



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BYAC

# Tiger Sharks

## **Swim Team Handbook Winter 2021-2022**

**WARDLE FAMILY YMCA OF BEAUFORT-JASPER  
1801 Richmond Avenue  
Port Royal, SC 29935  
(843) 521-9622 (office)  
[beaufort-jasperymca.org/aquatics/swim-team/](http://beaufort-jasperymca.org/aquatics/swim-team/)**

## **Message from the Aquatics Director**

Welcome to the **Beaufort YMCA Aquatic Club (BYAC) Tiger Shark Swim Team**. Our team was established in 1992 and has a long history of great competition. We participate in the Carolina YMCA Swim League (CYSL). With your dedication and commitment, we can continue our great swimming tradition. We look forward to helping your child develop into the best swimmer that they can be!

### **Mission:**

The mission of WARDLE FAMILY YMCA of BEAUFORT-JASPER is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

### **YMCA Membership:**

To participate in YMCA Swim Meets, swimmers must be YMCA members. Individual and family memberships are available. Membership questions can be answered at the front desk. Your membership allows full use of the WARDLE FAMILY YMCA of BEAUFORT-JASPER facility.

### **Financial Aid:**

Our goal is that no one is turned away from a YMCA Program because they cannot afford it. If you or a family you know needs financial assistance to participate, please talk with the front desk staff.

### **Multi-Family Member Discounts:**

Automatic discounts are built in for families that have over two swimmers from the same family on the swim team.

### **Parental Involvement/Volunteer Opportunities:**

Parental involvement is critical to the success of the swim program, especially at our home swim meet. Please let me know if you are interested in volunteer opportunities.

### **Coaching Staff:**

Lauren Foutz – Head Coach

Email: [lkfoutz@gmail.com](mailto:lkfoutz@gmail.com)

Phone: (951) 492-8468

Bethany Byrne - Assistant Coach

Christina Bartholomew - Assistant Coach

## BYAC Swim Team Winter Season Sept 2021 - February 2022

Our program has been developed to be a fun and rewarding experience for all swimmers and their families, whether you are a new or experienced swim team member. Swim team members work to improve their swimming technique in all four of the competitive strokes, as well as make new friends, and experience teamwork and the rewards of physical activity.

**Group Assignments** - Swimmers are assigned to practice groups after an evaluation by the coaching staff. Our goal is to provide the best experience for our swimmers. Practice groups are based on skill level, practice performance, and work ethic to help ensure all swimmers get the stroke instruction and workouts best suited to their needs. Swimmers may move to a different group during the season when the coaches feel it is appropriate.

|                       |   |
|-----------------------|---|
| <b>Group 1</b>        | <b>Shark Pups - <i>*Must be a Y member to compete in away swim meets</i></b>  |
| <b>Minimum Skills</b> | Must have passed swim lessons (or equivalent), must be able to swim 25 yards of Freestyle and Backstroke without stopping and have a basic understanding of Butterfly & Breaststroke kicks.                 |
| <b>Practice</b>       | Monday, Tuesday, Wednesday, Thursday 4-4:30 PM  |
| <b>Group 2</b>        | <b>BYAC Tigersharks Swim Team Level I - <i>*Must be a Y member to compete in away swim meets</i></b>  |
| <b>Minimum Skills</b> | Must be able to swim 50 yards of Freestyle and Backstroke technically correct without stopping. Must be able to kick 50 yards and have some knowledge of correct arm motion for Breaststroke and Butterfly. |
| <b>Practice</b>       | Monday, Tuesday, Wednesday, Thursday 4-4:30 PM  |
| <b>Group 3</b>        | <b>BYAC Tigersharks Swim Team Level II - <i>*Must be a Y member to compete in away swim meets</i></b>   |
| <b>Minimum Skills</b> | Must be able to swim 50 yards of all four strokes technically correct and without stopping, with proper start, turns, and finish. Must be able to swim 1800 yards in an hour.                               |
| <b>Practice</b>       | Monday, Tuesday, Wednesday, Thursday, Friday 4:30-5:15 PM   |
| <b>Group 4</b>        | <b>BYAC Tigersharks Swim Team Level III - <i>Y members only</i></b>   |
| <b>Minimum Skills</b> | Invitation Only.  |
| <b>Practice</b>       | Monday, Tuesday, Wednesday, Thursday 5:15-6:45 PM<br>Friday 4:30-6 PM   |

### Additional Information and Fees:

- **Siblings receive \$10 off monthly fee.**
- Required Gear: Competitive style swim goggles appropriate swim attire, swim cap for long hair, and water bottle.
- Each swimmer will receive a BYAC swim cap for competition.

## CYSL WINTER SWIM MEET SCHEDULE

11/6- Columbia

12/4- **Beaufort**

12/11- Columbia

1/8- Rockhill

1/29- Coastal (Georgetown)

2/26-27 State Championships

**\*You must be a YMCA member for at LEAST 30 days prior to competing in away swim meets**

### Social Events

The Swim Team will at times organize social events and/or team meetings. We know it is impossible to attend every team function, but we encourage each family to come as often as possible to enjoy the fellowship of their teammates and stay informed!

### Communication

The Swim Team has 3 means of communication among Coaches – Parents – Swimmers:

- **Email** – Most communications between coaches and parents will be done via EMAIL.
- **Telephone** – If you have any questions about the upcoming events or if anything is on your mind feel free to call to talk or set up a meeting with the Coach.
- **Bulletin Board** – In the YMCA lobby. We will post information about upcoming events, practice schedules, and more.

### Change/Cancellation of Practice

If there is any change or cancellation of practice due to weather conditions, site, pool, or other issues, a text message or e-mail blast will be sent by the coach at least 30 minutes prior to practice start time whenever possible. In the event of a thunderstorm the pool is closed for 30 minutes after thunder is last heard. If **school** is CANCELLED due to weather, there will be no swim practice for any groups.

**If you are in doubt, email or text the coach  
or call the YMCA before you drop your swimmer off for practice.**

## **Swim Team Philosophy**

BYAC Swim Team is dedicated to providing a quality youth program for kids of all ages that adheres to the philosophy of fun and fairness.

Our goal is to encourage the following principles:

- Safety First
- Everyone Participates
- Character Development
- Positive Competition
- Family Involvement
- Having Fun!

We believe swimming is a great way to keep your kids active while they have fun!

All participants will be taught:

- the fundamentals of each stroke
- how to improve their skills
- the value of teamwork and sportsmanship

In addition, participants will develop:

- time management skills
- regard for others
- and much more!

## **Swim Team Members Behavior & Code of Conduct**

To create an environment conducive to learning and having fun, rules and consequences have been established. The following rules are specific to the swim team and are in addition to the regular pool rules.

1. Follow directions, be quiet and listen when the coaching and aquatics staff is talking.
2. Be courteous and respectful to coaches and other swimmers; use proper language and tone of voice, including no negative comments.
3. Practice and teach good sportsmanship.
4. Promote positive team spirit and morale.
5. Be consistent; regularly attend practice and show up on time.
6. Keep your hands and feet to yourself – no splashing, dunking, or horseplay. Do not throw objects, hit, or kick anyone.
7. No spitting on the pool deck or spitting water on each other.
8. Do not hang on lane lines. Swimmers should hold onto the side of the pool with their heads above water at the end of lane during rest intervals and between sets.
9. Avoid contact with other swimmers in your lane; stay to the side of the lane (circle swim) unless instructed otherwise.
10. Do not pass another swimmer mid lap. If you catch up to another swimmer, wait until you get to the end of the lane and let them know you would like to go ahead of them.
11. No gum, candy or drinks on deck (except water).
12. No open wounds or bandages/band aids in the pool.
13. Take care of the facility and equipment and treat it the way you would want someone to treat your home.
14. At the end of practice all equipment (fins, paddles, kick boards, pull buoys) is returned to the appropriate storage area and neatly stacked.

### **Consequences**

To address behavior issues the following steps will be implemented

- |                          |   |
|--------------------------|---|
| 1 <sup>st</sup> offense: | Warning by the coach  |
| 2 <sup>nd</sup> offense: | Swimmer will be removed from water and asked to sit out and/or do dry land exercises on deck    |
| 3 <sup>rd</sup> offense  | Conference with swimmer's parents, Coach (Aquatics Director may also be included)               |
| 4 <sup>th</sup> offense: | Determine if swimmer should remain on the team (YMCA Leadership Team, Aquatics Director, Coach) |

## Parents' Role

Parents are the backbone of any great swim team. They support and encourage their swimmers. They give their child the best opportunities to succeed and develop into great individuals.

We encourage parents to have an active part in their swimmers' endeavors: ensuring swimmers get to practice on time and prepared to participate; assist with team meetings, social events, and swim meets; and always support the coaches.

The success of our swimmers and team depends on parents' involvement; especially our home swim meet!

1. Parents are welcome to watch practice but are asked to refrain from coaching, timing, or otherwise participating at the practice.
2. A parent needing to communicate with their child during practice should do so through the on-deck Coach.
3. Avoid asking questions of the Coach during practice. Please contact the Coach before or after practice only.
4. Encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials.
5. Support the implementation of the YMCA's core values of caring, honesty, respect, and responsibility.
6. Communicate concerns and issues about coaches and/or programs directly with YMCA staff to aid in swift resolution. Refrain from speaking negatively about the program and/or staff at practice and events, causing damage to the swim team program atmosphere.
7. Support coaches and officials.
8. Do the very best to make the youth sports experience fun for my child by being a respectful fan and placing the emotional and physical wellbeing of my child ahead of a personal desire to win.
9. Teach my child to treat all other competitors, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

## Swim Team Member and Parent Acknowledgement

I hereby pledge to uphold the Swim Team Member Behavior-Code of Conduct and Parents' Role as described in this Handbook. I understand that failure to do so may result in consequential actions such as dismissal from practice or suspension from team activities.

**PLEASE SIGN AND SUBMIT *THIS PAGE ONLY* TO A COACH BY Sept 30, 2021.**

\_\_\_\_\_  
Swimmer Name  
(Please print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



# APPENDIX

## Description of Competitive Strokes and Turns

**Freestyle:** In freestyle the competitor may swim any stroke he or she wishes. The usual stroke is the Australian crawl. It is marked by the alternate overhand motion of the arms. The freestyle is swum in 25, 50, 100, 200, 400, 500, 800, 1000, and 1650 distances.

**Backstroke:** In the backstroke the swimmer must always stay on his or her back. The stroke is an alternating motion of the arms. The swimmer no longer must touch the wall with the hand before making a flip turn but must be on the back and touch the wall when making an open turn. In both YMCA rules and United States Swimming competition a swimmer's head must surface within 15 meters of the start of the race and after each turn. Backstroke races are swum in 25, 50, 100, and 200 distances.

**Breaststroke:** The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The pull must not go past the shoulder. The kick is a simultaneous thrust of the legs called a "frog" or Breaststroke kick. No flutter or dolphin kicking is allowed. At each turn a swimmer must touch with both hands at the same time. Breaststroke races are swum 25, 50, 100 and 200 distances.

**Butterfly:** The butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter or breast kicking is allowed. At each turn a swimmer must touch with both hands at the same time. Butterfly races are swum in 25, 50, 100, and 200 distances.

**Individual Medley (IM):** The individual Medley features all four competitive strokes. In the IM a swimmer begins with the butterfly, changes to the backstroke after one – fourth of the race, then the breaststroke for another quarter and finally finishes with the freestyle. The new "no touch" backstroke turn may not be used in the transition from backstroke to breaststroke in the individual medley. The IM is swum 100, 200 and 400 distances.

**Medley Relay:** In the medley relay all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum backstroke, breaststroke, butterfly and freestyle order. The medley relay is swum in 100, 200, and 400 distances.

**Freestyle Relay:** In freestyle relays four swimmers swim one fourth of the total distance. As in the medley relay, no individual may swim more than one leg of the relay. The freestyle relay is swum in 100, 200 and 400 distances.

**Starts:** In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are in the down position and still. Then, once the starter is satisfied, either a gun or electronic tone starts the race.

**Turns:** In all the events the swimmer must touch the wall, but in the freestyle and the backstroke, the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands simultaneously before executing the turn.

## Stroke Tips

### FREESTYLE

Body alignment (head to toe/level at surface of water) is key to swimming efficiently and being able to turn your head to breath above the surface of the water. Body should be firm from shoulders through hips so that swimmer does not wiggle/snake from side to side with each stroke.

#### Kicking:

- Start with your arms out in front of you in “eleven” position.
- Kick from the hip with knees relaxed but not bending too much. Ankles should be very loose, feet/toes close together, and toes pointed. Kick should be narrow (think kicking inside a construction bucket)
- Keep a steady kick all the time

#### Arm stroke:

- Start by kicking with arms in “eleven” position. To get ready for the arm pull reach your arm forward and rotate entire body slightly. Keep head stable (looking straight down at bottom of pool).
- Keep arm straight and pull all the way back past your hip. (Think about paddling a surf board). Exhale!
- Bend your elbow and keep elbow high as you bring the arm forward out of the water. Place your hand back in the water in the “eleven” position. (Think of landing a plane on a runway) and start your next arm stroke/pull.

#### Breathing:

- Don't hold your breath. Exhale freely through nose and mouth into the water. Create a long steady stream of bubbles.
- Turn your head to inhale only (don't pick your head up to look forward) and return face quickly to the water. Start to turn your head as soon as you start your pull with the arm on the same side you will turn your head. Opposite arm is extended straight, and your ear is in the water near your extended arm when your head is turned.
- Make sure you have exhaled totally before turning your head to breathe.

### BACKSTROKE

- Body position - level in water, head, shoulders, hips, feet all near the surface. Ears should be in water and you should be looking at the ceiling, not towards feet.
- Maintain steady kick from hips, knees flexible but not bent or moving above surface of water (no bicycling)
- Arm stroke – Arms straight, thumb first coming out of water after pull, rotate arm and body slightly so that pinky enters water first to begin next pull.

### BREASTSTROKE:

- Float on your front with your face in the water, stretching your body as long as possible. Keep your hands together.
- Keep your legs long and stretch your toes. Bend your knees slowly and bring your feet towards your bottom. Bend at the ankles to point your feet outwards then kick back and slightly downwards and snap your feet together.
- Keep your head in the water and stretch your arms out in front. Turn your hands so that the thumbs point down with both hands pressing out and round. Turn your hands so the thumbs point up and draw the hands together in a small circular action in front of the shoulders. Do not pull your arms past your shoulders. You should always be able to see your hands during your pull motion.
- Lift your head to breathe in as the arms start to come together, stretch your arms out and return your head to the water to breathe out. Breath every stroke: “Pull, Breathe, Kick, Glide”.

#### Putting it together:

- Start with just kick for a few yards to get your rhythm.
- Keep kick steady so that your body position is correct – at surface.
- Add in your arm strokes. Don't stop kick when you add arm stroke or when you breathe

# Dictionary of Swimming Terms

**Block** – The starting platform swimmers begin their races from.

**SCYSL**– The South Carolina YMCA Swim League; The league we participate in.

**BYAC** – Beaufort YMCA Aquatic Club. Swim Team at the Wardle Family YMCA of Beaufort-Jasper.

**SCSL** – Savannah Coastal Swim League

**Circle Swimming** – used by swimmers so they do not run into each other during practice or meet warm ups. They stay to the right of the black line on the bottom of the pool just like driving a car.

**Clerk of Course** – arranges the swimmers in proper heats and lanes. Takes care of late entries and scratches. Swimmers may or may not pick up cards here depending on the meet.

**Cool Down** – Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

**Cut** – Slang for a qualifying time. A time standard necessary to attend a meet or event.

**Deck Seeding** – A procedure of assigning swimmers to proper lanes and heats immediately before each event at the clerk of course on deck.

**Distance** – term used to refer to events over 400 yards.

**D.Q. (Disqualified)** – This occurs when a swimmer has committed a rule infraction of some kind, i.e. two strokes underwater in breaststroke. A disqualified swimmer is not eligible to receive any awards, nor can the time be used as an official time.

**Drill** – A practice exercise involving a portion or part of a stroke, used to improve technique.

**Dry Land Training** – Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics, medicine balls and / or weights.

**Electronic Timing** – A timing system designed to provide a fair and accurate time to .01 of a second for each swimmer. Includes a timing machine, touch pads, back up buttons and starting device.

**Event** – Any race or series of races (heats) in each stroke and distance. For competitive limits, on event equals on preliminary or one timed final, or one preliminary plus the corresponding final.

**False Start** – Occurs when swimmer is moving prior to the starting signal. Results in a disqualification.

**Finish** – Final phase of the race; the touch at the end of a race.

**Fin/Flippers** – Worn on the feet during practice for speed assisted training or stroke technique work.

**Flags** – Backstroke flags placed 5 yards from the end of the pool. They warn swimmer in backstroke to begin counting their strokes for a turn or finish.

**Heat** – A single round of an event. A division of an event in which there are too many swimmers to compete simultaneously.

**Heat Sheet** – Program that lists the swimmers’ heat, and lane assignments for each event.

**Heat Ribbon** – A ribbon awarded to the fastest swimmer in each individual heat of an event. (This does not necessarily mean your child has placed in the final positions of an event.)

**High Point Winner** – The swimmer who scores the most points for the team during the swimming season or meet.

**IM** – Slang for Individual Medley, an event in which the swimmer used all four strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle

**Kick Board** – Piece of Styrofoam or plastic held in the hands to isolate exercise on the legs at practice.

**Lap Counter** – A set of plastic numbers used to keep track of laps during a distance race. A person called a counter is stationed at the opposite end from the start and lowers the numbers into the water for the swimmer to see.

**Long Course (LC)** – Competition conducted in a 50-meter pool. Usually outdoors.

**LSC (Local Swimming Committee)** – Governing body for swimming on the local level.

**Meet** – A series of events held in one program.

**Middle Distance** – Term used to refer to events of 200 yards/meters to 400/ meters or 500 yards in length.

**National Age Group Time Standards** – Motivational time standards derived from the 16th fastest time in each event plus 5% increments at each level. The standards are broken down by age and sex as well as B, BB, A, AA, AAA, and AAAA divisions.

**Negative Split** – Swimming the second half of the race equal to or faster than the first half.

**Officials** – Present at all competitions to implement the technical rules of swimming and ensure that the competition is fair and equitable.

**Pace Clock** – Larger clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

**Pull Buoy** – Piece of Styrofoam or plastic placed between the legs to eliminate kicking and isolate exercising effort on the arms during practice.

**Referee** – Has the overall authority and control of competition, ensures that all procedures and rules are followed, assigns and instructs all officials, decides all questions relating to the conduct of the meet.

**Relays** – An event in which 4 swimmers compete together as a team to achieve one time. There are two type of relays; Freestyle – four swimmers on each team, each to swim one fourth of the prescribed distance using any desired stroke(s). Almost always the front crawl. Medley – four swimmers on each team, each to swim one fourth the prescribed distance continuously in the following order: 1st leg Backstroke, 2nd leg Breaststroke, 3rd leg Butterfly, 4th leg Free.

**Seed** – Distribute the swimmers among the required number of heats and or lanes, according to submitted or preliminary times.

**Seeding Positions** – To schedule the swimmers according to their times – progressing from slower swimmer to faster swimmer.

**Sets** – A swimming activity that is a goal – oriented exercise. This is used in practice to develop strength, stroke endurance, technique, and speed.

**Splits** - A per lap time that coaches often record for teaching the concept of pacing.

**Sprint** – Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

**Starter** – Assumes control of the swimmers from the referee, directs them to “Step up” onto the block, “Take your mark”, and sees that no swimmer is in motion prior to giving the starting signal (beep or gun).

**Streamline** – The position used by a swimmer when starting or pushing off the walls designed to reduce water resistance.

**Stroke and Turn Judge** – Positions can be combined or separated. Observes strokes and/or turns from the side or end of the pool to ensure fair and legal competition.

**Timer** – Person who stands behind the lane at the starting end of the pool and operates a stopwatch or a back – up button. No special certification is necessary, only a good set of eyes and reflexes.

**Touch Pad** - A large sensitive board at the end of each lane during a meet where the swimmer’s touch is recorded and sent electronically to the timing machine.

**Warm up** – Low to moderate intensity swimming used before a meet to get their muscles loose, gradually increase heart rate and respiration, and familiarize themselves with the pool. Also used to begin a practice or prepare for a hard set.