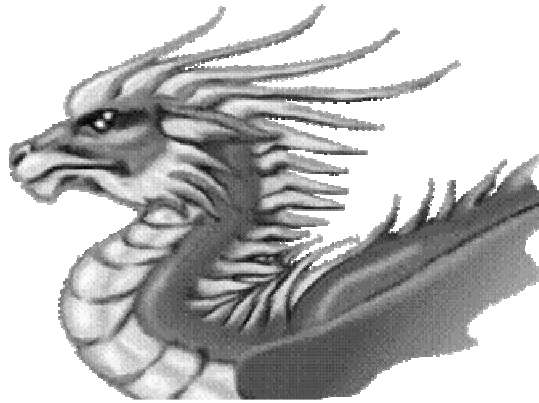


The Fayetteville YMCA Sea Dragons Swim Club 2008/2009 Handbook



Welcome to the Fayetteville YMCA Sea Dragons! We are both a widely respected swim team for swimmers of all ages and one of the most highly regarded parents' organizations in the county. It is these two facets together that make the Sea Dragons the fine organization that they are. The Sea Dragons offer programs for swimmers who have just learned to swim the length of the pool up through college age. We welcome swimmers of all ages and abilities to our team and encourage them to live up to our team motto:

Developing personal potential through swimming.

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How the Sea Dragon Team Works

The Sea Dragons are a "Y" team and a "USA Swimming" team. This means that they compete in meets organized by the local group of YMCA's and in meets organized by United States Swimming. Both groups offer swimming competitions for swimmers from the beginning level up through national competition. The Sea Dragons employ professional coaches, who work for the Fayetteville Family YMCA. The SEA parent board works in conjunction with the Fayetteville YMCA to administer the teams day to day business and helps keep the club records, runs swim meets, raises funds, and provides funds for coaches to travel to meets. All parents are actively encouraged to participate in the team's activities. The team is organized into practice groups by age and swimming level as follows:

Beginner: This level is for children who have never been on a competitive swim team. The typical ages 10 and under and this level teaches the four competitive strokes, intervals, turns, and starts.

Junior Developmental: This level is for children who have developed all for competitive stroke but still need to increase development of the technical aspects of swimming. The typical ages for this group are 9 to 13. This group will focus on improvement in swimming abilities, starts, turns and conditioning.

Junior: This group is for children who have developed all for competitive strokes and emphasizes longer distances and individual medley training. Stroke mechanics, along With dry land programs continue as a major part of the overall program. Typical ages for this group are swimmers 9 – 13 with BB time in their age group.

Senior Developmental The Senior developmental group is for more advanced swimmer with a typical age range of 11 – 18. Beginning at this level, a swimmer should be making more of a commitment to swimming or accept that the improvements may/will be compromised. Workouts are 2 hours per day. Dry land will be done two days per week for 30 minutes. A practice attendance of 70% or higher is expected. Advanced stroke technique, specialty training, and race strategy become very important for continued improvement. This group will be introduced to threshold training methods. This group is great for most high school swimmers just starting club swimming and club swimmers with 11 -12 A times.

Senior: The senior group is typical for the upper level high school swimmer or the advanced 13-14 year old who has shown the ability and desire to train in this group. The goals for this group are to achieve a Y National winter cut off time. Practices are 2 hours. Dry land will be done three days a week for 30 minutes. This group is reserved only for those who have made a year-round commitment to swimming and training. A practice attendance of at least 75% year round is expected to stay in the senior group. A swimmer should achieve North Carolina senior status (two 13-14 AA times) to be in this group. Attaining this standard does not guarantee a spot on the senior group. Those chosen to be in the senior group must be able to train at a high level on a daily basis.

Swim Meet Entries: Swim meet information will be posted on the bulletin board at the Fayetteville YMCA pool. A sign up sheet will be posted next to the swim meet information.

Parents must sign up on the sheet if they wish for their swimmer(s) to attend the meet. Any specific events that the swimmer wants to swim should be written on the sign up sheet next to their name. If the parents want to only attend one session of the meet this should also be indicated on the sign up sheet. If a swimmer is signed up on the sheet and the swimmer does not attend the meet, the swimmer will still be billed for the meet entry fees. Meet fees depend on the meet and number of entries but typically run from \$20 - \$30 for ECSL and Y meet to \$50 - \$60 for state and regional championship meets. Parents are responsible for paying all meet fees within ten days of the entries being processed.

The Sea Dragon Parent Administrative Board

The Sea Dragon Parent Administrative Board is a group of dedicated parents who administer the day to day activities of the club. The Parent board is elected each year at the end of the short course season and any member parent may run for board positions. The parent board welcomes your contributions. If you would like to contribute in any way, please feel free to tell any board member of your interest. Any parent is welcome to attend board meetings and add your input to team activities. If you have a significant concern that you wish to discuss, please inform the President in advance so you can be placed on the agenda. The Parent Administrative Board and any interested parents meet monthly. Watch the bulletin board at the YMCA and the Sea Dragon web site for times and location.

Communication

A large team with 5 practice groups squads, multiple coaches and many different practice times often needs to communicate in both formal and informal ways. If you have any questions about any part of the teams' activities, you should feel free to contact the Coach Meier, the team president, or any board member. If your concern is specifically about your child's swimming, you should arrange to meet with your child's coach and the head coach. The coach Meier's phone number is 221-4820. You may also call the Y at 323-0800, and leave a message.

Bulletin Boards

All information regarding team functions is posted on the team bulletin board. You must check them regularly to be aware of deadlines, swim meets and activities. Newsletters and handouts are also available on the team bulletin board. Please try to check the bulletin board at least twice a week. The bulletin board is located in the Fayetteville YMCA pool next to the Aquatic Directors office.

The Telephone and E-mail List

We set up a telephone list at the start of each season and use it whenever there is a sudden change in practice or meet schedules, usually because of weather conditions or other unanticipated conflicts. Please make sure you have a copy of this list and that your number and e-mail address is on the list.. It is sent out via e-mail by the parent board. I encourage everyone to use this list to help in communication and car pooling if necessary. The phone tree should list work numbers also, and cellular or car phones if the parents so desire.

The Sea Dragon Web Page:www.fayettevillemcseadragons.org

The Sea Dragons have their own web page for publicity and to enhance communication with the parents. The web page is updated periodically. All web page communications are also posted on the team bulletin board. All parents are encouraged to submit pictures from meets and team events to post on the website. The website will be your number one way to keep up with your swimmer results and upcoming team functions.

Coaches Open Meeting Time

The Head Coach and other coaches may be available daily after their session practices. If you have any concerns about your swimmers practices please see Coach Meier at that time. If you prefer a private meeting you may call Coach Meier at 221-4820 or e-mail at coach@fayettevillemcaseadragons.org. The coaches have regular team meetings with their swimmers and send messages home in writing regarding meets and practice schedule changes. This information will also be posted on the bulletin board so please check there regularly.

Social Functions for Parents and Swimmers

The team has social functions throughout the year. Team dinners are arranged at all travel meets. This is a great opportunity to get to know the other parents on the team. We hope to see you there. The team will also have a holiday party for all team families in December. The team will have an annual banquet in April or May to recognize the swimmers accomplishment for the year. Lock in fundraisers will be held at the Y and are open to all swimmer. Other events and specifics will be posted on the bulletin board, web site and monthly newsletter.

Swim Meets

Philosophy of Competition

The Fayetteville YMCA Sea Dragons participate in two types of swim competition: YMCA meets and USA swim meets. The following principles apply to all competitions:

1. We emphasize competition with yourself. Individual improvement in time or skill is more important than your place in the race.
2. Consideration for fellow teammates, opponents, officials, and parents is just as important as how you swim. We encourage support for others; positive attitudes and good meet behavior.
3. We encourage swimmers to learn to set reasonable and logical goals and to strive for excellence even when they experience short-term setbacks.

Preparation for Meets

Warm-up

Team warm-ups are usually held one hour prior to the start of the meet. Swimmers should be on deck dressed to swim 10 minutes before the pool warm-up. It is important to be on time or inform the coach of possible delays. In the pool, the coach for safety reasons supervises warm-ups. A good warm-up is vital to a successful meet. Ages and numbers of swimmers determine warm-up schedules and it will change from meet to meet. North Carolina Swimming has established a number of warm-up rules to insure safety when a large number of swimmers from different teams are warming up at once. The most important of these is that there is to be no diving except at specific times. During warm-up, swimmers must enter the water feet first with a minimum of jumping to make sure that no one is injured. At the end of warm-up there is usually the "one-way" sprint time when swimmers can practice diving from the starting blocks.

After Warm-up and During the Meet

Immediately after warm-up, put on your warm-up or sweat suit including socks and shoes. Stay warm. If it is hot and sunny, stay in the shade. Report to the coach before you swim. Be sure that you know what event, heat, and lane you will be swimming in. Report to the clerk of course and/or blocks in plenty of time to be by yourself and concentrate on your race. After your race, get your time from the timers and report to your coach before you go and see you parents or friends.

Meet Conduct

Sit with the team in the team area as much as possible. Support your teammates by cheering, offering congratulations, and being positive. Show respect for the meet officials, as well as other teams and coaches. Be responsible for yourself. Remember, you represent the Fayetteville YMCA Sea Dragons! Handle yourself with pride and dignity.

Types of Meets

There are two main swimming seasons. The *short course* season is swum in 25-yard pools during the fall and winter months. Meets generally start in late October and end in late March. The *long course* season is held in the summer months and is swum in 50-meter pools. Most meet will be held within an one and a half hours of Fayetteville. The most common locations are Goldsboro YMCA, Triangle Aquatic Center in Cary, Triangle Sportplex in Hillsborough, Rocky Mount YMCA, ECU, UNC Wilmington and Campbell University. The main exceptions with longer travel times will be Morehead city in June and State, Regional and National Championship meets.

Swimming Organizations

The Sea Dragons participate in swim meets run by two organizations: YMCA meets and USA meets. The technical rules in these meets are almost identical. YMCA meets consist of "dual" meets between Y's, the Y league championship, and Y Nationals in April and August. Swimmers must be current, active members of the Y to compete in the Y championship meets. USA Swimming meets are usually significantly larger with many teams represented and often last 2-3 days. At the end of each season championship meets are held.

Y Meets

Fayetteville YMCA Sea Dragons will swims against several other Y's in dual meets and Y only meets throughout the year. All meet information will be posted on the team web site. These meets are swum in 5 age groups: 8 and under, 9-10, 11-12, 13-14 and 15-18, and are sometimes split into two short sessions. Transportation to and from meets can be provided via YMCA vans. It is the responsibility of the parents to assure supervision of their swimmer at all swim meet. Please do not send swimmers alone to meets without having another parent agree to supervise your swimmer. All parents are expected to help out at these meets, especially meets hosted by the Sea Dragons. This work commitment may be met in a number of ways, for example by working as a timer, official, concession worker, in addition to many other jobs. It is the cooperation of all – swimmers and parents – that makes a meet a success.

USA Swim Meets

USA Swimming is the governing body for all types of competitions involving American swimmers. They select the teams for all international meets, including the Olympics. USA Swimming grew out of AAU swimming when each sport under the AAU umbrella split out to form its own governing body. USA Swimming is headquartered in Colorado Springs, CO, at the Olympic Training Center. The Sea Dragons place their primary emphasis on USA Swimming competition, which is comprised of Age Group swimming (10 and under, 11-12, 13-14) and Senior swimming (any age as long as the requisite cut-off time has been achieved). A few weeks before each meet, specific meet information and sign up sheet is posted. Families wishing to attend should sign up on the sign up sheet prior to the entry deadline and include any specific events that the swimmer want to swim. The final choice of events is in the hands of the coach, in consultation with each swimmer.

Types of USA Meets

Meets are often classified as A, B, C or some combination of letters. These classifications refer to the cutoff times for the fastest and slowest swimmers that are allowed to swim at that meet. These A, B, or C time standards are determined based on the fastest performances in the US during the last few years, as follows:

The 16th fastest swimmer is used as a base in each event.

105% of the base time is called AAAA

110% of the base time is called AAA

115% of the base time is called AA

120% of the base time is called A

125% of the base time is called B

In USA A/B meets anyone with an A or B time can compete, but C swimmers cannot. In B/C meets, anyone (even without a time) can compete, but A or faster swimmers cannot.

Other meets called All Ages meets have no cut-off times and are sometimes swum in single year age groups, e.g. 9 & Under, 10, 11, 12, etc.

North Carolina 14 and Under State Championships

Most age group swimmers train to be able to compete at the 14 and Under State Championships. The short course championships are held in February and the long course championships in late July. To compete, swimmers must have swum at or faster than the published cut time for that event for their sex and age group. These cuts are published each year and will be posted at the pool.

Senior State Championships

Any swimmer can compete in North Carolina Senior Championships regardless of age if he has made the cut times. Usually swimmers begin to achieve these times when they are 15. The North Carolina Senior Championship is held in January. In the summer season, the Senior Championship is held in July.

Y State Championships

In January there is a championship meet held between all the Y's in North Carolina. All swimmers are eligible for this meet. Each swimmer may swim 3 individual events and two relays per day.

Zone Championships

This is the championship Age Group meet for the entire Southern Zone: North Carolina, South Carolina, Georgia, Florida, Florida Gold Coast., Southeastern (Tenn. & Alabama), Mississippi, Louisiana, Texas Gulf Coast, North Texas, West Texas and Texas Boarder. North Carolina sends seven swimmers in the 11-12 and 13-14 age group and 10 swimmers in the 15-18 age group. This meet is in held in the summer and is held in a different location each year.

Y Nationals

Y Nationals is the culmination of training and goal for the Senior Group. The spring national meet is usually held in Florida and has rather demanding cut off times for young senior swimmers. Swimmers who score at Y Nationals are usually swimming at the USS Junior National or even Senior National level. Summer Y Nationals is a long course meet, usually swum in the Eastern US. The cutoff times are not as demanding, but swimmers who score have to swim just as fast as at Spring Nationals.

USA Junior National Championships

Generally this is the first national meet for USA swimmers. It was limited to swimmers 19 years or under and was held in both the short course and long course seasons. To decrease travel costs, Juniors is actually three meets, one for the eastern, one for the western, and one for the southeastern US.

USA National Championships

This is the "Phillips 66 U.S.A. National Championships," and is held twice a year, in the spring and late summer. Swimmers may qualify for Senior Nationals from any USA meet. The summer long course meet has very difficult cuts, adjusted to be at the 90th percentile of the world's best times in each event.

High School Meets

Times achieved at high school regional finals and state championship meets are acceptable as USA Swimming entry times. Times at high school championship meets are not eligible for USA Swimming time verification.

Working at Meets

It takes about 40 people to run a session of a swim meet, and almost twice that if two courses are run simultaneously. Most teams are delighted to have your help as a timer, or official at any meet. Most parents discover that a meet is a lot more fun if they work as timers, since they have something to do during every heat, they have more room than in the stands, and they get a front row view to see their own children's races. At all meets our team attends we are expected to provide workers and we would be delighted to have your help. If you have never timed before, the host team will be glad to loan you a watch and tell you what to do.

Reporting Times From Meets

If electronic touch pads are used at a meet they provide the "official" time. Buttons and manual watches are used only for backup. When watches are used, the middle of the 3 times is the official time. Official results are posted throughout the meet so you can see how your swimmer did. Official times are only recorded in individual events. In general swimmers swimming relays do not have times recorded for their leg of the relay since they did not start from a starter's signal. The exception is the split time for the first swimmer in a relay which *is* an official time and is reported.

Ages for Meets and USA Swimming Numbers

A swimmer's age for a USA meet is his age on the first day of the meet. The swimmer's USA number is the swimmer's birth date followed by the first 3 letters of their first name, their middle initial and the first 4 letters of their last name: Annie M. Jones, born 5/19/79, has a USA Swimming number of 051979AnnMJone

Becoming a USA Official

There is no formal training necessary to become a timer, or an office worker taking care of posting, running, dual meet scoring, or label writing, although such training is available. We welcome and actively solicit your help in any of these roles. USA Officials (Starter/Recall, Stroke & Turn, Referee) are often parent volunteers who have undergone some simple training in the technical rules for swimming. The Sea Dragons want to take a leadership role in training and providing USA Officials. Several clinics are held each year. To become a stroke and

Turn official, you need only join USA Swimming, attend a 3-hour clinic, take an open-book take-home test, and work 4 meets as a trainee. We welcome new officials at all times. To begin officiating once you have passed your tests, simply show up at meets ready to work. You are always welcome.

USA Swimming

USA Swimming is the National governing body for competitive swimming. It has its headquarters in Colorado Springs and is organized into 56 regional Local Swimming Committees (LSCs), which all follow the same technical rules but are in most ways autonomous. Our LSC is called North Carolina Swimming Inc. (NCS), and is run by parent volunteers. If you are interested in becoming active in this organization, visit the North Carolina Swimming Website at ncswim.org. USA Swimming publishes a yearly rulebook containing all the swimming rules, national time standards, and other useful information. If you would like to obtain a copy you may also download one for free or purchase one at www.usaswimming.org. Anyone joining USA Swimming as a non-athlete member receives a rulebook as part of the membership fee.

Travel to Away Meets

The team will travel to some meets during the year where staying over night is recommended do to the distance from Fayetteville. When this happens the team will reserve a block of rooms for the YMCA corporate rate at a hotel near the meet location. Each family is responsible for their own room upon check in. YMCA vans will be available for transportation to and from all meets.

Team Fees and Policies

Families pay 4 different fees to swim with the Sea Dragons. These fees are the Fayetteville YMCA membership fee, the Sea Dragons program fee, the USA swimming registration fee, and swim meet fees. In addition, each family is asked to commit to a \$275 of fundraising which is used to help the team meet its annual budget. These fees are described in more detail below.

Program Fees

Monthly Sea Dragons program fees are payable on either the 1st or 15th of the month. Program fees are owed to the Fayetteville YMCA. They cover pool time, use of the facility, use of YMCA vans for transportation to meets, Sea Dragon t-shirt for swimmers and offsets some of the coaches' salaries. Payments are accepted via check, bank draft, and credit card. Those using bank drafts may include Y membership fees and the Sea Dragon program fees. The Y will make withdrawals on the 1st or 15th of the month. The Y offers a discount for multi-swimmer families. Families with more than one swimmer on the team receive a discount on the Y program fee for any additional swimmers. All program fees will be collected by the Y. If a family wishes a different payment plan or desires a scholarship, a financial aid form and supporting documentation must be completed and submitted to the Y. This is a procedure offered by the Y for users of all its programs. The application form is submitted to the Y. Information submitted to the Y will remain confidential. The Y will determine all financial arrangements and scholarships.

Y Membership Fee

Each Sea Dragon family must be an active member of the Fayetteville YMCA. There are various family memberships that are offered by the Y. Consult the front desk to determine which one is right for your family. The amount for the membership can be on bank draft set on the same day as your program fees. Scholarships are also available for memberships also and follow the same procedure as scholarships for program fees.

USA Swimming Fees

Each swimmer need to be registered with USA Swimming . The fee is \$50 annually and is paid on the first of September. This fee is to the Sea Dragons not the YMCA. This money is then sent to North Carolina Swimming. North Carolina Swimming then issues the USA Swimming registration.

Meet Entry Fees

Families are responsible for paying for all meet entry fees for their swimmers. In order to help families budget accordingly the team suggests that each swimmer swims a minimum of 6 swim meet per year. Each meet will cost approximately \$25 - \$35 on average. That would amount to \$150 to \$210 for meet entries. To help families cover this cost families can earn fund raising credit.

Fund-raising

Fund-raising is essential to meet the operating costs of the Sea Dragon team. The team raises funds through the meets we run, 50/50 raffles, swim a thon, lock-ins and various other events. Through these events each family is required to raise \$275 per swimmer. The money is credited to your families fund raising accounts in various ways. The way you earn the fund raising credit is spelled out for each different fund raiser. If you have any questions about your fund raising account please see any of the parent Board members. Families that are not on pace to fulfill their fundraising obligation will be subject to monthly, quarterly or annual payments. The cost of these payments would be \$23 per month, \$69 every three months or \$275 for the year. All fundraising payments are tax deductible as the Sea Dragons are a non profit organization. For those families that raise over and above the \$275 50% of the amount over the family can put toward meet entry fee and USA swimming fees.

Non Payment

On the 16th of each month notification will be sent to any account that is not current on payments. If the account is not current by the end of the month the swimmer will not be allowed to participate in any team functions until the account is current.

Practice Philosophy and the Training Program

In order to get the most out of training time swimmers will focus on four distinct areas.

1. **Technique:** In order for an athlete to reach their potential in the pool they must have proper stroke mechanics. Proper mechanics will not only help the athlete swim more efficiently they will also virtually eliminate the possibility of common swimming injury. Technique is a primary focus for all Sea Dragons groups.
2. **Conditioning:** Conditioning will be introduced in our Junior Developmental group and become more of a focus as the swimmer progresses to higher groups. Conditioning will be done both in and out of the pool in the higher groups. Dry land conditioning will be centered on speed training and plyometric running and jumping. This training will help aid the athletes overall athletic ability. The majority of conditioning will be done in the pool. All aerobic conditioning will be centered on timed 1000 threshold-based training. Anaerobic training will be done through out the course of a pool training session usually containing swims between 25 and 100 yards at 90 – 100% effort as well as hypoxys swims up to 800 to 1000 yards.
3. **Flexibility:** Pre-workout warm-ups will always have a focus on swimming as long and stretched out as possible to promote good flexibility in all swimming groups. Beginning in our junior program flexibility will be gained both in and out of the water. The main

- aspect of flexibility work during dryland training will be leg and core flexibility. Each stretch will be designed to allow the athlete to get more distance per stroke.
4. **Strength:** All groups will use some water resistance training devices such as fins. Beginning with our senior developmental group swimmers will be using paddles, swimming drag belts and a comprehensive dryland weight and resistance program that focuses on using properly executed Olympic lifts to promote overall strength improvement while increasing flexibility and resistance to injury. Another main aspect of our dryland program will be medicine ball training to increase core body strength. Polymeric jumps and squats will be used to increase leg strength.

Attendance

Ample time is provided at each level of swimming for skill development and conditioning, as well as for the development of team unity and spirit. The following guidelines are set forth in order that all members of the team can benefit substantially from the Fayetteville YMCA Sea Dragons. The coaches recognize, however, that attendance may be restricted by other activities as well as by studies. Nearly any swimmer's schedule can be accommodated if the swimmer or his parents discuss the situation with the coach in advance. The following is the amount of practice time considered to be minimal by the coaching staff.

Beginners: Swimmers are encouraged to participate in their three practices a week.

Junior Developmental: Swimmers are encouraged to attend a minimum of three practices per week.

Juniors: Swimmers at this level are strongly encouraged to formulate habits and attitudes that will result in 100% attendance.

Senior Developmental: At this level, the swimmer is expected to attend 70% of the practices per month.

Senior: Swimmers in this group are our most dedicated and train for State, Sectional, Zone, and YMCA Nationals. The swimmer is expected to attend over 80% of the practices per month.

Practice Guidelines

Always be punctual. Arrive at the pool in time to be on deck, or at the dry land locations, at the start of the practice and with the proper equipment. On rare occasions, swimmers may be late. If you have another activity on a regular basis, be sure to advise the coach of your conflict. Plan to stay for the entire practice session. Some of the swimmer's best efforts occur at the end of practice. If you need your swimmer to leave early, be sure to tell your coach before the practice session. Swimmers may not be out of the pool when you need them if their coach has not been notified. If you cannot drop your swimmer off to practice a signed note will assure your swimmer is out of practice on time. The Sea Dragons would like to have every swimmer succeed at the highest possible level. If you have a conflict that makes the usual practice attendance difficult, discuss it with your coach so that he can make an appropriate arrangement. Changes in practice schedules do happen. The team will try our best to contact families at the earliest possible time these events occur. Announcements will first go out via email then via phone.

Behavior

Swimmers are expected to treat each other as teammates with a spirit of respect, enthusiasm, and cooperation. Abusive language, lying, stealing or willful destruction of property will not be tolerated. Swimmers may not leave a practice without the coach's permission. Swimmers are expected to follow the Y's rules for locker room behavior and to treat other Y members with respect and consideration. In particular, the swimmers should:

- Bring a towel out on deck and dry off so that they do NOT enter the changing area wet.
- Place their clothing in a locker rather than leaving it in a changing booth or on a bench

Equipment

Swimmers are expected to have the following equipment for practice and/or meets:

- Bathing suit(s)
- Combination lock for lockers both at home and away
- Fins (zoomers or split fins for Senior Developmental and Senior Group)
- Goggles
- Kick Board
- Hand Paddles (Senior Developmental and Senior groups only)
- Rubber medicine ball (Senior Developmental and Senior groups only)
- Water Bottle
- Towel
- Mesh bag
- Team cap

Please mark your swimmer's equipment clearly. The team supplies some kickboards and has some fins available. Team suits and caps are expected for team competition. For those swimmers who need team suits contact Kast a Way swim shop in Raleigh. Mention you are on the Sea Dragons Swim Team and you will receive team discounts on all purchases you make.

Nutrition

Swimmers are totally dependent on you, the parents, for the development of sound nutritional habits. Swimming demands a tremendous amount of physical and mental energy and these requirements are directly related to the swimmers nutritional habits.

Guidelines for Good Eating

- Eat two or more kinds of whole grain daily (wheat, oats, brown rice, barley, buckwheat, etc.) in the form of cereals, side dishes, pasta, and bread.
- Eat two or more servings of raw vegetables or salad and two or more servings of raw or cooked green or yellow vegetables daily. Potatoes may be eaten every day.
- Eat one piece of citrus fruit and up to three or four fresh fruit servings daily.
- Eat beans or peas one to three times weekly, as you wish.
- Eat three full meals daily. Don't go hungry between meals; snacks are encouraged. For snacks, eat fruit, vegetables and raw salad, or whole grain bread or crackers that are free of oil or sweeteners.
- Flavor with herbs and spices instead of salt. Keep salt intake minimal.
- If you need to lose weight, increase vegetables and decrease grains. If you need to gain weight, decrease vegetables and increase grains.
- Vitamin supplements are recommended as well as sound nutritional habits.

Pre-Competition Meal

- Prepare your own food. It's better for you, less expensive and it eliminates fast, junk food.
- Eat a meal that is composed primarily of carbohydrates. This should be food that the swimmer enjoys but is not high in fat content or hot and spicy.
- If it is a morning meet, rise with enough time to eat breakfast. The meal should not be heavy but sufficient to start off what may be a long day.
- Eat 2 to 4 hours before competition begins, so the body has time to digest the meal.
- For snacks, eat fruit. Food high in processed sugar content is detrimental to a swimmer's performance.
- Meals should not be skipped entirely, because the overall performance of the athlete may suffer.

- Be sure to drink plenty of water during the meet. Do not let yourself become thirsty. A water bottle is required during practice and should be brought to meets.
- Some young swimmers direct their anxieties about the upcoming competition to their stomachs, making it difficult for them to eat a pre-meet meal. In this situation, a liquid pre-meet meal is a sound alternative to solid food.

Sports Medicine

Coaches, as well as parents, are interested in maintaining the physical well being of each swimmer. Consequently, if a swimmer has a physical problem, you should inform the coach so that he can take any special precautions. A sports injury usually requires the attention of a physician familiar with the sport. Such an injury needs to be brought to the coach's attention as well, so that he can develop beneficial practices for the swimmer. The senior teams may be asked to participate in physical testing that will better enable the coaches to coach them. This will occur only if the coaches are convinced that it is in the swimmer's best interests.

Time Standards

Time standards are updated annually. When they become available, usually in late October, copies will be posted at the Fayetteville YMCA pool and posted on the team bulletin board. Time standards are published for many different levels of achievement:

Time Standards for Age Group B - BB - A - AA - AAA - AAAA Levels

North Carolina State Championships

Southeastern Sectional Championships

YMCA Zone Championships

Y National Championships

Senior National Championships

Sea Dragon Job Descriptions

The following pages give a brief description of the many opportunities that exist to be involved in Sea Dragon activities.

Sea Dragon Parent Administrative Board Positions

President: Preside over all meetings and supervise the business affairs of the club. The President is an

official representative of the club and a member of all committees.

Executive Vice President: Work closely with the President, preside at meetings when the President is unable to attend and act in the President's absence.

Secretary: Keep complete records of the Board meetings including distribution of minutes. Handle all Board correspondence and send out notification (web and posted) of all meetings. Coordinate meeting dates and reserve room.

Treasurer: Collect and deposit all Sea Dragon related funds and provide monthly reports at Board meetings and annual reports at the yearly General Meeting. Disburse funds as authorized by the President and Advisory Board and as approved in the budget. Maintain written records of physical assets of the team. Act as a member of the Budget Committee with responsibility for Budget preparation.

Fundraising Vice President: Responsible for coordinating all activities which raise funds for the team. Provide report to Treasurer on funds raised. Track status of each Sea Dragon member's fundraising commitment and communicate status as required.

Fundraising Trustee: Assist the fundraising VP in coordinating and tracking activities which raise funds for the team.

Team Manager: Work with the Head Coach to assure USA registration and meet entries are processed accordingly and efficiently. Work with the YMCA to make sure all team members are on the YMCA Sea Dragon roster.

Trustee: Assist and perform functions at request of the Board.

Practice Times Short Course 2008/2009

Practice times are subject to change. Any and all changes will be sent out via e-mail and posted on the team bulletin board.

Beginner: All practices will be at the Fayetteville YMCA Pool and will be from 6:30 to 7:30 on Monday, Wednesday, and Friday. Practices on Tuesday and Thursday will be from 4:30 to 5:30

Junior Developmental: All practices will be at Fayetteville YMCA Pool and will be from 6:30 to 7:30 on Monday, Wednesday, and Friday. Practices on Tuesday and Thursday will be from 5:30 to 6:30

Juniors: All practices will be at Fayetteville YMCA Pool and will run in two separate sessions on Monday, Wednesday and Friday. The first will be from 4:30 to 6:00 with the second from 6:00 to 7:30. Both of these practices are identical and swimmers can attend either practice session. Tuesday and Thursday this group will have one practice session from 4:30 to 6:00. This group will dryland practice on Tuesday and Thursday from 6:00 to 6:30. Please have swimmer plan accordingly on these days. No additional equipment is needed for dryland practice.

Senior Developmental: All practices will be at the Fayetteville YMCA Pool and will be from 4:30 to 6:30 Monday – Friday. Swimmers will have dryland practice from 6:10 to 6:30 on Monday and Wednesday. Swimmers will need to bring a 6 – 10 lb rubberized medicine ball, Gym shoes, and shorts.

Senior: All practices will be at the Fayetteville YMCA Pool and will be from 4:30 to 6:30 Monday – Friday. Swimmers will have dryland practice from 6:30 to 7:30 Monday, Wednesday and Friday. Swimmers need to bring a 6 – 10 lb rubberized medicine ball, and dress for the weight facilities at the YMCA.

Meet Schedule for Short Course Season 2008/2009

This is the provisional meet schedule for the 2008/2009 season and is subject to change. Please check the bulletin board and newsletter for updates.

Meet	Location	Date
Fayetteville YMCA Tri Meet	Fayetteville YMCA	9/13
Rocky Mount Y Fall Invite.	Rocky Mount YMCA	9/27 – 9/28
ECSL Fall Invite	Campbell University	10/24 – 10/26
GOLD Thanksgiving invite	Goldsboro YMCA	11/22 – 11/23
RSA Reindeer Meet	Triangle Aquatic Center	12/5 – 12/7
WAVE 12 & Under Fall States	Triangle Aquatic Center	12/12 – 12/14
RSA January Jubilee	Triangle Aquatic Center	1/16 – 1/19
North Carolina Senior Championships	Triangle Aquatic Center	1/30 – 2/1
GSA Last Chance	Triangle Sportsplex	2/14 – 2/15
NCHSAA High School Regionals	Various	2/7
North Carolina 14 & Under Championships	Huntersville Aquatic Center	2/20 – 2/22
Senior Southeastern Sectionals	Triangle Aquatic Center	3/6 – 3/8
Age Group Sectionals	MCAC	3/13 – 3/15
ECSL Short Course Championships	ECU	3/27 – 3/29

YMCA National Championships	Fort Lauderdale FL	4/6 – 4/9
RSA Good Stuff Meet	Triangle Aquatic Center	4/24 – 4/26
Goldsboro Open Invite	Goldsboro YMCA	5/8 – 5/10
CA	Columbia South Carolina	5/29 – 5/31
ECSL Long Course Championships	Morehead City, NC	6/19 – 6/21
MOR Long Course Qualifier	Triangle Aquatic Center	7/8 – 7/10
North Carolina 14 & Under Championships	Triangle Aquatic Center	7/16 – 7/19
North Carolina Senior Championships	Triangle Aquatic Center	7/23 – 7/26

Coaching Goals

The coaches of the Fayetteville YMCA Sea Dragons will strive to achieve a program which:

1. Has a challenging environment where swimmers always give their best.
2. Develops proper technique that will improve athlete's efficiency and skill level.
3. Improves aerobic and anaerobic conditioning while increasing strength.
4. Encourages self-discipline and commitment where each athlete accepts responsibility for their success and the success of the team.
5. Has a positive atmosphere where we all learn from and support each other.
6. Helps athletes build self-esteem, and self-confidence while having fun and working hard.

Coaches

Head Coach: Jonathan Meier

Coach Meier was born and raised in Bay City Michigan and has been the head coach of the Sea Dragons since 2006. He started swimming for the Bay Area Youth Swim Club and in the Middle school program for Bay City Western High School in the 6th grade. Coach Meier swam through high school and finished competitive swimming after swimming in the 2007 Michigan Swimming Championships in the 200 Butterfly and 200 Breaststroke. Coach Meier began his coaching in 2002 as an assistant his former coach Arthur Manwell at Bay City Western High School. Coach Meier took over the Head Coaching position for the Boys Team in 2004. While coach Meier was coaching at Bay City Western his swimmers set 7 school records, achieved 5 all state performances, an 11 and a 12 place finish in the State Championships and 4 All American performances. Coach Meier also became an assistant coach for the Bay Area Youth Swim Club in the summer of 2004. During coach Meier's career he has had many swimmers go on and continue their careers at the college level. Five of these went to division one schools, 2 went to division two schools and one is swimming at a division three school.

Assistant Head Coach / Age Group Coach Belinda Butcher

Coach Belinda has been competitive swimming since 2000, swimming with the Fort Irwin Sand Sharks, Fountain Fort Carson High School swim team and the Colorado Springs swim team. Coach Belinda swam all four competitive strokes, specializing in freestyle sprinting and competing in the 2007 Colorado High School State Championships. Belinda is a certified Lifeguard and Water Safety Instructor, and has been teaching swim lessons at the YMCA since June 2008. Coach Belinda teaches all levels of swimming, recreational and competitive and is excited to work with the Sea Dragons.

Beginners Coach: Mellissa Anderson

Coach Melissa has been involved with the sport of swimming since the age of five. Her coaching experience includes being the head coach at Cape Fear High School in Fayetteville, North Carolina and at the Cleveland Racquet Club in Cleveland, Ohio. Coach Melissa has assistant coaching experience at Gilmour Academy, Saint Ignatius High School and North Coast

Swimming all in the Cleveland, Ohio area. Coach Melissa also brings Collegiate swimming experience to the Sea Dragons having received varsity recognition at John Carroll University and the University of Toledo.

Glossary of Swimming Terms

Age Group Swim Meet. All USA registered swimmers 18 years old or younger who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire meet.

Bonus heat. The first or slowest heat of finals, at swim meets where three heats of finals are swum.

Bullpen. Place where swimmers report at meets, before their event, to receive their entry cards and to be arranged into their heat and lane assignments.

Circle seeding. See pyramid seeding.

Consolation heat. The first, or slower, of two heats of finals at a championship meet.

Course. Designated distance over which the competition is conducted. Long course (LCM) is 50 M and short course is 25 YDS (SCY) or 25 M (SCM).

Deck seeding. Heat and lane assignments are determined for the swimmers at the beginning of each meet session, after scratches are taken out.

DQ. Disqualification. A swimmer is usually disqualified when he performs a stroke, touch or turn incorrectly or when he enters the water before the start (false start).

False Start. When a swimmer enters the water before a race or moves during the start, he may be charged with a false start. This results in disqualification, since USA has a "no false start" rule.

Dual Meet. Meets conducted between two teams, usually with a limitation on the number of entrants from each team.

Finals. The session of a meet where qualifying rounds were held previously to determine the finalists. Usually there are 1-2 heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials-finals meets are on a championship level.

Heat. The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.

Heat sheets. Printed listings of all swimmers by event number and entry time. These are also called the Meet programs

IM. Individual medley. The event where a swimmer swims butterfly, backstroke, breaststroke, and any other stroke in that order.

Lap. Two lengths of the pool.

Length. One length of the pool.

LSC. Local Swimming Committee. One of several regional groups such as North Carolina Swimming charged with the conduct of all USA activities in that region.

Medley relay. Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, and freestyle.

OVC. Official Verification Card. Issued by meet officials to swimmers achieving a Junior National or Senior National time.

Prelims, or Trials. In certain meets, the qualifying rounds for each event to determine the finalists.

Proof of time. A requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

Pyramid Seeding. In trials or preliminaries of trials-finals meets, the swimmers in the top 3 heats are intermingled so that the fastest three swimmers are in the middle lanes of the last 3 heats, the next 3 in the lane next to that in each of those heats, and so forth. This is also called "circle

seeding." In finals, those finishing fastest by time swim in the top 1 or 2 heats (Final and Consolation Final).

Referee. The USA official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

Seed times. The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmer's heat and lane assignment in a meet.

Seeding. The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.

Senior meet. A meet with only one age group called "senior." Swimmers of any age who have met the qualifying times may compete.

Straight seeding. Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

Split. The time a swimmer achieves in one or more laps of his race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yds in a 100 yd race is the swimmers 50-yd split.

Starter. The USA official responsible for starting each heat and calling the swimmers to the blocks.

Stroke and turn judge. A USA official, who determines the legality of swimmers' strokes, turns and finishes and disqualifies those who do not conform to USA rules.

Swimming World. A monthly magazine about competitive swimming

Time Standards. A set of times developed by USA Swimming to assist swimmers in performance planning. They are based on percentiles of the 16th fastest time in each stroke in each age group.

Top 16. A tabulation of the top 16 times in the US in each age group and stroke. These are published annually in Swimming World. The "consideration" times that may be eligible appear in the USA rulebook and on the CSI website.

Touch pad. An electronic pad which stops a clock when the swimmer touches it at the end of the race. This is usually the official time, although corrections are made if the swimmer misses the pad.

Unattached. The status a swimmer receives when changing from one USA club to another. A swimmer must swim unattached for 120 days from the date of the last USA meet he swam for the previous club. During this time they may compete individually, but may not be entered in relays.

USA. Abbreviation for United States Swimming, the governing body for all amateur swimming in the US. National headquarters are in Colorado Springs, CO.