



## Jennersville YMCA Barracudas Swim Team

### Welcome and Introductions of the Coaching Staff

- Tara Paglia – Director of Competitive Aquatics / National Cudas lead coach
- Eileen Rudisill – Senior Cudas lead coach
- Zachary Wilson – Junior Cudas lead coach / Mini Cudas lead coach
- Tammy Liberato – Age Group Cudas lead coach
- Maureen Fazio – working with Age Group and Junior Cudas
- Ali Verbanas – working with National Cudas

Philosophy – to provide any girl/boy with the opportunity to experience competitive swimming, YMCA Core Values and the ability to develop a life long respect and love for the sport of swimming. To encourage swimmers to develop life skills thru the participation in the sport of swimming. To encourage healthy participation and learn the value of living a healthy lifestyle thru physical fitness.

### Handbook

#### Practice Groups and Practice Structure

- Handouts regarding practice group expectations are being distributed by the lead coaches this week.
- Drop off / pick up – children under 12 need to be accompanied by an adult while walking thru the building to their program areas.
- Locker rooms – behavior of your swimmers in the locker room should be monitored by the parents. Emphasis on respect for the facility, team members, coaching staff, and other YMCA members is expected. Unruly locker room behavior may result in the loss of locker room privileges.
- If your child is late to or needs to leave practice early, please provide a note to the lead coach.
- Practice conduct – we encourage a complaint free practice environment as well as encouraging team work and positive reinforcement... swimmer to swimmer and coach to swimmer.
- Practice structure
  - Stretching
  - Dryland
  - Warm up
  - Main practice sets – drills / kick / main sets
  - Warm down
- Parents can watch practices in the Mezzanine
- Missing practices – we try to accommodate the swimmers schedule by providing adequate amount of practice times for each group... Swimmers can always obtain a practice from a coach to perform on their own time if they miss a practice. Switching between practice groups due to missed practices is not encouraged due to the number of swimmers in each group and the varying ability levels. Please speak with a coach if you have a concern.
- Special practices or activities – throughout the season we have special out of water practices, this helps build team work and team morale during a lengthy season. The lead coach for each practice group will organize and distribute information regarding these practices.

## Meets

- Penn Del league – YMCA dual meets, divisional championships, higher level championship meets
- YMCA Optional Swim Meets
- USS Optional Swim Meets
- Line ups for dual meets constructed by the coaching staff, swimmers can select events for divisional championships
- Registration is required for YMCA Optional Swim meets and USS Optional Swim meets – meet fees are separate
  - Meet information packets are sent out via email, with an Optional Meet Registration Form
  - Some meets may have qualification guidelines and these will be outlined in the meet information packet.
  - Review information for each meet and determine if participation is an option for your swimmer
  - Complete the Optional Meet Registration Form, turn in with payment to the membership services desk, and it is encouraged that you make a copy and give to Tara Paglia.
  - The coaching staff completes the team entry and provides to the host team.

## Holiday Party

## End of the Year Banquet

## Communication

- Our coaches are typically on deck prior to practice to answer swimmer/parent questions
- Our coaches are typically on deck after practice to answer swimmer/parent questions
- We ask for limited conversation while coaches are on deck coaching
- Email – updates, calendars, meet information, practice information
- Office Hours – During the day on Tuesday and Thursday's

## Parent Volunteers / STAC

- Our Swim Team can not run without parent volunteers... we need to have a solid foundation of experienced and new volunteers to assist with running meets, and maintaining the structure within our program...
  - Officials
  - Timers
  - Timing System
  - Announcers
  - Lining up swimmers and helping the coaches on deck
- If you are interested in joining our Swim Team Advisory Committee (STAC) please see Tara Paglia
  - Individuals willing to volunteer time to work with the coaching staff and YMCA administrators in ensuring the positive growth of our program.

Thank you!!! The JY Barracudas Coaching Staff

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