

***Lima Family YMCA***  
**Barracudas**  
**Swim Team**  
**Handbook**  
**2024-2025**



***YMCA Mission Statement:***

*To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

***Lima Barracudas Mission Statement:***

*Together we are committed to swimming excellence in an enjoyable environment that places emphasis on the core values of honesty, caring, respect and responsibility.*

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***The secret is not only to produce great swimmers,  
but rather to produce great young people who swim.***

**LIMA YMCA COACHES / SWIM PARENT ADVISORY COMMITTEE**

Position	Name	Phone Number	Email Address
Aquatic Director/ Team Admin	Carla McPheron	419-223-6045 x220	aquatics@limaymca.net
Head Coach	Kody Graham	614-593-6199	swimteam@limaymca.net
Chairperson	Jeff Bowlus	419-303-6796	jbowlus6@me.com
Meet Manager	Kelly Fronzaglia	419-302-7249	kfronzaglia@spartan.limacityschools.org
Meet Manager Asst.	TBD		
Officials Coordinator	TBD		
Concessions			
Secretary			
Spirit wear	Head Coach/Kody LaPoint		
I.T. Coordinator			

The Swim Team Parent Advisory Committee is commissioned by the Board of Directors of the Lima Family YMCA to assist the YMCA and head swim team coach in matters pertaining to the smooth running of a competitive swimming program within the framework of the association’s values, purpose, policies and objectives. The Swim Team Parent Advisory Committee, nor any committee of the YMCA, has the authority to direct staff or set policy.

**RESPONSIBILITIES OF THE SWIM TEAM PARENT ADVISORY COMMITTEE**

- a. To fully support the YMCA mission & goals and adhere to all policies and procedures established by the YMCA.
- b. To assist in maintaining a cooperative swim team program.
- c. To meet monthly with the head swim coach, including written minutes of all meetings.
- d. To raise funds to supplement income of the swim team.
- e. To provide, train, and help certify YMCA officials for hosted swim meets.

## COMMUNICATION WHO TO CALL FOR HELP

A question that goes unasked will never get an answer. **WE PRIMARILY COMMUNICATE THROUGH EMAIL. PLEASE OBTAIN AN EMAIL ADDRESS IF YOU DO NOT HAVE ONE.** If you have an email address and are not receiving emails from the team administrator, please notify the team administrator. If the team administrator receives “mail undeliverable” or “mailbox full” a printed receipt and that email will be put in the family’s folder ONCE to notify them of the problem and for the parent to check w/ their email server to see if the Lima YMCA is being blocked. All emails are posted on the team blog on our website: [www.limaybarracudas.com](http://www.limaybarracudas.com).

Otherwise, the best way to get information is to regularly check your child’s swim team folder, the swim team website, bulletin boards, team handbook, and notices that may come home with your swimmer. You may always call the Aquatics Director, the Head Coach or a Swim Team Advisory Committee Parent if you have any questions. Coaches are usually available before and after practices to answer any of your questions. **Please do not talk to a coach on the pool deck when they are conducting practices.**

## SWIMMER / PARENT VOLUNTEER / COMMITMENT POLICY

**Please BE GENEROUS with your time. Remember: the success of our program and your children depends on the willingness of the parents to lend a hand. Together, we can make this year a true success for our children!**

Your child’s participation and eligibility as a member of the swim team is dependent upon each swimmer meeting the practice requirements for their group and having an adult member of their family work at home meets. **Swimmers will not be entered into a home meet unless a representative from the family either signs up to work the meet or finds a sub.** We are also required to supply a limited number of volunteers at away meets, including Championships and Zones. You will be asked to sign up in advance for your work sessions. If there is no one signed up each participating swimmer will be entered into a hat for a drawing of who will work that event. **The Lima YMCA reserves the right to fine a family for not providing a volunteer (excluding previous arrangements approved by the swim team).**

**All parents whose children are swimming at the Invitational are required to volunteer at the meet, which is our largest fundraiser.**

## WORKER ASSIGNMENTS FOR EACH MEET

\_\_\_\_\_ **Set-Up/Clean-up:** Four parents are needed. Make sure lane lines are in the pool. Set up timing system. Make sure chairs and table are placed where they are required. Blocks must be in place, along with the recall rope and poles. Sound system must be ready. Arrive approximately 2 hours prior to meet. After the meet all equipment must be put away properly and all areas cleaned up properly. Remain approximately 2 hours after the meet.

\_\_\_\_\_ **Referee (Certified Level II Official):** Oversees a fair start.

\_\_\_\_\_ **Starter (Certified Level II Official):**

Calls the event (1, 2, etc.) and announces the event on the blocks. Arrive approximately ½ hour prior to meet.

\_\_\_\_\_ **Job Shadowing:** Shadow a job that requires specific training like the Colorado system, computer or official. Future job training?

\_\_\_\_\_ **Officials (Certified Level I or II Officials):**

The Stroke & Turn Judges (4 required) watch swimmers as they race and report any violations of strokes and turns. All officials must be YMCA certified. Arrive approximately ½ hour prior to meet.

\_\_\_\_\_ **Timers:**

Two timers are needed per lane, for a total of 16 at a home meet. One person is also needed as a Head timer. This person will operate two watches to replace any timer that has a problem. Arrive approximately ½ hour prior to meet.

\_\_\_\_\_ **Clerk of Course:**

Four people are needed. This is the person that the swimmers go to line up for their event. These volunteers will give the swimmers their event card, line them up in their lane and escort younger swimmers to the pool.

\_\_\_\_\_ **Runner:**

Two people are needed. They must pick up the lane event slips from timers, and the D.Q. slips from officials after each heat/event and take them to the scorer's table. Arrive approximately ¼ hour prior to meet.

\_\_\_\_\_ **Ribbons:**

Two people are needed. They must label and divide place ribbons for each event. Arrive ½ hour into the meet and remain until finished.

\_\_\_\_\_ **Scorer/Team Meet Manager:**

Two people are needed to check times w/ Colorado System and make any adjustments. Arrive approximately ½ hour prior to meet.

\_\_\_\_\_ **Colorado System Operator:**

Two people are needed to run this high-tech computer program that is utilized to assist in maintaining smooth operation of the meet. Arrive approximately 2 hours prior to meet.

\_\_\_\_\_ **Concessions:**

Six to eight people are needed to set up, clean up, and serve the food.

You may sign-up for volunteer positions when you sign your child up for the swim meet on-line . When registering please select your first 3 picks of a volunteer job. If you only register for one, the Meet Director will assume that you are willing to do any other j

## Swimming Websites

The following websites contain information (rules, procedures) on our league and nationally:

**Lima Barracudas Swim Team:** <https://www.limabarracudas.com/>

**Northwest League:** <http://toledoymcaswimming.usswim.net> (Northwest League website down on left side)

**YMCA of USA:** [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)

**OHSAA (Ohio High School Athletic Association) Swimming:** [www.ohsaa.org/sports/sd](http://www.ohsaa.org/sports/sd)

**USA Swimming:** [www.usaswimming.org/](http://www.usaswimming.org/)

## TRAINING GROUPS

Training groups vary by the type of workout, average age and swimming proficiency. Admission to a particular group is dependent upon the individual's ability relative to the ability of the other swimmers in that group. The Group Criteria has been developed by the coaching staff to eliminate confusion about the group assignments and practice routines. Parents, keep in mind that there will be slight overlap in abilities and skills between the groups. **It is not acceptable to bring a swimmer to the wrong group for practice.** The YMCA is committed to providing quality coaches at all levels.

**\*\* PLEASE REMEMBER THAT TIME STANDARDS TO ADVANCEMENT TO ANOTHER GROUP WILL BE SET BY THE COACHES AND ARE SUBJECT TO CHANGE (replacement in groups will take place the first Friday of every month beginning in November).**

We will have 3 training groups. Coaches will assign swimmers. They are as follows:

### *Developmental: novice to proficient in ability*

**Focus:** Working on technique and stroke development

**Goal Set:** Learn all four strokes

**Meet Goal:** Minimum 3 or more home meets, 1 or more away meets, Sectionals and Champs (if you qualify)

**Required Equipment:** Swim suit and goggles

### *Junior Group: proficient to experienced in ability*

**Focus:** Endurance/yardage, better technique in four strokes

**Goal Set:** Swim all four strokes .and focus on starts and turns.

**Practice Goal:** Four to five practice times weekly

**Meet Goal:** Minimum 3 or more home meets and 2 or more away meet, Sectionals and Champs

**Required Equipment:** Swim suit, goggles, fins

### *Senior Group: committed serious swimmers; experienced in ability*

**Focus:** Gaining greater endurance/working towards proficient stroke technique, individualizing swim strokes/practices

**Goal Set:** Swim all four strokes. Working toward Zone/National standards

**Practice Goal:** Up to five practice times weekly.

**Meet Goal:** Minimum 4 or more home meets and 4 or more away meets, Sectionals and Champs

**Required Equipment:** Swim suit, goggles, fins, paddles

**\*If swimming high school: a minimum of three YMCA meets is required before high school season begins.**

## PRACTICE SCHEDULE

Practice times vary for each group. Dry land exercises may be conducted on the deck of the pool during regularly scheduled practice. Always bring a water bottle to practice. **Please do not attend a group's practice other than your own!**

**New Swimmer Try-It-Out : September 9th- from 6:30-7:30 p.m.**

For those who have not previously been on the YMCA swim team.

**TEAM PRACTICE FOR ALL WILL BEGIN SEPTEMBER 16<sup>th</sup>, 2024 (see practice schedule for times)**

### LIMA FAMILY YMCA PRACTICE GUIDELINES

- Swimmers will bring their YMCA membership cards to practices and check in at the member service desk.
- Swimmers will follow all YMCA rules.
- Practices will start and end on time. Allow time for changing and getting lane lines in the water.
- Swimmers will not leave the pool area without coach's permission.
- Swimmers will learn and practice all four competitive strokes, starts and turns.
- Swimmers misbehaving may be excused from practice.
- Swimmers will listen for announcements during practice and report those announcements to their parents.
- **Parents should not be on the deck during practices trying to converse with the coaches. Please speak to coaches before or after practice or call or e-mail them with any questions. We want the coaches' time during practice to be devoted to the swimmers.**
- Swimmers will use the appropriate locker rooms.
- In case of bad weather swimmers should call the YMCA to find out if the building is open during scheduled practice time.
- Swimmers are expected to help clean up after practices.

## BARRACUDAS SWIM TEAM FEES 2024-2025

Per National rules, every swimmer must be a current YMCA member in the Lima Family YMCA all season in order to compete. You must have a completed registration/ emergency medical form and first payment on file before your child(ren) attend(s) their first practice.

### Swim Team Fees:

**Developmental- \$275**

**Junior - \$275**

**Senior- \$275**

**High School - \$150** (who participates on a high school team)

Fees may be paid in full at time of registration or the first installment of 3 must be paid at registration. High School Swimmer/Employees cannot be counted as the first child unless they are the only child in the family. There are no discount/2<sup>nd</sup> child fees for a high school swimmer. If your high school does not have a competitive team and you will be swimming for the YMCA all season, your fee will be based on your practice group.

### Multiple Child Discount

- The first child will be determined by the swimmer in the highest level.
- Any additional children, the price will be reduced \$50 per child.
- **No additional discounts may be applied to any swimmer.**

### Scholarships/Sponsored Membership:

- For sponsored memberships, contact Terri Aversch (419) 223-6045 ext. 300.
- Any questions concerning fees should be directed to Kody Graham

## TYPES OF MEETS

Swim season runs from September through March (Based on time qualification for Zones and/or Y-Nationals)

**Dual and Tri Meets:** A meet consisting of two or three teams within the league. There are no entry fees for these meets. At home meets, only swimmers whose parents fulfill their volunteer obligations (or pay the fee) will be entered into the meet.

**Invitational:** Any team within the league may participate. The order of events varies depending on the host team. **Swimmers should request their own individual events.** All relays are selected by the coaches. These meets are longer than dual meets and entry fees are either flat rate or charged per event. **Swimmers will not be entered into the meet if the entry fee is not paid on time.** Some meets may require payment of the fee **after** the entries are due; families who sign up for these meets will be held responsible for payment of the fee even if they do not show up for the meet. All meet fees must be paid before a swimmer may swim in another meet.

**Lima Fall Fiesta Invitational, November 16<sup>th</sup>:** This is the biggest meet that we host and make most of our fundraising off of. **All parents are required to volunteer for this meet regardless if your swimmer is attending or not.** We need volunteers to do a lot of prep work the week before the meet, set up the meet the night before, run the meet in shifts and clean up the meet. We use the whole YMCA for this meet and about 400 swimmers attend.

**USA Swimming Meets:** Are selected by the coaches at the beginning of the season. Only swimmers who have registered to be a USA swimmer will be eligible to attend these meets.

**League Championships:** Lima Family YMCA Barracuda's Swim Team requires all eligible participants as part of the Barracuda's swim team to attend this meet. A meet held in early March consisting of all the qualifying swimmers and teams in the League. This is a two-day meet. Entry fees are charged per swimmer. Swimmers may not swim if the entry fee is not paid on time. Families will assume additional costs (hotel, food, etc.).

**\*\* We are required to provide volunteers at this meet. \*\***

**Zones:** A meet held for all YMCA teams in the Great Lakes Zone. Swimmers must achieve qualifying times in order to participate. YMCA zone meets are out of town. Entry fees are charged per event. Swimmers may not swim if the entry fee is not paid on time. Families will assume additional costs (hotel, food, etc.). **We are required to provide volunteers at this meet. If you have no intention of attending Zones please let the coaches know as soon as possible.**

**Nationals:** A meet held for all YMCA teams in the country. This meet is for 12 and over swimmers who achieve the qualifying times. The winter national meet is swum in a 25-yard pool. Winter nationals are usually held in April. Entry fees are charged per event. Families will assume additional costs (air fare, hotel, food, etc.). **Swimmers are required to declare at the beginning of the season if they will attend this meet if they make a qualifying time.**

**Any swimmer who registers for a meet and cannot make it, please contact the coaches ASAP in order to make changes in relays, etc. Swimmers who sign up but do not attend any invitationals or meets that require an entry fee will not get a refund from the Lima Family YMCA.**

### **HIGH SCHOOL SWIMMERS**

High school swimmers must participate in **3 meets** before their own high school season begins competition in order to be eligible to compete in Champs/Zones/Nationals. If you are on the Barracuda's team, you are required to attend League Championships at the end of the season. At the beginning of the season, you must declare if you receive a time for Nationals if you will be attending that meet in order to obtain housing. **This year (2024-25) the season officially begins 11/1/24. You may participate in meets until the date of your first high school swim meet.** You may continue to **PRACTICE** with the YMCA after that date. Some of you may want to practice with your high school team and practice with the YMCA. That is acceptable. Once your high school season is over you may then return to compete at the YMCA.

If you attend a high school that does not offer a competitive swim team, you may compete all season with the YMCA.

### **WHAT TO BRING TO A MEET**

During swim meets, we are usually grouped as a team in a gymnasium or other space at the meet location. Swimmers should bring a blanket or sleeping bag and parents may bring a lawn chair for their space. Swimmers should pack their suit and a spare, two pair of goggles, a swim cap or two, towels, warm clothing to wear between events, appropriate footwear and a change of clothes for after the meet. Make sure that all personal possessions are labeled with the swimmer's name. While most of the meets feature a concession stand, swimmers may want to pack a cooler with water, energy drinks, healthy snacks, etc.

## WHAT TO EXPECT AT A MEET

- At most meets swimmers ages 10 and under (sometimes 8 and under) will be organized by the clerk of course prior to their event. It is also called a bullpen. Its function is to organize the swimmers and ensure that they get to swim their races.
- Older swimmers (age 11 and up) are expected to handle themselves and report to the starting blocks in time for their events, unless they are new to the program and need assistance.
- Prior to the meet, coaches will post the events your swimmer will swim.
- **Swimmers may not scratch from an event without first consulting the coach.**
- All swimmers must see their coach immediately after they swim for feedback the coach has for them while it is fresh in the coach's mind.

**Once you have registered your swimmer online for a meet and email is sent to the Team Administrator, in the column Entries/Results a list of the signed-up swimmer and their requests will be updated every Monday by 5pm. For invitationals or meets which have fees, families will need to have a credit card saved in (COMMIT) for the YMCA. After we receive your on-line registration, we will automatically debit the fee from your account and email you a receipt. If you do not wish to do this you must stop in and register with the Team Administrator in person.**

## AGE DETERMINATION FOR YMCA SWIMMING

All YMCA meets, except Nationals, use December 1<sup>st</sup> of the current season to determine a swimmers age.

Examples:

A swimmer that turns 11 on December 1<sup>st</sup> will swim with the 11-12 age group through the season.

A swimmer that turns 11 on December 2<sup>nd</sup> will swim with the 9-10 age group through the season.

For National swim meets, the swimmer's age is determined by their age on the first day of the meet. The minimum age requirement is 12 years old.

## AGE DETERMINATION FOR USA SWIMMING

Age is as of the first day of the meet with no exceptions.

- 1) Eligibility to compete in a particular age group shall be determined by the swimmer's date (not hour) of birth.
- 2) Age on the first day of the meet shall determine the swimmer's age for the entire meet.

## IMPORTANT RULES TO REMEMBER

*(See page 6 for more rules on additional websites)*

According to the Northwest Ohio YMCA Swim League Rules:

**Rule #2:** All teams shall adhere to the Rules that Govern YMCA Competitive Sports, Technical Assistance Paper, and the Black Book. These can be found on the website:

**Rule #27:** A USA club swimmer may not compete in YMCA competitive swimming unless the local YMCA is USA. A YMCA swimmer may not represent a USA club in open competition unless this club is a **YMCA AND a USA club**. A USA unattached swimmer may compete in YMCA competitive swimming or in open competition. These rules need to be followed to compete in YMCA league (dual meets and championships), zones and national events. Any swimmer and team who violates this rule will be suspended at the YMCA leagues, zone and national competitions. This rule applies to both summer and winter swim seasons.

## **IMPORTANT RULES TO REMEMBER**

**The Lima Family YMCA will not accept any swimmer who transfers to our team from another YMCA team once the season has begun unless the swimmer has recently moved into our area. Likewise, once a swimmer joins our team, the Lima Family YMCA will not consent to a written transfer release for that swimmer to join another YMCA team. If you have any other questions please contact Coach Kody at (419) 223-6045 ext. 218 or email at [swimteam@limaymca.net](mailto:swimteam@limaymca.net).**

## **SPEEDO AFFILIATION**

The Lima Barracudas are a **Speedo®** affiliated team. All team gear (equipment and apparel) purchased by the YMCA will be Speedo branded. Barracuda swim families are able to purchase any branded item they please, but we ask that you carefully consider Speedo products first. Poco Loco Swim shop will have a team store where the 20% discount on MSRP for Speedo products will be applied. This will be up and running for the start of the season. If you are considering purchasing additional practice suits, caps, goggles, etc., please shop this store first to support a company that has invested in your swim team. There are many benefits we receive as a team from Speedo, please see the head coach for questions about how to purchase Speedo products.

**2024-2025 PRACTICE SCHEDULES:**

**Developmental Group:** novice to proficient in ability

**Focus:** Working on technique and stroke development

**Mon. & Wed. 5:30-6:30 pm**

**Tues & Thurs 6:00-7:00 pm**

**Fri. 4:30-5:30 pm**

**Junior Group:** proficient to experienced in ability;

**Focus:** Endurance/yardage, better technique in four strokes

**Mon. & Wed. 4:30-5:30 pm**

**Tues. & Thurs. 7:00-8:00 pm**

**Fri. - 4:30-5:30 pm**

**Senior Group:** committed, serious swimmers; experienced in ability; advanced technique

**Focus:** Power, speed, endurance; race pace, race strategy

**Individualizing swim strokes/practices**

**Mon. & Wed. 6:30-8:00 pm**

**Tues.& Thurs. 4:30-6:00 pm**

**Fri.4:30-6:00pm**

**Sat.8:00-9:00am** (Thru first meet; Saturdays subject to change during competition schedule)

\*practice times are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30					
5:00					
5:30					
6:00					
6:30					
7:00					
7:30					
8:00					

## 2024-25 YMCA Swim Meet Schedule

### October 2024

**HOME October 12<sup>th</sup>, home (Francis Family/West)**

Away October 19<sup>th</sup>, Wapakoneta

Away October 26<sup>th</sup>, Wapakoneta Halloween Invitational

### November 2024

Away November 2<sup>nd</sup>, Marion Invitational

Away November 9<sup>th</sup>, Ft. Meigs

**HOME November 16<sup>th</sup>, Lima Fall Fiesta**

Away November 23<sup>rd</sup>, Galion

### December 2024

Away December 7<sup>th</sup>, Defiance Polar Poolooza

### January 2025

Away January 4<sup>th</sup>, Wapakoneta Invitational

Away January 18<sup>th</sup>, Francis Border Battle

Away January 25<sup>th</sup>, Williams County YMCA

### February 2025

Away, February 1<sup>st</sup>, Tiffin Valentines Invite

**HOME, February 22<sup>nd</sup>, NWOYL 8&U Championship**

### March 2025

March 1-2, NWOYSL Championship @ Bowling Green State University

\*March 8<sup>th</sup>, Possible last chance meet in Defiance

March 14-16, YMCA Central Zones (Location: TBD)

March 31st- April 4th YMCA Short-Course Nationals (Greensboro, North Carolina)

\*USA Swimming Competitive Schedule is in progress. Meet scheduling will be updated throughout the season.