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# Welcome to the Barracudas Swim Team

Swim Team Handbook  
Ann Arbor YMCA

THE BARRACUDAS

## **Welcome to the Ann Arbor YMCA Barracudas!**

The Ann Arbor YMCA Barracudas swim team is a place where swimmers of all ages can develop both their technical skills and their character values all while having fun! Our swimmers have a diverse range of abilities from novices to state qualifiers and our year round practices and competitions are guaranteed to meet the needs of everyone in between.

The Barracudas are affiliated with YMCA swimming and participate in many local leagues as well (SMSL – Southern Michigan Swim League and WISC – Washtenaw Intermediate Swim Club). Our team attends local and travel meets through all three of these leagues throughout the year.

**Southern Michigan Swim League** is a local area league that we participate in as a team. Though we practice on our own, our team combines with the Whitmore Lake Waves for competitions throughout the season. Meets are typically held on weeknights with the championship meets on one weekend at the end of the season. SMSL runs a fall season September-December and a winter season January-March.

*\*\*\*Two dual meets are required to compete in championships*

**Washtenaw Intermediate Swim Club** is a local area league that we participate in each June and July. Dual meets are held against other teams of similar rank to ours in the area, with championships at the end of the season typically the last full week of July on weekdays.

*\*\*\*Two dual meets are required to compete in championships*

**YMCA** meets are larger meets and typically are further away. These meets are held between multiple teams. Athletes have specific events they can compete in depending on the schedule of events. YMCA meets are held on Saturday/Sunday and are split into am/pm sessions by age group (different ages compete in the morning/afternoon session depending on the schedule of events). Information about each meet will be communicated as it becomes available.

*\*\*\*Three meet sessions are required to compete in championships as well as an active YMCA membership*

## **Ann Arbor YMCA Mission Statement**

The Ann Arbor YMCA's mission is to put our core values of caring, honesty, respect and responsibility into action through facilities and programs that build healthy spirit, mind, and body for all.

## **Barracudas Swim Team Mission**

It is our mission to provide a welcoming and positive competitive team atmosphere by focusing on the YMCA's core values of caring, honest, respect and responsibility.

Staff and participating families will encourage all athletes to demonstrate:

- Caring: being a kind and compassionate teammate, supporting each other's goals and participating in team events
- Honesty: in their actions by being honest, reliable, and loyal to oneself, the team and the staff
- Respect: showing respect towards themselves, their teammates, and their coaches both in and out of practice, as well as demonstrating good sportsmanship and treating others the way they would like to be treated.
- Responsibility: will be taken for their own actions and learn the responsibilities they have to the team.

## **Communication**

Communication is a key factor in your athlete's success! Please communicate any questions or concerns with coaches outside of practice time. Coaches look forward to working with each athlete and always have the best interest of the team and athletes in mind. Open and constructive communication between coaches, athletes, and parents is best to help athletes achieve their goals. Please be mindful that coaches work with 20-40 swimmers per day and do their best to regularly reach everyone.

### **To keep informed please use the following resources:**

- Emails
- Announcements at practice
- Team Website
- Newsletters/Mailboxes
- Team Bulletin Board
- Remind App

### **Team Website**

In addition to the Barracudas' page on the Ann Arbor YMCA website, the Barracudas will also be utilizing their own webpage. I will send this link out in an email at the beginning of each session, but you may reference this site for any team news/updates.

### **Newsletters/Mailboxes/Bulletin Board**

Updates will be posted regularly on the Barracudas bulletin board (located on the pool deck next to the lifeguard office) to supplement regular email/online communication. In addition, each family will have a mailbox for notes, awards and any updates or newsletters that may have been printed out. Coaches will bring mailboxes out for each practice. If you would like access to your mailbox outside of practice time, please speak with a coach or the Aquatics Director.

### **Remind App**

## **EZ-Text**

The Ann Arbor YMCA has an ez-texting program to provide timely notifications in the event of a facility closure or program cancellation. We would like to invite you to sign up for this texting service. To do so, please follow the instructions below.

Critical facility information about the building (including pool closures, snow days etc.) can be accessed on the website ([www.annarborymca.org](http://www.annarborymca.org)) or by signing up for our SMS text messaging:

*Please text the appropriate keyword to 99000 on your smartphone:*

- **Anuncios** (Spanish language)
- **Facility** ( for building , pool and weather-related issues)
- **NewsAndEvents**
- **Birkett**
- **Childcare**
- **YouthSports** (for outdoor field sport weather-related issues)
- **CampAGQ** (Camp Al-Gon-Quian news)
- **TeenPrograms**
- **YpsilantiPrograms**

Your regular text messaging or data plan rates will apply, and you can opt out at any time by texting **STOP** to 99000. If you do text **STOP**, you will be unsubscribed from all keywords, and must re-subscribe to any that you wish to continue with. Please note that the mailbox is unattended: if you have questions, please contact the Membership Desk at 734-996-9622.

# **Expectations and Responsibilities**

## **Athletes:**

Each swimmer will learn the correct technique of the four competitive strokes, turns and starts. Swimmers will be expected to demonstrate the core values of the YMCA (caring, honesty, respect and responsibility), demonstrating good sportsmanship towards their teammates and competitors. Developing these characteristics as a team is key in creating the most positive environment for all athletes to succeed.

Conduct is the responsibility of each individual swimmer. Any athlete who is disruptive at practice, in the locker rooms or in the pool area will be noted by the coaches and handled individually. Failure to meet practice or athlete expectations may result in athletes sitting out or being asked to leave practice for that day. In the event of any issue, parents will be notified by the head coach either in person or electronically.

## **Coaches:**

Each coach will be expected to demonstrate the core values of caring, honesty, respect and responsibility. During practice coaches are expected to be timely, have workouts prepared, and greet swimmers as they arrive for practice. They will always have athlete's best interest at heart. Workouts will be written to help swimmers reach their goals, improve technique, increase endurance, and improve performance in competitions. Open and constructive communication between coaches, swimmers and parents is key in helping athletes succeed. Coaches will refrain from speaking with parents during practice time to ensure participants are getting their full attention. Communication between coaches and parents will take place before or after practices.

## **Parents:**

Families are the backbone of the Barracudas Swim Team! All parents are expected to demonstrate the same values expected of athletes: caring, honesty, respect and responsibility. Encourage your swimmers to set goals, do their best, demonstrate good sportsmanship and have fun!

Parents are also expected to:

- Volunteer their time during swim meets
- Communicate questions or concerns with the head coach
- Prepare children for practices and swim meets
- Transportation to/from practices and swim meets
- Arrive to swim meets on time for warm up.
- Register athletes for swim meets on time
- Stay up to date on all team information

## Practice:

### Schedule:

- **Bronze** – Monday/Wednesday 4:45-5:15pm
- **Silver** – Tuesday/Thursday 5:15-6:15pm
- **Gold** – Monday-Thursday 6:15-7:30pm

**Attendance:** It is recommended that swimmers attend a minimum of two practices per week. Though it is not required, notification of any long-term absences or illnesses is appreciated. It should be recognized that those who progress the most during the season are those who put the most into practice.

**Promptness:** All swimmers are expected to arrive at the pool 5-10 minutes before the designated practice time. This will allow swimmers enough time to change into suits and get any necessary equipment before practice starts. Swimmers may sit on the bench on the pool deck as they wait for practice to begin.

**Conduct:** Swimmers are expected to come to practice with an attitude fit for learning, doing their best and for accepting constructive criticism and feedback. This means being engaged towards the workout and listening to coach's instructions.

### Equipment Needed:

All swimmers should come prepared with:

- Competitive one-piece suit or practice suit
- Cap
- Goggles
- Water bottle

Optional Equipment:

- Kick board
- Pull buoy
- Fins

### Dry Land Practice

In the event of a cancellation due to weather, coaches may choose to take swimmers to the track to complete a dry land workout. If you expect thunder/lightening, please send athletes with appropriate workout attire (gym shoes, workout clothes and water bottle) so that they are prepared. If swimmers do not have appropriate gym attire, they will follow the regular weather cancellation policy – call parents for early pickup and stay with the team until their arrival.

## Swim Meets:

**Attendance:** Meet participation is highly encouraged. A competitive team cannot be built if athletes are not actively participating in competitions. Swimmers should be competing in meets regularly or working towards being ready for competitions. For athletes to be properly registered for a meet, parents **MUST** email coaches by the given deadline. Late entries are sometimes accepted but might not be available depending on the league and the meet.

**\*\*Please note that for each league we are involved in there are specific meet and athlete requirements for swimmers to participate in championship meets\*\***

**Promptness:** Athletes are expected to be at the pool, on deck and ready for warmups 15 minutes prior to the warm up start time. Typically, warmups are at a specific time. When sending out information for each meet, coaches will specify arrival time, warmup time and meet start time. If a swimmer is not present for warmups there is always a possibility that he/she may be removed from the meet.

**Conduct:** Good sportsmanship and appropriate behavior is expected at all meets. As an athlete of the Barracudas, swimmers are a representative of the team and the Ann Arbor YMCA. Swimmers are expected to pay attention, cheer on their teammates, and be prepared for all events. Swimmers must remain on pool deck, with the team at all times unless given permission otherwise. They must also see a coach before leaving any meet. Failure to meet these expectations may result in swimmers being removed from the meet.

**Expenses:** Typically meets are covered in the cost of registration with the exception of YMCA league meets. Athletes are charged a \$10 meet fee for each YMCA meet that a swimmer participates in. This fee is to help cover the cost of entry fees.

### Equipment:

All swimmers should come prepared with:

- Competition suit (does not have to be a team suit)
- Cap
- Goggles
- Water bottle
- Extra towels

Optional Equipment (recommended for longer meets)

- Clothes to stay warm in
- HEALTHY snacks
- Small activities – books, coloring books, handheld games, etc. (to keep swimmers occupied while waiting for their events)



## **Policies and Procedures:**

### **Use of Facilities:**

All swimmers **MUST** present their YMCA membership scan tag at the YMCA Member Service Desk before using the YMCA facility. If a scan tag is forgotten please check in with the staff at the desk.

Swimmers may use the Boys' (under 18), Girls' (under 18), and the Universal Access locker rooms before and after practice. Swimmers may not make use of the men's or women's locker rooms. Parents needing to accompany a child of the opposite-gender should use the Universal Access locker room. Complaints of swimmer behavior in the locker rooms may result in parents being asked to accompany swimmers in the locker rooms.

Food and drink is prohibited on the pool deck. Please have swimmers bring water bottles made of non-breakable material.

Parents are asked to stay off the pool deck during practice unless given permission by coaches or staff. Parents may watch the last 5-10 minutes of practice as they are getting ready to pick up their child.

The Family Pool may be used before/after practice by children who are 7 years and older. Swimmers under the age of 7 may not enter the pool before/after practice without being accompanied by an adult. Adults must be in the water and within arm's reach of children under the age of 7. If swimmers do not respect other guests or are unable to follow pool rules they will be asked to exit the pool.

### **Electronics Policy**

The YMCA is a safe place for children, adults, and families and we believe in protecting the privacy and well-being of all members and guests. With today's advanced technology in telephone, video devices, and cameras, our YMCA's safe environment can be easily compromised. For the safety and privacy of our members and guests, the following policies have been put in to effect:

- Electronic devices, including but not limited to cell phones, tablets, and e-readers may not be used in locker rooms, bathrooms, or program areas.
- Members are asked to be considerate of others while using cell phones for conversations or listening to music. When it is necessary to take a call, please move to a common area such as a hallway or the lobby. All personal music devices must be used with headphones at a volume level inaudible to others nearby.
- Taking photos or recording video is not permitted at the YMCA without the expressed consent of a Programs Director or the CEO. If you would like to take photos for personal use, please speak with program staff prior to doing so.
- For the safety of all members and participants, electronic devices including cell phones are prohibited in the pool area. Lap swimmers are permitted to use the waterproof personal music devices; they must be used with headphones at an acceptable volume level.
- Members and guests should report any problems relating to others using cameras and cell phones to a Y staff member.

## **Swim Test/Wristband Policy**

### Swim Test Elements:

- Swim 50 yards- competitive stroke must be in good form. "Doggie Paddling" does not count.
- Jump into the deep end
- Tread water for 30 seconds

### Red Wrist Bands and Children 6 and Under:

- All children 7-14 years of age who have declined to take the swim test or who have not passed
- Must remain in the family pool at all times
- Lifejackets available- just ask a lifeguard
- Children 6 and under must be within arm's reach of a parent at all times

### Green Wrist Bands:

- Children ages 7-14 who have passed the swim test
- May swim in both lap and family pools (appropriate use of lap pool is a must)
- Stop by the lifeguard office to receive your band after successfully completing the test.

## **Class Refund/Credit Policy**

Cancellations made prior to the first-class meeting will receive a full YMCA credit voucher or refund. Cancellations made before the second-class meeting will receive a prorated YMCA credit voucher or refund. No refund will be given after the second class meets. Exceptions may be considered with a doctor's note or Aquatic Director's approval.

### **Weather Policy (Storms):**

The YMCA of the USA recommends that indoor pools be closed during a lightning storm. If lightning occurs in the area, the indoor or outdoor pool is cleared when either of the following occurs: (1) cloud-to-ground lightning is observed, and less than 30 seconds pass from seeing a flash and hearing thunder from that flash; (2) in-cloud lightning is occurring overhead. **The pool can be considered safe to reoccupy 30 minutes after the last lightning is seen or thunder is heard.**

While bonding and grounding of a facility may add a level of protection, there is no way to completely reduce the risk of electrocution in an indoor pool during an electrical storm. The Ann Arbor YMCA follows a policy to evacuate the pool and other wet areas when lightning is present, threatening, or when the conditions are right.

### **Weather Policy (Winter):**

Practices may be cancelled at the last minute due to weather. Coaches will try to give adequate notice to parents before cancelling a practice. In the event that practice is cancelled and swimmers have already been dropped off, the swimmers will be instructed to call their parents to be picked up early. In such cases, a coach or staff member will always remain at the site until all swimmers have been picked up.

On days when the temperature and/or wind chill are below -20F or when the road commission declares unsafe roads, we will cancel morning classes until noon. We will make every effort to have this posted by 6:00 a.m. A decision will then be made by 9:00am whether to cancel classes after noon. Class cancellations will be posted on the website and on social media. Members and class participants will be emailed and those who have signed up for text alerts will be sent a text. **Please note that Ann Arbor YMCA classes may still run even if AAPS is closed.**

# Contact Information

**Barracudas Head Coach:**

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