

Parent Information

Parent Involvement

Parents are welcome to get involved with the program in several ways. You can get involved by volunteering at meets and by bringing positive enthusiasm to swim meets to support your swimmers! Anyone who has been to even one swim meet know that it take much effort on the part of parent volunteers to make it happen. Parent volunteers are needed for each meet as times, judges, scorer, awards table, etc. We will be setting up a meet volunteer schedule, as we ask that each swimmers parent volunteer for at least one meet. The weekly parent email will be confirming the volunteer schedule prior to each meet.

Parent Volunteer Meet Descriptions

Timer This is the most popular meet job among both new and experienced swim parents. Two timers are needed for each lane for accuracy or as backup for the electronic timing system.

Runner The duty of these two volunteers is to pick-up the event cards from the swimmers, before each race, and take them to the timers in the correct order. After each race they are to pick-up the cards from the timers and take them to the scorers table. This takes two people to keep the cycle working properly. You stay on the move throughout the meet, so it's great exercise.

Ribbon Writers/Awards Table Good news, no writing is needed for this job. It is the duty of these volunteers to receive the ribbon labels from the scorers table, place them on the ribbons, and to properly designate the ribbons for each swimmer and team.

Stroke & Turn Judge These judges determine whether a swimmer touched the end of the pool during a turn and whether the technical aspects of the swimming stroke were legal. It requires taking a short training course. If you are interested in volunteering for this please let the Parent Representative or Aquatic Director know and we can get you more information.

Clerk of Course It is the duty of the above to line up the swimmers' so that they are ready to swim in the correct lane and heat in an efficient manner. Heats can be combined if possible. These two volunteers are crucial in keeping the meet running on a timely basis.



Flying Fish Swim Team

Handbook Summer 2019

Contact Information

Hunter Campbell
(402) 323-6434
hcampbell@ymcalincoln.org

General Information

Practice Days & Times

Begins Tuesday, May 28
Monday - Thursday
9:00am-10:00am or 7:30-8:30pm (depending on what you signed up for)
Fallbrook Y Outdoor Pool
*If inclement weather, practice will be moved inside.

Communication

Throughout the season you will receive informational emails. Any documents or announcements will be e-mailed out to the team. Please make sure you are included in the email on the Park & Rec form so you receive all the information. Information will be sent out on a weekly basis.

If you're having trouble receiving team information please contact Hunter Campbell directly at 402-323-6434 or hcampbell@ymcalincoln.org.

Y Flying Fish

At the Y we want your child's swimming experience to be a good one. Our program works on stroke development and refinement in a fun team atmosphere.

Activities

Our coaches feel it is important to develop team building skills as well as swimming skills. Team building activities are an integral part of our team and will have activities in practice as well as a season end celebration.

Flying Fish Summer Celebration

At the Fallbrook Y
Sunday, July 21, 6:00-8:00pm
*More information will be emailed out later in the season.

Team Shirts

Swimmers will receive a team t-shirt as part of their registration, please have them wear them to each meet so coaches can easily identify them. If parents or siblings would like to purchase a team t-shirt it will be \$10 per shirt and a form will be available from the coaches and in your swimmer packet handed out the first week.

Park & Recreation Form

A Lincoln Park & Recreation form will be emailed out during the first week of practice and also given to the swimmers at practice. A form for each swimmer must be filled out, no extra payment goes with the form as the fee is included in your registration fee. This form must be turned in to the coaches or the Fallbrook Y Front Desk no later than June 4 for swimmers to compete.



Fallbrook Y

Cooper	Copple Family	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
6767 S. 14th St. Lincoln, NE 68512 402-323-6400	8700 Yankee Woods Dr., Ste. B Lincoln, NE 68526 402-327-0037	1039 P St. Lincoln, NE 68508 402-434-9230	700 Penrose Dr. Lincoln, NE 68521 402-323-6444	2601 N. 70th St. Lincoln, NE 68507 402-434-9262	570 Fallbrook Blvd., Ste. 210 Lincoln, NE 68521 402-434-9217	570 Fallbrook Blvd., Ste. 210 Lincoln, NE 68521 402-434-9225

ymcalincoln.org

Practices

May 28 - July 18, 2019

Attendance Policy

Whether a swimmer is solely committed to swimming, a multi-sport athlete, or simply interested in a variety of extra-curricular activities, Fallbrook YMCA Flying Fish coaches takes measures in order to cater to athletes with varying degrees of commitment levels. At the same time, there is no escaping the fact that regular practice attendance helps promote conditioning and develops fitness while also boosting group camaraderie and team spirit! Flying Fish coaches recommend at least 3 practices a week, but would love to see you 4 times a week.

Weather Cancellation Policy

Because our practices will be held in our outdoor pool, weather can always play a part in our practices. If weather threatens our practice outdoors practice will be moved inside.

If inclement weather is forecasted for a meet day, all swimmers should report as normal to the pool. Typically storms do pass and we still can get the meet finished before the cut off time. They will not cancel unless they feel they can not get the meet completed in a timely fashion after the storm has passed.

Practice Etiquette & Behavior

What to Bring

Swimmers are required to bring a swim suit, goggles, a cap (if preferred), and towel to practice. In addition, swimmers are strongly encouraged to bring a water bottle to all practices in order to maintain hydration levels and eliminate the need for a swimmer to leave workout to drink from the water fountain. Swimmers are responsible for filling their water bottles before practice begins.

Locker Rooms

During practices, swimmers are asked to place all bags and belongings in a locker or they can be brought on the pool deck.

Please do NOT leave your bags and personal belongings unattended in the locker room on benches or the floor!

Arrival and Departure

Swimmers should be ready to swim no less than 5 minutes prior to the start of practice. At the conclusion of practices swimmers are expected to help put away all equipment and remove the lane ropes. Coaches plan practices to last the entire practice time and it is important that you stay for the whole practice. If you must leave before the conclusion of practice, please inform the coach before practice begins.

Behavior

It is the coaches' responsibility to create an environment in which all swimmers in each practice group can have fun while also striving to reach his or her full potential. It is the swimmer's and parent's responsibility to always exhibit appropriate behavior. The Flying Fish coaches and staff strives to teach our swimmers to live, train and compete according to the YMCA Core Values. Those values are Caring, Honesty, Respect, and Responsibility. All swimmers and parents will be expected to exhibit these Four Core values when frequenting the YMCA facilities.

Swimmers are asked to remember that they are representatives of the Lincoln Y Flying Fish Swim Team. As representatives, we require them to behave in a manner that is responsible and respectful of others. Often swimmers share the locker rooms and other areas in the YMCA or meet facilities with adult patrons and other members, and must therefore act responsibly and respectfully at all times. Swimmers are expected to leave the YMCA facilities and the many facilities that so graciously host competitions cleaner than the way they found them.

Swimmers at all program levels will be expected to value sportsmanship and respect for teammates, coaches and opponents. They will be encouraged to work together to help foster a positive training environment that is as enjoyable as it is productive.

Swimmers of all ages and ability levels are expected to follow their coaches' instructions at all times. Swimmers who disrupt practices, have trouble following their coaches' directives, or disrespect their teammates, coaches or the facilities they use will be reprimanded and their parents will be informed.

Practice Etiquette & Behavior

Now that you have taken the "big plunge" and decided to join the Flying Fish Swim Team, you may be wondering, "What do I do at practice?" Here are some tips compiled from several years of experience and different programs. Flying Fish coaches will do all they can to help new and returning swimmers to learn and practice these tips. If everyone follows them practices will run very smoothly.

Before Practice

- Help put in any lane lines that need to be put in.
- Learn the names of the swimmers in your lane.
- Learn to read the pace clock.
- Support your fellow swimmers with encouragement, recognition of good effort, and cheerful enthusiasm.

During Practice

- Listen carefully (and quietly) when the coach gives directions or explains the set. Ask questions of your lane mates or the coach if you don't understand.
- Talk with one another and find out who is swimming what. When swimmers are swimming different strokes in the same lane, the person swimming faster stroke should lead. The order is: freestyle, backstroke, butterfly, breaststroke, kicking.
- Always swim in a circle, staying to the right of the lane. All swimmers must stay completely within their half of the lane. Serious accidents can occur when people swim down the middle of the lane.
- Count your laps and stop at the appropriate number
- Support your fellow swimmers with encouragement, recognition of good effort, and cheerful enthusiasm.

Swim Meet Schedule

Competition

The Flying Fish Swim Team participates in the Lincoln Parks and Recreation Summer League. The meets are held on Saturday mornings or Wednesday evenings at local pools. 4 regular season meets will be held.

Meets will be held on the following dates and locations.

Saturday, June 15	Location: Star City Shores
Saturday, June 22	Location: Eden
Saturday, June 29	Location: University Place
Saturday, July 6	Location: Belmont

All-city championships: Saturday, July 20 Bob Devaney Sports Center

*To be eligible for the city championships, participants must participate in at least 2 regular season meets.

What to bring to meets

Meet Line ups

- Swim Suit(s)
- Swim Cap(s)
- Towel(s)
- Goggles
- Warm Clothes
- Activities (books, cards, games)
- Healthy Snacks/drinks (only water allowed on deck)
- Permanent Marker
- Highlighter
- Pen
- Enthusiasm!!

Coaches will need to know if you are attending a meet by the Friday the week prior to the meet. We know things can come up, do not hesitate to talk to the coaches or Aquatic Director if you are any questions or concerns.

Swimmers will have the opportunity to choose two of their individual events at regular season meets. The other events will be chosen by the coaches. Only coaches will be able to determine relays. For this reason, the meet line-ups can vary throughout the summer.