

# 2011-12



# Stingrays



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# General Information

## VALLEY POINTS FAMILY YMCA

800 Constitution Boulevard  
New Kensington, PA 15068  
724-335-9191/ Fax: 724-335-4829

### YMCA Mission

**The Y's Mission:** To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

**Our Cause:** At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn and grow.

**Who We Are:** The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

#### **Youth Development - Nurturing the potential of every child and teen.**

Nine million youth are taking a greater interest in learning; making smarter life choices; and cultivating the values, skills and relationships that lead to positive behaviors, the pursuit of higher education and goal achievement.

#### **Healthy Living - Improving the nation's health and well-being.**

Millions of adults and youth receive the support, guidance and resources needed to achieve better health and well-being.

#### **Social Responsibility - Giving back and providing support to our neighbors.**

Across the country, the Y helps people give back and assist their neighbors by offering them opportunities to volunteer, advocate and support programs that strengthen community.

### YMCA Philosophy

The Valley Points Family YMCA also shares in the National Y Board's four character development values as a basis for all YMCA operations, staff development and program development... **CARING, HONESTY, RESPECT and RESPONSIBILITY.**




**FOR YOUTH DEVELOPMENT  
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# Staff & Officers

## YMCA Staff

YMCA CEO	Jacques Shilling	724-335-9191
New Ken Branch Director	Vickie Kolakowski	724-335-9191
YMCA Aquatic Director	Leslie Craig	724-335-9191

## Stingrays Coaches

Head Coach	Rick Stover 
Assistant Coaches	Todd Sterlitz
	Kathleen Alter
	Juliet Donohoe
	Stephanie Cropcho

## Swim Team Association Officers

President	Marc Pastor
Vice President	Todd Sterlitz
Secretary	Lisa Lewandowski
Treasurer	Amy Pastor

## Important Websites

Valley Points Family YMCA	<a href="http://www.vpfymca.org">www.vpfymca.org</a>
Stingrays Results	<a href="http://www.sports-tek.com/tmonline/index.asp?theteam=ValleyPointsFamilyYMCA&amp;remote=t">http://www.sports-tek.com/tmonline/index.asp?theteam=ValleyPointsFamilyYMCA&amp;remote=t</a>
National YMCA	<a href="http://www.ymca.net/">http://www.ymca.net/</a>
YMCA National Swimming & Diving	<a href="http://www.ymcaswimminganddiving.org/">http://www.ymcaswimminganddiving.org/</a>
Western Pennsylvania YMCA Swim League	<a href="http://www.wpysl.org/">http://www.wpysl.org/</a>
SwimOutlet.com	<a href="http://www.swimoutlet.com/">http://www.swimoutlet.com/</a>
Swimmers Network	<a href="http://www.swimmersnetwork.com/">http://www.swimmersnetwork.com/</a>

# Membership & Fees

## Memberships and Fees

All YMCA athletes must be full privilege members of the YMCA that they represent, as established by the "Rules That Govern YMCA Competitive Sports". According to these rules, a YMCA member is a person, who, after due application, is enrolled by the association, entitled to full privileges, activities, and services of that association. This means that the members of YMCA competitive teams must have annual full-privilege memberships that entitle them to the same activities and services as all other annual full-privilege members.

**The following membership fees are subject to change. Please consult the current session program guide.**

## 2011 Membership Rates

<b>Membership Type</b>	<b>Annual Rate Full Pay</b>	<b>Monthly Draft *</b>
Youth (14 & Under)	\$111.96	\$10.33
Youth (15 - 18)	\$192.00	\$17.00
Young Adult (18 - 23)	\$309.96	\$26.83
Adult	\$429.96	\$36.83
Single Parent Family	\$510.00	\$43.50
Family	\$600.00	\$51.00
AOA Adult (65 & Over)	\$387.00	\$33.25
AOA Family (65 & Over)	\$540.00	\$46.00

## Swim Team Fees

First child in family:	<b>\$275.00</b>
Additional child in family, when 1 <sup>st</sup> child pays full rate:	<b>\$85.00</b>
High School students that do not practice with Stingrays	<b>\$150.00</b>

A \$25 deposit is due prior to the first day of practice. The balance can be paid over 5 months: October 1<sup>st</sup>, November 1<sup>st</sup>, and December 1<sup>st</sup>, January 1<sup>st</sup> and February 1<sup>st</sup> through automatic bank draft or credit card draft, or paid in full by October 1, 2011 to be eligible for Districts. Additional payment schedules are available by contacting the Aquatic Director, Leslie Craig at 724-335-9191.

**Financial aid is available. Contact Leslie Craig for information.**

# Coach's Welcome

Welcome to the 2011-2012 YMCA swim season. Going into my second year as head coach, I would like to take a moment and reflect over some of the highs and lows of last season and how I hope to learn from what was right and what was wrong.

Communication. I had both positive and negative comments told to me about how my communication with kids and parents went. The biggest negative through comments and inner reflection was how kids knew their times and how they related to improvement and post-season swimming goals. The way I plan on rectifying this is through the use of Time Standards. While we are not USA Swimming, they have fantastic sets of goal times to show progression. They are in this book pages 35-38 and are age group specific. I will also pass out times to qualify for Districts and B-Districts to every swimmer. To go along with these goal times, after every swim each swimmer must see myself or another coach to tell the coach the time they were given by the timers and discuss the swim.

Probably the best communication comment I had dealt with was how I kept everyone up to date through email. I know some may have thought, enough with the emails. My thoughts behind the emails is to keep each email to a specific topic. I find myself that if there are too many topics in an email, I will forget some of the topics. I will continue to communicate this same way and hope to find other avenues to alert everyone when practices have to be canceled or other time sensitive information.

Keeping the kids attention is difficult at times. Many coaches told me the way to keep distractions to a minimum is to close practices to parents. I do not want to completely cut off practices as I don't feel that is fully healthy either. The way that I want to TRY this is to have 2 days where practices are open to having parents in the pool area and 2 days where no parents are allowed in the pool area at all. This will be strictly a trial. If it works, it stays. If it doesn't improve the kids attention, I will forget the whole idea and keep the practices open to parents.

The biggest overall positive last year was parent involvement. We only had 40 kids last year and more than 50% were brand new to the sport of swimming. Most parents had no background in swimming and really stepped up to a very tough sport to parent in because of the involvement that is imperative to running swim meets. Many people in the Western Pennsylvania YMCA Swim League did not think we could pull off the Last Chance Invitational. Well, we proved them all wrong. After losing our venue through a freak accident, that I still find a miracle that it didn't happen while we were having our dual meet with Wilmerding, and having no pool time for the kids to train we had a successful meet both running it and with the kids results.

Technique is possibly the fastest way for the kids to improve. This year the plan is to have 1 day of the week that there is no endurance work at all, especially at the beginning of the season. Being able to concentrate on how the kids are swimming 1 length at a time will greatly improve times and enjoyment as the kids see and feel their improving strokes.

Lastly, I want everyone to know that I am open to anything that will improve the team. Whether it be through fundraising, how we communicate to the kids and parents or how any aspect of the team is run. Just let myself or another coach know and we will see if those ideas can be incorporated to improve the team. I look forward to the new season with some familiar faces and some new faces.



# Bylaws

## Valley Points Family YMCA

### Bylaws

#### Valley Points Family YMCA Swim Team Association

##### **Article I- Name of Organization**

The Name of the organization shall be the Valley Points Family YMCA Swim Team Association

##### **Article II- Purpose of the Organization**

To promote and encourage, in all reasonable and legal ways, interest in amateur competitive swimming teams under the sponsorship of the Valley Points Family YMCA.

To assist the Aquatic Director and YMCA Swim Team Coach(s) in matters pertaining to the smooth functioning of the YMCA Swim Team.

To assist, where appropriate, in the continuing maintenance of such swimming team by raising funds in all legal and ethical ways; and providing equipment and accessories to Valley Points Family YMCA.

To establish a continuing auxiliary service agency designed to supplement wherever necessary private transportation, judges, starters, timers and other officials necessary for the successful conduct of swimming meets and contests.

To promote the principles of Youth Development, Healthy Living and Social Responsibility while instilling the values of Caring, Honesty, Respect and Responsibility. .

##### **Article III- Membership**

Membership shall not be limited, and shall be open to any person interested in the purpose of the organization.

All members shall have one vote on all matters presented to the membership for approval; family members shall have one vote per family unit.

Only members in attendance at a meeting may vote on matters. Members may not vote for other members not in attendance.

##### **Article IV- Participant Program Fees**

The YMCA Aquatic Director and the YMCA Program Committee will determine program fees. Fees will be used to pay for insurance, coaches wages and other operational expenses of the competitive program. Program fees shall be paid in full by October 1 of each season unless signed up for monthly electronic funds transfer (EFT) of program fees.

##### **Article V- Organization**

The Valley Points Family YMCA Swim Team Association is considered an extension of the Valley Points Family YMCA and is controlled by the Board of Directors through the Program Committee and the Aquatic Director of Valley Points Family YMCA.

The Swim Team Association shall give an account of all matters to the YMCA Aquatic Director.

The officers of the organization shall consist of a President, Vice-President, Treasurer and Secretary.

The officers shall be elected by the membership at the spring annual meeting and shall serve for a term of one year from the day of election. Officers can serve a maximum of two consecutive terms.

Each officer shall perform the duties customarily performed by the officers holding their respective positions, and shall have such further duties as may be delegated to them from time to time.

The President shall preside over all meetings of the organization and Executive Committee and shall be a member ex-officio of all committees. It shall be the President's

# Bylaws

duty to appoint committees and chairpersons of said committees. The President shall work closely with the Aquatic Director and the Head Coach.

The Vice-President shall act as an aid to the President and shall perform the duties of the President when the latter is absent or unable to serve. The Vice-President is responsible for officials at all home or away meets (if needed). He/She must arrange for clinics so that members may acquire their certification to run a proper meet, be responsible for obtaining watches, starting equipment, score pads, infraction pads, clipboards and for distribution of and collection of these items at meets, shall hold an officials meeting before the start of each meet to briefly explain procedure, and oversee the function of standing committees as assigned by the President.

The Secretary shall keep a record of organizational business and report on all general membership and Executive Committee meetings. The Secretary shall distribute written minutes of the meetings of the general membership meetings; provide copies of the general membership and Executive Committee meetings to the Head Coach, Aquatic Director and the YMCA Executive Director. Distribute any correspondence necessary to keep members informed and to keep the organization functioning properly.

The Treasurer shall collect and authorize payment of expenses as well as maintain books of accounts covering the organization's financial operations and submit a budget to the Aquatic Director and the YMCA Program Committee at the beginning of each swim season. Any expenditure not on the budget must be voted on at a general membership meeting. The treasurer must submit a monthly financial statement to the Aquatic Director and Head Coach, and have copies available for members. The Treasurer must follow the accounting procedure as outlined by the Valley Points Family YMCA. The Treasurer must maintain accurate accounting in financial books of all Swim Team Association transactions, make timely deposits of all monies received, maintain accurate records of all membership records including amounts received and balance due, present or make available for presentation, a complete and accurate financial report at all meetings of the general membership and have an audit on all accounts done before handing books over to the next Treasurer. The Audit committee shall consist of the incoming President and Treasurer and the YMCA Aquatic Director.

Upon the occurrence of a vacancy in the office of Vice-President, Treasurer or Secretary, the President shall appoint a replacement to serve until the next spring annual meeting. Upon the occurrence of a vacancy in the office of President, the Vice-President shall move to the office of President.

There shall be an Executive Committee composed of the officers of the organization and the YMCA Aquatic Director and Head Coach. The President shall preside of the Executive Committee and shall meet on call of the President; during the competitive season monthly meetings are recommended to assist in the management of the organization's activities. Executive Committee meetings shall be closed meetings. The Aquatic Director and Head Coach are to attend all Executive Committee meetings.

The President shall appoint a Nominating Committee at the meeting of the general membership in January of each year. The Committee shall consist of the YMCA Aquatic Director, one current officer and member-at-large, and the Head Coach. It shall be their duty to present a slate of officers for nomination and election at the spring annual meeting. Nominations for officers will be accepted at the meetings of the general membership prior to the annual meeting.

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## **Article VI- Meetings**

Meetings of the general membership shall be held when called by the Executive Committee or upon written request to the Secretary from (10) or more general members. During the competitive season, monthly meetings are recommended.

There will be an annual meeting in the spring of the year at which election of new officers will be conducted. This will be separate from the annual banquet or recognition event.

At any meeting, whether annual or other where membership has been invited, action may be taken upon any proposal upon a vote of the majority of those present.

Special meetings must be announced to the general membership no later than five (5) days prior to the meeting date by email with read receipt or by use of the Swim Team Association phone tree. The Aquatic Director and Head Coach are to be in attendance at all special meetings.

## **Article VII- Amendments**

These bylaws may be amended by two-thirds vote of the general membership present at a scheduled meeting; written notice of the scheduled meeting and the proposed amendment shall be sent to the general membership at least ten days prior to the scheduled meeting. Proposed Bylaw amendments shall be submitted in writing to the YMCA Aquatic Director and the YMCA Program Committee for consent prior to the general membership for approval.

## **Article VIII- Dissolution**

In the event of dissolution of this organization, all assets remaining after all liabilities and obligations of this organization have been paid, or adequate provisions made therefor, shall be distributed to Valley Points Family YMCA.

## **Swim Team Parents Association Bylaws Addendum Standing Committee Responsibilities**

### **Concession Committee**

- Arrange for all concessions at home swim meets.
- Arrange for enough food and refreshments to accommodate the size of the meet.
- Maintain a change box with accurate accounting for all food costs and sales.
- Keep record for each meet so they can be used to plan concessions in the future.
- Submit all cash receipts and expenditures to the Treasurer after each swim meet.
- Arrange for food and refreshments, as needed, for any additional team functions.

### **Executive Committee**

- Making recommendations for approval by the general membership.
- Determine the Association's operating budget for the year.
- Ensure that the Swim Team Association Bylaws are followed.
- Maintain communication with the Aquatic Director, Head Coach and the YMCA Program Committee.

### **Fundraising Committee**

- Plan and organize all fundraising events.
- Clear all fundraisers with the Aquatic Director and Head Coach.
- Keep the Aquatic Director informed of all progress and a list of all persons or companies solicited by the association.
- Keep accurate records of all fundraising events.

# Bylaws

## **Publicity Committee**

- Provide newspaper and radio (when appropriate) coverage of all home and away swim meets. Provide all information concerning the Swim Team to the newspaper and radio.
- Develop a phone tree to communicate with members.
- Act as official greeter at all home swim meets. Greet the visiting team, their parents and coaches as they arrive and provide directions and aid where necessary.
- Work closely with Association Secretary for all team correspondence.

## **Special Events Committee**

- Plan and organize all special events under the direction of the Aquatic Director and Head Coach.
- First event of the year will be the general meeting at the Valley Points Family YMCA.
- Organize the annual Swim Team Banquet and any other events decided by the general membership.
- Follow budget and any other guidelines when planning the annual banquet.

## **Invitational Committee**

- Organize all invitational entries and distribute information to the general membership.
- Collect correct fees for all invitational entries and keep accurate records and allow sufficient time to submit entry fees to Treasurer and obtain one check to be sent in with entries.
- Work with Head Coach to submit all relays for Invitationals.
- Secure adequate parent supervision.

## **Ad Hoc Committees**

- Will be assigned by the Association President based on current needs.



# Communications

**Email** – Email blasts are sent on a regular basis to keep you informed of last minute changes and events. To be included on the email list, sign up at the pool or send Coach Rick an email.

**Phone** – Text messages will be sent out for emergency cancellation of practice or for urgent reminders.

**Bulletin board** – located in the entrance area of the pool. Parents and swimmers should check periodically for announcements.

**Information folders** – located in pool area. Practice schedules, invitational packets and other important hand-outs can be found here.

**Monthly Swim Team Association meeting** – held the second Wednesday of each month at 6:30, usually at Valley High School. This is your best chance to find out what is going on and ask questions. Attendance is strongly encouraged.

**Meet results website** – This website only has results from the meets and no other information is available. Available on this site are individual meet results, event splits and entries for future meets.

## Age Groups

Novice – 8 years and under

Cadet – 9 and 10 years

Prep – 11 and 12 years

Junior – 13 and 14 years

Senior – 15 through 18 years

# Goals

## Program Goals

To create an enthusiastic, positive and fun environment for the purpose of nurturing swimming instruction and competition for all involved (swimmers, parents, coaches, Y staff, visiting teams & volunteers). Posters, signs and cheers are encouraged and a critical aspect of creating this atmosphere.

To profile each swimmer to determine:

- A swimmer's strengths and areas for improvement
- The swimmer's season goals (create, evaluate and achieve them)
- Lane assignments

To achieve each swimmer's top 3 goals for the season.

To have as many swimmers as possible swim at B-Districts, Districts, States and Nationals.

To provide ongoing instruction in the development of current technique, conditioning and the mental aspects of competitive and fitness swimming.

To have practice begin PROMPTLY, to have daily flexibility work as well as having a proper warm-up and cool-down for each and every practice.

Last but certainly not least, to make it a fun and a rewarding experience for our swimmers.

# Goal Making

## Setting Personal Swimming Goals -by Michael Collins

Michael Collins is the head coach of Davis Aquatic Masters and was selected Coach of the Year by USMS in 1988

Although most of you don't consider yourself to be "competitive" swimmers, this is not an excuse for not setting goals in your swimming. Doing anything without some sort of purpose will become dull, boring, and repetitive before too long. Goals are necessary to keep one motivated to continue - especially on very cold days, early morning workouts, etc.

I'm sure you've been told many times, maybe from parents, teachers, bosses, or even a swim coach, to set goals. What's so important about setting goals? "It seems so silly to spend the time to sit down and write the things you already know you want to do. "I just want to swim" you may say. "I set goals for my career, but I don't need to set goals for my recreation." This **sounds** reasonable, but is not true if you take a closer look.

Deep inside, we all need justification for everything we do. It's human nature to feel the need for accomplishment. The reward of completing a task worked hard at, is something we all strive for, whether it's in the working world or in our personal life. What are you trying to accomplish by swimming?

Make some short and long terms goals for this year. Try to set **many** goals. If you only set one or two simple or wishy-washy goals it probably won't help to motivate you. The more goals you set, the more chance for success you have. Remember, you haven't lost anything if you don't reach a particular goal, but you **have** accomplished something when you do achieve one. Be **specific** whenever possible, including number (distances, times, places, dates, etc.) Many of you don't realize how much progress you have made. If you record your times or mileage you may be surprised by how much progress you've really made.

**Overcome the Fear of Failure:** I have noticed that many swimmer's don't set goals to improve swimming skills, or enter events to check their progress due to a "fear of failure." When asked to do a timed swim in workout, or to enter some other event (such as the One Hour Postal swim), do you say "Oh no, I'm not in shape! "I'm too slow." Or "I don't think I can do as well as last year." These are fear of failure answers. So what if you don't go as far. So what if you're not the fastest. It's the process of trying to improve that's important. A great quote I like to refer to goes like this: "**Failure is not the worst thing in the world. The very worst is not to try.**" However, chances are you'll be quite please with the results, and occasionally reach your goals.

# Team Philosophy

All coaches, staff, swimmers and volunteers will be measured by and held accountable to the YMCA and Team philosophy as presented in this handbook. The team and all related organizations and committees are a program or auxiliary of the Valley Points Family YMCA and not an independent entity. **No swimmer, coach or parent is above the team. The team is not above the YMCA.**

Each swimmer and parent has different expectations of the swim team. Our program is set up for all experience and ability levels - from the 5-year-old who can "barely" swim one length, to the "social fitness" swimmer, to the very competitive swimmer with aspirations of making State and National Championship meets.

Our approach to teaching will be positive, encouraging AND challenging. We will use the reward system in all aspects of the team, NOT negative motivation techniques. Each swimmer will be trained according to the goals they set.

There will be an increased responsibility and involvement of the Senior Division and other swimmers in the role of leaders for the team.

Maintaining effective, honest and open lines of communication is a priority. This includes feedback from you, both, positive or negative. The coaches respectfully request that it not be done during practice time and be communicated in a civil manner. It is strongly recommended that any suggestions or comments requiring action be submitted in writing.

A main goal of the team is to have kids that enjoy swimming. Swimming is one of the few sports that most everyone is capable of doing well into their elderly years. If they enjoy it now, it will become part of their life whether for competition, exercise or social aspects.

# Practice Schedule

Practices will be held Monday through Thursday until November at the Valley High School pool. Once November begins, practice will be held Monday thru Friday. A monthly practice schedule will be made available with the most up to date information. This schedule will be emailed as soon as it is available.

There is an adjusted schedule on days of Valley HS Home Meets – please check the monthly calendar. The time of practice when there is a Valley High School meet can start between 7pm and 7:30pm depending on the length of the meet. The practice on these days is strictly for Advanced swimmers due to the late start aspect as well as the possibility of sharing the pool with Springdale High School, thus limiting the amount of pool space.

There are two (2) separate practice times designated for the different groups. The first practice time will begin at 6:00 PM and end at 7:00 PM. This practice is for *beginner and intermediate swimmers*. The second practice time runs from 7:00 PM until 8:30. This practice is for *advanced swimmers of all ages, where the more rigorous conditioning along with technique work is more beneficial to them*. Please have your swimmer(s) arrive *no sooner than 10-15 minutes prior* to the start of practice.

We will be profiling and assessing the development of each swimmer. Starting with the first assessment, each swimmer will be assigned to the earlier or later practice time, as well as given a lane assignment. These assignments will place swimmers of comparable abilities and goals together, allowing us to better coach and fill the needs of our swimmers. Every swimmer will have the opportunity to advance throughout the season. This is decided mutually by the coaches and the swimmer, and can be suggested by either party at any time.

One practice per week is required of all swimmers who are not swimming with a high school team. Written excuses are required if an entire week of practice is going to be missed. (Excuses are NOT required for missed practices during the week as long as one practice each week is attended.)

**Practice is canceled if New Kensington/Arnold School District cancels school due to bad weather, or if Valley High School has an early dismissal due to bad weather.**

# Team Rules

## Swimmers' Rules

- 1 Be respectful, courteous and cooperative towards all coaches and all swimmers.
- 2 Be on time and responsible for yourself at every practice and swim meet. Translation: Be on deck and ready to go "before" practice or warm-ups begin and be aware of what's going on during practice or a meet.
- 3 Observe and comply with the following:
  - No running on the pool deck**
  - No pushing, shoving, touching another person whether in or out of the pool**
  - No chewing gum**
  - No spitting**
  - No obscene, derogatory, or profane behavior or language**
- 4 Practice lane etiquette. Swimmers that stop in the middle of a set should rejoin their lane as quickly as possible with the least interruption possible.
- 5 Practice circle swimming. Swimmers should always swim on the right side of the lane and yield to faster swimmers at the end of the pool.
- 6 No throwing. Be it goggles, kick boards, pull buoys or water bottles, or any other object. Thrown objects can cause injury to others even though no intention to hurt anyone was involved.
- 7 Resolve differences through conversation and compromise. Any disputes that cannot be solved successfully should be brought to the coaching staff to help solve the problem.
- 8 There should be no physical contact between swimmers that would be considered unreasonable. The coaching staff will deal immediately with slapping, hitting or punching any swimmer, in jest or anger. The coaching staff has the authority to remove the swimmer(s) from practice, either for a short period of time (minor infraction, i.e. yelling and screaming at other swimmers or coaches that could lead to further altercation) or the remainder of the practice (major infraction, i.e. fighting with physical contact). At the discretion of the coaching staff if a swimmer is removed from practice for a major infraction, that swimmer will not be allowed to return to practice for no less than 2 practices.
- 9 Due to the "Team" environment of swim meets, swimmers are not permitted to leave dual meets early without prior approval of the head coach. All swimmers need to encourage one another through the end of the meets.
- 10 Bathroom Breaks will be permitted ONLY after a set is concluded and before the next set starts. It is best to take care of those "NEEDS" prior to getting into the pool.
- 11 Lane lines will be put in and taken out by the swimmers.

# Special Dates

## Picture Day

Each year a team picture will be taken for the Stingrays. Individual poses are also available if desired. Dates are scheduled by the Swim Team Association and announced via newsletter, bulletin board and/or email. All team members are requested to participate in the team picture, even if individual poses are not desired.

## Team Suit Fitting

Team suit fittings are scheduled by the Swim Team Association. Expert fitting advice for suits and goggles is available along with practice suits and other swimming needs. It is recommended that each swimmer have practice suits. Team suits should NOT be worn to practices on a daily basis to ensure that the suit lasts the entire season.

## Officials Training

Training for officials is offered every year on scheduled dates.

For each Dual meet and the Last Chance Invitational, there are officials needed in the following positions:

- 1 Referee, who may also act as a stroke and turn judge
- 1 Starter
- 1 Other Stroke and turn judge (may be the Starter)
- 1 Announcer
- 3 Timers for each lane (one minimum if automatic timing equipment with touchpads is used)
- 1 Administrative Official/Referee
- 1 Place Judge
- Relay Take off Judges (if applicable)
- 2 Scorers

# Officials Training

A series of Swim Officials' Certification modules have been incorporated into the YMCA of the USA Program Training Certification System. Interested persons can obtain their Trainer Level Certification at the National Championship Meets, YMCA Program Schools and/or regional training events. Trainers can conduct the YMCA Swim Officials' Level I and Level II clinics at YMCA Program Schools, regionally or in their local YMCAs.

YMCAs are encouraged to have certified YMCA Swim Officials on the deck at all meets. For a meet to be recognized as a qualifying closed competition, it must be officiated by at least two YMCA Certified Officials, one of whom must be the Referee.

The YMCA Swim Officials' Certification Program involves two basic levels of certification. Level I Certified Officials are trained to take on the roles of a stroke & turn judge, place judge, relay take-off judge, timer or scorer. Level II Certified Officials are authorized to act as referees, starters and chief judges, in addition to any of the Level I positions. All new officials must begin as Level I officials. To be eligible to attend the Level II clinic, an official has to have served at least one year as a YMCA Certified Level I Official and have worked on at least eight meet sessions as a certified official. All officials candidates for either level must be associated with a recognized YMCA competitive swimming and diving program. Approval of the Executive Director of the YMCA sponsoring the candidate, or his/her designee, is required for any person to take a clinic and become a YMCA Certified Swim Official.

YMCA Swim Officials certifications are valid for three years and individual proof of current certification must be available at all meets. Individuals re-certify by attending the appropriate YMCA Swim Official course. Recertification also requires that the official has worked at least 12 sessions on deck as a certified official during the three-year certification period. Up to one half of the session requirement may be satisfied by working on deck as a certified official at USA Swimming meets.

To become a YMCA Swim Officials Trainer, a candidate must have been a YMCA Level II Swim Official for more than three years, have attended a Level II Re-Certification clinic, have worked at least 15 meet sessions during the last three-year time period – eight of which must be as a referee or starter, have worked at two state/district YMCA Championship meets encompassing at least six meet sessions and must complete the Trainer Candidate Application Form. All potential candidates for YMCA

# Officials Training

Swim Officials' Trainer must be approved by the National Officials' Committee Chair, or his/her designee, and the YMCA of the USA Sports and Recreation Specialist.

A Meet Verification Form is provided to all YMCA Swim Officials to use to verify that they have officiated at the requisite number of meets for re-certification or to become a Swim Officials' Trainer. The Meet Referee must sign these forms. Often an individual applying for Trainer Level Certification is a Meet Referee. This individual should sign the form or card as the Meet Referee and then obtain signature or initials of the Executive Director, or his/her designee, on the form as well.

Having met the above prerequisites, trainer candidates must take a Training Others I course and the Swim Officials' Trainer Level course that are offered at the National Championship Meets, YMCA Program Schools and/or regional training events. These courses are generally offered on weekends. Trainer Certifications are valid for two years. Individuals automatically renew their certifications by teaching one of the Swim Officials courses each year. (Trainer certifications are valid in perpetuity as long as a trainer now conducts one clinic every two years, instead of every year as was nominally the rule in the past.)



# YMCA Training Courses

## YMCA Swim Officials Level I Course

### YMCA Swim Official I AQ332I

**Number of hours: 4**

Manual: available at [www.usaswimming.org](http://www.usaswimming.org)

This course is designed to certify Swim Officials for YMCA Competitive Swimming in the areas of Stroke and Turn Judge, Relay Take-off Judge, Place Judge and Timer. The course focuses on the specific duties and responsibilities of the above officials prior to, during and after a Swim Meet. The course also reviews the facilities requirements for a meet, swimmer eligibility, and the roles of Chief Judge, Starter, and Referee.

**Successful completion of a written examination/Online test is required for certification.**

Expiration date: Three years

**Prerequisites:**

Minimum age 21

Associated with a YMCA sponsored Swim Team

Bring: Proof of age and registration form signed by local YMCA Executive Director or his/her designee

### YMCA Swim Official II AQ333I

**Number of hours: 4**

Manual: Available at [www.usaswimming.org](http://www.usaswimming.org)

This course is designed to certify Swim Officials for YMCA Competitive Swimming in the areas of Referee, Starter and Chief Judge. The course focuses on the specific duties and responsibilities of the above officials prior to, during and after a Swim Meet. The course also reviews the facilities and staffing requirements for a meet, rules for swimming various strokes, matters relating to eligibility and other key roles of the official.

**Successful completion of a written examination/Online Test is required for certification.**

Expiration date: Three years

**Prerequisites:**

Certified YMCA Swim Official for at least one year

Officiate a minimum of 8 sessions as a certified YMCA Swim Official

Minimum age 21; Associated with a YMCA sponsored Swim Team

Bring: Proof of age, Meet Verification Forms and Registration Form signed by local YMCA Executive Director or his/her designee sponsored swim team

# Volunteer Opportunities

**Last Chance Invitational** - see page 12.

**Banquet** - an end of the year banquet is planned each spring. Food, gifts, decorations, etc. need to be arranged.

**Fundraising** - chairpersons are needed for each of the fundraisers listed above.

**Invitational Coordinator** - Organizes and distributes all information and entries for each Invitational invitation received.

**Concessions** - each family is expected to donate a designated food item at each home meet. Help is also needed to staff the booth.

**Clerk of Course** - lines the swimmers up before each race.

**Officers** - a new vice-president is needed each year. Secretary and treasurer are needed in alternate years.

**Officials and Meet Director** - see page 12.

**Transportation** - arranges transportation to away meets.

# Competitive Meets

Each swim meet offers a variety of events and distances for swimmers, depending on the age group and classification of the swimmer. **STINGRAY** swimmers participate in several types of meets as described below:

**Regular Season Dual Meets** - Two swim teams compete; therefore, there are fewer swimmers. The importance of working together as a team and cheering and supporting fellow swimmers cannot be over emphasized. Dual meets usually last several hours. Participation in Dual meets is required whether the meet is home or away. While mostly an individual sport, dual meets offer a great TEAM environment. Also, missing dual meets can affect other swimmers with regards to relay events. Excuse Forms are required if you must miss a meet, and must be submitted to the coaches AT LEAST 1 week prior to the meet. Except for last minute emergencies, parents are expected to notify the coach in writing if a swimmer will not be attending a meet. ***Swimmers who have 2 or more absences from dual meets will not eligible for post season meets such as B-Districts, Districts, States and Nationals.***

Event cards, to be turned in to the head timers, are given to each swimmer at the start of each dual meet. For relays, only the first swimmer of each relay team is given a card. Each swimmer may swim a maximum of four events, one of which must be a relay. Event cards contain the following information: Event number, age group, stroke and length of event, lane number, whether the event is for points or exhibition.

Coaches assign swimmers to each event. All swimmers will have the opportunity to swim each meet, whether for points or exhibition. Swimming for points is based on times, practice attendance. Coaches have the final say on events and relay assignments. ***As a general rule, the coaches will NOT justify line-up decisions.***

It is important that swimmers pay attention to their events during the course of the meet. Swimmers are responsible for reporting to the seeding area prior to their events. Missed events will not be tolerated.

The only way for a swimmer to know how they are progressing is through their times that they swim. Swimmers will be required to come to a coach and tell them their time that they had just swum.

Warm-ups are an important part of the dual swim meet. All swimmers must be on deck and ready to swim prior to the designated warm-up time.

For away meets, the team may charter buses for the team. When buses are available, all swimmers **MUST** ride the bus to the meet. Swimmers wishing to ride home from the meet with their parents should bring a note to the bus coordinator.

# Competitive Meets

## **Team spirit is important to our team.**

Swimmers are strongly encouraged to cheer for each other.

At home meets, swimmers are expected to stay in the team area when they are not in the seeding area or in the pool. Swimmers should not be in the bleachers.

At away meets, swimmers will be required to stay on deck for the meet.

**YMCA Invitational Meets** - Meets in which swimmers from many Y's are invited by a host Y swim team to compete in a number of events for all age swimmers. Invitationals usually attract a large number of teams and swimmers participating in a number of events; therefore, they usually last most of the day. The STINGRAYS host the Last Chance Invitational in February.

*All swimmers are encouraged to swim as many Invitationals as their family can fit into their schedule. Information for these Invitationals will be posted at the pool and on the team website. With only 4 dual meets, the Invitationals add for more chances to make it to B-Districts, Districts, States and Nationals.*

Most Invitationals are optional for the STINGRAYS. Parents and swimmers are responsible for signing up and submitting completed forms prior to the deadline for each invitational along with a small fee for each event entered. If the fee is not paid by the deadline, the swimmer will not swim in that Invitational. Awards may be presented according to the host team's format. Events are broken down into heats according to age group and times submitted on the application form. A swimmer may choose the events they want to swim. The number of events a swimmer may enter is based on the rules for each invitational.

### **Items needed for an invitational meet:**

- ◆ Heat sheet sold at door listing all events and swimmers
- ◆ Highlighter and pen to mark your heat sheet
- ◆ Chairs and/or blankets (There are long waits between events, and swimmers are usually housed in a gym or other open area.)
- ◆ Extra towels
- ◆ Entertainment for kids (cards, books, etc.)
- ◆ High carbohydrate/energy snacks - concession stand also available.

# Competitive Meets

## Post-Season Championships Meets

**Novice Championships** – This meet is for all swimmers in the Novice category (8 years old and younger), usually held at Somerset High School. All novice swimmers are expected to attend this meet.

**B-District Meet**- B-District is a post-season meet that is held in early March. This meet is for those that do not make the times required for the District Meet. There is a time that the swimmer must reach to qualify and it is slower than those to qualify for Districts. If a swimmer qualifies in 1 event, they can choose to swim in several different events if they so choose. Winning at B-Districts is a great accomplishment; however, it does not qualify the swimmer to swim in the District or State Meet.

**District Meets** - District meets are usually held in mid-March. The host team determines the location. Swimmers qualify based on meeting or exceeding the qualifying time at any time throughout the swim season prior to the deadline. A swimmer may swim a maximum of three (3) events, one of which **MUST** be a relay. Parents pay entry fees.

**State Meet** - Based on their performance at District meets, the top nine swimmers in each event may advance to the State Meet at Penn State University the following week. A swimmer may swim a maximum of three (3) events, one of which **MUST** be a relay. Parents pay entry fees.

NOTE: For Districts and States, only one Medley and Freestyle relay can qualify for each division. Those relays are determined by the coaches. Swimmers, who qualify for the Districts Meet in either an individual event or a relay, are expected to attend. Swimmers who do not wish to participate in Districts must talk to the coaches prior to the relays being posted.

**Post-season practices are mandatory for those competing in the District & State Meet.**

Appropriate attire is required for those swimmers who appear on the medals stand. This would include team jacket that will be provided for the medal ceremony only.



**Whether you think that  
you can or you can't, you  
are usually right.**

**–Henry Kaiser**

# Parent Responsibilities

## **During meets parents are expected to:**

Let the Head Coach know at least one week prior to the meet if your child cannot swim. Meet excuse forms must be used.

Be on time. Home meets start at 11:00 a.m. Swimmers should arrive at 9:00 a.m. for warm-ups. The time for each away meet will be announced in advance.

Know what events your swimmer is swimming.

Have your child lined up and ready to swim several events ahead of time.

Make arrangements for transportation. Swimmers will be informed if a bus will be available for away meets.

Serve as role models for their children as well as other children participating in the program. Good sportsmanship and team spirit are expected at all times.

## **The following volunteer duties need to be filled during home meets:**

Timers (14 - 21)

Starters/ Referee (Level II)

Stroke and Turn Judge (4) (Level I)

Finish Judge (2)

Scorers (2)

Clerk of Course (1)

Concession workers (6-12)

50/50 Raffle administrator (1)

Set up before and clean up after meet (All)

**There is a lot of hard work that must go into running a dual meet and even more needed to run the Last Chance Invitational. If every parent helps out with the tasks needed to run each meet, the meets will run very smooth.**

# Last Chance Invitational

In February the Valley Points Family YMCA will host the Last Chance Invitational, inviting many other swim teams to compete. This is a major fund-raiser that helps support the costs of the **STINGRAYS** and provides swimmers with a last chance to reach qualifying times before Districts. The invitational requires much organization to plan and a lot of work during the daylong event. In addition to all of the previously listed meet responsibilities, parents are expected to:

- Help plan, prepare, and organize for a successful invitational
- Help set up the rooms and pool areas for the swimmers
- Sell ads for the Invitational Swim Meet program book
- Sponsor specific events for a fee

The same volunteers are needed as for home meets as well as:

- Selling heat sheets at the door
- Awards
- Computers
- Shepherds

This year the Last Chance Invitational will be run as a single meet instead of 2 distinct meets broken up by age group.

Ads for the Last Chance Invitational is one of the biggest fundraisers that our team has. Last year our heat sheet was in color for the first time ever and was a great success. We hope to build on that success again. The price of the ads has changed slightly and we believe that by the reactions of our sponsors last year, increasing the cost of the color ad will bring in added revenue that will help offset the added printing costs and also raise more money in the long run.

	B&W	Color
Full Page	\$100	\$125
Half Page	\$50	\$65
Quarter Page	\$25	\$35

# Swimming Strokes

The four competitive strokes are freestyle, backstroke, breaststroke and butterfly. Swimmers compete individually in these events or as a four-person team in relay competition.

**Freestyle** - In freestyle events, the competitor may swim any stroke. The most commonly used stroke is the crawl, which is characterized by the alternate overhand motion of the arms and an alternating up-and-down flutter kick. On turns and at the finish, the swimmer must touch the wall with any part of his body.

**Backstroke** - In the backstroke, the swimmer must stay on his back with some part of his body breaking the surface throughout the race. After the backstroke flags, a swimmer is allowed to rotate to his stomach as long as he immediately starts his flip turn along with ONE single arm pull. At no other time can the swimmer be on his stomach. On turns and at the finish, the swimmer must touch the wall with any part of his body.

**Breaststroke** - The breaststroke requires simultaneous movements of the arms and legs on the same horizontal plane. The hands are pulled from the breast in a heart shaped pattern and recovered under or over the surface of the water. The kick is a whip style leg action where both feet are turned outward. No flutter, scissors or dolphin kick is permitted. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously.

**Butterfly** - The butterfly features a simultaneous overhand stroke of the arms combined with a two beat dolphin kick. In the dolphin kick, the swimmer must kick both legs together and may not use flutter, scissors or breaststroke kicks. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously.

**Individual medley** - The "IM" features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after a quarter of the race to the backstroke, then breaststroke, and finally freestyle. Transition turns must conform to the finish rules for the stroke being completed.

# Swimming Competition

## Relay Competition

**Medley relay** - in the medley relay, all four strokes are swum by different swimmers. The first swimmer swims backstroke; the second, breaststroke; the third, butterfly; and the final swimmer, freestyle.

**Freestyle relay** - the freestyle relay events consist of four swimmers, each swimming 1/4 of the total distance of the event. Any stroke may be swum in this event.

## Starts, Turns and Finishes

Many races are won or lost by the swimmer's performance in the start or turn. These components make up 25% of each race.

**Starts** - In the start, the swimmer is called to the starting position by the starter with the command, "Step up." When all swimmers are set, they are given the command, "Take your mark," at which time each swimmer steps to the end of the block. The starter then visually checks that all swimmers are motionless and the gun or starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or gotten an unfair advantage, the race will be recalled. Most pools have a rope which is dropped to let swimmers know to return to the start. A swimmer is disqualified after one false start.

**Turns** - Each turn is different and will be taught at practice. Turns are very important in competitive swimming, and swimmers must learn to maintain streamline by not breathing coming in and out of them.

**Finishes** - Swimmers should "Attack" the last 5-10 yards of the finish hard into the wall without breathing. Breaststroke and butterfly require two hand touches, while backstroke and free require only one hand. At larger meets, "touch pads" are used to electronically time racing events. Swimmers must touch the wall on their finish below the water surface and directly on these pads.

**Disqualification** - A DQ occurs when a swimmer has committed an infraction of some kind. A DQ'd swimmer is not eligible to receive awards, nor can the time be used as an official time but can swim in their other events. Common reasons for disqualification include but are not limited to:

- Freestyle or Scissors kick in Breaststroke and Butterfly

- Stopping in the middle of a Backstroke, Butterfly or Breaststroke event

- Walking or jumping off the bottom during a Freestyle race

- False starts

- Swimming wrong stroke

- One hand touches in Breaststroke and Butterfly

- Incorrect backstroke turn

- Leaving block too soon on a start

# Nutrition

## Pre-Race Diet

Carb cramming the night before a big meet is not enough. Eating right two weeks before and on the day of your race can give you more energy. Follow these guidelines:

Stick to foods you can digest comfortably. Avoid spicy and hard to digest foods (cabbage, beans, etc.) and stick to simpler fare such as grilled fish or chicken, pasta, baked potatoes, steamed vegetables, etc.

Drink lots of fluid! You should always stay hydrated (see following article), but during race week it's more critical than ever.

Load up with carbohydrates, but don't overdo. No more than 60% of your calories should come from carbohydrates.

Be prepared when traveling out of town. Learn to order "healthy" at restaurants, and pack some of your favorite snacks - packs of instant oatmeal, mini-boxes of cereal, cups of instant soup, and bags of herbal tea.

Indulge in a big meal (800 - 1000 calories) the night before a big race. Avoid caffeine so that you get a good night's sleep.

Eat breakfast as soon as possible after you wake up. Eating a meal of carbohydrates three to six hours before a race improves your performance. Try hot or cold cereal with low-fat milk, pancakes with fruit, an egg white omelet and whole-wheat toast or fruit.

Snack on easily digested carbohydrate-rich foods between events. Grab a bag of pretzels, a bagel, an energy bar or crackers, and drink plenty of water.

## High Energy Foods

Non-fat yogurt and fruit

Peanut butter sandwich

Whole grain cereal with low-fat milk & fruit

Pasta with chicken and veggies

Egg-white and veggie omelet

Grilled chicken or fish on green salad

Energy bar or granola

Bagel

Bananas or oranges

Grapes

Nuts and raisins

Grilled chicken sandwich

Tuna and veggies in a pita

Spinach salad with hard-boiled egg

Small roast beef sandwich

Humus and veggies in a pita

Baked potatoes

Pasta with tomato sauce

Turkey sandwich

# Fluids

## Drink Lots of Water All Season!

A long-standing myth says that swimmers don't sweat and therefore don't need to rehydrate. Research has shown that the average swimmer loses 24 ounces of fluid during a high energy workout - that's three cups! Feeling thirsty is not an adequate gauge of hydration. Symptoms like fatigue, nausea, muscle cramping, achiness and heat-stroke indicate a need for fluid. Even a mild case of dehydration can drain your energy and reduce your stamina, slowing you down in the pool. For better, safer swimming:

Pack a plastic water bottle for all your practices and meets.

Many swimmers don't pay much attention to fluids because they are surrounded by water! However, the environmental conditions of swimming—the warm pool water, warm air temperatures, and high humidity—can lead to dehydration in less than 30 minutes. Dehydration can hurt the performance of even the most fit swimmer.

- Drink sport drinks when you practice for more than 1 hour, or whenever you have a high-intensity workout.
- Drink 2 cups of fluids 2 hours before practice.
- When you are swimming, keep a fluid bottle next to the pool and drink 5 to 10 ounces every 15 to 20 minutes.
- Weigh yourself before and after practice to determine how much weight you lost to sweat. Drink about 3 cups of fluid for every pound lost.
- Keep a record of how much fluid you drink. This will help you get in the habit of drinking enough.

<http://www.lehighsports.com/assets/sportsmed/Swimmers.pdf>

# Safety

These are the most common safety issues at a pool. If your child has special health concerns, make sure that the coaches are made aware of the problem in writing AND in person.

**NEVER** enter the water without the permission of your coach and without at least one certified lifeguard on deck. Your coaches are certified lifeguards.

The most obvious safety rule of all is the one that is broken most often.

**DO NOT RUN on the deck.** The wet surface is slippery and the cause of many falls.

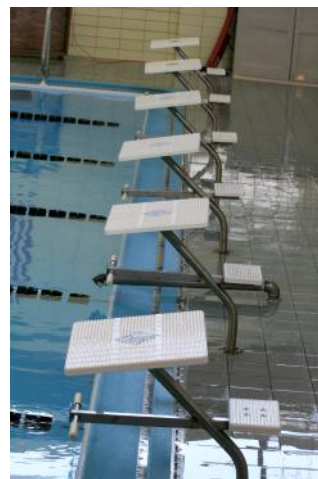
**DON'T DIVE INTO SHALLOW WATER** is another basic rule that must never be broken.

Stretch and warm up before every practice and meet to avoid injury.

Jewelry should never be worn during practice or meets.

Positively no gum chewing during practice or meets.

Starting blocks are only for racing or practice with direct coach involvement.



# Glossary of Terms

**Aerobic** - Aerobic means in the presence of oxygen... and any activity that is performed at a low to moderate intensity for more than 90 seconds, allowing oxygen to release energy through metabolism, is usually called an aerobic activity.

**Anaerobic** - Anaerobic means in the absence of oxygen... and any activity that is performed at a medium to high intensity for less than 2 minutes, where energy is derived without oxygen, is usually called an anaerobic activity.

**Anchor** - the swimmer to swim the last leg on a relay team.

**Bilateral breathing** - (freestyle) alternate breathing to the left side and to the right side equally, generally every third stroke. This is important for balance and stroke efficiency because it encourages the swimmer to roll his body equally to both sides.

**Block** - the starting platform.

**Broken swim** - a form of training that requires a long swim to be broken into shorter swims. A 200 yard swim may be broken four times at the 50 yard mark or once at each 100 yard mark. Swimmers try to swim progressively faster with each part of a broken swim or to add their times up to equal a best time.

**Circle swimming** - a method for letting multiple swimmers use each lane; in sequence, all swimmers swim up one side of the lane and swim back on the opposite side.

**Clerk of course** - the person who sets up meet races in order of events and from whom swimmers pick up their race cards.

**Composite time** - four individual times added up to make the fastest total relay time.

**Cool down** - low intensity swimming used by swimmer after a race or main practice set to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

**Deck seeding** - a method of grouping swimmers into heats at a meet on the pool deck rather than beforehand.

**Descending set** - a number of short swims with each distance swum faster than the previous distance.

**Drill** - an exercise involving a portion or part of a stroke, used to improve technique.

**Exhibition heat** - follows the point event; swimmers are given the opportunity to officially document their time for that event. Exhibition times can be used for qualifying district times.

**False start** - occurs when a swimmer is moving prior to the start.

# Glossary of Terms

**Final** - a race held among the fastest six or eight swimmers after preliminary heats are held.

**Finish** - the final phase of a race, the touch at the end of a race.

**Flags** - backstroke flags placed 5 yards (short course) or 5 meters (long course) from the end of the pool. They enable backstrokers to execute a backstroke turn and finish more efficiently by counting their strokes.

**Goal** - a specific time achievement a swimmer sets and strives for. Can be either short-term or long-term.

**Gun lap** - the final lap of a distance race (signaled by the firing of a gun when the lead swimmer is 5 yards or meters from beginning the last lap.)

**Heat** - one of two or more divisions of an event where there are more swimmers than lanes.

**Interval training** - training that uses adjustments of distances swum on a certain time. Rest intervals between swims, speed, and number of repetitions create the workout sets.

**Lane lines** - floats that run the length of the pool to mark the boundaries of the lane. In some cases the lines will calm the waves.

**Lane markers** - dark lines on the bottom of the pool that mark the center of each lane. They usually have markings to warn the swimmer that he is close to the wall, and they help the swimmer to swim straight.

**Long course** - a pool 50 meters in length.

**Kick set** - a series of swim lengths of kicking only.

**Meet** - an official competition where swimmers race against swimmers from one or more other teams and their own personal best times.

**Middle distance** - term used to refer to events of 200 yards/meters to 400 yards/meters in length. This race requires a sense of pace, as well as an ability to swim controlled sprint.

**Negative split** - swimming the second half of a race equal to or faster than the first.

**Official** - a judge on the deck of the pool at a sanctioned competition who enforces rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

**Pace** - the rate that a competitor swims a race or portion of the race.

**Pace clock** - a large clock with a second hand used for training.

**Plyometric** - any exercise where the muscle is contracted eccentrically then immedi-

# Glossary of Terms

ately, concentrically. In other words, the muscle is stretched before it is contracted. Plyometric exercises are one of the ways if not the best way to increase power.

**Prelims** - slang for preliminaries, also called heats or trials. Those races in which swimmers qualify for the championship and consolation finals in the event.

**Pull** - a training technique that uses only the arms for the force to propel the swimmer through the water.

**Scratch** - to withdraw from an event in competition.

**Seeding area** - the location of the Clerk of Course, where swimmers congregate to be grouped into heats.

**Short course** - a pool 25 yards or 25 meters in length. The winter season is Short Course. The VHS pool is 25 yards.

**Split** - an intermediate section of a race. The split time shows the length of time taken to swim a particular section of the race.

**Sprint** - describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance. The sprint is an all-out race from start to finish.

**Starter** - the person who has control of the start of each race and who recalls the swimmers in the event of a false start.

**Streamline** - the position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight, long and resistance free as it can be.

**Stroke judge** - an official who watches swimmers' strokes to see that they are done according to the rules.

**Taper** - the final preparation phase for swimming the fastest times of the season.

**Time trial** - a time-only swim which is not part of a regular meet.

**Turn judge** - an official who stands at the end of a lane and watches swimmers' turns to see that they are done according to rules.

**Walk around** - swimmer swims one length of the pool, gets out and walks back to the block.

**Warm up** - low intensity swimming used by swimmer prior to a main practice set or race to get muscles loose and warm and gradually increase heart rate and respiration.

**Zoomer fins** - short flippers that allow you to work harder and to get a better workout because they let you activate more muscle mass in your legs more aggressively for a longer period of time. You can swim fly, back and free with zoomer fins.

# Directions to Swim Meets

## **Allegheny Valley YMCA 724-224-9500**

**5017 Freeport Road**

**Natrona Heights, PA 15065**

Take Rt. 28N to exit 16(Freeport/Millerstown). Turn right off the exit and go up the hill past Ford dealer to the flashing light. Turn right. The YMCA is on the right side, About 1.5 mile.

## **Baierl Family YMCA 724-934-9622**

**2565 Nicholson Road**

**Sewickley, PA 15143**

Take PA Turnpike I-76 Westbound to Exit 28 onto I-79 Southbound to exit 73 toward Wexford Bayne Road. Turn Right at Wexford Bayne Road. Turn Left at Nicholson Road. Baierl Family YMCA will be on the right.

Approximately 30 miles from turnpike entrance. 43 minutes.

## **Butler Senior High School**

**120 Campus Lane**

**Butler, PA 16001**

Take Rt. 28N. Take Exit 17 Freeport/Rt.356 exit. Follow Rt. 356 to Bonnie Brook Rd. (Past Penn United). Follow Bonnie Brook, make a left at red light onto Rt. 422. Get off at Lyndora Exit. Go to light. Make a left. Go straight through approximately 6 lights. The high school is on the right.

## **Butler YMCA 724-287-4733**

**339 North Washington Street**

**Butler, PA 16001**

Rt. 28N to Exit 17(Freeport/ Rt.356). Take Rt. 356N to Rt. 8N. At the eighth light (Seven Eleven on left and WISR Radio Station on right) turn left onto West Penn Street. The YMCA is straight ahead.

## **California University of Pennsylvania**

**Hamer Hall**

**California, PA 15419**

Take turnpike 66 to New Stanton. Take I 70 west at New Stanton. Take California exit (old exit 15A) and follow Rt 435 (toll). Get off Rt 43 at the California exit. At the stop sign at the end of the exit ramp, turn right. Proceed to the sign marked Wood Street. Follow Wood Street to the bottom of a long hill. At the traffic light, turn right onto Third Street. Follow Third Street onto campus.

# Directions to Swim Meets

## **Carlynton Jr./Sr. High School - 412-429-2511**

**435 Kings Highway**

**Carnegie, PA**

From the downtown Pittsburgh area, take the Parkway West (I-279 South) through the Fort Pitt Tunnels, traveling toward the Pittsburgh International Airport. Travel approximately four miles, watching for the Rosslyn Farms Exit (immediately following the Carnegie Exit). Exit at Rosslyn Farms and stay right at the "Y" in the road; at the first stop sign, proceed straight ahead onto Rosslyn Road. Continue to another stop sign and turn left onto King's Highway. Travel a short distance to another stop sign and continue straight; in approximately one block, watch on the left for the entrance to the high school.

## **Clarion University**

**Tippin Gym/Natatorium**

**Clarion, Pa. 16214**

Rt. 28N follow Rt. 28 N to New Bethlehem cross over traffic – left as you go uphill to Rt. 66 and 28N. At New Bethlehem stay in center lane. Take Rt. 66N(left at second light). Follow Rt. 66N to Clarion. Cross interstate 80. Take 66 into Clarion. This is Greenville Avenue. Make right onto Payne Street. Pool on corner.

## **Canon-McMillan High School**

**314 Elm Street Ext**

**Canonsburg PA 15317**

Take Rt. 28 South to Pittsburgh. Merge onto I-279 S via the ramp to I-376 W. Merge onto I-376 W. Take exit 64A to merge onto I-79 S toward Washington. Take exit 43 for PA-519 toward Houston/Eighty Four. Turn left at PA-519 N/Hill Church-Houston Rd. Turn right at Boone Ave. Turn left at Canon McMillan H S Dr. Approximately 56 minutes from VPFYMCA and 44 miles.

## **Canonsburg Middle School**

**25 E College St**

**Canonsburg, PA 15317**

Take Rte. 28 to Pittsburgh. Follow signs for I 279 South over the Fort Pitt Bridge. Stay on 279 to I 79. Take I 79 South to the Canonsburg exit (old exit #10). Turn right to a four lane intersection and go left down the hill, following Rt 980 S (you will pass McDonalds and several fast food restaurants.) Go through one red light, cross the RR tracks and turn left at the light into the center of Canonsburg. This is West Pike Street. Proceed to Central Avenue. There is a light and many banks on the corner. Turn right, go up the hill to College Street and you will see the middle school on the left.

# Directions to Swim Meets

**Connellsville High School**  
**201 Falcon Drive**  
**Connellsville, PA 15425**

Take 366, make right onto 66. Follow to New Turnpike. Turnpike will become Rt 1195 at New Stanton. Proceed to traffic light at a Kentucky Fried Chicken. (about 44 miles from New Kensington). Make a left at the light onto W. Blake. Go to end of the road. Make a right onto E. Crawford. Go past Gibel High School (on left). Make next left. Go about 2 blocks. Make a right onto Falcon Drive. Go around to back of school for the pool.

**East Allegheny High School**  
**1150 Jacks Run Rd**  
**North Versailles, PA 15137**

Take Route 366S to Rt 380 heading to Monroeville. Turn onto Rt. 286. Stay on 286 until 22 W. Merge onto Route 22. Turn left onto Rte. 48S. (This is at the Palace Inn just past the Turnpike entrance). Go through seven lights (cross Rte. 30). (Be sure you stay in the right lane on Rt 48 near Gateway High School – do NOT go onto Haymaker Road) After the seventh light East Allegheny HS is about a ½ mile on the right.

**Greensburg YMCA 724-834-0150**  
**101 South Maple Avenue**  
**Greensburg, PA 15601**

Take 366 to 66 to new turnpike. Take Rt. 30 exit and make left at end of ramp. Take Pittsburgh Street exit. Follow Pittsburgh Street past Westmoreland Hospital. Go through a few lights. Make a right on Maple Avenue. The YMCA is on the corner.

**Indiana YMCA 724-463-9622**  
**60 N. Ben Franklin Road**  
**Indiana, PA 15701**

Take 780(7<sup>th</sup> Street) past Alcoa to Rt. 380. Turn left onto 380E. Rt. 380 merges with 286 at Hookers Lake. Continue on 286 towards Saltsburg. Turn left across Saltsburg Bridge. At first stop sign, turn left onto 286. This road will run you right into Indiana. As you come towards Indiana you will pass over a bridge and come to a traffic light. (McDonald's, Staples and Wal-Mart will be on your left). At next light make a left(Eat N' Park will be on right, Ruby Tuesday's on the left. This will be Indian Spring Rd. Stay straight at 5<sup>th</sup> light you will see YMCA to the left. Go through the light, make a left into the YMCA parking lot.

# Directions to Swim Meets

**Indiana University Memorial Field House**  
**Memorial Field House**  
**S. Eleventh Street**  
**Indiana, PA 15705**

Follow above directions for Rt. 286. This road will run you right into Indiana. Once in town, turn right at the 7<sup>th</sup> light (this is Maple Street).

Bear to the right with tennis courts on your right. At the 1<sup>st</sup> stop sign turn right onto 11<sup>th</sup> Street. The Field House is on your left.

**Johnstown YMCA 814-535-8381**  
**100 Haynes Street**  
**Johnstown, PA 15901**

Follow Greensburg Road to Rt. 66. Take 66S to Rt. 22 in Delmont. Take 22E to Rt. 403 in Cramer. Follow Rt. 403S into Johnstown. (Rt. 56 and 403 converge at a Giant Eagle in the West End of the city.) Follow 56 along the river until you come to the intersection where the Point Stadium is directly in front of you. Turn left there. Follow the main flow of traffic to the Flood Museum and take the road that doglegs semi-straight ahead. Turn right on Franklin St. (Central Park is on the right.) Stay on Franklin St. through town and across the bridge. Go to the Left lane on the bridge and turn left immediately after crossing. Trinity United Methodist Church will be in front of you. It is adjacent to the Y, just a parking lot in between.

**Ligonier YMCA 724-238-7580**  
**110 West Church Street**  
**Ligonier PA, 15658**

Take Rt 366 to Rt 66 to new turnpike. Get off at Rt 30 exit. Make left onto Rt 30. Follow Rt 30 to the light in Ligonier at the Fort. Turn left. Go two blocks to the center of town (gazebo). Bear right halfway around the gazebo to Market Street. Go one block and turn left onto Church Street. YMCA is on the right.

**McKeesport High School**  
**1960 Eden Park Blvd.**  
**McKeesport, PA 15132**

From Monroeville, take Rt 48 until you get to Rt 30. Make a right onto Rt. 30 (west). Stay on Rt 30 for several miles until you come to a light at Rt 148. Make a left onto Rt. 148. Follow Rt 148 down the hill to Eden Park Blvd. Turn left onto Eden Park Blvd. The high school is on Eden Park Blvd, near Penn State McKeesport.

# Directions to Swim Meets

## **Mon Valley YMCA 724-483-8077**

**101 Taylor Run Road**

**Monongahela, PA 15063**

Get off exit 6 (New Stanton) if coming by turnpike or take Rt. 366 to 66 to new turnpike. Get off at New Stanton. In either case take Rt. 70W. Get off at exit 20-B. Go to top of ramp and turn right - follow Donora-Monessen sign. Go 2 miles (you will cross the Monongahela River.) Get in left lane while on bridge. Follow Charleroi sign to Rt. 88. Bear left. Go one mile, turn left at stop sign onto Rt. 837. Go 1.6 miles, turn left at stop light onto Rt. 88. Go .4 miles, turn right at the Mon Valley YMCA sign. Go 50 feet - turn left to YMCA. GPS Coordinates (N.40.1670513 W79.9223355)

## **New Castle YMCA 724-658-4766**

**20 West Washington Street**

**New Castle, PA 16101**

Follow Rt. 356N to Rt. 422W (or go turnpike.) Outside of New Castle, follow 422 Business (don't go to Youngstown.) Go directly to center of town - The YMCA is located on Washington Square.

## **Sewickley Valley YMCA 412-741-9622**

**625 Blackburn Road**

**Sewickley, PA 15143**

Take turnpike to exit 3 (Cranberry). Follow signs to 179 S. and follow to the Sewickley exit. (Rt 65) Follow signs on Rt 65N to Sewickley. At second stop light there will be a Stop 'n Go on your right. Bear to the right at this light and go to the stop sign. At stop sign, turn right onto Broad Street. At second stop light (by Mellon Bank) turn left onto Beaver Street. Go two blocks to Blackburn Avenue (PNC Bank will be on your right.) Turn right onto Blackburn, go two blocks, and the YMCA will be on your left.

## **Somerset High School**

**625 County Street**

**Somerset, PA 15501**

Take PA Turnpike to Somerset Exit. Turn right at the second exit (at the Eat 'n Park and Harley Davidson shop). Follow this street through two lights. You will pass the courthouse on your left. At the third light, turn right. This is in the center of town. Continue on this road through two lights. You will pass a large Sheetz. At the third light, turn left. There is a funeral home at this corner. Go down the hill and through one light, past the football field. The next left is the entrance to the high school.

## **Uniontown YMCA**

From Rt 119 South to the Route 51 exit. Turn left on Rt 51. Head into Uniontown. Turn right onto South Mt. Vernon (at the light). Follow S. Mt. Vernon through 2 lights. The Y is on the right.



# VPFY Stingray / USA Time Standards



## Female 8 & Under

	AAAA	AAA	AA	A	BB	B	
25	Free	13.49	14.09	15.99	17.89	21.69	25.49
50	Free	30.89	32.19	35.99	39.79	47.39	54.99
100	Free	01:08.7	01:11.9	01:21.6	01:31.3	01:50.7	02:10.1
25	Back	16.19	17.09	19.79	22.39	27.79	33.09
50	Back	36.39	38.09	43.49	48.79	59.49	01:10.2
25	Breast	18.09	18.99	21.79	24.79	30.59	36.39
50	Breast	40.09	41.99	47.49	53.59	01:05.2	01:16.8
25	Fly	15.69	16.69	19.49	22.39	28.19	33.89
50	Fly	35.29	37.29	42.99	48.79	01:00.3	01:11.8
100	IM	01:18.9	01:22.6	01:33.8	01:45.0	02:07.4	02:29.8

## Male 8 & Under

	AAAA	AAA	AA	A	BB	B	
25	Free	13.19	13.79	15.59	17.49	21.09	24.79
50	Free	30.39	31.59	35.19	38.89	46.19	53.49
100	Free	01:07.7	01:10.8	01:20.0	01:29.2	01:47.6	02:06.0
25	Back	16.29	17.19	19.89	22.59	28.09	33.49
50	Back	36.49	38.29	43.69	49.19	01:00.1	01:11.0
25	Breast	18.19	19.09	21.99	24.79	30.49	36.19
50	Breast	40.29	42.19	47.89	53.59	01:05.0	01:16.4
25	Fly	15.49	16.39	18.99	21.69	26.99	32.29
50	Fly	34.89	36.69	41.99	47.29	57.89	01:08.5
100	IM	01:17.7	01:21.1	01:31.2	01:41.3	02:01.5	02:21.7

## Female 9-10

	AAAA	AAA	AA	A	BB	B	
50	Free	28.29	29.59	30.89	32.19	35.99	39.79
100	Free	01:02.2	01:05.4	01:08.7	01:11.9	01:21.6	01:31.3
200	Free	02:14.4	02:21.8	02:29.1	02:36.4	02:58.3	03:20.2
500	Free	05:57.4	06:14.4	06:31.4	06:48.4	07:39.5	08:30.5
50	Back	32.79	34.59	36.39	38.09	43.49	48.79
100	Back	01:10.5	01:14.4	01:18.3	01:22.2	01:34.0	01:45.7
50	Breast	36.29	38.19	40.09	41.99	47.79	53.59
100	Breast	01:20.0	01:24.5	01:28.9	01:33.4	01:46.7	02:00.0
50	Fly	31.49	33.39	35.29	37.29	42.99	48.79
100	Fly	01:11.3	01:16.5	01:21.6	01:26.7	01:42.1	01:57.5
100	IM	01:11.5	01:15.2	01:18.9	01:22.6	01:33.8	01:45.0
200	IM	02:32.7	02:40.4	02:48.2	02:56.0	03:19.4	03:42.7

## Male 9-10

	AAAA	AAA	AA	A	BB	B	
50	Free	27.99	29.19	30.39	31.59	35.19	38.89
100	Free	01:01.5	01:04.6	01:07.7	01:10.8	01:20.0	01:29.2
200	Free	02:12.9	02:19.3	02:25.6	02:31.9	02:50.9	03:09.9
500	Free	05:54.1	06:10.9	06:27.8	06:44.6	07:35.2	08:25.8
50	Back	32.79	34.59	36.49	38.29	43.69	49.19
100	Back	01:10.5	01:14.1	01:17.7	01:21.3	01:32.1	01:42.9
50	Breast	36.49	38.39	40.29	42.19	47.89	53.59
100	Breast	01:19.8	01:23.8	01:27.8	01:31.8	01:43.7	01:55.7
50	Fly	31.29	33.09	34.89	36.69	41.99	47.29
100	Fly	01:10.8	01:15.7	01:20.6	01:25.6	01:40.4	01:55.2
100	IM	01:10.9	01:14.3	01:17.7	01:21.1	01:31.2	01:41.3
200	IM	02:32.5	02:40.1	02:47.7	02:55.3	03:18.1	03:40.9



# VPFY Stingray / USA Time Standards



## Female 11-12

	AAAA	AAA	AA	A	BB	B
50	Free 25:99	27:09	28:29	29:49	31:89	34:29
100	Free 55:19	57:79	01:00:5	01:03:1	01:08:3	01:13:6
200	Free 02:02:4	02:08:2	02:14:1	02:19:9	02:31:5	02:43:2
500	Free 05:23:1	05:38:5	05:53:9	06:09:3	06:40:1	07:10:8
1000	Free 11:15:2	11:47:4	12:19:5	12:51:7	13:56:0	15:00:3
1650	Free 18:57:2	19:51:3	20:45:5	21:39:6	23:27:9	25:16:2
50	Back 29:69	31:09	32:49	33:89	36:79	39:59
100	Back 01:03:8	01:07:3	01:10:7	01:14:2	01:21:1	01:28:0
200	Back 02:16:5	02:23:0	02:29:4	02:35:9	02:48:9	03:01:9
50	Breast 33:09	34:59	36:19	37:79	40:89	44:09
100	Breast 01:11:5	01:15:1	01:18:6	01:22:2	01:29:3	01:36:4
200	Breast 02:34:8	02:42:2	02:49:6	02:56:9	03:11:7	03:26:4
50	Fly 28:39	29:69	31:09	32:39	35:09	37:79
100	Fly 01:02:8	01:06:3	01:09:8	01:13:2	01:20:2	01:27:2
200	Fly 02:18:8	02:25:4	02:32:0	02:38:6	02:51:8	03:05:0
100	IM 01:04:7	01:07:8	01:10:9	01:14:0	01:20:1	01:26:3
200	IM 02:17:9	02:24:4	02:31:0	02:37:6	02:50:7	03:03:8
400	IM 04:54:1	05:08:1	05:22:1	05:36:1	06:04:2	06:32:2

## Male 11-12

	AAAA	AAA	AA	A	BB	B
50	Free 25:09	26:19	27:39	28:59	30:99	33:39
100	Free 54:79	57:39	59:99	01:02:7	01:07:9	01:13:1
200	Free 01:59:2	02:04:9	02:10:5	02:16:2	02:27:5	02:38:9
500	Free 05:19:1	05:34:3	05:49:5	06:04:7	06:35:1	07:05:5
1000	Free 11:07:6	11:39:3	12:11:1	12:42:9	13:46:5	14:50:1
1650	Free 18:43:1	19:36:6	20:30:1	21:23:6	23:10:5	24:57:5
50	Back 28:99	30:49	31:99	33:49	36:49	39:49
100	Back 01:02:2	01:05:6	01:08:9	01:12:3	01:19:1	01:25:8
200	Back 02:13:8	02:20:2	02:26:5	02:32:9	02:45:6	02:58:4
50	Breast 32:09	33:79	35:59	37:29	40:79	44:29
100	Breast 01:09:7	01:13:3	01:16:9	01:20:5	01:27:8	01:35:1
200	Breast 02:31:3	02:38:5	02:45:7	02:52:9	03:07:3	03:21:7
50	Fly 27:59	29:09	30:59	32:09	35:19	38:19
100	Fly 01:01:1	01:04:6	01:08:2	01:11:7	01:18:7	01:25:8
200	Fly 02:15:9	02:22:4	02:28:8	02:35:3	02:48:3	03:01:2
100	IM 01:02:4	01:05:4	01:08:5	01:11:5	01:17:6	01:23:7
200	IM 02:15:0	02:21:8	02:28:7	02:35:6	02:49:4	03:03:1
400	IM 04:47:8	05:01:5	05:15:2	05:28:9	05:56:3	06:23:7



# VPFY Stingray / USA Time Standards

## Female 13-14

	AAAA	AAA	AA	A	BB	B	
50	Free	25:09	26:29	27:49	28:69	30:99	33:39
100	Free	54:39	56:99	59:59	01:02.2	01:07.4	01:12.5
200	Free	01:57.1	02:02.7	02:08.2	02:13.8	02:25.0	02:36.1
500	Free	05:08.8	05:23.5	05:38.3	05:53.0	06:22.4	06:51.8
1000	Free	10:36.7	11:07.0	11:37.3	12:07.6	13:08.3	14:08.9
1650	Free	17:40.7	18:31.2	19:21.7	20:12.2	21:53.2	23:34.2
100	Back	59:89	01:02.8	01:05.6	01:08.5	01:14.2	01:19.9
200	Back	02:08.9	02:15.0	02:21.2	02:27.3	02:39.6	02:51.8
100	Breast	01:07.9	01:11.2	01:14.4	01:17.6	01:24.1	01:30.6
200	Breast	02:25.9	02:32.9	02:39.8	02:46.8	03:00.7	03:14.6
100	Fly	59:39	01:02.2	01:05.0	01:07.8	01:13.5	01:19.1
200	Fly	02:10.1	02:16.3	02:22.4	02:28.6	02:41.0	02:53.4
200	IM	02:11.7	02:17.9	02:24.2	02:30.5	02:43.0	02:55.5
400	IM	04:38.1	04:51.3	05:04.6	05:17.8	05:44.3	06:10.8

## Male 13-14

	AAAA	AAA	AA	A	BB	B	
50	Free	22:99	24:09	25:19	26:29	28:49	30:69
100	Free	50:29	52:69	55:09	57:39	01:02.2	01:07.0
200	Free	01:49.6	01:54.8	02:00.0	02:05.3	02:15.7	02:26.1
500	Free	04:53.3	05:07.3	05:21.3	05:35.2	06:03.2	06:31.1
1000	Free	10:09.4	10:38.4	11:07.4	11:36.4	12:34.4	13:32.5
1650	Free	16:51.3	17:39.4	18:27.6	19:15.7	20:52.0	22:28.3
100	Back	56:19	58:89	01:01.5	01:04.2	01:09.6	01:14.9
200	Back	02:01.0	02:06.7	02:12.5	02:18.2	02:29.8	02:41.3
100	Breast	01:03.1	01:06.1	01:09.1	01:12.1	01:18.1	01:24.1
200	Breast	02:16.8	02:23.3	02:29.8	02:36.3	02:49.4	03:02.4
100	Fly	54:99	57:59	01:00.3	01:02.9	01:08.1	01:13.3
200	Fly	02:02.8	02:08.6	02:14.4	02:20.3	02:32.0	02:43.7
200	IM	02:02.8	02:08.6	02:14.4	02:20.3	02:32.0	02:43.7
400	IM	04:22.9	04:35.5	04:48.0	05:00.5	05:25.5	05:50.6

## Female 15-16

	AAAA	AAA	AA	A	BB	B	
50	Free	24:49	25:69	26:89	27:99	30:39	32:69
100	Free	53:19	55:69	58:19	01:00.8	01:05.8	01:10.9
200	Free	01:54.1	01:59.5	02:04.9	02:10.4	02:21.2	02:32.1
500	Free	05:04.0	05:18.5	05:32.9	05:47.4	06:16.3	06:45.3
1000	Free	10:26.4	10:56.2	11:26.0	11:55.9	12:55.5	13:55.2
1650	Free	17:29.1	18:19.0	19:09.0	19:58.9	21:38.9	23:18.8
100	Back	58:29	01:01.0	01:03.8	01:06.6	01:12.1	01:17.7
200	Back	02:05.9	02:11.9	02:17.9	02:23.9	02:35.9	02:47.9
100	Breast	01:06.2	01:09.4	01:12.5	01:15.7	01:22.0	01:28.3
200	Breast	02:22.5	02:29.3	02:36.0	02:42.8	02:56.4	03:10.0
100	Fly	57:99	01:00.8	01:03.6	01:06.3	01:11.8	01:17.4
200	Fly	02:06.4	02:12.4	02:18.5	02:24.5	02:36.5	02:48.6
200	IM	02:08.7	02:14.8	02:20.9	02:27.0	02:39.3	02:51.5
400	IM	04:31.2	04:44.1	04:57.0	05:09.9	05:35.7	06:01.5

## Male 15-16

	AAAA	AAA	AA	A	BB	B	
50	Free	22:19	23:19	24:29	25:29	27:39	29:49
100	Free	48:29	50:59	52:89	55:19	59:79	01:04.4
200	Free	01:45.1	01:50.1	01:55.1	02:00.1	02:10.1	02:20.1
500	Free	04:43.8	04:57.3	05:10.8	05:24.3	05:51.3	06:18.4
1000	Free	09:48.2	10:16.2	10:44.2	11:12.2	12:08.2	13:04.2
1650	Free	16:27.0	17:14.0	18:01.0	18:48.0	20:21.9	21:55.9
100	Back	53:49	55:99	58:59	01:01.1	01:06.2	01:11.3
200	Back	01:55.8	02:01.3	02:06.8	02:12.4	02:23.4	02:34.4
100	Breast	01:00.3	01:03.2	01:06.0	01:08.9	01:14.7	01:20.4
200	Breast	02:11.4	02:17.6	02:23.9	02:30.1	02:42.6	02:55.1
100	Fly	52:59	55:09	57:59	01:00.1	01:05.1	01:10.1
200	Fly	01:56.7	02:02.3	02:07.8	02:13.4	02:24.5	02:35.6
200	IM	01:58.3	02:03.9	02:09.5	02:15.1	02:26.4	02:37.7
400	IM	04:11.9	04:23.9	04:35.8	04:47.8	05:11.8	05:35.8



# VPFY Stingray / USA Time Standards



## Female 17-18

	AAAA	AAA	AA	A	BB	B
50	Free 24:29	Free 25:49	Free 26:59	Free 27:79	Free 30:09	Free 32:39
100	Free 52:39	Free 54:89	Free 57:39	Free 59:89	Free 01:04.9	Free 01:09.9
200	Free 01:53.3	Free 01:58.7	Free 02:04.1	Free 02:09.5	Free 02:20.3	Free 02:31.0
500	Free 05:01.8	Free 05:16.2	Free 05:30.6	Free 05:45.0	Free 06:13.7	Free 06:42.4
1000	Free 10:24.4	Free 10:54.2	Free 11:23.9	Free 11:53.6	Free 12:53.1	Free 13:52.6
1650	Free 17:19.7	Free 18:09.2	Free 18:58.7	Free 19:48.2	Free 21:27.2	Free 23:06.2
100	Back 57:89	Back 01:00.6	Back 01:03.4	Back 01:06.2	Back 01:11.7	Back 01:17.2
200	Back 02:05.5	Back 02:11.5	Back 02:17.4	Back 02:23.4	Back 02:35.4	Back 02:47.3
100	Breast 01:05.9	Breast 01:09.0	Breast 01:12.1	Breast 01:15.3	Breast 01:21.5	Breast 01:27.8
200	Breast 02:22.0	Breast 02:28.7	Breast 02:35.5	Breast 02:42.3	Breast 02:55.8	Breast 03:09.3
100	Fly 57:29	Fly 59:99	Fly 01:02.8	Fly 01:05.5	Fly 01:11.0	Fly 01:16.4
200	Fly 02:04.9	Fly 02:10.8	Fly 02:16.7	Fly 02:22.7	Fly 02:34.6	Fly 02:46.5
200	IM 02:07.2	IM 02:13.2	IM 02:19.3	IM 02:25.3	IM 02:37.4	IM 02:49.5
400	IM 04:31.0	IM 04:43.9	IM 04:56.8	IM 05:09.7	IM 05:35.5	IM 06:01.3

## Male 17-18

	AAAA	AAA	AA	A	BB	B
50	Free 21:49	Free 22:49	Free 23:49	Free 24:49	Free 26:59	Free 28:59
100	Free 46:89	Free 49:19	Free 51:39	Free 53:59	Free 58:09	Free 01:02.6
200	Free 01:43.3	Free 01:48.2	Free 01:53.2	Free 01:58.1	Free 02:07.9	Free 02:17.7
500	Free 04:38.0	Free 04:51.2	Free 05:04.5	Free 05:17.7	Free 05:44.2	Free 06:10.6
1000	Free 09:40.9	Free 10:08.5	Free 10:36.2	Free 11:03.9	Free 11:59.2	Free 12:54.5
1650	Free 16:08.8	Free 16:54.9	Free 17:41.1	Free 18:27.2	Free 19:59.4	Free 21:31.7
100	Back 51:79	Back 54:29	Back 56:79	Back 59:19	Back 01:04.2	Back 01:09.1
200	Back 01:53.0	Back 01:58.3	Back 02:03.7	Back 02:09.1	Back 02:19.9	Back 02:30.6
100	Breast 59:09	Breast 01:01.9	Breast 01:04.8	Breast 01:07.6	Breast 01:13.2	Breast 01:18.8
200	Breast 02:08.7	Breast 02:14.8	Breast 02:20.9	Breast 02:27.1	Breast 02:39.3	Breast 02:51.6
100	Fly 51:29	Fly 53:79	Fly 56:19	Fly 58:69	Fly 01:03.6	Fly 01:08.4
200	Fly 01:53.4	Fly 01:58.8	Fly 02:04.2	Fly 02:09.6	Fly 02:20.4	Fly 02:31.2
200	IM 01:55.2	IM 02:00.7	IM 02:06.2	IM 02:11.7	IM 02:22.6	IM 02:33.6
400	IM 04:07.1	IM 04:18.9	IM 04:30.7	IM 04:42.4	IM 05:06.0	IM 05:29.5

# Boys Records

## RECORDS VPF YMCA Stingrays

### Yards-Male

<b>5-8</b>	25 Free	13.89	<b>29-Jan-82</b>	Jordan Klucinec
	50 Free	29.00	<b>15-Nov-83</b>	Will Klucinec
	25 Back	17.16	<b>12-Feb-82</b>	Jordan Klucinec
	25 Breast	19.60	<b>20-Feb-77</b>	Ryan Berberich
	25 Fly	14.94	<b>14-Nov-82</b>	Jordan Klucinec
	100 IM	1:15.61	<b>21-Feb-83</b>	Will Klucinec
<b>9-10</b>	50 Free	28.33	<b>24-Mar-01</b>	Robert Livorio
	100 Free	1:01.93	<b>24-Mar-01</b>	Robert Livorio
	50 Back	34.21	<b>17-Mar-07</b>	Cody Schrecongost
	50 Breast	37.04	<b>12-Feb-00</b>	P.J. Fleck
	50 Fly	31.68	<b>1-Jan-83</b>	Jordan Klucinec
	100 IM	1:07.07	<b>29-Mar-03</b>	Christopher Cernicky
<b>11-12</b>	50 Free	26.22	<b>17-Mar-07</b>	Jonathan Powers
	100 Free	57.89	<b>1-Jan-82</b>	Sam Manhart
	200 Free	2:06.10	<b>20-Mar-03</b>	Robert Livorio
	50 Back	30.84	<b>20-Mar-00</b>	Brendan McGregor
	50 Breast	34.10	<b>21-Feb-09</b>	Cody Schrecongost
	50 Fly	28.01	<b>1-Jan-95</b>	Zack Reed
<b>13-14</b>	200 IM	2:23.33	<b>1-Jan-82</b>	Sam Manhart
	50 Free	23.53	<b>1-Jan-82</b>	Jim Hilderhoff
	100 Free	52.09	<b>12-Mar-05</b>	Robert Livorio
	200 Free	1:53.17	<b>16-Mar-02</b>	Brendan McGregor
	100 Back	57.61	<b>9-Feb-02</b>	Brendan McGregor
	100 Breast	1:05.72	<b>1-Jan-82</b>	Steve Cherek
<b>15 &amp; 0</b>	100 Fly	56.51	<b>1-Jan-82</b>	Brad Sluss
	200 IM	2:11.96	<b>12-Mar-05</b>	Galen Bakos
	50 Free	22.30	<b>1-Jan-76</b>	Bill Watt
	100 Free	49.10	<b>1-Jan-76</b>	Bill Watt
	200 Free	1:46.16	<b>24-Mar-01</b>	Josh Thiry
	500 Free	5:04.24	<b>20-Mar-00</b>	Josh Thiry
<b>15 &amp; 0</b>	100 Back	54.41	<b>6-Apr-01</b>	Josh Thiry
	100 Breast	1:01.20	<b>1-Jan-76</b>	Bill Watt
	100 Fly	51.79	<b>1-Jan-82</b>	Brad Sluss
	200 IM	1:59.60	<b>1-Jan-83</b>	Brad Sluss

# Girls Records

## RECORDS VPF YMCA Stingrays

### Yards-Female

<b>5-8</b>	25 Free	14.67	<b>16-Dec-93</b>	Sarah Breisinger
	50 Free	32.61	<b>11-Dec-83</b>	Emily Klucinec
	25 Back	17.26	<b>9-Dec-93</b>	Sarah Breisinger
	25 Breast	20.10	<b>14-Feb-83</b>	Emily Klucinec
	5 Fly	16.94	<b>6-Dec-83</b>	Emily Klucinec
	100 IM	1:20.62	<b>5-Feb-83</b>	Emily Klucinec
<b>9-10</b>	50 Free	29.28	<b>17-Jan-04</b>	Staci Shrecongost
	100 Free	1:05.02	<b>24-Mar-01</b>	Madison Wagner
	50 Back	32.86	<b>1-Jan-95</b>	Sarah Breisinger
	50 Breast	36.98	<b>20-Mar-04</b>	Staci Shrecongost
	50 Fly	31.82	<b>20-Mar-00</b>	Ellie Hess
<b>11-12</b>	100 IM	1:11.59	<b>20-Mar-04</b>	Staci Shrecongost
	50 Free	26.81	<b>7-Jan-02</b>	Ellie Hess
	100 Free	59.06	<b>10-Nov-06</b>	Staci Schrecongost
	200 Free	2:04.82	<b>11-Mar-81</b>	Andrea Asselta
	50 Back	31.88	<b>1-Jan-82</b>	Tammy Stramiello
	50 Breast	34.60	<b>1-Jan-77</b>	Carolyn Pampino
<b>13-14</b>	50 Fly	29.68	<b>22-Mar-03</b>	Ellie Hess
	200 IM	2:23.77	<b>1-Jan-81</b>	Andrea Asselta
	50 Free	24.99	<b>1-Jan-82</b>	Melissa Sarver
	100 Free	54.71	<b>1-Jan-82</b>	Melissa Sarver
	200 Free	2:03.69	<b>20-Mar-04</b>	Michelle Less
	100 Back	1:03.22	<b>26-Mar-99</b>	Sarah Breisinger
	100 Breast	1:12.57	<b>22-Mar-02</b>	Delanie Bakos
<b>15 &amp; 0</b>	100 Fly	1:01.55	<b>20-Mar-04</b>	Michelle Less
	200 IM	2:18.62	<b>1-Jan-99</b>	Sarah Breisinger
	50 Free	25.14	<b>1-Jan-83</b>	Melissa Sarver
	100 Free	54.72	<b>11-Mar-06</b>	Ellie Hess
	200 Free	1:56.90	<b>1-Jan-80</b>	Beth Whittemore
	500 Free	5:14.00	<b>1-Jan-80</b>	Beth Whittemore
	100 Back	1:00.17	<b>20-Mar-00</b>	Sarah Breisinger
	100 Breast	1:09.58	<b>20-Mar-04</b>	Delanie Bakos
	100 Fly	59.64	<b>1-Jan-82</b>	Karen Biesler
	200 IM	2:11.00	<b>4-Oct-99</b>	Cassie Howard