



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Manta Ray Swim Team 2019

First Swim Team Meeting - Thursday May 23rd 6:00pm McLeod Pool
First Swim Team Practice - Monday May 27th at 8:00am McLeod Pool

Greetings Swimmers and Parents,

Welcome to the 2019 McLeod Family Manta Ray Swim Team. I would like to take this opportunity to introduce myself and outline our swim team policy and responsibilities. Please take the time to review this information carefully; it outlines most everything you will need to know for the approaching season. We want to make sure you have as much information as possible to assist you in making this a fun and meaningful experience for the kids and for you!

I am confident that you have made an excellent choice in selecting the YMCA Manta Ray Swim Team. As Head Coach I have my current CPR, First Aid, and Life Guarding certification, including Swim Coaches' Safety Training, and ten years of coaching experience in multiple leagues and platforms. We are excited to create a safe and healthy environment of fitness, fun and competitive swimming for your child.

Finally, allow me to thank you in advance for your commitment to our team. Success is also based on the amount of support we receive from each and every parent and volunteer throughout the season. I look forward to working with all of you in the continual development of our team and hope that you and your children will find the Y a great place to swim and grow. If you have any questions, please feel free to ask me or any of my experienced assistant coaches. We'll be happy to help you any way we can.

The YMCA Manta Ray Swim Team will always strive to create a safe, fun program while nurturing the potential of children and teens.

Sincerely,

Raymond Sanchez
Manta Ray Swim Team Head Coach
YMCA of Central New Mexico
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YMCA COMPETITIVE SPORTS

PHILOSOPHY & GOALS

The youth programs at the Y are also geared to help young people develop the social skills necessary for group and team interaction. These activities help them to develop basic knowledge that will help them to live healthy lives and practice good living habits. Most importantly, it is our hope that the youth sports programs at the YMCA will have opportunities for young people to understand, practice, and develop their own values, morals, and spiritual beliefs in interaction with other young people under the guidance of helpful adult coaches and parents.

At the Y, we practice a fundamental approach to sports, with an emphasis on positive physical and mental development. We believe that in our society today there is too much emphasis on winning at all costs and on special recognition for sporting ability.

Our program holds other important values:

- Developing self-confidence, self-respect, and an appreciation of individual worth
- Developing a commitment for daily living based on values such as Caring, Honesty, and Respect and Responsibility
- Growing as a responsible member of the family and as a citizen of the community
- Appreciating that health of mind and body is a sacred gift and that physical fitness and mental well-being are conditions to be achieved and maintained
- Recognizing the worth of all people and working for interracial and inter-group understanding

"Developing the capacity for leadership, while using it responsibly in groups and our community."

MANTA RAY SWIM TEAM PRACTISE:

Monday through Friday – McLeod Family YMCA Pool

- Ages 8 and under: 8:00am – 8:45am
- Ages 9 and older: 8:45am – 10:00am

TEAM GOALS:

1. To nurture each child while realizing that they are different and allow them to develop as far as their dreams, talents, and efforts will take them.
2. To guide young people through the process of achieving while inspiring them to use this knowledge throughout their lives. Encourage them to dream, help them set worthy goals, promote a strong work ethic, provide support, and inspire them to persevere until they succeed.
3. To provide a level of coaching that will lead to the development of successful all around swimmers. In all levels, proficient technique is a priority as well as respect to the coach's workout directions, allowing swimmers to develop character, self-confidence, and the love for the sport in a nurturing atmosphere.

4. To encourage parents to actively support their child as well as the program in a positive and Christian manner that reflects the YMCA mission and core values. Understanding their involvement is essential to the program and their child's success.
5. To provide your swimmers the opportunity to get involved with and support our community.

EXPECTATION OF MANTA RAY SWIM TEAM MEMBERS:

1. To understand the YMCA mission as well as that of the swim team.
2. Be a proud member of the 2019 YMCA Manta ray Swim Team.
3. Give yourself 125% physically and mentally.
4. Challenge yourself and teammates to improve and work harder.
5. Display good sportsmanship at all times, home and away, demonstrating the YMCA core values at all events involving the team as a whole or in part.
6. Make friends with teammates and learn how to be part of a team.
7. To take steps toward excellence in academics without sacrificing one achievement for another.

FACILITY & TRAINING RESOURCES

The YMCA swim team practices at the McLeod Family YMCA. The facility features a 9-lane, 25-yard competition pool. We have kickboards and fins as well as other training gear for use during practice. These are to be taken from the storage area when needed and returned at the end of practice. We are also privileged to use other aspects of the Y facilities when necessary such as the Fitness Center.

SWIMMERS CONDUCT

Swimmers are expected to show responsible behavior before, during, and after practices as well as at meets. The behavior of each member affects our team image and relationships. Negative or abusive behavior will not be tolerated. Due to the volume of swimmers and the limited space / amount of practice time available, it is crucial that the practice environment remain positive and that practice sessions operate in a smooth, efficient manner. Inappropriate behavior would include, but is not limited to the following:

- Speaking when coaches are speaking
- Disregard of instructions of the Head Coach or Assistant Coach
- Failing to respect others' private property
- Behaving in any way that could reflect negatively on the program and/or the Y
- Failing to respect all areas of the facility and/or staff members
- Any disruptive behavior which interferes with practice or the safety of another swimmer

TEAM EXPECTATIONS FOR ATTENDANCE AND PRACTICE

- Each swim level is offered ample amount of practice throughout the week. It is recommended that swimmers attend as many practices as possible. The more you practice, the better your end results will be.
- Parents are encouraged to meet their individual team coaches.
- All questions for coaches should be asked either before or after the practice.
- Swimmers are required to be at practice 15 minutes prior to their start time. Failure to attend practice at the required start time results in your child playing catch up for the training session. If the time interferes with your work schedule, please notify the coach.
- Unless your swimmer has an appointment or a valid reason approved by the coach, your swimmer is required to stay for the entire practice.
- Swimmers are expected to come to practice with their required equipment; (swimsuit, towel, goggles, sunscreen, water bottles, etc.)
- When on deck, swimmers are expected to congregate near the shallow end of the pool.
- Swimmers are NOT allowed to enter the water until given permission by the coach. Free swim is only allowed after practice during Recreational Swim at 1:00pm.
- Swimmers are not allowed to leave the pool area without the permission of the coach. The bathroom should be utilized prior to the start of practice or after sets – not during sets.
- If a swimmer is unable to complete a practice, for whatever reason, they are to remain on the pool deck until their parent arrives to pick them up.
- Swimmers are required to act responsibly while at any practice site. Failure to follow team rules is grounds for dismissal.

GUIDELINES FOR A HEALTHY COACH-PARENT RELATIONSHIP

Parents have an important role in providing a supportive atmosphere for swimmers and the coach. Parental involvement and encouragement are essential ingredients in a successful swimming program. However, the coach has the responsibility and authority for conducting swim practice, maintaining discipline, and motivating swimmers. Please discuss any concerns as soon as possible to the coach by email or cell.

Parents should have a positive attitude and remember that swimming is only a small part of life, not the central issue. Should parents have a pressing problem with regard to their swimmer and the coach, they should resolve that problem directly with the coach, as soon as possible, rather than discuss it with other parents or swimmers. Some guidelines for parent-coach contacts are as follows:

- Avoid contacting the coach with minor problems unless safety is at stake.
- Do not discuss problems with the coach during swim practice or during a swim meet.
- Parents cannot be in the area designated for coaches during meets or on deck unless they are working the meet in a specified capacity.

- Problem resolution is part of growing up. Let your swimmer try first, if possible.
- Be polite. Do not raise your voice or use offensive language.
- All parents must be careful not to push their swimmers too far and/or too fast. It is better to have them develop at a slower, less pressured, rate than to have "BURN OUT", or start to dislike swimming. Discipline and workout performance is a swimmer-coach matter and should be handled that way. The coach will bring any problems or concerns to the parents' attention, if necessary. Parents should try to show a healthy interest in their child's participation in swimming, and avoid criticism of stroke, training, and performance.
- No parent should coach their child during a meet or practice. The coach will communicate all matters to the swimmer from stroke mechanics to race preparation. If this is caught and the coach feels this creates a negative presence you will be asked to leave.
- PLEASE set realistic goals for yourself and swimmer that are achievable within your child's mental and physical capabilities! If you have not been asked to be on deck during a meet by the coach do NOT be offended when you are asked to leave the deck.

SUPPORTING YOUR SWIMMER

- Offer support, recognition and encouragement needed to help a swimmer feel positive about him/her self.
- Have a positive attitude. A parent's attitude often dictates those of the swimmer. Even if you don't think they are aware of an issue, they are subconsciously absorbing powerful messages about a parents desires or feelings.
- Remember that every individual has potential and requires patience.
- Encourage your child without comparing them to another swimmer. Avoid comparing the skill, drive, attitude or improvement of another swimmer to your own. Swimmers mature physically and mentally at different ages.

VOLUNTEERISM: Why Should You Volunteer to Help Your Swim Team?

The simplest reason why you should help is also the most powerful. We believe that parental involvement is essential. When you consider helping, your child benefits greatly from the program your direct support. The second reason is that most clubs cannot function without substantial volunteer help. Within the YMCA Manta Ray Swim Team, there is an opportunity for everyone to volunteer no matter your skills, interests or availability. These opportunities can include volunteering as an official timer, a lane monitor, a meet marshal, or becoming a swim meet official. We greatly appreciate each and every volunteer and the time they devote to the success of our team.

Don't hesitate to sign up to be a volunteer today! See your Swim Team Head Coach for more details. Thank you.