

**2016-2017
WARREN YMCA**



**DOLPHIN SWIM
TEAM**

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CO-PRESIDENT'S MESSAGE

WELCOME!!!!!!

We would like to welcome the parents and swimmers to the 2016-2017 Warren YMCA Dolphin Swim Team season. We have been privileged again this year to have a great team of coaches and support staff who take great pride in helping to shape the bodies and minds of our youth through the sport of swimming. Not only will they get the instruction they need to succeed, but they will have the opportunity to make new friends and acquaintances – both locally and throughout the region as we interact with other associated YMCA swim teams.

As a parent, your participation and support are a vital part of helping to build a strong team! This is not only appreciated, but encouraged, along with any suggestions or ideas that you may have on how to improve the program. Last year there were more approximately 70 swimmers making parents and the Warren County YMCA proud. Many swimmers advanced to districts and moved on to represent our team at the state level. What an outstanding achievement!

We are excited for the season to begin anew and we wish you all the best of luck!

Andy Sokolski

David Brook

We wish you the best of luck!!

Swimmers and Parents,

Welcome to the start of the 2016-2017 season for the Warren Dolphins Swim Team. With the start of a new year, comes many exciting things.

As in the past, practice times will be decided during the first week of practice. Please check the bulletin board in the hall after the first week of practice for these times. As in the past, if you have two swimmers at opposing times and have transportation issues, please talk with Coach Danielle. Please be advised, pool time and space is limited.

Good communication is essential to a great team and successful season. Please feel free to talk with the coaches as needed, but make sure to find us before or after practice since we are very busy during practice. Coaches must be notified of late arrivals or early dismissal from practice. **If you are informing a coach of a swimmer absence (for practice or a meet), an early dismissal or late arrival, or a swimmer injury, please send a note or email.** (Email: warrendolphins@yahoo.com or warrendolphincoach@yahoo.com ONLY!) With over 70 swimmers on the team, it can be very difficult to remember each swimmer's individual schedule. It is imperative that parents check the bulletin board outside the pool at least once a week, as this is one of our main routes of communication with the parents and families (as opposed to sending notes home that may get wet, destroyed, lost, etc.)

Frequent and consistent practice is another critical component for a great team and successful swimmer. Novices (8 years old and under) and Cadets (9-10 years old) should attend practices 3 days per week, and preps and older (11 years & above) are encouraged to attend all 5 days of practice. We do realize that many swimmer are involved in other activities and therefore it is mandatory for swimmers 11 and older to attend AT LEAST 3 practices per week in order to be eligible several individual events and relay events for that week's meet. Novices and Cadets are required to attend 2 practices per week.

Dual meets are the best and most important part of our season. Swimming is a team sport and therefore each and every swimmer is needed at all dual meets. Attendance at dual meets is mandatory, but we also realize that "things" come up. If your swimmer is unable to attend a dual meet, please provide a written excuse via note or email, by the end of practice Wednesday evening. It is very difficult to adjust the lineup once it has been made (usually Thursday during the day) and your cooperation with this policy is very much appreciated.

Meet days can be very stressful for both the swimmers and coaches. To ease this stress, we ask that ALL swimmers report to the YMCA by 9:30am for home meets. For away meets, we ask that the swimmers be at the YMCA 30 minutes before the bus is scheduled to leave. This is so the coaching staff can make sure everyone is there, inform swimmers of their event numbers and make any necessary changes to the lineup in a timely fashion. If you choose to transport your swimmer to or from the meet on your own, a written note or email is required.

The coaching staff shares, follows and tries to exemplify the values of the YMCA: caring, honesty, respect and responsibility. We ask parents, siblings, and other family members representing the Warren Dolphins to display these characteristics as well. Our team philosophy for the swimmers is to try their best, and our mission as coaches is to encourage each swimmer to recognize and strive to achieve their full personal potential as a student, athlete, and member of the YMCA and Warren County community. Teamwork, team spirit and good sportsmanship are some of the most prized virtues for our team.

If at any time you have a question, please feel free to contact the coaching staff. We have an open door policy and only wish the best for each swimmer. Coaches can be reached before (4:30 pm) or after (7:00pm) practice or by email at Warrendolphins@yahoo.com. Coach Danielle I can be reached confidentially at warrendolphincoach@yahoo.com.

We are looking forward to another great year filled with fun, personal bests, time drops, and district and state qualifiers!

Sincerely,

Coaches Danielle, Lindsey, and Susan

OFFICERS & COMMITTEE CHAIRPERSONS

	NAME	PHONE	EMAIL
Co-Presidents	Andy Sokolski David Brook		ASokolski@whirleydrinkworks.com dabdcwork@gmail.com
Secretary	Michelle Krogler		warrendolphins@yahoo.com
Treasurer	Leyna Bimber		
Member Liasons	Pam Hahn		hahn.pamela@gmail.com
Head Coach	Danielle Mostachetti		warrendolphinscoach@yahoo.com
Asst Coaches	Lindsey Vavala Susan Wilson		lindsey.vavala@gmail.com s_skwilson49@yahoo.com
Volunteer Coaches	Phil Hampson Russ Byer Jeff Nelson		hampson@westpa.net beyer5@verizon.net psunelson@gmail.com
Invitational Chair	Board Members		
Meet Director	----		
Publicity Chair	Danielle Mostachetti		warrendolphins@yahoo.com
Transportation	Danielle Mostachetti	726-0110	dani@warrenymca.org
Concessions			
Clothing Sales	Michelle Kroger		
Swim Suit Sales	Danielle Mostachetti	726-0110	dani@warrenymca.org
Y Website	Troy Johnson		troy@sydiacorp.com
Fundraising			
Banquet Chair			

To speak to head coach, email warrendolphinscoach@yahoo.com

SWIM TEAM PRACTICE SCHEDULE

Swim Team practice times are posted on the swim team bulletin board in the YMCA lobby and on the bulletin board in the pool area. For the beginning of the season, swimmers will practice by age level, not skill level. Once the coaches become more familiar with the swimmers, practice times may change. If in doubt as to what time your swimmer practices, please contact Coach Danielle, head coach or Lindsey Vavala/Susan Wilson assistant coaches.

SCHEDULE OF MEETS 2016-2017

<u>DATES</u>	<u>WARM-UP TIME</u>	<u>MEET TIME</u>	<u>MEET (A/B)</u>
Sat. Oct 29	away at Jamestown	10:15am	11:30am B
Sat. Nov 5	away at Meadville	TBA	TBA A
Sat, Nov 12	Warren Invitational	7:00am Girls (8 & under/Cadets) (Morning session begins at 8:45am) *12:00pm Girls (Preps, Jrs & Srs)	
*Afternoon warm-ups begin 30 minutes after AM events, but not earlier than above times.			
Sat, Nov 19	home vs. Corry	10:15am	11:30am B
Sat, Nov 26	Oil City Invitational	TBA	
Sat, Dec 3	home vs. Eastside	10:15am	11:30am A
Sat, Dec 10	home vs. Bradford	10:15am	11:30am A
Sat, Dec 17	away at Titusville	TBA	TBA B
Sat, Jan 7	Eastside Invitational	TBA	
Sat, Jan 14	away at Oil City	TBA	TBA A
Sat, Jan 21	Jamestown Invitational	TBA	
Sat, Jan 28	home vs County	10:15	11:30am B
Sat, Feb 4	Franklin Invitational	TBA	
Sat, Feb 11	home vs Franklin	10:15am	11:30am A
Sun, Feb 25	YMCA Sections League Championship- <u>ALL swimmers</u> -Spire Institute, Geneva, OH		
Fri-Sun, Mar 10-12	YMCA Districts	TBA - at TBA - swimmers who qualify	
Fri-Sun, Mar 24-26	YMCA States	TBA - at Penn State - swimmers who qualify	

NOTE: If you cannot make a meet, let Coaches know by Wednesday

Order of Events for a League Meet			
Girls	Schedule A		Boys
1	Cadet	100 free	2
3	Prep	100 free	4
5	Novice	100 IM	6
7	Junior	400 IM	8
9	Senior	400 IM	10
11	Novice	100 MR	12
13	Cadet	200 MR	14
15	Prep	200 MR	16
17	Junior	200 MR	18
19	Senior	200 MR	20
21	Novice	50 free	22
23	Cadet	200 free	24
25	Prep	200 free	26
27	Junior	200 free	28
29	Senior	200 free	30
31	Novice	25 free	32
33	Cadet	50 free	34
35	Prep	50 free	36
37	Junior	50 free	38
39	Senior	50 free	40
41	Novice	25 back	42
43	Cadet	50 back	44
45	Prep	50 back	46
47	Junior	100 back	48
49	Senior	100 back	50
51	Novice	25 breast	52
53	Cadet	100 breast	54
55	Prep	100 breast	56
57	Junior	200 breast	58
59	Senior	200 breast	60
61	Novice	25 fly	62
63	Cadet	50 fly	64
65	Prep	50 fly	66
67	Junior	100 fly	68
69	Senior	100 fly	70
71	Novice	100 FR	72
73	Cadet	200 FR	74
75	Prep	200 FR	76
77	Junior	200 FR	78
79	Senior	*400 FR	80

Order of Events for a League Meet			
Girls	Schedule B		Boys
1	Cadet	50 back	2
3	Prep	50 back	4
5	Junior	500 free	6
7	Senior	500 free	8
9	Novice	100 MR	10
11	Cadet	200 MR	12
13	Prep	200 MR	14
15	Junior	200 MR	16
17	Senior	200 MR	18
19	Novice	50 free	20
21	Cadet	100 free	22
23	Prep	100 free	24
25	Junior	100 free	26
27	Senior	100 free	28
29	Novice	25 back	30
31	Cadet	100 back	32
33	Prep	100 back	34
35	Junior	200 back	36
37	Senior	200 back	38
39	Novice	25 breast	40
41	Cadet	50 breast	42
43	Prep	50 breast	44
45	Junior	100 breast	46
47	Senior	100 breast	48
49	Novice	25 free	50
51	Cadet	50 free	52
53	Prep	50 free	54
55	Junior	50 free	56
57	Senior	50 free	58
59	Novice	25 fly	60
61	Cadet	100 fly	62
63	Prep	100 fly	64
65	Junior	200 fly	66
67	Senior	200 fly	68
69	Novice	100 IM	70
71	Cadet	100 IM	72
73	Prep	200 IM	74
75	Junior	200 IM	76
77	Senior	200 IM	78
79	Novice	100 FR	80
81	Cadet	200 FR	82
83	Prep	200 FR	84
85	Junior	200 FR	86
87	Senior	200 FR	88

*Event changed this year

SWIM TEAM DUES

Team Fee: \$145.00 for the first swimmer in family due by October 1st
\$80.00 for each additional swimmer in family due by October 1st
\$80.00 for WAHS Swimmers (Grade 9-12) due by October 1st

Note: All of the above fees include Sectional, District and State entry fees and are not refundable even if you do not or cannot swim at championships.

Assistance: Financial assistance is available for memberships subject to available YMCA resources and guidelines. For financial assistance, please contact Jennifer Pojar, Membership Coordinator. If you need to make payments on the swim team fee, contact Danielle Mostachetti, Aquatics Coordinator, to set up a fee schedule

REGISTRATION DATES FOR the Warren Invitational:

Registration Dates

October 3-24

Invitational Date

Saturday, November 12, 2016

\$4/swimmer/event

****** Sign-up sheets will be available on the swim team bulletin board. Put payment/slips in envelope & put in lock box under swim team bulletin board.**

Team Swim Suits

Team swim suits are ordered at the beginning of the season. These are optional and are not a requirement for a swimmer to swim on our team. If your child wishes to purchase a team suit, they will need to come to the Y September 22, 23, 26, 27. Suits can be tried on and ordered during practice. Swimmers are to wear a dry suit & will try suits on ovetop of their dry suit. Suits must be paid for by September 27. You will pay the YMCA. This year each swim suit order will include two customize caps. Females will cost \$40 and males will cost \$35. You can use a card on file. If a swimmer does not want a team suit, they may wear their own suit. Females must wear a one-piece swimsuit and boys can either wear swim trunks or jammers. Please do not permit swimmers to wear team suits for practice as they will not last the entire season.

WARREN YMCA DOLPHIN SWIM TEAM CODE OF HONOR

I understand that it is an honor and a privilege to represent the Warren YMCA Dolphin Swim Team. Therefore, I agree at all times to conduct myself appropriately and honorably both at the Warren YMCA and when attending functions away from the Y.

As a member of the Dolphin Swim Team:

- I agree to conduct myself in a mature, courteous responsible and exemplary manner.
- I recognize that the reputation of the Y is affected by and dependent upon my conduct and behavior

In order to facilitate a pleasant, healthy and safe experience for all participants; to foster team/Y group unity and spirit; and to enhance the reputation of the Warren YMCA:

- I will conform to all rules, regulations and procedures announced by the Warren Y Staff
- I will compete/participate in all of my events to the best of my ability
- I will be on time for practices, meets and swim team functions
- I will practice to the best of my ability and practice time will be used as a useful part of my training and will not be abused by loud or disruptive behavior
- I will not in any way endanger the safety of another participant

I further acknowledge that the following conduct is unacceptable and will NOT be tolerated.

- Possession or use of alcoholic beverages, tobacco products or illegal drugs
- Use of profanity or inappropriate language

I understand that failure to abide by the Warren YMCA Swim Team Code of Honor may result in immediate disciplinary action.

Attitude in Youth Sports: Parents Set the Tone ("Hey, Mom & Dad, Your Attitude is Showing!")

By Darrell J. Burnett, Ph.D.

Attitude is defined as "a person's behavior, which indicates his/her thoughts, feelings, or opinions." In youth sports, you can tell kids' attitudes by watching their behaviors during practice or a game. If they see the game as a game, with an opportunity to learn skills, compete, increase confidence, and have fun, they're able to go with the flow, have fun, and relax. Overall, they show a sense of humor and a sense of good sportsmanship. They're able to learn from their mistakes. However, if they see the game as a pressure-filled event, with winning as the only acceptable outcome, most of their energies will be spent trying not to make mistakes. If they make mistakes (which is inevitable in youth sports), they'll use lots of energy making excuses, blaming others, complaining about officials, etc.

How do kids develop their attitudes? As the saying goes, "The acorn doesn't fall far from the tree." As parents, we have to be aware that our behaviors often set the tone for our kids' attitudes toward youth sports. As adults, we often tend to focus on the "end product", rather than the "process." When an adult arrives at game's end, and sees the kids coming off the field, what is the first word out of his/her mouth? It's usually, "Who won?" or "Did you score any goals (get any hits, etc.?" With our emphasis on the end product, we run the risk of teaching our kids to focus on outcome rather than process (skill improvement). Mistakes are no longer viewed as opportunities to learn. They are seen as occasions of failure.

Research has shown that elite athletes focus on tasks, not trophies. That is, they focus on the process of their skill development, measuring their progress in terms of frequency, duration, or intensity. They have an intense desire to win, but most of their energy is spent competing against themselves. Success in their eyes is measured by progress, not trophy size.

As parents, if we're looking to develop a positive attitude in our kids, we would do well to watch our own behaviors at athletic events. Do we give positive encouragement, or critical judgmental remarks? Do we show a calm demeanor, or heated overreactions to mistakes? Do we praise participation, or game statistics? Next time you go to a game, remember, your attitude is showing, and your kids are watching.

Ed. note: Dr Darrell Burnett is a clinical and sport psychologist, author, and lecturer.

WHAT YOU NEED TO KNOW FOR SWIM MEETS

MEET RULES

- Do not put anything in the pool during a race. This can result in a disqualification for the swimmer.
- Swimmers must always stay behind the timers except when getting up to start a race
- When swimming relays, get out of the pool within 15 seconds of finishing your length; otherwise it causes a problem with the touchpad and timing
- No food is to be eaten on deck, drinks must be in bottles with tops (no glass)
- Do not leave to get dressed until all of the events are done
- Do not bring electronic games
- The YMCA is not responsible for lost/broken items
- Absolutely NO photography in the locker rooms!

FOR A SWIM MEET

Items to pack:

- Both a team swim suit and a backup suit
- Swim cap and/or goggles
- Minimum of 2 towels
- On deck clothes – sweats and/or tee shirt & shorts
- Permanent marker – to write events on swimmer's hand/arm
- Comb and/or brush
- Shower stuff (shampoo, soap, etc.)
- Snack and drink, preferably nutritional (or money for concession stand – not all away meets have concession stands)

Bring things to do between events:

- Books to read
- Coloring book/crayons
- Any other quiet activity item (nothing that beeps)

FOR AN INVITATIONAL

Items to pack:

- All of the same items as for a swim meet, plus
- Blanket or sleeping bag (to sit on in waiting area)
- Pillow
- 1 or 2 more towels
- Between events the swimmers are usually in the gym or a separate room from the pool. It is normally cooler and so the swimmers need extra clothes to keep warm.

Things to do:

- The swimmers will be there almost all day with more time between events; thus, they will need more activities to keep them occupied. Quiet activities are best as the swimmers need to be able to hear the call for upcoming events.
- Parents of young swimmers need to stay with their swimmer in the wait area.

PARENTAL REQUIREMENTS

We as parents and guardians agree to support our children and the Warren YMCA Dolphin Swim Team in all of the following ways.

1. To provide support to our children in the following ways:

- To be sure that your swimmer(s) make it to practice on time
- Encouragement and praise your swimmer(s) in all their endeavors
- Attend swim meets at home and away when possible

2. Assist with Fundraisers: *(See Fundraisers for more detail)*

- Sign up for tag days
- Assist with other fundraisers (restaurant fundraisers, 50/50, home invitational, concessions, etc.) when possible

3. Help at Swim Meets and our Invitational

- Assist with timing, scorekeeping, lining up swimmers, locker room chaperone, concession sales, 50/50s, donating food for concessions, sales (Invitational), etc.
- Consider becoming a level I or II official in order to be a referee, starter, stroke and turn judge, or head timer. Consider becoming a computer/timing system worker. These jobs require a specific class/testing.

4. Become an Officer, Committee Chairperson and/or assist with various committees:

- See Officers and Committee Chairman listing
- See Schedule of Jobs/Positions

SCHEDULE OF JOBS/POSITIONS

CO-PRESIDENTS

- Presides over meetings and normal operations of the organization
- Serves in an advisory capacity for all committees
- Acts as a liaison between parents, coaches and YMCA staff
- Appoints committee chairpersons
- Attends and reports at monthly YMCA program committee meetings

VICE PRESIDENT

- Presides over meetings in absence of president(s)
- Acts as a leader for invitational, sectional and special event sign-ups
- Compiles and sends sign-up sheets to other Y's
- Acts as a leader for the nominating committee

SECRETARY

- Prepares and maintains minutes of all meetings
- Updates team roster in cooperation and coordination with coaches
- Coordinates mailings and emails to the swim team membership
- Communications with other organizations and Y's
- Maintains the Swim Team bulletin board

TREASURER

- Develops a budget at beginning of swim season
- Collects and accounts for all monies from fundraisers and meets
- Remits all funds to YMCA treasurer to be deposited
- Submits and requests payment of bills to YMCA treasurer
- Provides startup cash for fundraisers (*must be requested at least 10 days in advance*)
- Writes and presents a financial report for the membership twice yearly

INVITATIONAL COMMITTEE

- Coordinates and oversees the following sub-committees: Advertising, Team Sign-ups, Food, Program, Trophies, Statistician
- Schedules and oversees workers for pool events

MEET DIRECTOR

- Organizes swim meets according to the NCAA Policy and Procedure Manual to include but not limited to: starter, referee, judges, stroke and turn people, head timer, announcer, scorekeeper and maintenance of necessary equipment
- Schedules and oversees workers for pool events

SIGN-UP COMMITTEE

- Vice-president is chairperson
- Coordinates the sign-ups and payment of swimmers participating in invitational and championship meets

STATISTIC COMMITTEE – generally head coach does this job

- Gathers, maintains, and reports swimmers' times, and team and individual records
- Provides weekly updated record sheets for announcers and coaches
- Lists times showing individual improvements for awarding stars
- Selects a person to update the record boards
- Shares information with the publicity committee

PUBLICITY COMMITTEE

- Provides pictures and reports, with approval of the YMCA Executive Director or his/her representative, to the newspaper and radio regarding swim team meets and fundraisers

TRANSPORTATION COMMITTEE – Aquatic Director does this job

- Arranges and coordinates bus transportation during the swim team season

FOOD COMMITTEE

- Coordinates concession stand at: Sectionals when we host it

CONSESSIONS COMMITTEE

- Purchases/arranges for food to be sold at concessions stand
- Obtains workers to work the concession stand

PHONE/EMAIL COMMITTEE

- Sets up phone/email chain for contacting swim team families
- Communicates to the membership when time is of the essence

FUNDRAISING COMMITTEE

- Appoints sub-chairpersons for each fundraising event
- Oversees all fundraising events
- Accounts for all funds raised and remits to treasurer

BANQUET COMMITTEE

- Purpose is to recognize coaches, swimmers and parents
- Responsible for: scheduling a date, purchasing awards, decorating, preparing food and beverages, and coordinating the program

CLOTHING COMMITTEE

- Contacts clothing companies for swim suits and clothing sales
- Displays and sells clothing and swim suits
- Collects orders and monies and remits to treasurer

LOCKER ROOM CHAPERONE

- Monitor the locker room to assure that the swimmers are behaving

MEET OFFICIALS AND DUTIES

MEET DIRECTOR

- ✓ Line up meet officials and have them report to referee as directed
- ✓ Make list of officials for referee
- ✓ Arrive one hour before meet to set up pool equipment so warm-ups may begin
- ✓ Return equipment to storage areas after meet. Check that all equipment is there
- ✓ Make copies of final results for coaches and publicity committee (copies of results not picked up by those concerned can be left in swim team mail box)

REFEREE

- ✓ Arrive 30 minutes before meet
- ✓ Check that all needed equipment is at poolside
- ✓ Check that pool is properly set up with: lane markers, back stroke flags, diving board is raised, score table and chairs, PA System is set up and working, beeper starter system is set up with starting block speakers and referee microphone in place
- ✓ Meet with coaches to decide choice of lanes, use of exhibition swimmers, etc.
- ✓ Meet with officials and assign duties (starter, stroke & turn judges, head timer, scorers)
- ✓ After meet, check scoring and sign official sheets
- ✓ Make sure official results are sent to league secretary

STARTER

- ✓ Report to referee 15 minutes prior to start of meet
- ✓ Insure proper starts during meet

STROKE & TURN JUDGES

- ✓ Assist the meet director and referee with setting up for the pool area for the meet
- ✓ Report to referee 15 minutes prior to start of meet
- ✓ Insure proper strokes and turns during meet
- ✓ Signal violations by raising arm, and report violation to referee after race

ANNOUNCER

- ✓ Arrive 15 minutes prior to meet
- ✓ Announces events, swimmers, results of events including disqualification's, final score and any other information important to the meet

SCORE TABLE

- ✓ Arrive 30 minutes before start of meet
- ✓ Contact coaches for line-up sheets
- ✓ Make one official set of line-up for each division (Return originals to coaches)
- ✓ Keep running score of meet
- ✓ Make sure disqualification's, exhibitions and judges' decisions are marked on score sheets

CHIEF TIMER

- ✓ Contact timers before meet and assign head lane timer & assistant timers
- ✓ Ready clip boards for each lane with lane slips
- ✓ Report to referee 15 minutes prior to start of meet
- ✓ Make sure head lane timer fills in lane slips completely, noting exhibition races and disqualification's
- ✓ Collect all lane slips after every race and give to scorers at score table
- ✓ Inform timers to turn off watches and return them to the score table after the meet
- ✓ Chief timer should have watch for back-up time, if needed
- ✓ Act as runner (or appoint one) for midget races, if more than one
- ✓ Make sure all timers have proper know-how in use of watches

WARREN INVITATIONAL

Saturday, November 12, 2016

- Location:** Warren YMCA, 212 Lexington Ave, Warren, PA 16365 (814-726-0110)
- Arrival Time:** *Morning Warm up for 6 & under, Novice, and Cadets will begin at 7:00am*
- Afternoon Warm up for Preps, Juniors and Seniors will begin 30 minutes after the end of the morning session but no earlier than 12:00 noon.*
- A schedule with warm-up times for each team will be e-mailed as soon as all the entries are received.*
- Facilities:** 6 Lane Pool – 25 meters with anti-back splash gutters, sound proofed pool walls
- Contact:** Coach Danielle Mostachetti 814-726-0110 warrendolphins@yahoo.com
- Entrees:** **This meet is for YMCA teams only.** Each swimmer may enter an unlimited number of events. Age as of December 1st will determine the age group for the swimmer. No refunds for scratches. All relays may be mixed boy/girl within age groups. No paper entries will be accepted. Entries must be in Hy-Tek format. To convert yard times into meter times, multiply yard time by 1.11.
- Entry Fee:** Individual Events: \$4.00 per swimmer per event Relays: \$16.00 per event
NO late entries will be taken!
Make your team checks payable to: Warren YMCA Swim Team
NO INDIVIDUAL CHECKS WILL BE ACCEPTED!
NO FAXES WILL BE ACCEPTED AT THE WARREN YMCA
- Deadline:** All entries are due in Hy-Tek format no later than noon on **Monday, October 24th.** Entry reports will be emailed after 5pm on October 30st. Corrections and/or changes are due back by noon on October 31st. **NO ENTRIES WILL BE ACCEPTED AFTER 12 NOON ON OCTOBER 24, 2016..**
Email entries to: warrendolphins@yahoo.com
- Discipline:** Parents/coaches are responsible for the conduct of the swimmer from warm up until completion of the meet. **No photography in any locker rooms.** We reserve the right to eject any individual for violation of the rules of normal decency. Each team will be designated an area in the YMCA gym.
- Awards:** Individual Events: Trophies for 1st through 5th place, Ribbons for 6th through 12th place
Relays: Medals for 1st through 3rd place team members, Ribbons for 4th through 6th place
Team Plaques will be awarded to the 1st, 2nd, and 3rd place teams (host team excluded)
Heat winner ribbons for each am/pm individual heats
High Point Trophies will be awarded to age groups (Novice-Senior, no 6 & under)
- Scoring:** USA scoring rules followed for individual events and relays.
Timing with Colorado Touch Pad System.

**REFRESHMENTS, PROGRAMS, SWIMSUITS, GOGGLES, T-SHIRTS,
AND OTHER SWIMMING GEAR WILL BE AVAILABLE FOR PURCHASE**

FUND RAISERS

The Warren YMCA Dolphin Swim Team is an integral part of the Warren YMCA but is to be to the degree possible a self-supporting group. In order to keep our member dues as low as possible we must raise additional funds through various Fundraisers. It is very important that we as parents and guardians support our children/swimmers by participating in the various fundraiser(s).

For the past several years, we have participated in only one fundraiser besides our home invitational swim meet. The details to date are listed below. Please keep in mind that in August someone will notify all parents concerning the fundraiser. We are always looking for new fundraisers, so please inform us if you have any great ideas.

Tag Days

We will be holding 1-2 tag days this year at various locations in Warren. When asked, swimmers are to sign up for time slots and should wear a swim team shirt or jacket. They should speak politely to patrons asking them to help support the YMCA swim team, then thank them after.

Chair Person: ??

TERMS AND DEFINITIONS

Age Groups: based on age as of December 1st of the current year
Novice – ages 6 through 8 (must have passed at least the Minnow level)
Cadet – ages 9 and 10
Prep – ages 11 and 12
Junior – ages 13 and 14
Senior – ages 15 through high school

Swim Meet

Dual Meet – a girls and boys swim meet between two teams

Invitational Meet – a swim meet between multiple teams in the area. The event is sponsored by a particular team and used as a fund raiser for their team. Trophies and ribbons are given at these meets. Swimmers can choose which events in their age group, both individual events and relays, they wish to compete in. There is a fee for each event the swimmer competes in (usually around \$4.00 - \$6.00 per event)

Sectional Championships – A regional championship meet held in February of each year. All swimmers are expected to swim at sectionals. The coach chooses the events that the swimmer will swim at the sectional, usually two individual events and one relay. Points are tallied by team and the team with the most points takes home the McIntyre traveling trophy; named in honor of Jack McIntyre the longstanding coach of the Corry YMCA swim team. While there is a fee charged for each event the swimmer participates in, the fee for our swimmers is built into our dues and thus there is no additional fee to you for sectionals.

District Championships – There are two districts, Eastern and Western. Each district has a championship meet held on the same weekend in March. The Warren dolphins are part of the Western District. Swimmers must attain qualifying times in a particular event in order to swim at a district championship meet.

States or East-West Pennsylvania YMCA Swimming Championship – The top nine finishers for each event from both the West and Eastern Districts advance to States. This meet is usually held at Penn State in State College. Medals, ribbons and plaques are awarded at this meet. Points are tallied for each team by age division. Swimmers pay a fee per event they compete in.

Swim Banquet – an end of season event for the swimmers and their families. It is held in after our season on a Sunday evening. It is intended to be a fun family event. Awards will be presented to each swimmer. Location varies – look for this year's location towards the end of our season.

BRADFORD YMCA

59 Boylston Street, Bradford PA
(814) 368-6101

Route 59 to Marshburg
Route 770 to Custer City
Turn left onto Route 219 to Bradford
Take the Elm Street Exit
 Go under the underpass and go to the left at the "Y" in the road
 Go to Davis Street
 Go straight at the stop light and straight at the 4-way stop sign (this should be Rt 219)
Make a left turn at Forman Street. There will be another stop sign.
Make a left turn onto Kennedy Street. You should be able to see the back of the YMCA building.

CORRY YMCA

906 N. Center Street
(814) 664-7757

Take Route 6 to Corry
As you enter Corry go past Pine Grove Cemetery will be on your right
Turn left at the next light onto Center Street (also known as Route 426)
The "Y" is about a half mile on the left side of the road
If you see Irving Street, Congress Street or Frederick Street you have gone to far

FRANKLIN YMCA

111 w Park Street
(814) 432-2138

Take Route 6 to Pittsfield
Take left onto Route 27 to Titusville
Take Route 8 to Cherrytree
Take Route 417 into Franklin turning left just past McDonalds on West Park Street
Go about three blocks, "Y" is on your left

--OR --

Take Route 62 south
Rt 62 will turn right in Tionesta and go over a bridge, turning left on the other side
Rt 62 to Oil City going past first bridge and turn right to go over second bridge
Rt 62 will turn left on other side of bridge which will take you to Franklin
In Franklin Rt 62 will come to a "T" where it will go right onto Liberty Street
Go straight on Rt 62/Liberty Street, as it bends to the left you will see a park on your right
Turn right just after the park and go two blocks and you are at the "Y"

JAMESTOWN JETS

MEETS HELD AT THE JAMESTOWN HIGH SCHOOL

Take Route 62 north towards Jamestown NY, turning left onto Rt 60 at the "T". turn slight right onto S. Main Street. Turn right onto E. 2nd Street, school is on right

MEADVILLE AREA REC COMPLEX

Route 6 to Pittsfield

Route 27 to Titusville, go through Titusville to Meadville

As you come into Meadville you will take a left onto Thurston Road

(If you get to State Street, you have gone way too far)

Turn right into Rec Complex (there is a small sign)

EASTSIDE

MEETS HELD AT HARBOR CREEK HIGH SCHOOL

6375 Buffalo Road, Harborcreek, PA 16421

Market Street (62 N) towards Jamestown, NY.

Turn left onto NY 60

Turn left onto Fluvanna Ave/NY 430

Turn right onto Strunk road

Take I-86 West, this merges onto I-90 via Exit 1A on the left toward Erie

Take the PA 531 exit (exit 35), toward Harborcreek

Turn right onto Depot Road/PA 531, turn left onto US20/Bufalo Road

6375 Buffalo Road is on the left

OIL CITY YMCA

7 Petroleum Street

(814) 677-3000

Take Route 6 to Pittsfield

Take left onto Route 27 to Titusville

Take Route 8 to Oil City

Go to 2nd bridge and turn left onto Petroleum Street

"Y" is one block up on the left

--OR --

Take Route 62 south

Rt 62 will turn right in Tionesta and go over a bridge, turning left on the other side

Rt 62 to Oil City going past first bridge

Turn left on Petroleum Street rather than going right to go over second bridge

The YMCA is right on the corner as you turn left onto Petroleum Street

TITUSVILLE HIGH SCHOOL

YMCA (814) 827-3931

Take Route 6 to Pittsfield
Take Route 27 to Titusville
Turn Right at the "T" in the road
At the "Y" in the road by the bank bear right
Go about 6 blocks turning right onto Spruce Street
Turn Right on Drake to find the school

Spire Institute – Sectional Championship

5201 Spire Circle, Geneva, OH 44041

Go to Erie
Take 90 west
Exit 218 (OH-534)
Turn right on S. Broadway/OH534, then slight right on Spire Circle
Spire will be on left

Penn State – District/States

University Park, State College, PA

Go to I80 – go east
Take exit 161 (PA-26/Bellefonte/State College)
Merge onto US-220 S toward US-322/Bellefonte/State College
Take Exit 74 (Penn State University/Innovation Park)
Stay Left. Follow signs for Stadium and the Jordan Center (Park Avenue)
Go past Beaver Stadium
Turn Left onto Bigler Road
Parking is available in the East Parking Deck (Fee? Cash only)
After parking, exit the parking Deck and follow Bigler Road, cross over Curtin Road & the Natatorium will be on your left