

MDI Y Sharks Swim Team Parents Informational Meeting November 7, 2016

New Parents @ 5:30pm

- I. Introduction**
 - A. Welcome/www.mdiysharks.com
 - B. What is Swim Team? – a **recreational based team of swimmers ages 6 – 18, ranging in ability from novice to national level performers**
 - C. Coaching Philosophy – **everyone swims, everyone participates**
- II. Practices**
 - A. Schedule – **posted on Facebook & mdiysharks.com**
 - B. Requirements – **no minimum, but @ least 2/week for Green & 3/week for Gold**
 - C. Goals/Objectives – **Green team learn all 4 strokes, swim in meets & gain confidence/endurance**
 - D. Practice Progression – **Usually an upper and lower practice group, progress from up to Gold**
- III. Y Meets**
 - A. Dual – **5 dual meets this season, 2 home/3 away, all Shark swimmers should participate in meet against one other team**
 - B. Invitational – **swimmers will need to sign up in advance**
 - C. State – **all that swim in 3 meets are eligible to swim in State Meet**
- IV. Volunteering**
 - A. Concession Stand – **any help at concessions is greatly needed & appreciated.**
 - B. Timing
- V. Aquathon (February 5, 2016) – everyone participates, kick-off Dec. 26**
- VI. Swim Team Store/swim Suits**
 - A. Team Store (M/W evenings) – **goggles, straps & caps from 445-515**
 - B. Swimoutlet.com/mdiysharks – **all team suits and other equipment can be purchased at the team store website**
- VII. At the YMCA**
 - A. Follow check-in procedures – **check-in at front desk, follow YMCA rules**
 - B. Locker room behavior – **Parent's keep an eye & ear out, swimmers being responsible, neat & respectful**
 - C. Pool rules – **same rules for swim team members as the rest of the YMCA**
- VIII. Communication/Registration – Please make sure to complete team registration form. All swim team info sent by email and maintained at**

mdiysharks.com. Last minute practice changes posted on facebook & emailed to all families

IX. Alumni Meet (Dec 26) – will involve Shark swimmers, HS swimmers & former Sharks, MDIHS or any other swimmer. More info available very soon.

X. Questions

Concessions Account – money raised from concessions stand at home meets and the annual July 4th Lemonade/Whoopie Pie Stand. Pays for State Meet T-shirts, Pizza parties, Saturday Breakfast, Swim Team related equipment

Returning Parents @ 6:30pm

I. Introductions

- A. Upcoming season
- B. Coaches – **Jim Willis, Tony DeMuro & Rob Benson (when available)**
- C. Registration forms – **we need registration for all Shark swimmers**

II. Committees/Volunteering

- A. Aquathon (Feb. 5, 2017)
- B. Swim Team Account (Concessions)
- C. Volunteering Flow Chart/Signups – **lots of help is always needed, especially @ concession stand during home meets**
- D. Meet Organization – Timers/Concession Stand
- E. Saturday Breakfast – **big ticket items paid by concessions, families will make a couple of entrees every week, please signup @ pool**
- F. Major Fundraiser – **need to create small committee on large fundraising effort. Have begun working with YMCA on planning.**
- G. Other?

III. Swim Team Store/Equipment

- A. Swim Team Store – **M/W 445-515 for goggles, straps & caps**
- B. swimoutlet.com/mdiysharks.com – **please order all team suits online this season**

IV. Meets

- A. Y Meets
 - 1. Dual Meets – **all swimmer's needed (2 Home & 3 Away)**
 - 2. Invitationals
 - 3. Y States – **must swim in 3 Y Meets**

Fri Night – 13-14 & 15&over Girls
Sat AM – 9-10/11-12 Boys, PM 9-10 Girls, Night 13-14/15&over Boys
Sun AM – 8&under Boys & Girls, PM 11-12 Girls
- B. USA Swimming
 - 1. Seasonal meets, SYOA
 - 2. JO's/JO Trials – **faster times this year for JO's.**

V. Practices

- A. Weekly themes on stroke/turn/start
- B. Mornings, Saturday Breakfast
- C. Vacations – **special vacation practice schedule**
- D. Others – **we only cancel practice when Y is closed, may change schedule on weather days will notify by email/facebook**

VI. Communication/Email/Facebook/Other

VII. Team Behavior

- A. At the YMCA – lobby, locker room, pool deck – **swimmers need to be respectful to the others, cleanup after themselves and remember to follow YMCA & pool rules**
- B. On the road – best behavior/cleanliness – **Shark swimmers represent not only the Sharks and the YMCA but the whole island**

VIII. Alumni Meet (Dec 26 @ 6pm) – 1st annual Shark/Trojan alumni meet, kickoff event for 2017 Aquathon

IX. Questions