

The Blue Wave Swim Team is a competitive winter/summer swimming league offered by the Marshalltown Community Y for training, instruction and competition for young people. This program is in place not only to make successful swimmers, but also to promote improved physical conditioning, camaraderie, sportsmanship and self discipline.

The goal of the program is to develop the life-long appreciation for the sport of competitive swimming while modeling and teaching YMCA/YWCA values and characters that young people will implement into all facets of their lives. To meet these criteria, the following team and personal objectives have been designed:

Caring for themselves and others through personal and team goals
Honesty for yourself and your capabilities
Respect for the sport, team, coaches, family and yourself
Responsibility for your actions, good sportsmanship and team loyalty
Empowerment of individuals to strive toward their goals
Leadership within your Y, with your team and for all
Wellness for each involved through fitness and conditioning

Mission Statement for the YMCA of the USA...

“To put Christian principles into action through programs that build healthy spirit, mind and body for all.”

YMCA Vision...

We build strong kids, strong families and strong communities.

All who are involved in the coordination of this swim league; Community Y administration, aquatics personnel, swim team parent group, coaches, volunteers and more; pledge to make this an experience that will positively shape a child. The Y motto is “we build strong kids, strong families and strong communities,” therefore, we encourage families to be involved in the Blue Wave swim activities. You may choose to attend a competition as a spectator or volunteer at swim meets, but know that your involvement at any level is meaningful to your child, healthy for your family and helps the Community Y accomplish its mission. Let me thank you in advance for your involvement and commitment to this program.

Philosophy of the Blue Wave Swim Team

Anyone who is a part of the Blue Wave swim team is considered a champion before we start practice sessions or competitions. Swimmers will celebrate the goals and mission of the YMCA through teamwork and sportsmanship. Our emphasis will be based on enjoying swimming and for “one” to do their best while having fun. We, as providers of a quality swim program, will dedicate ourselves to helping each swimmer achieve their personal goals. Goals are the starting point in achieving success.

Program Fees

Regular program fees are \$70 per child with a maximum per family cost of \$180. For example, if a family has 3 children involved, the maximum pay for the normal season is \$180 and not \$210. Each family participant beyond 3 is \$20 each. All swimming sport equipment is provided by individual families.

Swimmer Responsibilities

The purpose of these rules is to clarify the expectation that all persons involved with Y swimming show respect for all people and the facilities in which they practice and compete. Any disrespect of persons or property will result in disciplinary action set forth later in this manual.

Swimmers must attend practices regularly before participating in competition. The definition of regularly will be determined by the coaching staff. We understand that families today are very busy, therefore, we simply ask that you visit with the coaching staff should you foresee a problem with practice schedules. The coaching staff may not recommend swimmers for competition if the swimmer has not met this condition. Swimmers involved in other sports are required to work out their schedule with the coaching staff in advance.

During Practices

- Obey all pool regulations and rules
- Be on deck prior to the start of a training session for set-up
- Do not enter the water until given permission by the coach
- Listen and follow directions of the coaches
- Swimmers are to use all equipment and facilities for their intended purpose
- Swimmers will not interfere with the ability of other swimmers to workout
- Swimmers are expected to properly warm up prior to practice and meets
- Be attentive and exhibit respect to coaches and teammates
- Attend training regularly
- Practice core values of caring, honesty, respect, responsibility, empowerment, leadership and wellness
- Encourage fellow teammates
- Be prepared for practice, arriving with all your gear

Attitude

An attitude, whether positive or negative, reflects on the condition of you personally and the team you are a part of. All swimmers should display a healthy attitude during practice. This includes a positive attitude towards the workout, other swimmers and the coaches. Improper attitudes will be handled by coaching or aquatic staff and parents.

Punctuality

Swimmers should be on deck with equipment ready at the time designated for his or her time slot. If an athlete is consistently late, the swimmer and parents will be notified.

Equipment

Swimmers must bring proper training equipment to each practice. Needed equipment consists of swimsuit, goggles, towel and water bottle at minimum and dry land practices require shorts or sweat pants, T-shirt and clean shoes. We don't expect families to spend excessively on swimming equipment, but there are essentials that are needed to properly be involved in this sport. Equipment will be covered later in this manual.

Information

Look for swim team information that is posted on the bulletin board in the Natatorium. We will have special events, meet results and information you need to know. Be sure swimmers check their file (portable files under the bulletin board) for ribbons, medals and notes that need to go home. You can also get information off of our web sight at www.bluewaveswimteam.com.

Other websites for information are.

www.ymca-ywca.org

www.iowaymcacompetitiveswimming.com

www.myas.org

www.ymcaswimminganddiving.org

COMMUNITY Y WEB SITE

STATE MEET

REGIONAL MEET

NATIONAL MEET

Banquet

We will plan and end of the year award banquet for all who participated in swim team. This is fun for the whole family and usually consists of dinner, ice cream buffet, awards ceremony followed by a pool party! More information to follow on event date.

Swimmers Code of Ethics

- I represent myself as a person, my family, my Y, my team and my community, therefore, I will exemplify behavior that will build up and not tear down.
- I will encourage and practice good sportsmanship during practice and during meets by way of my actions and words.
- I will attend every practice and meet that I can or will notify my coach if I can not.
- I will listen and learn to my best ability what my coaches are teaching me.
- I will show respect to ALL, even if I disagree with them.
- I should have fun foremost and will inform my coach if it is not.
- I will encourage my parents and family to be involved in my Blue Wave Swim Team.
- I will uphold and practice the core values of the Community Y.
- I will communicate my needs with all involved.
- I will share with my team my successes and disappointments.
- I will respect Y property and other facilities we visit.

Discipline

The following progressive disciplinary measures will be taken if the rules and spirit of competition are violated:

1. Swimmer received a verbal warning.
2. Swimmer sits out that activity or event for 5-10 minutes.
3. Swimmer will be asked to leave the activity or event for the day.
4. Swimmer will be denied competitive swimming privileges for one meet.
5. Swimmer will be removed from the Blue Wave swim team for the season.
6. If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of the repair or replacement.

Blue Wave Swim Wear

The Community Y will coordinate an order form of Blue Wave Team Wear that you can purchase for you or your swimmers. The order form was in your registration packet. You can get one from Shelley if need be. We encourage teammates to have team wear for meets, but this is of course not mandatory. Our promise is to keep prices low so that everyone who desires to support their team by way of wearing clothing can do so. Items may consist of deck coats, hooded sweatshirts, sweatshirts, t shirts, shorts, pants, ball caps and sock hats. We will consider suggestions of other items as well. Typically there is a minimum order of at least 24 on items that are silk-screened. Items that are stitched are sold individually. In the event we do not reach 24 items, the order may be cancelled and your money refunded.

Team Pictures

There will be no team pictures for summer swim team.

Equipment Needs

Practice Suit -This is a suit worn during practice sessions. These are typically made of nylon or polyester. The suit should be loose fitting and of the competitive style. We encourage swimmers not to wear their team suit or meet suit to practice. We want to look sharp, so we do want those suits to stay in good condition. Make sure to rinse your suits with clean tap water after practice to reduce the level of chlorine that deteriorates your suits. You can also use a product called "Chlorout" that can be found in the fish section at Wal-Mart.

Competition Suit -A team racing suit is recommended for each swimmer that is competing. This suit is usually 2 sizes smaller than the practice suit to reduce resistance and increase the glide through the water. Team suits are picked out and specified by Parent Support Group, Coaching and Aquatic Staff. See the above recommendations for caring for your suit. We will coordinate an order for Team Suits, more to come later.

Cap - Swimmers need latex, lycra, or silicon swim cap during the meet and if they desire at practice to cut down resistance and to protect their hair from the effects chlorine and pool chemicals can have on it. Should your hair become damaged from the chlorine, we recommend a product called “Ultra Swim”, which are available at most pharmacies and discount stores. If chemicals are a real problem, you may want to saturate your hair with conditioner prior to putting your swim cap and not rinse it out. If your hair becomes sticky, gummy or greenish, don’t panic and shave your head. Rinse your hair with a solution of ¼ cup white vinegar in 1 quart of warm water following shampooing, and then rinse thoroughly with pure tap water.

Sweats -Some type of warm-up sweat suit should be worn at meets and to and from practice during cold weather. Athletic apparel should be worn by older swimmers during dry land exercise. We do recommend having warm clothing as the evaporation of water off of ones body will cause a chill for your child.

Goggles -We encourage every swimmer to invest in a nice pair of comfortable goggles and to take care of them and try to keep tabs on them. Goggles are available in different types, colors and costs. Make sure you take into consideration the shape of your swimmers eyes prior to purchasing goggles. Round goggles tend to work better with round eyes and oval goggles work well with oval eye sockets. Just pay attention to the shape of the eye and your swimmer will be safe and comfortable.

Water Bottle - Bring a plastic water bottle to practice to ensure you stay properly hydrated during your practice.

Towels - Large thick towels are typically preferred by swimmers, but of course any regular towels will work. We recommend bringing several towels to practices and competitions.

Swim Meets

Make sure that you arrive at the designated swim meet location on time. This time should be specified by your coach prior to the meet, so listen in practice for directions. The Blue Wave will have a warm-up time prior to the meet start time, so if the meet starts at 1 PM, don’t show up at 12:50 PM. Once again, make sure you pay attention in your practice sessions for the times that warm-ups or team meetings will take place.

1. Arrive on time.
2. Wear official Blue Wave clothing if available.
3. Know when your time is to warm up.
4. You are responsible for getting to clerk of course for YOUR designated event.
5. When your not swimming you should be resting in your team area or if available on deck cheering on your teammates.
6. Swimmers are encouraged to stay for the entire meet for team support.
7. Leave your team camp area clean.
8. Stretch properly prior to warm ups.
9. Have all your needed equipment.
10. Bring snacks.
11. Your are representing yourself, your family, your team and your Community Y
12. Swimmers may swim a total of 5 events per meet...3 individual and 2 relay.
13. Swimmers must have 3 participated in 3 sanctioned Y meets to go to sectionals/state.

At Swim Meets

- We encourage swimmers to stay in support of their teammates.
- Uphold team spirit and respect officials and opponents.
- Sportsman like behavior is equally important to improved swim performance.
- Swimmers will stay in their huddle assignment given to them for the meet.
- Let your coach or parent know when you leave your team huddle area.
- Swimmers should report to the coaches 15 minutes before warm up.
- All swimmers should wear their fitted competitive suit and goggles.
- Swimmers need to be involved in their teammate's competitions and cheer.
- Congratulate your teammates after their competition.
- Swimmers are to accept without question the decision of meet officials, any protest must originate from the coach.
- It is the swimmer's responsibility to notify coaching staff if they can not compete.
- Swimmers are not to leave the competition area during a meet without informing the coach. You may have an event to swim.
- ALWAYS exemplify a spirit of sportsmanship and championship.
- Part of OUR competition will be displaying our core character values of Caring, Honesty, Respect, Responsibility, Empowerment, Wellness, Leadership

What should you bring to swim meets?

All swimmers are responsible to bring their own gear for a swim meet. See the following list for needed and recommended items to bring...

Mom and Dad /Family

Competition Suit

swim cap

goggles

games

food and drink (water)

plenty of dry clothes

hat (sock hat for warmth)

cheering voice

team t-shirt

books/magazines

cards

money

heavy socks, deck shoes or flip flops

showering items

sleeping bag or blankets

2-3 towels

parka or sweater/ sweatshirt

*** Make sure things are marked with your name. Don't bring jewelry or valuables. BRING YOUR ENERGY, ENTHUSIASM and TEAM SPIRIT!!**

Travel

Parents are responsible for driving the swimmer to and from meets. Carpooling is encouraged, but not facilitated by the Community Y. Anyone who would like a swim team roster with names and phone numbers is welcome to

request from the coach or Aquatic Program Director. Coaches are not permitted to be involved in transportation due to Community Y insurance limitations. Directions and maps are available for your convenience.

Cancellation

Should a meet be cancelled because of inclement weather, the coaches will notify the Y service desk, the Aquatic Program Director and parent support group. We encourage all parents to call the Y service desk at 752-8658 if the weather appears to be uncertain for running a meet.

Participation/Involvement

We encourage each swimmer to attend and participate each swim meet, however, it is not mandatory for them to do so. We do ask your cooperation in good communication between the coaching staff on whether you will be involved in swim meets.

Parents & Supporters

The Marshalltown Community Y has a very unique, important and special group of volunteers. The group is called the “Swim Team Parent Support Group” or may be referred to as STPSG. This group is comprised of volunteers that freely give of their time and support to make sure the Y Swim Team Program runs efficiently. The Parent Support Group is a part of the Community Y. Each one of these individuals is vested in the program as they each have child or children that are actively involved. We encourage families/parents to become involved in the Swim Team Parent Committee and would ask you to consider this. Please visit with Jason Beeghly if you may be interested in having more information.

Volunteering

Volunteering for your child’s event is an important way for you to communicate your love and caring for your child. Because swimming is a demanding sport from a “support perspective”, it takes over 30 people to make a swim meet run, we expect families to volunteer. You will be called upon to help and our expectation is that ALL parents help to make their child’s activity a success. Helping is fun and gets you close to the water where the action is at!!

See the upcoming descriptions of jobs available at swim meets. The Community Y will pay for all training and certifications of those interested in becoming “YMCA swim official” certified.

Swim Official Training Certification

We will offer a time where parents can become certified as a YMCA swim official. More information will follow and be distributed as we plan this event.

Parent Code of Ethics

- - I pledge to provide positive support and encouragement for my swimming participant
 -
 - I will encourage good sportsmanship by demonstration of my good sportsmanship to all swimmers and officials and any swimming event.
 -
 - I will place the emotional and physical well being of my child ahead of my desire to see my child succeed.
 -
 - I will support the decisions of my swimmer’s coaches even if I have a different agenda.
 -
 - I will remember that swim meets are a chance to perform the practice we’ve endured as well as a time to improve upon our previous times.
 -
 - I will do my best to make swimming fun for my child and be involved.
 -
 - Provide transportation for my child to his or her competitive swimming events.
 -
 - I will support my child’s responsibility to the team including attending practices, meets and team functions.
 -
 - I will support, exemplify and teach my child the Blue Wave Swimmer Code of Ethics.
 -
 - I promise to do my best in promoting the enjoyment of the Blue Wave swim team in any facet I take part in.
 -
 - I will become involved for fundraising or volunteering when needed throughout the season.
 -
 - I will read the handbook myself and to my child/children, so we all may be a successful Blue Wave Family
- Parent Responsibilities

-
- Keep yourself abreast of your child's activities regarding to the swim team.
-
- Volunteer to help us run our home swim meets and State.
-
- Be uplifting and supportive of your child throughout the season.
-
- We encourage all parents to attend the competitions.
-
- Help your child plan, set, strive and achieve their goals.
-
- Be patient. Just as all kids develop at different paces, swimmers do too
-
- Make sure your swimmer attends all practice sessions.
-
- Be a follower not the leader. Participants join for many different reasons. The swimmer will perform to how they want to perform, not how you or we the coaches want.
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- The single most important thing that parents can do to help their child is to try to instill a strong/health sense of sportsmanship, character and self image.

Swim Team Volunteer Opportunities (What's needed to run a swim meet)

Following is a list of jobs that need to be filled by supporting parents of the swim team program. Your participation ensures the meet runs smoothly as well as demonstrates the commitment to your child's success. All persons are expected to support the team please.

Swim Meet Worker Jobs Levels

* Any parent can do this job

** Takes a little bit of thought

*** Experience or a strong willingness to learn is necessary, training required

1.

Timers* - Each of our lanes will be required to be a timer who will record each events time. This job begins competition 30 minutes prior to start.

2.

Awards* - Awards involve sorting and labeling the ribbons or medals that are being presented to swimmers. Generally the job begins a little later than most and ends when the final award has been processed.

3.

Set Up/Tear Down* - Consists of picking up our items and making sure the pool is in a presentable condition for the next days activities. This requires no skill, but is a very integral part of our duties.

4.

Greeter * - When you work in admissions, you need to be at the meet one half hour before warm ups begin. You will sell the heat sheet or programs. Your responsibility is to stay until the end of the session and of course be friendly

5.

Runners* - Runners collect time cards from each lane timer and takes them to the computer room for entry. Comfortable shoes are a must for this job and the majority of time will spent on pool deck.

6.

Big Screen Operator * - This position brings pageantry to the meet with use of our in-house camera and video package. It's a lot of fun!!

7.

Announcer** - The announcer is on pool deck and announces each event of the meet on the sound system.

8.

Holding Area ** - Persons in this area assist the Clerk of Course in placing swimmers in "heats" based on times achieved in that event in prior meets. This person also helps swimmers line up so they arrive at the starting blocks at the proper time and in the proper area. This function is on the pool deck.

9.

Staging ** - The marshaling team organizes the swimmers before each event. They distribute heat and lane assignments as well as lead the swimmers into place on deck

10.

Meet Manager Liaison** - These individuals are designated by the Meet Manager or Aquatic Program Director to help the event run smoothly. This job would do some patrolling of the team camp area and make sure our guests are comfortable and enjoying their event in our facility.

11.

Computer Scoring *** - Workers in computer scoring enter all of the individual meet results into the computer, then distribute the results to awards and post the results. This job begins once results start arriving and ends when the final heat has been entered and tabulated. Basic software learning needed for this job.

12.

Electronic Scoring*** - This involves running the electronic timing system at our meet. These individuals will sit in our overhead judge's booth and run both timing and scoring systems in our Natatorium. Plan to stay the duration of the meet please. Basic software learning needed for this job.

13.

Clerk of Course *** - The responsibility of the clerk is to handle most of the administrative duties on the day of the meet such as deck entries, scratches etc...

14.

Officials *** - All officials at our meets are required to be certified by way of YMCA swim trainers in official specific training. The officials are responsible for starting and judging each event in the meet. We will host a training for swim officials each year or let you know training's you can attend. We will pay for any training cost and reimburse you for mileage to the event. Training's are relatively easy and certifications are good for 3 years typically.

15.

Stroke and Turn Judge *** - These judges observe to ensure that the stroke, kick, turns and finishes comply with the rules applicable to each stroke. Requires Level II Certification

16.

Referee *** - This individual has overall authority and control of the competition. They will ensure that all rules are followed. They assign and instruct all officials and decide all questions relating to the conduct of the meet. This is the rule governing body of the competition.

Parent Suggestions

Don't try to talk to the coaches while they are conducting a workout - Consider the deck a classroom, not to be interrupted. Coaches are required to analyze a great deal of information from many participants, so please let them think even when they may not be talking or motivating. Please leave them a note or call later.

The Coach is the Coach - Please respect this. To increase the learning process, we want your child to build a healthy respect and image for their coach and ask that you allow that to happen. We ask parents to be involved in their child's swimming sport, but please let the coaches do their job. Our coaches are highly trained and seasoned in the sport and is attempting in every word to live the mission of the YMCA and build your young person up.

Watching workouts -If you choose to watch our practice sessions, you must do so from a distance. Please feel free to watch the training sessions and enjoy this time with your child, but do not approach the side of the pool to communicate with your child. Please do not time your child's workouts. Times are for the coaching staff to discuss with the participant.

Success Costs - Most things worthwhile are more difficult to achieve. Please don't complain about the types, lengths or frequencies of practices. Your child puts in lots of laps, time and effort, so we ask that you support their desires.

Communicate - We do want you to be an integral part of this sport, but more importantly part of something that has the potential to build a healthy relationship between you and your child. Should you have any questions, comments or concerns we want you to feel free to open the doors of communication between coaches and staff.

The Strokes

Freestyle -The freestyle the swimmer may swim any stroke he or she desires. The usual stroke is the front crawl. This stroke is characterized by alternating paddle wheel motion and an over hand motion of the arms.

Backstroke - The backstroke swimmer must stay on his or her back the entire race. The stroke is signified by an alternating motion of the arms being face up in the water. Swimmers must also surface within 15 yards after the start of the race.

Breaststroke -Considered one of the most difficult strokes to execute and master, the breaststroke requires symmetry and the 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 and repeated. Each side of the body should mirror one another with no alternating movement. The kick is a simultaneous thrust of the legs called a frog or whip kick. No flutter or dolphin kicking is allowed. The head must break the surface of the water before a backward hand motion hits the hip line. At each turn, a swimmer must touch with both hands at the same time.

Butterfly -Considered one of the most physically demanding strokes and is executed by symmetry as well. This stroke requires the overhead stroke of the arms at the same time combined with a dolphin kick. Touch must be at the same time with both hands at the turn and finish. The butterfly stroke was developed in the 1950's as a byproduct of loop holes in breaststroke rules.

Individual Medley - The individual medley, commonly referred to as the IM, features all four competitive swimming strokes. In the IM, a swimmer begins with the butterfly, changes to back stroke, then breaststroke and

finally finishes with the freestyles (free can be anything but the previous).

Relay -In the medley relay, four different swimmers swim all four strokes. No swimmer may swim more than one leg of the relay, which is swum. The medley relay is swum in 25 and 50 yard per person relays. Medley relay starts with the back stroke, to breast stroke, to butterfly and ends in a freestyle leg.

Order of Events for 2007-2008

Number	Group	Event	Qual (G)	Qual (B)
1 - 2	11-12	50 Fly	0:36.00	0:39.00
3 - 4	Open (12-Up)	50 Fly	0:33.00	0:37.00
5 - 6	9-10	200 Free	3:00.00	3:00.00
7 - 8	11-12	200 Free	2:40.00	2:45.00
9 - 10	Open (12-Up)	200 Free	2:20.00	2:25.00
11 - 12	8-Under	100 Medley Relay	1:45.00	1:55.00
13 - 14	9-10	200 Medley Relay	2:55.00	3:00.00
15 - 16	11-12	200 Medley Relay	2:30.00	2:40.00
17 - 18	13-14	200 Medley Relay	2:25.00	2:35.00
19 - 20	Open (12-Up)	200 Medley Relay	2:25.00	2:35.00
21 - 22	8-Under	25 Free	0:19.00	0:19.00
23 - 24	9-10	50 Free	0:35.00	0:35.00
25 - 26	11-12	50 Free	0:31.00	0:31.50
27 - 28	13-14	50 Free	0:29.50	0:29.00
29 - 30	Open (12-Up)	50 Free	0:29.50	0:29.00
31 - 32	Open (12-Up)	200 IM	2:50.00	3:00.00
33 - 34	8-Under	100 IM	1:55.00	2:00.00
35 - 36	9-10	100 IM	1:32.00	1:35.00
37 - 38	11-12	100 IM	1:22.00	1:26.00
39 - 40	Open (12-Up)	100 IM	1:17.00	1:17.00
41 - 42	8-Under	50 Back	0:50.00	0:52.00
43 - 44	9-10	50 Back	0:42.00	0:42.00
45 - 46	11-12	50 Back	0:37.50	0:39.00
47 - 48	Open (12-Up)	50 Back	0:35.00	0:37.00
49 - 50	8-Under	25 Fly	0:25.00	0:26.0 0
51 - 52	9-10	50 Fly	0:42.00	0:47.00
53 - 54	Open (12-Up)	100 Fly	1:20.00	1:25.00
55 - 56	8-Under	50 Breast	0:59.00	1:00.00
57 - 58	9-10	50 Breast	0:47.00	0:48.00
59 - 60	11-12	50 Breast	0:41.00	0:43.50
61 - 62	Open (12-Up)	50 Breast	0:39.00	0:40.00
63 - 64	8-Under	50 Free	0:44.00	0:44.00
65 - 66	9-10	100 Free	1:21.00	1:24.00
67 - 68	11-12	100 Free	1:11.00	1:14.00
69 - 70	13-14	100 Free	1:07.00	1:07.00
71 - 72	Open (12-Up)	100 Free	1:07.00	1:07.00
73 - 74	8-Under	25 Back	0:23.50	24.50
75 - 76	9-10	100 Back	1:35.00	1:37.00
77 - 78	11-12	100 Back	1:23.00	1:27.00
79 - 80	13-14	100 Back	1:17.00	1:25.00
81 - 82	Open (12-Up)	100 Back	1:17.00	1:25.00
83 - 84	8-Under	25 Breast	0:27.50	27.50
85 - 86	9-10	100 Breast	1:43.00	1:46.00
87 - 88	11-12	100 Breast	1:30.00	1:40.00
89 - 90	13-14	100 Breast	1:28.00	1:30.00
91 - 92	Open (12-Up)	100 Breast	1:28.00	1:30.00
93 - 94	Open (12-Up)	500 Free	6:40.00	6:45.00
95 - 96	8-Under	100 Free Relay	1:32.00	1:35.00
97 - 98	9-10	200 Free Relay	2:34.00	2:36.00
99 - 100	11-12	200 Free Relay	2:13.00	2:30.00
101 - 102	13-14	200 Free Relay	2:14.00	2:20.00

103 - 104 Open (12-Up) 200 Free Relay 2:14.00 2:20.00

Age Groups

Age is determined by their age on December 1st.

8 and Under, 9-10, 11-12, 13-14, and OPEN (12 and older only)

-
- 5 events per participant, 3 individual and 2 relay
- Swimmers may swim up one level for relay purposes only
-
- 11 year olds can only move to 13/14 age group, not open
-
- Swimmers must have 3 YMCA sanctioned meets in to participate at Sectionals
To qualify for the State Meet, One must...
-
- Place 1st overall in the event at sectionals
-
- Meet or Better the times listed following at the sectional meet
-
- Lead off splits in relays may not be used to qualify in individual events

Swim Meet Dates for the 2007-2008 Season

See the previously inserted practice and meet schedule for meet dates and times.

We sincerely hope you will enjoy your swim season. Swim meets are a great time for families to enjoy sporting events together. The Marshalltown Community Y swim team is one of the stronger teams in the state of Iowa; therefore, we encourage your feed back so that Community Y Aquatic Programs will remain strong, proactive and leading edge.

The Community Y has NUMEROUS activities going on during practice times and we encourage families to come to the Y during these practices. Chances are strong that there may be a fitness class, swim class, open swim or many other activities that you and your other children would enjoy!

Thanks again for supporting your Community Y and the Blue Wave Swim Team with your time. We look forward to a FANTASTIC SWIM SEASON!

Sincerely Submitted,

Shelley Lechnir

Shelley Lechnir
Head Coach / Assistant Aquatic Program Director, Marshalltown Community Y
641-752-8658

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