. They also announce all events and heats during the meet.

Swim Terms:

Bull Pen – The staging area where swimmers wait to receive their lane and heat assignments for an event.

Championship Meet – The meet held at the season's end. Qualification times are usually needed to enter.

Deck Entries – Accepting entries into swimming events on the first day or later day of a meet.

Disqualified (DQ) – A swimmer performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.

Dual Meet – Type of meet where two teams compete against each other

IM Individual Medley – is an event using all 4 strokes. The order is Butterfly, Backstroke, Breaststroke, and Freestyle.

NT – Abbreviation for **No Time** on a heat sheet showing the swimmer has not swam that event before.

Session Portion – of meet distinctly separated from other portions by locale, time, type of competition, or age group.



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Touch Pad - The removable plate (on the end of pools) connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.

Chloe Spellman (10)

# 5	Girls 10 & Under 200 Free	3:20.01Y
# 9	Girls 10 & Under 50 Free	34.45Y
# 13	Girls 10 & Under 50 Fly	44.66Y
# 25	Girls 10 & Under 50 Breast	48.01Y
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Event 5 Girls 10 & Under 200 Yard Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 2 Finals					
2	Schneider, Kayla	8	LCCY-OH	NT	_____
3	Batdorff, Avery E	10	DYP	3:33.04	_____
4	Spellman, Chloe	10	LKY-LE	NT	_____
Heat 2 of 2 Finals					
1	Miklacic, Marygrace	9	AY-OH	3:04.21	_____
2	Fetsko, Jenna	9	LKY-LE	2:44.77	_____
3	Durbin, Reagan	10	TUSC	2:30.81	_____
4	Noretto, Olivia	10	TUSC	2:37.75	_____
5	Schie, Riley	10	TUSC	2:48.13	_____



**Lake Community YMCA Titans LKY
Emergency Medical Form**



Swimmer's Name _____ Birthdate: _____

Swimmer's Name _____ Birthdate: _____

Swimmer's Name _____ Birthdate: _____

Mother's Name _____

Phone # in case of Emergency _____

E-Mail Address _____

Address _____

City _____ State _____ Zip _____

Father's Name _____

Phone # in case of Emergency _____

E-Mail Address _____

Address _____

City _____ State _____ Zip _____

Additional Emergency Contact: _____

Phone # _____ Relationship to child _____

Please provide any special information important to your child's safety: medication, allergies, or any other information you would like the coaches to know:



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Signature _____ Date ___/___/___

Swimmer Name: _____ has received a copy of Lake Community YMCA Titans Parent Packet. I have read and agree to act in accordance with the Code of Conduct expectations and guidelines. I understand the consequences of not following the Code of Conduct. If I don't volunteer 5 hours a season my swimmer will not swim in the Championship meets.

Release and Waiver of Liability:

I hereby certify that I am in normal health and capable of participation in Summer Swim Team or Winter Swim Team. I understand that the YMCA does not carry health and accident insurance on its members or program participants. All expenses incurred in the treatment of injuries due to accidents will be the responsibility of the participant and his/her insurance carrier. I assume all risks and release and hold harmless the YMCA Association and all its member, staff and volunteers from any claims which might arise as a result of my presence, participation, and membership in the YMCA Association.

Parent Print: _____

Parent Signature: _____ Date: _____

Photo/Talent Release

I give permission to the YMCA of Central Stark County and Affiliates to use without limitation or obligation, photographs, film footage, tape recordings or other media that may include of any family member's or my image or voice for the purpose of promoting or interpreting YMCA programs.

Initials _____