

Welcome Parents and Swimmers!!!!



Summer 2021

Swim Team

(Information Pack)

Welcome Letter

We are so excited that your family and swimmer have chosen to participate in the Maquoketa YMCA Marlins Swim Team. We have a great group of coaches that truly have a love for working with kids and swimming. Your coaching staff continues to evaluate the swimming program and are committed to making this program meaningful and fun for your swimmer. This year your coaches have added additional components to make for a more well rounded athlete. We have incorporated into our program: stretching, strength training and Fun Fridays where team members can just spend time having fun.

The great thing about being a part of the swim team is that our hope and goal is to not only teach the proper swimming techniques, but to teach life skills that will be with your swimmer throughout their life. We care! We want this program to be first and foremost FUN and give swimmers a chance to develop friendships and a team spirit towards each other. Of course, it doesn't hurt to win some competitions along the way as well.

Our program is designed with flexibility in mind so that swimmers have the opportunity to participate in other sports and activities they enjoy as well as have time for school work and family responsibilities.

We look forward to working with you the parent(s) and your swimmers. Let's have a great year!!

Sincerely,

Your Coaching Staff

Coach

Scott Warren

swarren@maqymca.org

563-652-6566

(Advanced Swimmers)

Coach

David Gossman

dgossman@gcisolutions.com

Office (563) 652-2822

(Novice Swimmers)

Membership

Swimmers ages 6 to 18 can join the Marlins swim team. We have two requirements in order to join, a membership to the YMCA and the swimmer must have the ability to swim the length of the pool unassisted using one of the competitive strokes without having to stop. The organization does not teach swimming lessons, we help swimmers to improve their endurance, refine their strokes, and swim competitively.

YMCA student membership is \$15.50 per month or family membership for \$46.50 per month. At the Y, nobody is turned away due to an inability to pay. Visit www.maqymca.org and click on join to see what your rate will be. Need additional assistance? Stop by the Y and we will see that you can become a member.

Stroke Clinics and Practices

The stroke clinic is FREE and open to all swimmers and those who are interested in finding out more about what swim team is all about. We encourage you to bring any friends that may have interest in swim team.

**** Swimmers are not required to participate in a set number of practices although **we highly encourage attending at least 2 practices a week** in order to continue to progress as developing swimmers.**

****To ensure your child gets the full benefit of practice, please have them here and ready to swim at 4:00 pm which is the start of practice time. We have a tight schedule and are packing a lot into our one hour practice time. It helps your swimmer, the coaches who have planned for the practice and the other teammates when swimmers are on time. Thank you so much for your help!!**

Contact Information

David Gossman (Novice Swimmers) – dgossman@gcisolutions.com or Office 563-652-2822

Scott Warren (Advanced Swimmers)- swarren@maqymca.org or call 563-652-6566

Any communications between parents and coaches will be either through e-mail or updates on our facebook page (Maquoketa Family YMCA). We will follow the school year schedule. If the school announces cancellations due to weather, swim team practice will be cancelled as well.

Nutrition

Please be sure to pack your swimmer a healthy snack for after school. This ensures that they are not hungry and have the energy to give it their all during practice. The definition of a healthy, nutritious snack for a swimmer is one that first and foremost is low in simple sugars but contains carbohydrates. Secondary to carbohydrates is protein. It is carbs that give swimmers the energy they need.

Swim Meets

Age groups for swim team are 8 & under, 9-10, 11-12, 13-14, and 15-18. Swimmers will sign up for the swim meets the first week of practice unless they let the coaches know they will not be able to participate. When scheduling swimmers for events several things are taken into consideration, including attitude, dedication, attendance, and ability. Please review the calendar and fill out the swim team meet sign up sheet and turn in by June 10th. Though we certainly understand that children get sick and things come up, please do everything in your power to see that your child attends the meets your swimmer signs up for. We will put meet entries in the Tuesday before a Saturday meet. If your child is unable to attend, please let a member of the coaching staff know as soon as possible. This allows us the opportunity to find a replacement, especially if the event is a relay.

We will e-mail you the meet locations, warm-up and meet time to you the Wednesday before each meet if not sooner. Typically, warm-ups start around noon. Meets run from 3 hours for dual meets and up to 6 hours for triangulars.

What to Expect at a Swim Meet

Warm-ups typically begin 30 minutes to an hour before the start of a meet. Your swimmer's coach will be in the staging area and swimmers will report to them to receive their race list. The coach (or parent) will write the race numbers on the arm of each swimmer prior to warm-ups. These numbers correspond to the event list you received at registration. Consider bringing the event list and writing down the race numbers so that you know the events your child is swimming.

There is no admission fee to attend a swim meet. Once you arrive at the meet location, it would be great if all Marlins fans sit together to develop a team atmosphere. You may want to consider bringing lawn chairs, blankets, and coolers. Most meet locations have concessions.

During the swim meet, race numbers are announced over a PA system to alert swimmers and parents. Several races will be called at the same time with a request for swimmers to report to the "clerk of course". This area will have a large group of swimmers sitting on benches or chairs so it will be easy to spot. This is where athletes are organized into their heats and lanes. Swimmers are expected to stay in that assigned area until they swim. Some locations will specifically announce the start of every single race in addition to the announced requests to report, but others will not. If your swimmer has reported, then their race is coming up soon!

COVID-19 NOTES

(subject to change)

Swimmers are allowed **2 spectators** each. IF there are issues will WILL hand out tickets for each swimmer to ensure we follow this. However, we believe our swimmers and their families will be mindful of this.

MASKS are to be worn by ANYONE not in the water.

Social Distancing is required at meets.

Volunteers Needed

Our first Maquoketa meet is on November 6th and we are looking for volunteers. Our volunteers are what make the swim meets run smoothly. There are a couple of positions that require training, so please let Scott Warren know as soon as possible if you are interested in helping out. See the included sign-up sheet for volunteer opportunities. **We need at least one parent from each family to help at each meet.**

Maquoketa Marlins Swim Team Sign-Up

Please decide and mark which meets your child will be attending and check the appropriate box.

Please have this completed and returned by **Thursday, June 10th.**

Name: _____

		Attending	Not Attending
June 17 th	Maquoketa	<input type="checkbox"/>	<input type="checkbox"/>
June 19th	Scott County	<input type="checkbox"/>	<input type="checkbox"/>
June 23rd	Cascade	<input type="checkbox"/>	<input type="checkbox"/>
June 26th	Cascade Invitational	<input type="checkbox"/>	<input type="checkbox"/>
July 1st	Anamosa	<input type="checkbox"/>	<input type="checkbox"/>
July 6th	Maquoketa	<input type="checkbox"/>	<input type="checkbox"/>
July 8th	Mount Vernon	<input type="checkbox"/>	<input type="checkbox"/>
July 18th	Monticello	<input type="checkbox"/>	<input type="checkbox"/>

Favorite Stroke/Strokes/Events:

Marlins Swim Team
Volunteer Sign-Up Sheet

Please have this completed and returned by **Thursday, June 10th**

(Please Print)

Name: _____ Swimmer(s) Name: _____

E-Mail: _____

Phone Number (Home): _____

Phone Number (Mobile): _____

(Please Check All Available Meets You Are Able to Help With.)

_____ June 17th Maquoketa	_____ June 19th Scott County
_____ June 23rd Cascade	_____ June 26th Cascade Invitational
_____ July 1st Anamosa	_____ July 6th Maquoketa
_____ July 8th Mount Vernon	_____ July 18th Monticello

(Check All that Apply)

_____ Official *(Training required) _____ Timers (Runs stop watches)

_____ Help Organize Swimmers / Communications