



# AMHERST TRITONS SWIM TEAM

## 2011-2012

### Welcome to the Amherst Tritons Swim Team!

The Amherst Tritons Swim Team (ATST) is a competitive swim program for swimmers from ages 5 to 18 in the Amherst area. The ATST is an independent, parent-run organization. The mission of ATST is to provide our members with the tools necessary to reach the highest levels of success within the sport of swimming and to instill the qualities, which will assist them in achieving success both during and after their competitive experience.

The fall/winter season practices start in mid-September, meets start in late November, and the championship meet is usually the end of January. Spring/Summer season practices start the last week in April and the championship meet is usually the last Saturday in July.

### Coaching Staff

The ATST has a paid coaching staff funded through fees and fundraising efforts. The 2011-2012 coaches are as follows:

**Head Coach:** Jay Yankowski ([jennifeer24@hotmail.com](mailto:jennifeer24@hotmail.com))

**Assistant Coaches:**

Allyson Greene  
Nick Dufresne  
Kelly Yankowski

Coach Jay has defined three core-coaching objectives:

**Maximize Potential:** Through a well-organized and defined program, swimmers in both the learn-to-swim and competitive programs will have the opportunity to progress at their own pace, to the highest level of proficiency they choose to pursue. Coaches and instructors will consistently challenge each swimmer to take the next step on the road to excellence, providing a positive and rewarding atmosphere in which to do so.

**Information/Education:** Staff will provide information to swimmers and parents so all may come to know the benefits of the competitive swimming experience. During the competitive years, the better the athlete and parent understands the dynamics of developing a competitive swimmer, the better prepared they will be to work together with the coach to achieve the highest degree of success possible within the sport. This will enable the swimmer to continue the sport long after their competitive years have concluded.

**Achieve Competitive Success:** We provide our staff with ongoing opportunities to enhance their knowledge base, to better enable them to provide swimmers at all levels with sufficient training, supervision and motivation to excel. It is our goal for all to achieve success.

## **Board of Directors**

This is a group of parents who meet throughout the season to distribute workload, set ATST policies and determine fees. The board is open to new members and participation is strongly encouraged. Board members and committee chairs are listed below.

**President:** Kate Connor ([k3connor@charter.net](mailto:k3connor@charter.net))  
**Treasurer:** Stacy Simonson  
**Clerk:** Tawny Currier  
**Directors:** Jean Klepacki; Andy Thibault; Meg Rosa  
**Registrar:** Christine Gray-Mullen ([gray-mullen@comcast.net](mailto:gray-mullen@comcast.net))  
**Bookkeeper:** Allyson Greene ([allyson.a.greene@gmail.com](mailto:allyson.a.greene@gmail.com))

## **Fees**

Fees are used to pay coaches, pool rental, meet fees, ribbons and other miscellaneous items. The fee structure is as follows (subject to change at any time):

Senior Level: \$460  
Junior Level: \$325  
Age-Group Level: \$300  
Non-Volunteer Fee: \$200 (in lieu of volunteering throughout the season)  
USS Team Registration Fee: \$100/year (please contact Coach Jay if interested)

In addition, the third swimmer in a family joins for half-price. High school swim team discount (fall season only) is \$100 to compensate for missed ATST practices due to high school practices and meet schedule.

## **Communication**

For questions directed to coaches, contact Coach Jay Yankowski at [jennifeer24@hotmail.com](mailto:jennifeer24@hotmail.com) or Kate Connor at [k3connor@charter.net](mailto:k3connor@charter.net).

For specific questions about anything not related to coaching, write us at [info@atst.org](mailto:info@atst.org).

Important information will also be distributed via email for those who have email addresses. Practice updates, meet reminders and other changes will be sent out via email. When possible, cancellations will also be posted via email as well as on the website ([www.atst.org](http://www.atst.org)). It is your responsibility to make sure you are placed on this list by emailing Kate at [k3connor@charter.net](mailto:k3connor@charter.net), RE: Team Email List.

## **Practice**

Practices take place at the University of Massachusetts, Totman pool on Eastman Lane. Practice schedules for fall/winter or spring/summer seasons are listed on the website.

Vacation/Holiday/Snow Day Practice Schedule and Policy:

- Practice will not be held on Amherst Public Schools snow days.
- Practice will not be held in the event that Amherst Schools cancel after-school activities.
- If school does not cancel but the weather gets worse, please check your email and/or the website before heading to practice in the event it is canceled.

- Swimmers need to be at practice 15 minutes before start time and need to be picked up no later than 15 minutes after the scheduled end of practice.

#### PracticeTips:

- Swimmers are encouraged to attend the maximum number of practices offered per week. Attendance will be taken on a daily basis. Coaches understand, however, that there may be conflicts with other sports and activities that may limit a swimmers attendance at every practice. Coaches should be notified if swimmers cannot attend practice for a period of more than 3 days or 3 practices in a row with an email to Coach Jay.
- Swimmers are not penalized if they miss practices. However, relay teams are partly based on performance of the swimmer and performance is usually related to practice attendance.
- Be sure to look at your mailbox/folder at practices, or have your child do so.
- Do not interrupt coaches during practice. Please ask your questions before practice starts or after practice ends.
- All swimmers should bring a water bottle to practice. Gatorade or PowerAde is not allowed in the pool.

#### Swim Meets

- A dual swim meet is a meet against one other team. Generally there are 8 swim meets in the winter season, 5-6 swim meets in the spring/summer. Swim meets tend to last about 3 hours. Swimmers compete against other children in their age group which are as follows: 8 and under, 9-10, 11-12, 13-14, and 15-18. Your child ages up to the next age group on his/her birthday.
- Swimmers are encouraged to participate in as many meets as possible, both home and away. In fact, swimmers must compete in at least four dual meets to be able to swim at the championship meet. There tends to be less participation in away meets. We encourage carpooling, when necessary. If transportation is an issue, please contact [info@atst.org](mailto:info@atst.org) and we will do our best to help with finding carpool options. In the beginning of the season, the list of meets will be distributed. If a swimmer decides not to swim one of the meets, they must notify Coach Jay no later than one week in advance of the meet.
- Swimmers will be placed in a variety of events at a meet. The coaches place swimmers in events that they believe are a good and safe match. The coaches spend much time beforehand doing this. **PLEASE DO NOT ASK FOR A CHANGE IN EVENT AT THE TIME OF A MEET. THE COACHES WILL NOT BE ABLE TO DO IT.**
- Prior to the meet, swimmers will be given an on-deck time. Swimmers need to be on-deck at this specified time so coaches can take attendance and get swimmers in the water and warmed up properly. **If your swimmer has NOT checked in with a coach by that time, they will be scratched from the meet!**
- Directions to swim meets will be posted on the website. In addition, meet reminders will be sent out ahead of time via email.
- For all meets, please check your email before leaving. Not only can weather cause a cancellation, but sometimes water quality or a conflict with facility scheduling can also cancel a meet. It is a good idea to check shortly before you plan to leave, just to make sure.

### Meet Tips:

- Stay through and participate in all of your events at a meet. It only hurts your team and possibly relay partners if you leave early. Check with a coach before leaving to ensure you are all done. If there is an emergency and you must leave early, please notify the coach first.
- Events are listed on one of the walls inside of the pool with swimmers names next to each event. Some parents find it useful to mark their child's hand with an ink pen with their event numbers (if your child finds this helpful, please send them with a marker or pen).
- Swimmers should prepare to line up 10 events prior to their event. You need to pay attention to the event number we are on and get yourself in line on time. For younger swimmers, older buddies will help them do this.
- Encourage your child to use the rest room in advance of their line-up time. The same goes for eating snacks.
- During a swim meet, whether home or away, swimmers should **NOT** leave the pool deck without notifying a coach first. Swimmers also need to know that the locker rooms and hallways are **NOT** places to hangout. Swimmers should be on deck cheering for their teammates.

### Parent Volunteer Duties

The ATST is a parent-run organization. In order for a swim meet to take place, there are close to 50 positions that need to be filled. We expect at least one parent/guardian to volunteer from each family for each meet. You are only expected to volunteer for half a meet. Parents of new swimmers can team up with a buddy for one of the first meets if they feel uncomfortable, but most of the jobs are fairly easy and require little training. If parents are unable or unwilling to volunteer, a donation of \$200.00 per season is expected. Early in the season we usually hold a mock meet where we will train volunteers for these jobs. There is a **VOLUNTEER SIGN-UP BOOK** in the pool office so you can sign up for a job prior to each meet. Below is a list of the jobs.

- *Starter*: This requires previous experience or special training. This person announces and starts each event.
- *Timer*: This is the job that requires the most number of volunteers. At each meet, you will be given a stopwatch and directions on how to use it. Generally, we need 6-8 timers at a time.
- *Back-up Timer*: This timer starts the watch at the beginning of each race and records time for any person who has a mishap with timing their particular lane.
- *Stroke and Turn Judge*: Each team is expected to supply 2 judges per meet. This person is responsible for making sure strokes and turns are done legally. The league usually holds training sessions at the beginning of each season. There is also a videotape available that can be viewed.
- *Bullpen Monitors*: These people help line up the swimmers in the correct order for their events. They also monitor behavior on deck and make sure the kids know what event they are swimming and what lane they are swimming in.
- *Scorekeeper*: These people count up the points for each team during the meet and enter the points into a computer.
- *Place Judge*: The place judge records which swimmer/lane comes in first, second and third place for each race.
- *Runner*: This person collects all timing cards and place cards from the timers and takes them to the scoring table after each event.

- *Food Table*: For home meets, these people help set up the food table, sell food, and pack up the food table at the end of meet.
- *50/50 Raffle Coordinator*: For home meets, this person coordinates the selling of 50/50 raffle tickets.
- *Locker Room Monitor*: This person periodically goes through the locker room to make sure kids are behaving and respecting property.

## **Championship Meets**

Winter Champs are usually held the last week in January. Spring/Summer Champs have generally been held the last weekend in July. Swimmers must swim in a total of four dual meets to qualify for these championship meets. Trophies or medals are awarded to first through sixth places for each event and ribbons for seventh through twelfth place. Relays teams are awarded trophies or medals for first through third place. ATST expects all swimmers to attend championships.

## **Uniforms**

The ATST has a team swimsuit, which every swimmer should try to purchase. A standardized uniform contributes to team morale and makes our swimmers easy to identify at large meets. Every effort is made to offer a quality swimsuit at a reasonable price. Information on how to obtain team suits usually will be sent to parents via email and mailbox letter. Additionally, the team will offer other team merchandise such as sweatshirts, pants and workout shorts. A special order form will be distributed early in the season so these items may be special-ordered for each swimmer. ATST swim caps and t-shirts will be on sale at home meets at the food table.

A special tip... have your swimmer wear their TEAM suit at swim meets only. Buy a less expensive swimsuit for practices. This way, the TEAM suit lasts longer and you don't have to buy a new one each year.

## **Fundraising**

The ATST raises funds through their notorious food table, which is featured at every home meet. Parents are asked to donate food, hot or cold. For those coming straight from work, a makeshift dinner can usually be purchased, such as pasta salad, fruit salad, pizza, or bagels. Drinks and snacks will also be sold. We also try to sell 50/50 raffle tickets at each home meet.

## **Meet Ribbons**

Ribbons are awarded to each first, second and third place finishers for each event for each meet. Ribbons are also made for personal best times. Coach Jay makes every effort to distribute these ribbons to swimmers within a week of the swim meet. When they are finished, ribbons are placed in your child's mailbox in the pool office.

## **End of Season Party**

Usually, there is a party at the end of each swim season often the weekend after the championship meet. At this party, championship trophies and ribbons are distributed. The coaches also honor some swimmers with special awards for the season.

## **USS Swimming**

For those who choose to swim at a more competitive level, ATST participates in the USS Swimming meets, which are held around the New England area. Swimmers who wish to join pay an additional fee of \$100 per year. There is also an event entry fee of \$3-\$5 per event. These meets are advertised to the USS swimmers in advance and families choose which meets/events to sign-up for through Coach Jay. This league offers swimmers a chance to compete against some of the more talented swimmers in New England and beyond. Sign-up is early in the fall/winter season so don't miss it!

## **Swim Training Responsibilities**

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to aspire to the Senior Level. As swimmers improve, this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for 100% effort each time they come to practice and meets. Swimmers will be required to bring specified training accessories (i.e., goggles, flippers, etc.) to workouts. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as an excuse to miss part of a training session.

### **Drop-off/Pick-up:**

It is important to note that UMass Totman is an open building. Many at the university use the locker rooms, hallways and parking lots. Please accompany swimmers in the locker rooms. Our coaches need to be on deck at all times, as they cannot leave the water unattended. We suggest that all swimmers leave their belongings on deck. Please do not leave any items or belongings in the locker rooms. ATST is not responsible for lost or stolen items. We have a lost and found box in the pool office.

**Drop-off** - Swimmers should be at practice 15 minutes before their scheduled practice is to begin to utilize expensive pool time. Please do not drop off swimmers earlier than 15 minutes. Swimmers should change quickly and stay on deck. Swimmers should not be in the hallways or office area for extended periods of time before or after practice.

**Pick-up** - Be on time for pick-up. We cannot afford to pay our coaches past regular practice schedule times. It is the responsibility of the parents to be at Totman on time. The coaches do not wait for all swimmers to change and come out of the locker rooms. Once practice is complete, they lock up and leave. We encourage parents to find a parent in the same practice group and share cell phone information. This way in an emergency you will have a contact person at the pool.

## **Viewing Practice**

We have an open viewing policy and we welcome all parents to stay and watch practice. The viewing area is upstairs at Totman. For the safety of all the swimmers and coaches, parents should not be on deck during practice. If you have a question or concern you may ask coaches after practice or email them directly.

## **Team Mailboxes**

All swimmers are given a folder that we call their "mailbox". These folders are in the office at Totman (glass room off pool deck). These folders are where the swimmers will find their ribbons after meets and any other ATST communication (fundraiser material, advertising for swim camps, etc). Please check your mailbox on a weekly basis.

## **UMass Totman Parking Lot**

UMass Parking Services tickets vehicles in the Totman parking lot without a valid parking permit Monday-Friday until 5:00pm. If you arrive early, please find a meter and pay a quarter. Tickets are expensive.

## **Questions?**

Please email any of us at anytime. We would love to hear from you.

**Please bring all registration forms (including the Emergency Form) and payment to give to Kate Connor on New Swimmer Day.**

## **2011-2012 Practice Schedules**

### Seniors

Mon-Fri 3:00-5:00 p.m.  
Sat 8:00-10:00 a.m.

### Juniors

Tues/Thurs 6:00-7:30 p.m.  
Sat 11:00-12:30 p.m.  
Sun 11:00-12:30 p.m.

### Age Group

Tues/Thurs 5:00-6:00 p.m.  
Sat 10:00-11:00 a.m.  
Sun 11:00-12:00 p.m.

*Swim meets will be on Saturday mornings (fall/winter season) and Tuesday nights (spring/summer season), dates TBA*