

ROCK HILL
AREA YMCA
AQUATICS
STINGRAYS



2008~2009

ROCK HILL AREA YMCA
ROCK HILL, SOUTH CAROLINA

GENERAL DESCRIPTION AND OBJECTIVE

The RAYS swim team, founded in 1988, is a widely respected swim team for children age 5 and up, from the beginning swimmer to the most competitive and skilled swimmer. We are a “Y” team and a “USA Swimming” team which means we compete in local, regional, and national YMCA meets and in meets organized by United States Swimming. Both organizations offer swimming competitions for swimmers from the beginning level up through national competition.

When a young person becomes a member of the RAYS team, he/she learns the values of sportsmanship and team work along with the YMCA core values of honesty, respect, caring, and responsibility. Swimming, through the RAYS, provides physical, emotional and intellectual skills that will last a lifetime.

HISTORY

Rock Hill Area YMCA Aquatics Swimming began in the summer of 1988 with 10 families and 15 swimmers as the York County Swim Association. The team practiced in the City of Rock Hill and Tega Cay pools for our first summer and then moved to Winthrop University in the fall of 1988. While at Winthrop, the program continued to grow and succeed and began using the Rock Hill Country Club as the practice pool for the summer months. In 1990, the name was changed to the Piedmont Aquatic Club. During the summer of 2002, plans for merging the team with the Rock Hill Area YMCA were finalized and the team started the 2002-2003 swim season as the Rock Hill Area YMCA Aquatics Stingrays. The team continued to grow and practice at Winthrop University and the Rock Hill Country Club pool in the summer, but also began using the Rock Hill YMCA facilities. In early February 2005, the team moved into its current home at the Rock Hill Aquatics Center, a facility built as a cooperative effort between the Rock Hill School District and the Rock Hill Area YMCA. In early March 2005, the Rock Hill Area YMCA formally changed its name to the Upper Palmetto YMCA although the name of our team continues to be the Rock Hill Area YMCA Aquatics. The team has grown to approximately 125 swimmers and 75 families since 1988.

TEAM PHILOSOPHY

The mission of the RAYS team is:

“To build strong spirits, minds, and bodies while achieving excellence in swimming and life!”

To achieve this mission, the team focuses on three aspects of the swimmer: MENTAL, SPIRITUAL, and PHYSICAL.

MENTAL encompasses goal setting, perseverance, self-esteem/confidence, safe environment for risk taking, success, and respect.

SPIRITUAL includes sportsmanship, relationships, competition, success, service, commitment, cooperation, participation, and respect.

PHYSICAL involves self-discipline, health, self-awareness, ability, growth, success, and respect.

COACHING STAFF

Nothing has a greater influence on the quality of children's sports than the excellence of the coach. The RAYS coaching staff is committed not only to quality instruction for the swimmers on our team but also to the development of the health, fitness, and character of the athlete. All members of our staff are current coach members of United States Swimming and YMCA swimming.

Head Coach

Lynn Williams

Lynn has been the head coach of the Stingray Swimming since its beginning in 1988. Prior to that time, she was the Aquatics Director and Head Swim Coach at the Leroy Springs Recreation Complex in Fort Mill. She began her coaching career in Kershaw, S.C. as a summer league coach. Lynn's experience includes 1992 S.C. Swimming Age Group Coach of the Year, 2 time S.C. Swimming Zone Team Assistant Coach, and one time S.C. Swimming Head Zone Coach. Lynn has coached and taught at all levels of swimming from beginners to Junior National Qualifiers and Zone finalists. She works with all levels of our program. Lynn is a native of Kershaw, S.C. and lives in Fort Mill with her husband Tom and their children, C.C. and Griffen, who are former members of the RAYS team and are now college students at Frostburg State University in Frostburg, Maryland.

Head Senior Coach

Merv Faassen De Heer

Merv has provided his expertise as a coach for the RAYS since 1998. He assumed the role of head senior coach in 2005. He is also currently the director of the Rock Hill Aquatics Center. Merv is a former member of the Scottish National team and Olympic team qualifier for the Netherlands. Merv competed on the collegiate level at Henderson State University in Arkadelphia, Arkansas where he was a four-year All American. After his college career, Merv returned to Scotland where he coached the City of Edinburgh swim team for several years before returning to the U.S. During Merv's stay in Edinburgh, he coached three Scottish National Champions. Merv led the 2001 Rock Hill YMCA Summer swim team to winning the Blue Ridge Cluster Summer Championship meet and the 2002 team to second place. Merv lives in Fort Mill with his dogs.

Assistant Coaches

Susan McClary Snyder

Since 2002, Sue has been coaching the Silver Group of the RAYS and has also been the head coach for the Northwestern High School swim team. She is also the head coach for the Rock Hill Country Club swim team in the summer Metrolina Swim League. Sue is a Greenville native and Clemson University graduate where she was a member of the crew team. Sue is a science teacher at Northwestern High School. She lives in Rock Hill with her husband, Zach, a teacher and coach at South Pointe High School, and their cats.

Linda Piedt

Linda joined the RAYS staff in 2003 as a dryland coach for the younger swimmers and stepped on deck as a swim coach in 2004. She has also previously been an assistant coach for the Tega Cay Breakers in the Metrolina swim league. Linda competed at the collegiate level at Virginia Tech where she was an NCAA Division I qualifier and team record holder. She was also a Pennsylvania state champion, Jr. National finalist, and Sr. National qualifier. Linda lives in Fort Mill with her husband, Ray, and three children, Lindsey, Jared, and Zachary.

Cindy VanBuskirk

Cindy joined the RAYS coaching staff in 2005 after having been a coach for the Tega Cay Breakers in the summer Metrolina Swim League since 2001. She swam competitively from the age of 8 thru high school in Waterloo, Iowa participating in YMCA, AAU, and high school swimming. Cindy is a graduate of Iowa State University where she majored in Elementary Education. Cindy is a competitive tennis player but her number one sport's love is swimming! Cindy and her husband, Jamie, are the parents of three children, Alex and twins Sam and Julia, who swim with the RAYS. The VanBuskirk family lives in Tega Cay.

Joann Baker

Joann joined our coaching staff in the summer of 2007 as an assistant for the stroke clinics, and she is now working with the Minis I and II groups. In addition to coaching, she helps with the youth swimming lessons and teaches Level 3 school district swimming at the Aquatics Center. She is also a certified USA Swimming start, stroke and turn official. Her son Zac is a swimmer with the RAYS. Coach Joann, her husband Rob & their family live in Rock Hill.

Tasha Speights

Tasha joined the coaching staff in 2007. In addition to working with the Minis I and II groups, she is the coordinator of the school district swim program and the Assistant Head Swim Instructor with the YMCA. She lives in Rock Hill with her husband Gregory and their two children, Sascha (who is a swimmer with the RAYS) and Zariya.

PRACTICE GROUPS

The RAYS uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals. Unfortunately, this is not always the most convenient approach to take, but it is always the most productive.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

National

The swimmers in this group are usually 13 and older. National group swimmers are expected to attend 8 of the 9 practices offered per week. They have chosen to make swimming a major focus in their life and are willing to make an extra commitment in time, effort, and attitude. Swimmers in this group desire to participate at the highest level of the sport. The practices for this group will focus on more complex and longer training sets that incorporate technique work in them. These are swimmers who are willing to set the standard in achievement, practice effort, and championship thinking for Stingray Swimming. The swimmers in this group are expected to be leaders, not only in the water, but also in all team situations. Competition for these groups are once every 4-6 weeks and all swimmers are strongly encouraged to attend all meets offered. Competitions for these groups will include a minimum of four championship meets: one YMCA and one USA Championship meet in the short course season and one YMCA and one USA Championship meet during the long course season. At least one of the championship meets will be a shave and taper meet. Practices for the National group are 5:30 - 7:30 pm Monday – Thursday; 5:00 – 7:00 pm Friday ; 5:45 – 7:00 am Monday, Wednesday and Friday, and 8:00 – 10:00 am Saturday. Swimmers in this group may be asked to keep a logbook. This group will also participate in dry land training in addition to time spent in the water. Dry land training will include flexibility work at the Aquatics Center on Monday, Wednesday, and Friday from 4:30 to 5:15 pm and weight training at the YMCA Wellness Center on Tuesday and Thursday from 4:30 to 5:15 pm and Saturday at 10:00 am. Membership in this group is by invitation or tryout only. Girls in this group must have a minimum 200 IM time of 2:20 and boys must have a minimum 200 IM time of 2:10. This group will train on a 1:10 Freestyle base interval. Goals for the group are to be Finalist at the YMCA National Swimming Championships and participate in the USA Swimming Junior National Championships.

Senior

The swimmers in this group are usually 13 and older. Senior group swimmers are expected to attend 6 of the 9 practices offered per week. They have chosen to make swimming a major focus in their life and are willing to make an extra commitment in time, effort, and attitude. Swimmers in this group desire to participate at the highest level of the sport. The practices for this group will focus on more complex and longer training sets that incorporate technique work in them. These are swimmers who are willing to set the standard in achievement, practice effort, and championship thinking for Stingray Swimming. The swimmers in this group are expected to be leaders, not only in the water, but also in all team situations. Competition for these groups are once every 4-6 weeks and all swimmers are strongly encouraged to attend all meets offered. Competitions for these groups will include a minimum of four championship meets: one YMCA and one USA Championship meet in the short course season and one YMCA and one USA Championship meet during the long course season. At least one of the championship meets will be a shave and taper meet. Practices for the National group are 5:30 - 7:30 pm Monday – Thursday; 5:00 – 7:00 pm Friday ; 5:45 – 7:00 am Monday, Wednesday and Friday, and 8:00 – 10:00 am Saturday. Swimmers in this group may be asked to keep a logbook. This group will also participate in dry land training in addition to time spent in the water. Dry land training will include flexibility work at the Aquatics Center on Monday, Wednesday, and Friday from 4:30 to 5:15 pm and weight training at the YMCA Wellness Center on Tuesday and Thursday from 4:30 to 5:15 pm and Saturday at 10:00 am. Membership in this group is by invitation or tryout only. Girls in this group must have a minimum 200 IM time of 2:30 and boys must have a minimum 200 IM time of 2:20. This group will train on a 1:20 Freestyle base interval. Goals for this group are to qualify for Senior Sectionals and Spring YMCA National Swimming Championships.

Pre-Senior

The swimmers in this group are usually 13 and older. Pre-Senior group swimmers are expected to attend 5 of the 9 practices offered per week. They have chosen to make swimming a major focus in their life and are willing to make an extra commitment in time, effort, and attitude. Swimmers in this group desire to participate at the highest level of the sport. The practices for this group will focus on more complex and longer training sets that incorporate technique work in them. These are swimmers who are willing to set the standard in achievement, practice effort, and championship thinking for Stingray Swimming. The swimmers in this group are expected to be leaders, not only in the water, but also in all team situations. Competition for these groups are once every 4-6 weeks and all swimmers are strongly encouraged to attend all meets offered. Competitions for these groups will include a minimum of four championship meets: one YMCA and one USA Championship meet in the short course season and one YMCA and one USA Championship meet during the long course season. At least one of the championship meets will be a shave and taper meet. Practices for the Pre-Senior group are 5:30 - 7:30 pm Monday – Thursday; 5:00 – 7:00 pm Friday ; 5:45 – 7:00 am Monday, Wednesday and Friday, and 8:00 – 10:00 am Saturday. Swimmers in this group may be asked to keep a logbook. Swimmers in this group are strongly encouraged to participate in dry land training in addition to time spent in the water. Dry land training will include flexibility work at the Aquatics Center on Monday, Wednesday, and Friday from 4:30 to 5:15 pm and weight training at the YMCA Wellness Center on Tuesday and Thursday from 4:30 to 5:15 pm and Saturday at 10:00 am. Membership in this group is by invitation or tryout only. Girls in this group must have a minimum 200 IM time of 2:40 and boys must have a minimum 200 IM time of 2:30. This group will train on a 1:25 Freestyle base interval. Goals for the Pre-Senior group are to be Top 5 Finalist in the SC State Championships and YMCA Upper Southeast Region Championships and Summer YMCA National Swimming Championship Qualifier.

Silver

The swimmers in this group are 7-12 grade students. Swimmers in this group may attend as many of the practices for this group as they desire although a minimum attendance of twice weekly is recommended. Usually, they have been a member of their high school team or summer league team. They may only be interested in training and not competing in as many meets or may not be as committed to year round swimming as the swimmers in the National, Senior and Pre-Senior groups. The swimmers in this group may move to competitions as they become more comfortable with USA Swimming and YMCA competition, although competing in meets is optional. Swimmers in this group may participate in at least one or two championship meets during the season. This group is designed for the swimmer who wants to compete in high school and summer league swimming and wants to improve by working on strokes and technique, but also wants to participate in many other extracurricular activities as well. This group is also designed for the high school age swimmer who wants to swim for fitness and fun. Practice for this group will focus on having fun, improving technique, and some conditioning to stay in shape. Practices for the Silver group are 5:30– 7:30 pm Monday - Thursday. Goals for this group are to stay in shape and improve competitive swimming skills.

Gold

The swimmers in this group are generally age 10 and older. They are committed to attending 4 of the 6 practices offered and have the desire to move to the upper levels of competition. They are ready for more advanced training and more complex sets in practice as well as adding dry land workouts to their schedule. They have chosen to make swimming a major focus in their life and are willing to make an extra commitment in time, effort, and attitude. These are swimmers who are willing to set the standard in achievement, practice effort, and championship thinking for Stingray Swimming. This group will be more focused on training, but will also have technique work. The swimmers in this group are expected to be leaders, not only in the water, but also in all team situations. Competition for this group is once every 4-6 weeks and all swimmers are strongly encouraged to attend all meets offered. Competitions for this group will include three championship meets, two in the short course season and one during the long course season. At least one of the championship meets may be a shave and taper meet. Practices for the Gold group are 5:30 - 7:30 pm Monday – Thursday and 5:00 – 7:00 pm Friday. An optional 8:00 – 10:00 am Saturday practice is offered for those who miss during the week or who want to swim an additional practice. Flexibility and strength training will be added for this group. Swimmers in this group may be asked to keep a logbook. Membership in this group is by invitation or tryout only. Swimmers in the Gold group must have a minimum of one 11-12 “A” time. This group will train on a 1:30 Freestyle base interval. Goals for this group are to be a SC Swimming State Championship Finalist (top 10), Upper Southeast Region YMCA Championship Finalist and Summer YMCA National Qualifiers (12 & older).

Bronze

The swimmers in these groups are generally 9 – 12 years old and have the desire to swim at a more advanced level. They are interested in competing but may also be participating in other sports. Swimmers in this group plan to attend practice at least 3-4 times each week for Bronze I and 2-3 times each week for Bronze II. Swimmers in this group will have scheduled competitions about every 4 - 6 weeks but may not attend all that are scheduled. Competitions for this group will include a YMCA and USA championship meet in the spring. The training for swimmers in this group will be to perfect skills and technique and to begin some endurance training while having fun learning to race. Practices for this group are 5:30 - 7:00 pm Monday - Thursday and 5:00 - 7:00 pm Friday. Dry land is available and encouraged for this group. Swimmers in the Bronze I group must have a minimum of at least one 10 & under "AA" time and Bronze II swimmers must have a minimum of one 10 & Under "A" time. Swimmers in Bronze I will train at a 1:35 Freestyle base interval and Bronze II swimmers will train at a 1:40 Freestyle base interval. Goals for the Bronze I swimmers are to be Finalist for the SC State Championships and YMCA Upper Southeast Region Championships. Goals for the Bronze II swimmers are to qualify for the SC State Championships and be in the top 15 for the YMCA Upper Southeast Region Championships.

Junior

Swimmers in these groups are older than 8 years of age. Competitions for these groups are approximately once every 6 weeks with two championship meets, one YMCA and one USA Swimming. The training focus of this group is perfecting stroke technique and competitive skills and having fun in the water. Swimmers in this group are encouraged to attend meets when possible, although competition is optional. Practice times for this group are 4:30 - 5:30 pm Monday – Friday. Dry land is not a part of this group nor is Saturday morning.

Junior I swimmers come in to this group able to swim legally in all 4 strokes, starts and turns. They must have a minimum of at least one 10 & Under "BB" time. This group will train at a 2:00 Freestyle base interval. Goals for this group will be to race a 500 Freestyle and 200 Individual Medley by the end of the season. They will learn the terminology of workout set instruction and begin reading the pace clock with knowledge of basic drills of each stroke and to improve technique in all strokes, starts and turns. Meet goals for this group are to qualify for and participate in the YMCA Upper Southeast Region Championships. Swimmers should plan to attend practice 2-4 times weekly. They should attend YMCA meets and at least one USA meet.

Junior II swimmers come in to this group able to swim proficiently in Freestyle and Backstroke with a limited knowledge of Breaststroke and Butterfly. Swimmer in this group will learn drills for each stroke and improve technique in all 4 strokes and become proficient in all strokes and starts and turns. Goals for the swimmers in this group will be to race a 200 Freestyle and 100 Individual Medley by the end of the season. Swimmers in this group should attend practice 2 times per week. They should attend YMCA meets.

Mini-Rays I/II

This is the practice group for swimmers who are 5-8 years old and are able to swim at least one length of the pool. Swimmers in this group have no or limited competitive swimming experience and will receive maximum amounts of technique work and have fun doing it. Practice for Minis I is 4:30 - 5:15 pm Monday and Wednesday. Practice for Minis II is 4:30 -5:15 pm Tuesday and Thursday. Goals for this group are to become proficient in freestyle and backstroke while building endurance and learning the mechanics of breaststroke and butterfly. Competition goals for the this group will be to swim a legal 50 yard race of Freestyle and Backstroke, a legal 25 yard race of Breaststroke and Butterfly and complete a 200 yard Freestyle race. Competitions for this group are approximately 4 times per year with the YMCA Championship meet and an 8 and under USA Championship meet in the spring. Competition is optional but is encouraged.

High School and Beyond

The High School and Beyond group is for the swimmer who wants to swim but does not want any type of commitment. The focus for this group is staying in shape and improving skills in a one-hour practice twice weekly. Swimmers in this group come to practice when their schedule allows. This group is a pay as you swim group (only pay when you attend after paying the registration fee). Competition is not a part of this group. This group meets Tuesday and Thursday from 7-8 pm will be November first Tuesday through April first.

RAYS 101

This group is a short time frame group for swimmers 5-10 years of age. This group will focus on perfecting freestyle and backstroke along with the starts and turns for these strokes and will have an introduction to breaststroke and butterfly. This group will compete in monthly meets at the Aquatics Center specially designed for the group. The swimmers in this group will be divided into teams for the monthly meets. This group will meet for 45 minutes on Tuesdays and Thursdays from 3:30-4:15 with meets one Saturday (approximately 1½ hours long). There will be two sessions which runs September-November with a second session from March-May.

PRACTICE AND ATTENDANCE POLICIES

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice. These policies are designed to provide the best possible practice environment for all.

1. Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The team does, however, encourage younger swimmers to participate in other activities in addition to swimming. As swimmers move to higher groups, the coaches' expectation for practice attendance will increase.
2. Swimmers should arrive 15-20 minutes prior to practice to ensure adequate time for stretching. They should be ready to swim 5 minutes prior to the start of their practice. It is extremely disruptive to the coach and team when swimmers arrive late.
3. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice.
4. Parents should plan to pick up their children no later than 15 minutes after practice. For the swimmers' protection, they should remain in the facility until their parents arrive.
6. Swimmers are to enter the building through the main lobby doors and should enter the pool area through the locker rooms.
7. Parents should not be on the pool deck during practice unless it is an emergency. Parents who wish to observe practice should do so from the bleacher area. Please do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.
8. Whenever possible, the coach should be informed of an illness or injury especially if your swimmer will be out for an extended period of time.

COMMUNICATION

Web Site - The Rays Swim team has a dedicated web site www.swimrays.com which is updated continuously. Announcements will be posted on the web site as soon as they are available. Information about swim meets including dates, locations, and directions will be found there. Agendas and minutes from the Parent Action Committee will also be posted under the members page.

E-mail – The primary mode of communication will be email. Meet information will be distributed via email in addition to posting on the web site. We will assemble an email list utilizing the information provided on the sign up form. Please make sure we have whichever email address you wish us to use.

Family File – A secondary form of communication will be using the family files. The files are located in the file cabinet at the top of the ramp at the aquatic center. Swimmers and parents should check their file frequently as items will be placed in the file which can not be emailed.

Bulletin Board - The bulletin board above the swimmers' files is used to post meet information, team events, etc.

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them after practice. They usually make themselves available for 10 minutes to answer questions, provide information, etc.. Sending a note to the coach with your swimmer is a good way to get information to them.

FEE STRUCTURE

Please see the included fee schedule for all fees. All swimmers are given a complimentary no-cost two-week trial at Rock Hill Area YMCA Aquatics Stingray Swimming. Each swimmer may attend as many practices as desired during this two-week trial period. However, when swimmers come to their first practice they must have fees in hand. We will hold all fees until the swimmers' two week trial is complete. At the time, the fees will be returned should the swimmer decide that our team is not the right place for them. If the swimmer continues in our program, the fees are cashed. All training fees are due as stated on the fee schedule. Delinquent notices will be mailed to the responsible party listed on the swimmer's registration form. Families are responsible for paying their fees by the due date without billing. Notices are only mailed if fees are not paid. A portion of the fees will go towards a YMCA membership if you are paying the Non-Member rate. Registration, training, and meet fees are **paid at the Rock Hill Aquatics Center.** Payments that are mailed should be addressed to the attention of Swim Team Administrator, Rock Hill Aquatics Center, 325 Rawlinson Road, Rock Hill, S.C. 29732. Fees may be paid by credit card at the Aquatics Center.

Signing up for the team means that the responsible person listed on the form is responsible for training fees. Our delinquent billing is done according to the included schedule. We offer a discount for all training fees paid in one payment. Swimmers will have several options of participation with each participation level having its own fee schedule.

Meet fees including hotel and transportation cost for team travel meets are due prior to the meet.

An ad sale campaign will be conducted prior to our first meet. Families may use the ad sales as well as other fund raising to offset some of the team fees. Details of the ad sales campaign will also include the incentive program. Information concerning this will be in your ad sales packet. All swimmers must be current in all fees to participate in all team activities including practice, meets, and social activities.

EQUIPMENT

All swimmers need to have at least one pair of goggles, a swimsuit, and a towel for all practices. Swimmers older than 9 may also want to wear a drag suit over their regular suit. Additional, each swimmer may purchase from the team a kickboard and a pull buoy (Minis will not need pull buoys). The cost for each of these items is \$7.00 each.

Swim fins are required for the National, Senior, Pre-Senior, Gold, Bronze, and Junior I groups. Swimmers in other groups may use them as well but are not required to have them. These may also be ordered from the team. Swimmers in the National, Senior, Pre-Senior and Gold groups will be required to purchase training paddles as well. These will be purchased through the team.

Team suits are required for all competitions. They are ordered through the team. These suits are priced at approximately \$49.00 for female suits and \$37.00 for male suits. When purchasing a team suit, please do not buy the suit "big or loose" with the intention that the swimmer will wear it for two years. Competition suits should fit very tightly. They will stretch as they are worn. Swimmers should have a suit that they use only for meets and not for practice. Meet suits that are stretched out are perfect for practice. All swimmers are given one practice cap and one team cap for competition each year. All swimmers are required to wear a team cap in competition. Additional team caps may be purchased from the team.

Each swimmer is also given a team shirt each year. This shirt should be worn at all meets. Additional shirts and team clothing can be purchased from the team. All swimmers are required to wear only RAYS apparel at swim meets or generic no logo shirts, etc.

Please make certain that all clothing, towels, and swimming equipment have the swimmer's name on it. All lost and found items including goggles are picked up daily from the deck. Lost goggles and other items found by coaches cannot be returned if they do not have a name on them. Lost goggles picked up by the coaches and not identified may be loaned to other swimmers and may not be returned. All unclaimed lost and found items may be auctioned at the annual Christmas party with all sales being final.

All equipment, including embroidered team bags, goggles, team shirts, towels, warm up suits, parkas, all swim equipment and other items may be ordered through the team. The team will order all equipment for swimmers. We will have a catalog/list of items available for ordering. In addition, our team store will be open on specified dates as well as at home swim meets for swimmers and parents to purchase equipment. Notification will be emailed, posted on the bulletin board at the pool and posted on the website of dates when special orders are due along with an order form.

COMPETITIVE STROKES

The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age-group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

SWIM SEASONS

The swim year is divided into two seasons. The winter, or "short course", season runs from September to late March. The meets are held in a 25-yard pool. The summer, or "long course", season runs from early April to August. Meets are generally held in 50 meter pools (Olympic size).

RAYS MOTIVATIONAL INCENTIVES

The RAYS team knows that improvement is a continuous process which is accomplished with many small steps. As such the team encourages and rewards the swimmers with each of these small accomplishments. The web site has an achievement page which is updated after every meet listing those accomplishments.

The swimmers are also given laminated cards with their age group's USA Swimming motivational time standards for each event. As the swimmer accomplishes the next time standard for the event they are given a sticker. They place the sticker on their card to mark their accomplishment. The swimmers typically display their card proudly on their swim bag. When swimmers achieve a best time they receive a best time sticker to place on the opposite side of their card. If a swimmer qualifies for a state meet they receive an orange wrist band to hang from their swim bag.

Swimmers receive a plaque at the year end banquet the first year they are on the team. They will receive shingles to hang from their plaque listing the time standards or other special awards they achieve during the year.

The team recognizes the dedicated 8 and under group that are learning strokes for the first time. If an swimmer legally swims a 50 of each stroke, a 200 free, and a 200 IM during a swim meet before they turn 9 they will receive the IM Tough award. They will be recognized on the web site and at the end of the year banquet. They will receive an IM Tough T-shirt and a shingle to hang from their plaque.

STATE TEAMS

Any swimmer that is participating in either the state age group championship or the senior state championship meet in an individual or relay event will receive a special "State Team" cap and will have the option to purchase a specially designed t-shirt.

COACHES INCENTIVES

Each member of the coaching staff is encouraged to recognize the successes and victories of their individual swimmers with the use of special motivational programs, caps, t-shirts, ribbons, etc..

Parent Action Committee (Chairperson – Chris Herron):

The goal of the parent action committee is to make being part of the Rays swim team as enjoyable and rewarding as possible for swimmers, parents, and coaches. This is accomplished by having fun activities, successful meets, and meaningful rewards in an organized and well communicated program.

All of the chairmen of the subcommittees meet once a month at the Parent Action Committee meeting (PAC) to discuss the activities of their committee. The chairmen are responsible for ensuring the goals of their committee are met and the progress of those goals are reported to the PAC. All parents are welcome to attend the meetings to keep in touch of the teams activities. All parents are encouraged to join a subcommittee and do their small part to make the team better.

Subcommittees

Incentive and Rewards

Chairperson - Beth Kohlhoff

Encourage swimmers to work hard and improve, then reward them when they do. The goal is to set a reward system which is tangible for all swimmers. The system should reward the beginning as well as the advanced swimmers. In addition, the system must not be so diluted that the advanced swimmers don't have something to strive for.

- Decide on an award system
- Decide on what accomplishments will be awarded
- Make or order the award
- Hand out the rewards as they are earned

Communications

Chairperson - Chris Herron

Establish lines of communications between the parents, coaches and the swim team.

- Maintain the web site including announcements, meet entry information, meet results, posting meeting minutes and agendas, etc.
- Maintain email list
- Maintain and distribute contact list
- Send email announcements to parents
- Update bulletin boards at pool
- Send meet results to newspapers

Social

Chairperson - Susan Collins

Plan social events for swimmers and parents to promote teamwork and a sense of belonging to the team.

- Organize fun events including pizza nights, once a month birthday parties, car wash fundraisers, etc.
- Plan and organize the Christmas party
- Plan and organize the end of the season party
- Plan and organize banquets associated with special meets (charity meets)

Fundraising/Ad Sales:

Chairperson - Mary Pettus

Establish and implement methods for earning extra funds for the swim team to allow the team to do more and/or reduce fees.

- Car Washes
- Y National fund raisers
- Solicit companies or individuals for advertisements on heat sheets
- Solicit companies or individuals for donations for meets
- Solicit companies for advertisements at pool (starting blocks, pace clock, score board)
- Plan and organize swim-a-thon

Away Meet Coordinator

Chairperson - Lisa and Chris Barnes

Organizes amenities for families during away swim meets

- Research hotels in the area for the best hotel at the best rate
- Reserve blocks of rooms at the hotel for the necessary nights
- Provide information on hotels to the communications chairman for distribution
- Research and organize team dinners during the away meets
- Organize events during the away meet

Swim Meet Director

Chairperson – Paul Vezzetti

Responsible for all aspects of having a successful meet.

- Organize volunteers before the meet
- Set up pool before home meets
- Organize volunteers during meet (Clerk of the Course)
- Manage the concessions stand prior to and during home meets
- Organize hospitality for coaches and officials prior to and during the home meets
- Manage issues or problems which occur during the meet
- Clean up after meet
- Meet T-shirts

Awards

Chairperson – Keith Ivey

Responsible for the awards handed out during and at the end of the year.

- Determine which awards will be given
- Order awards
- Coordinate with coaches on the distribution of the awards.

Rock Hill Area YMCA Aquatics Meet Sign Up Method

Online (Preferred Method) – Excel software is required

1. Go to www.swimrays.com
2. Click the “Meet Information Tab”
3. Select the meet you are signing up
4. Under the meet is a link to “entry form”
5. Click this link and a window will pop up asking if you want to open or save the file.
6. Select save
7. When saving it on your computer you will have an opportunity to change the name of the file. Add your first initial and your last name to the end of the file name (ie – sac_swoodard) This is very important so everyone’s file has a different name.
8. After it saves to your computer, it will ask you to open/open folder/close. Click close.
9. Then open the file on your computer and you will see that the form is the same one that is used for the paper method at the pool.
10. Find your swimmer(s) name on the list and put an “X” for whichever events you want to sign up for. If you have multiple swimmers you can use the same form for all of them.
11. ***Be certain that you are entering the X’s under your swimmer and only your swimmer, otherwise you will sign someone else up for those events.***
12. Save the file on your computer. If you are using a version newer than Excel 2003 you will need to “save as” down to version 2003. XLSX files created by Excel 2007 will not work.
13. Email it to Lynn at lmwilliams@comporium.net and put the name of the meet in the subject line which will allow Lynn to sort her emails properly. Also Cc the email to info@swimrays.com which will allow Chris Herron troubleshoot anything that might come up.
14. Please do not alter the form in any way other than adding X’s in the appropriate box.
15. Note that your swimmer may be listed on the form more than once. This typically occurs when your swimmer is listed as a 9-10 and then listed again as an under 12. Every event offered by the meet will be listed on the form, just find all the occurrences of your swimmers name.
16. If the form does not give an option to sign your swimmer up for an event you believe they should be available to sign up for, explain this in the text of the email you send to Lynn. Do not alter the form to add them.
17. If Merv typically signs your swimmer up for meets he will continue to do so and you do not need to do this.

This may sound confusing but once you’ve done it once you will see it is very easy.

If you do not have Excel you may sign up for meets on the form located above the file cabinet at the top of the ramp in the Aquatic Center. Otherwise you can email a list of events to Lynn.

RAYS Team Contacts

Lynn Williams	Head Coach	Day	803-417-8982
		Evening	803-547-4236
			lmwilliams@comporium.net

Merv Faassen De Heer	Head Senior Coach	Day	803-817-7665
		Mobile	803-242-7097
			merv@upymca.org

Diane Case	Team Administrator		teamadmin@navacore.net
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Chris Herron	Parent Committee Chairman		info@swimrays.com
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Sharon Woodard	Team Sales	Day	803-324-9104
		Mobile	803-280-0040

Mailing Address:	Rock Hill Aquatics Center
	Attn: Swim Team
	325 Rawlinson Road
	Rock Hill, S.C. 29732

UPPER PALMETTO YMCA

RAYS Membership Application

Athlete Information:		
Last Name: _____	First Name: _____	Middle Name: _____
Preferred Name: _____	Birthday: _____	Age: _____ Gender: _____
Athlete Cell: _____	Athlete Email: _____	Race: _____ Grade: _____

Parent/Guardian Information:		
Dad's Name _____	Mom's Name _____	
Address: _____	Address _____	
City: _____ State: _____ Zip: _____	City: _____ State: _____ Zip: _____	
Phone: _____	Phone: _____	
Employer: _____	Employer: _____	
Office Phone: _____ Cell: _____	Office Phone: _____ Cell: _____	
Email: _____	Email: _____	

Medical Information:		
Doctors' Name _____	Phone: _____	
Emergency Contact: _____	Phone: _____	
Relationship: _____		
Allergies:	Health Condition:	Disability
Drugs/Meds (list) _____	Heart _____	Legally Blind or Visually Impaired _____
_____	Lung _____	Deaf or hard of hearing _____
Plants _____	Teeth _____	Physical Disability _____
Air Borne _____	Skin _____	Cognitive Disability _____
Insects _____	Ears _____	_____
Foods (list) _____	Other _____	_____

IF YOUR SWIMMER HAS ANY MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF, PLEASE LIST THEM IN THE FOLLOWING SPACE:

LIST ALL MEDICATION TAKEN ON A REGULAR BASIS IN THE FOLLOWING SPACE:

Date of Last Tetanus Shot _____

AS THE PARENT/GUARDIAN OF _____, I STATE THAT MY CHILD IS IN GOOD MENTAL AND PHYSICAL CONDITION AND ABLE TO PARTICIPATE ON THE UPPER PALMETTO YMCA SWIM TEAM (RAYS). IN THE EVENT OF A MEDICAL EMERGENCY, I GRANT PERMISSION TO THE COACHES AND STAFF OF THE RAYS AND/OR OTHER USA SWIMMING OR YMCA CERTIFIED PERSONNEL TO ADMINISTER ANY NECESSARY FIRST AID FOR MY CHILD. PERMISSION IS ALSO GRANTED TO EMERGENCY PERSONNEL FOR DIAGNOSIS AND TREATMENT OF AN INJURY/MEDICAL EMERGENCY. I UNDERSTAND THAT AN ATTEMPT WILL BE MADE TO CONTACT ME AND/OR THE LISTED EMERGENCY CONTACT ON THIS FORM WITHIN A REASONABLE AMOUNT OF TIME FOLLOWING AN INJURY/MEDICAL EMERGENCY. IF I CANNOT BE REACHED, PERMISSION IS GRANTED FOR MY CHILD TO RECEIVE EMERGENCY TRANSPORT TO AND CARE FROM A MEDICAL FACILITY.

INSURANCE CARRIER _____ Policy Number _____

If PREAPPROVAL IS NECESSARY FOR EMERGENCY TREATMENT, LIST CONTACT NUMBER _____

DATE _____

PARENT/GUARDIAN _____

UPPER PALMETTO YMCA RAYS
Membership Application continued

Page 2 of 2

I have reviewed page 1 of the membership application and found it to be correct.

Parent/Guardian's Signature

Date

IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2007, ENTER THAT CLUB CODE _____ LSC CODE _____ AND THE DATE OF YOUR LAST COMPETITION WITH THAT CLUB _____.

SWIM SUIT SIZE: _____ T-SHIRT SIZE: _____

Training Fees: Non-refundable. **After first child each additional child(ren) in same family receives 10% discount on child's training fees** (registration and meet fees excluded).

See Fee Schedule for the correct amount:

Annual: _____

Seasonal: _____

Monthly Draft: _____ (Monthly training fees * 2 + \$100 Registration)

OTHER FINANCIAL CONSIDERATIONS:

Parents and swimmers are required to participate in the SWIM Program (see Swim Meet Contract for full details and volunteering opportunities). The support and participation of all families enables us to host successful meets and the help of all is needed. Please see the Meet Schedule for home meet dates and plan to volunteer accordingly.

Swimmers are encouraged to participate in meets. This means traveling costs and meet fees (See meet fees).

General equipment includes: training suit, goggles, extra caps, water bottle and towels. Each training group may require additional equipment, i.e. fins, pull-buoy and or kickboards. (See coach for specifics)

_____ Initial here to indicate you have read and understood the above.

_____ Initial here if you do not want your swimmers address and phone number included in the team directory (only used for team correspondence and not given to anyone that is not an athlete or parent of an athlete on RAYS).

_____ Initial here if you don't want pictures of your child on our website.

I, parent or guardian of _____, hereby give approval to his/her participation on all **UPPER PALMETTO YMCA Swim Team (RAYS)** activities (including travel trips). I shall also agree to hold harmless the RAYS Steering Committee and YMCA Board of Directors, the employees or program volunteers liable for same. I agree to abide by the rules and regulations adopted by the RAYS swim team in the best interest of my child. I also understand and agree to the financial obligation of the team.

Signature: _____ Date: _____

TERMS AND CONDITIONS FOR PARTICIPATION

Rock Hill Area YMCA Stingrays

1. The yearly team registration fee and United States Swimming (USS) registration fee are not refundable and are included in the yearly cost for swimming. Those opting to use a monthly draft will be required to pay the registration fee (\$100) and 2 monthly payments up front and then the remaining will be drafted beginning December 10th. New swimmers to the RAYS may participate for a maximum of two weeks as a trial period. Checks received for registration and training fees will not be processed until after this period.
2. When a swimmer is moved from one group to another, he/she must pay the monthly fee for the highest group in which they participate.
3. MONTHLY TRAINING FEES ARE DRAFTED ON THE 10TH DAY OF THE MONTH. NONPAYMENT OF TRAINING FEES WILL NECESSITATE NON-PARTICIPATION FOR THE SWIMMER(S) UNTIL PAYMENT IS MADE.
4. Meet entry fees are in addition to the monthly training fees. Nonpayment of entry fees will also necessitate non-participation for the swimmer(s) until payment is made.
5. Should a swimmer decide to discontinue participation in the program with the RAYS, the remaining monthly payments and any outstanding entry fees are considered an obligation to the RAYS, and are payable upon termination of participation or will be drafted for the remaining months. Failure to meet this obligation will result in the swimmer not being released to participate for another team until payment is received.
6. EACH FAMILY IS REQUIRED TO SIGN AND RETURN THE SWIM MEET CONTRACT THAT IS ATTACHED. A SWIMMER WILL NOT BE ALLOWED TO PRACTICE UNLESS ALL OF THE NECESSARY PAPERWORK HAS BEEN SUBMITTED.
7. All swimmers, who are members of the RAYS, are required to participate at their highest level of achievement in championship meets (including relays).
8. Each parent and swimmer is responsible for reading and understanding the contents of the "RAYS Handbook".
9. Each swimmer will be asked to sign an "Athlete Code of Conduct". The swimmer will not be allowed to practice until this has been signed and returned.
10. Any checks returned to the RAYS for Non-Sufficient Funds will be subject to the Upper Palmetto YMCA's handling charge.

I understand and agree to the above terms and conditions of the RAYS in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of the RAYS.

(Signature of Parent or Guardian)_____

ATHLETE CODE OF CONDUCT

The following code is in effect throughout the year. Some of the items refer specifically to team travel. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other discipline including barring from future travel meets or other competition or dismissal from the team.

The RAYS will seek out of town swimming competition for the following reasons:

- A) different individual competitions;
 - B) a higher quality of competition;
 - C) experience in trial/finals competition;
 - D) conditions conducive to exceptional performances.
-
1. RAYS may travel as a team to these meets and everyone is expected to behave in an exemplary manner. The reputation of RAYS, as well as the other athletes with you, is dependant on your behavior.
 2. The coaching staff holds the final word on any rules, regulations, or disciplinary action.
 3. The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from RAYS. Any swimmer suspected of such activity will appear before a review committee composed of the senior team coach, the head coach, the Steering Committee chairperson, one of the athlete representatives, and one other Steering Committee member.
 4. At no time will male and female athletes be in the same room together unchaperoned with the door closed. This applies to RAYS members or members of any other team.
 5. No team meetings may be missed. Be punctual to all meetings and warm-up times.
 6. No team member may be out of their room after the assigned bed time. Permission must be obtained from the coach to leave the room past this time.
 7. Any damages or thievery incurred at a motel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms. Make all long distance calls on a credit card or collect.
 8. All team members will be polite in restaurants. Leave a 15% tip. If there has been a problem with the service, see the coach.
 9. Agree to follow the rules about practice and meet behavior in the team handbook.

I recognize my responsibility to abide by the rules and requirements of the RAYS Team I am representing and I acknowledge that I have received and read such.

Swimmer _____
Parent _____

Dated _____
Dated _____

SWIM MEET CONTRACT

SWIM Program - Success With Involved Members Program

The RAYS swim team is a family supported organization with the overall success of the team determined by the involvement of the families. A key indicator of our success is the number of meets we are able to host. Hosting meets makes money for the team which lowers the annual fees. Hosting meets also eliminates the travel and hotel expense of away meets. However, hosting meets requires a large amount of family involvement for every home meet.

The RAYS team is using a participate and reward involvement system called the SWIM program. This system will give families the opportunity to choose how they want to get involved and when. The system will be based on a points system with the minimum number of points set at an easily achieved standard. Families which exceed the minimum number of points will be eligible for end of the year rewards.

Families which do not meet the minimum standard will pay \$1 for each unearned point.

Point standard

120 point minimum

Rewards

Silver Status - Family achieves 150-200 points

Gold Status – Family achieves over 200 points

Silver Family

All families with silver status and above will be eligible for a drawing at the end of the year for \$100 gift certificate for a local restaurant. For every 10 points over the 150 the family will have another name put into the raffle. Each swimmer who has a family which achieves silver status will receive a shingle indicating this achievement.

Gold Family

All families with gold status and above will be eligible for a drawing at the end of the year for a gift certificate for a two night stay at a hotel near the ocean. For every 10 points over the 200 the family will have another name put into the raffle. Gold family achievers will also qualify for the silver drawing. Each swimmer who has a family which achieves gold status will receive a shingle indicating this achievement.

Additional smaller prizes may be drawn based on the number of qualifying families.

Each family's progress will be posted on the website throughout the year.

An involvement signup day will be announced. Every involvement opportunity will be listed for the entire season. This will give the families the flexibility to get involved when and how they choose. The sign up day will also be part of a practice meet where parents can learn the specifics about each of the involvement opportunities. Please note the opportunity to earn points by having a small role in the PAC committee.

At each meet there will be a registration table for you to "sign in" when you arrive at the pool. It is your responsibility to make sure that you have signed in properly and stay for until the completion of the task.

Schedule of Points

Involvement	Number of Opportunities	Points per involvement
Timing	20 per session per meet	10 points
Timing at Invitational or Championship Meets	20 per session	15 points
Head Timer	1 per session per meet	15 points
Runner/Result posting	1 per session per meet	10 points
Heat Winner Ribbon	1 per session per meet	10 points
Clerk of Course	1 per session per meet	15 points
Assistant Clerk of Course	1 per session per meet	10 points
Concessions	2 per session per meet	10 points
Managing Hospitality	1 per day per meet	15 points
Hospitality	2 per session per meet	10 points
Facility set up	2 per day per meet	10 points
Facility clean up	4 per day per meet	10 points
Meet Marshalling	1 per session per meet	10 points
Computer operator	2 per session per meet	15 points
Professional Photographer	1 per day per meet	10 points
Swim meet director	1 per session per meet	15 points
Swim shop	2 per session per meet	10 points
PAC subcommittee chairman	6 per year	60 points
PAC subcommittee member – attendance at meetings not required	Based on committee	20 points
Christmas party organize set up and break down	2 per year	20 points
End of year party organize set up and break down	2 per year	20 points

**Additional point opportunities may be announced during the year
Family member must check in and stay until the completion of the involvement
activity to receive the points.**

I understand the involvement program and will abide by the terms of the program.

Signature of Parent or Guardian _____