

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SWIM TEAM

YMCA of Greater Des Moines

Ankeny Family YMCA

Dear Parents:

The YMCA mission is: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCA strives to build character in all who participate in YMCA programming. The character values of caring, honesty, respect, and responsibility are part of every program the YMCA offers.

The swim team seeks to encourage and motivate each swimmer to develop his or her individual skills and to enhance a strong and healthy sense of sportsmanship, character and self image. Swim team at the Y is a program to create better general life skills, not just produce a great swimmer. The team can only accomplish this through the active involvement of each swimmer and his/her family. We encourage families to be involved in the swim team activities. You may choose to attend a competition as a spectator or volunteer at home swim meets, but know that your involvement at any level is meaningful to your swimmer. Everyone involved in the coordination of the swim team: the administration, aquatics personnel, swim team parent group, coaches, volunteers and more, pledge to make this an experience that will positively shape your child. Thank you in advance for your involvement and commitment to this program.

We look forward to a fantastic swim season.

Sincerely Submitted,

Your YMCA Directors and Coaches
YMCA of Greater Des Moines

Minimum Swimming Requirements

To participate on the swim team, each swimmer must meet the following minimum requirements:

For swimmers 8 and younger:

- 25 yards each of a LEGAL freestyle & backstroke
- 25 yards of good form of breaststroke & butterfly kick and knowledge of the full stroke.

For swimmers age 9-12:

- 50 yards each of a LEGAL freestyle & backstroke
- 25 yards of breaststroke
- 25 yards of butterfly

For swimmers 13 and older:

- 50 yards each of ALL FOUR STROKES LEGAL (freestyle, backstroke, breaststroke, and butterfly)

The goal of the swim team is to place children in appropriate levels, regardless of age, to maximize instruction and to create a quality learning/practice environment. Placement of swimmers will be decided by the YMCA coaching staff.

Communication

We use many ways of communicating with Swim Team Families. Please check the different means of communication OFTEN!

- Our team website is www.aquahawks.com. Check this site often for schedule updates, meet locations, announcements, etc.
- Please visit the Iowa YMCA Swimming website at www.iowaymcaswimming.org for information on meet dates, meet results, championship meet information, etc.
- **For coach, swimmer, & parent communication purposes we use e-mail as the primary source of communication.** You will receive e-mails from the Executive Director, Aquatics Director, and Head Coach. ***ALL e-mails listed by parents on the registration form will be used to contact for the season.*** A brand new e-mail list is put together every season to contact parents. PLEASE notify the Aquatics Director and Head Coach if you change your email address during the season.
- Family file folders are located on the pool bleachers throughout the swim season. The file folders will be used to distribute printed information (as needed), meet awards, etc.
- Check the swim team bulletin board located across from the concession stand outside the pool area for announcements and information.
- You are encouraged to talk with the coaches during a non-practice time (before or after practice), or set up a time that is convenient for everyone. Please do not try and talk to the coaches when they are running practice or busy at a meet.

Swim Team Practices

- We recommend that each swimmer attends at least two practices a week for the maroon/silver practice groups and at least 3 practices a week for the gold, pre-senior, and senior practice groups. Please remember that skills will be best developed by regular practice attendance. If you will be gone for a long period, please let the head coach know ahead of time.
- If necessary due to numbers, some practices may be adjusted by the coaches.
- There will be NO practices at the YMCA when the Ankeny School District dismisses early or classes are cancelled due to inclement weather.
- Parents will be notified for weekend, holiday, and other interruptions to the normal practice schedule via email.
- Due to High School boy's home swim meets conflicts, practice will be cancelled. Home Meet Dates are listed in this handbook with the practice schedule.
- No make-up practices will be scheduled due to school cancellations, holidays, etc. If coaches are able to schedule a make-up practice, an e-mail will be sent to parents.
- No refunds or credits will be issued because of canceled practices.
- As you may notice on the practice schedule, dryland is scheduled for some practice groups. Swimmers **MUST** bring tennis shoes and work out clothes for dryland activities.

Family Involvement/Team Support

Family involvement is critical to the success of the team. **The assistance of all families is needed to conduct home meets.** There are many opportunities for involvement, ranging from timing, to computer work require no previous experience. Further information on volunteer positions is included at the end of this handbook.

Parents must sign-up online, www.aquahawks.com, to help volunteer at ALL the Home Swim Meets by Nov. 9th.

Parent Responsibilities

- Be uplifting and supportive of your child throughout the season.
- Volunteer to help us run our home swim meets.
- Help your child plan, set, strive and achieve their goals.
- Be patient. Each swimmer progresses at a different pace.
- Make sure your swimmer attends all practice sessions.

Swim Team Rules & Expectations

We want to set the ground rules as to maintain a POSITIVE learning and practice environment. It is intended to help, not to rule.

To participate on the YMCA swim team, participants will be required to be YMCA members for their respective YMCA (winter season only) for the duration of the season and at least 30 days prior to competition.

Swimmers must also practice, with the team, a minimum of two times per week to swim in YMCA swim meets. Please remember that the skills will best be developed by regular practice attendance. If the coaches feel your child is not progressing past the minimum level of stroke development after a reasonable amount of time on swim team, the head coach may recommend OR require that your child takes additional swim lessons for more one-on-one help. All private lessons must be pre-approved by Aquatics Director.

Swimmers Should

- Be Positive and Have Fun!
- Have equipment available and adjusted before every practice. Always have an extra set of goggles with you on the pool deck
- Put belongings in the locker rooms or bleacher area of the pool. It is highly recommended to bring a lock and lock your belongings in a locker during practice, but members may not leave belongings locked over night.
- Quietly wait for practice in designated area to refrain from interrupting other aquatic programs.
- MAINTAIN proper spacing between swimmers before you start drills. (at least 5 seconds)
- Touch the swimmer's foot in front of you when attempting to pass (do not pull, yank, or hit swimmer). DO NOT stop while swimming to let the swimmer pass. If needed, stop at the wall to allow the swimmer to pass.
- Begin sequences of drills precisely on time and finish by touching the wall first, not the bottom of the pool.
- Treat others with respect and not interfere w/ the ability of other swimmers to complete their workout.
- Listen and follow directions from coaches with no talking during instructions.
- Maintain proper eating, sleeping and studying habits.
- Be a leader and HAVE FUN!
- Follow all pool rules
- Demonstrate proper sportsmanship
- Not play with pool equipment/toys
- Stay out of the pool office. YMCA Staff are only allowed in the pool office.
- **Uphold the YMCA mission statement, philosophy, and character values.**

The following progressive discipline steps will be taken if deemed necessary:

1. Verbal warning to swimmer.
 2. Swimmer sits out for 5 – 10 minutes.
 3. Swimmer will be asked to leave the activity or event for the day. A behavior report will be filed by the Head Coach or Aquatics Director.
 4. If more than 3 behavior reports, swimmer may be asked not to participate for an extended period in team activities or exploited from the team. This action will be communicated by the Head Coach or Aquatics Director to the parent and swimmer.
- If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of the repair or replacement.
 - Progressive discipline strategies will vary for different age groups.

YMCA Locker Room Etiquette- When Swim Team is in the YMCA for practice there are a lot of youth in one area. Our locker rooms are used by all members of the YMCA. Please remind your swimmers to be respectful while using the YMCA facility.

Swim Meet Information

Participation in swim meets is encouraged.

A swimmer's age on June 1 (for the summer season) and **December 1 (for the winter season)** of the current season, is the age they will compete at for the duration of the season.

Iowa YMCA Swimming consists of the following age groups:
8&Under, 9-10, 11-12, 13-14, Senior (15-21) or Open (12-21)
(can not be over the age of 21 and/or participated on a college team)

Registering for Swim Meets

NEW ONLINE MEET REGISTRATION PROCESS:

1. To sign up for a meet, go to the team website, www.aquahawks.com, and on the home page click on *meet schedule*.
2. Then, find the meet date/location you want to sign up for & under *Sign-Up (right side of page)* click on the meet you want to sign up for.
3. The sign-up is password protected. Enter the password "YMCA" for access.
4. After you enter the password, you will be on the signupgenius.com meet sign up for the meet date you clicked on. Then you will find the event you want to sign up for and click "sign up"
5. **Make sure you choose "I do not want to create an account, I'll just enter my name"**
6. **Then you will type in your swimmer's LAST, FIRST Name ex: Smith, John (last, first)**
Please Note: YOU MAY NOT CHANGE YOUR SIGN-UP AFTER SUBMITTING!! Please DOUBLE CHECK the event & last,first name is correct BEFORE SUBMITTING! (e-mail the Head Coach with any mistakes)
7. Then, just click "sign-up" and the swimmer's last,first name will appear with the listed events. Then follow 3-7 to continue signing up for more events or signing up another swimmer.

Meet Entries are DUE by the Monday before a Saturday meet.

- Swimmers are responsible for signing up for each swim meet. Any late meet entries may result in not being entered on a relay or entered in the swim meet.
- **A swimmer is allowed to sign-up for 3 individual events and 2 relays for the meet entries.**
- For dual meets, a coach may move a swimmer up one age grouping (but not down) for relay purposes only.
- Swimming in exhibition events will only be allowed if swim meets can accommodate the event with the hosting team's approval, coach's approval, and YMCA Director's approval.
- Relays will be determined by the coaches. Relays will be based on individual times, attendance at practice and attitude at practice.
- When signing up for a meet online, **DO NOT SIGN-UP FOR THE RELAY EVENTS!** All swimmers will be expected to participate in the relay(s). Not every swimmer will be on a relay, but coaches will do their best to place everyone on at least one relay.
- If you be late to a meet or leaving early, you must notify or e-mail your reason to the Head Coach.
- Final Meet Entries will be e-mailed to parents. **Parents or swimmers must check the entries right away and notify the head coach of any changes/corrections.** (this is important if the coaches need to adjust the relays)

Warm-Ups for Meets

- **It is required that ALL swimmers warm-up at our assigned team time (unless approved by a coach).** Warm-ups give swimmers the chance to not only loosen and warm-up their bodies; it also allows them to get familiar with a "new" pool and practice starts off the block and turns since not all pools are the same.
- Please arrive at meet sites at least 15 minutes prior to warm-up times.
- Final Meet Entries that are e-mailed to parents will have the event(s) and event #(s) that each swimmer is participating in. Each swimmer is responsible for knowing the event's they are entered in prior to the meet. It is highly recommended to write each event and event # on your swimmer's hand prior to the meet.

General Meet Information

- Swimmers **MUST** talk to a coach before AND after each race.
- Swimmers are **ALWAYS** required to be wearing shoes/sandals and warm clothing between events. Temperatures vary and waiting areas often times will be cool. Bring a couple of towels. Use one during the meet and save the other so you will have a dry one **AFTER** the meet.
- Meets can take anywhere from 4 to 6 hours, depending on the number of swimmers present and how efficiently the meet is ran.
- It is expected that swimmers engage in restful activities in designated team areas (crash area) or cheer on their teammates between events.
- We ask that all parents and children stay out of computer results areas to avoid distractions and meet delays.
- Please do not contact the hosting team with your concerns. The head coach needs to be notified and will address your concern with the hosting team.
- Please remember that you are representing your family, coaches, town and YMCA. Please represent us well.
- Pool depth should be at least 5 feet at any end of the pool where racing dives will be performed. If the pool water depth at the starting end of the pool is less than 5 feet, all swimmers must start their races in the water, even if starting blocks are available.

Crash Area

The designated team area or crash area is where swimmers will rest in between events and wait for their event to be called/posted. The crash area does get cold so please bring blankets and warm clothes for your swimmer(s). The crash area at our home meets will be located in the middle school balcony gym behind the bleachers.

Clerk of Course

- This is the area where swimmers report before a race once their event is called/posted in the crash area.
- **It is EACH swimmers responsibility for being at the clerk of course at the proper times.**
- Swimmers must stay quiet and listen to the volunteers for instructions in the clerk of course.
- Volunteers will organize the swimmers into the proper events and heats.
- Wear shoes and bring a towel and an extra pair of goggles with you.

The clerk of course at our home meets is located in the middle school next to the crash area.

Results

Results on each event will be posted in the hallway through the doors in between the crash area and the Ankeny YMCA concession stand. The results will have places and final times for each event by each age group/gender. The final results will also be e-mailed to parents as soon as possible following the meet. You may also go online to www.iowaymcaswimming.org to find the meet results.

Disqualifications

Disqualification (DQ) means the swimmer isn't eligible for a ribbon and the time will not be valid. DQs can happen for a number of reasons; it happens to everyone at least once! Reasons for a DQ may include: improper stroke technique, false start, improper turn, or other rule infraction. If a swimmer is disqualified, Officials at the meet will fill out a DQ form that will be given to the swimmer or their coach. Swimmers will be notified by a coach of a DQ and the form may be put in your family file folder. Please ask any coach if you have any questions on your disqualification so you can correct this at practice.

Meet Transportation

Parents are responsible for driving their swimmer to and from any away meet. Carpooling is encouraged, but not facilitated by the YMCA. Coaches are not permitted to be involved in transportation due to YMCA insurance limitations. **Meet Directions can be found on the swim team website: www.aquahawks.com.**

Meet Cancellations

If a meet must be canceled because of inclement weather, the coaches, the YMCA front desk and the team e-mail list will be notified to spread the message as efficiently as possible.

YMCA Championship Meets

Please also go online to www.iowaymcaswimming.org to find information on Iowa YMCA championship meets.

The Iowa YMCA Sectional Meet (winter season only) is the qualifying meet for the Iowa YMCA State Meet. To be eligible to compete at the Sectional meet each swimmer **MUST** swim in **three** YMCA closed meets prior to this meet and a current member of his respective YMCA 90 days prior (Nov. 13, 2011) to the meet.

To qualify for the Iowa YMCA State Swim Meet (winter season only) swimmers must equal or better the YMCA State qualifying time **AT THE SECTIONAL MEET**. If a qualifying time is not met in an event at an Iowa YMCA Sectional meet, then the first place winner will qualify.

To qualify for YMCA Nationals (winter season only), the swimmer must be at least twelve (12) years of age, and not older than twenty-one (21) years of age on the first day of the National Championship Meet. An athlete must achieve the minimum qualifying time standard for each National Championship Meet event in which he/she enters. The qualification period for the Short Course National Championship Meet is March 1 of the preceding year through the entry deadline for the current year's meet. A swimmer **CANNOT** swim as a part of a non-YMCA team up to 90 days prior to Nationals. <http://www.ymcaswimminganddiving.org>

Non-YMCA Championship Meets

Please also go online to www.myas.org to find information on the MYAS Regional championship meet.

Regional meet in Minneapolis, MN

To participate in the Regional Meet in MN (winter season only), the swimmer must meet qualifying times during the season. Further information regarding this meet, costs and qualifying times will be given out during the season. The Regional Meet is **NOT** a YMCA meet. It is a meet organized by MYAS – Minnesota Youth Athletic Association.

Awards for Championship Meets

Y Sectional Meet

- Medals 1-3
- Ribbons 4-8
- Participant Ribbons
- Scoring- *TBA*

Y State Meet

- Medals 1-6
- Ribbons 7-12
- Participant Ribbons
- Scoring- *TBA*



Ankeny Aquahawks
Swim Team
Supplemental Information

Winter Season 2011-2012

Key Contacts:

Kraig Vry	Executive Director	515-965-8800 Kraig.vry@dmymca.org
Melissa Little	Aquatics Director	515-965-8303 X114 (work) Melissa.little@dmymca.org
Ethan Johnston	Head Coach	Ethan.johnston@dmymca.org

Ankeny Aquahawks Fee Structure

Must be a YMCA member to participate on swim team in the winter season.

Swim Team Fee:

\$200 Maroon/Silver practice groups

\$240 Gold/Pre-Senior/Senior practice groups

\$50 for Ankeny High School Boys (must participate entire high school boys swim season)

(payment made to: YMCA)

Concession Fee: \$30 per family *(check or cash only with payment made to: Ankeny Aquahawks)*

Estimated additional OPTIONAL costs:

Team suits: \$40-55

Goggles/Caps: \$10-25

*Action Accents will be available for suit size fittings and will have other swim equipment available to order on Evaluation Night on Oct. 3rd from 6:00-7:30pm.

YMCA Check-In Policy

It is very important to the Ankeny Family YMCA that we account for all members and participants in our facility.

Each participant on the swim team will check in at the welcome center by using their issued YMCA membership card.

Lap Swim Policy

1. Lap Swim is designed to be a workout. We ask swimmers to share lanes and circle swim during their workout.
2. Lap Swimmers must be courteous to fellow swimmers, so everyone can enjoy a swim workout.
3. Lanes are first come, first serve
4. ADULTS GET PRIORITY DURING LAP SWIM
5. Swimmers MUST be 9 years old or older to swim in the lap lanes
6. Swimmers 9-14 are only allowed to swim when there are open lanes
7. Swimmers must be doing CONTINUOUS LAPS during Lap Swim Times
8. Lap Swimmers may use kickboards and pull buoys.

It is also the policy of the YMCA of Greater Des Moines that private instruction can not be conducted unless it is either your own child or a YMCA Swim Instructor/Coach through scheduled sessions. Parents are **not** permitted to coach their own children in an open lane during swim team scheduled practices or clinics.

Only YMCA Swim Instructors or Coaches are allowed to use the starting blocks during scheduled practice or program times.

YMCA Media Policy

The YMCA of Greater Des Moines can utilize the local media to communicate its mission and programs. In order to assure the most effective use of media, all public relations activities should be coordinated through branch staff and Media Relations. When you have identified a potential story idea or the media contacts branch staff about a story, after a story has been written, it must be approved through the branch staff and media relations director.

Season Calendar

September

26th - Winter Swim Team Registration begins – CURRENT Team Members 4:00-6:00pm

October

3rd - Winter Swim Team Registration begins – NEW Team members 6:30-7:45pm

3rd - New Swimmer Evaluation- 6:30-7:45pm

3rdth - Action Accents Swim Suit Fitting & Equipment Order 6:00-7:30pm

November

3rd - Parent Orientation Meetings - 6:00 pm - Previous Aquahawk Families
6:45 pm - New Aquahawk Families

3rd - Parent Advisory Committee Meeting – following parent orientation

3rd - TEAM SWIM CAP ORDERS DUE

6th - Practice begins

7th - Entries due for Intersquad Home Meet (Nov.13)

9th - Deadline for parents to sign-up to volunteer at ALL HOME MEETS

13th - Intersquad Meet – (during practice times)

14th - Meet entries due for Home Meet (November 19)

19th - **Home Meet- Warm-ups at 11:00am, 12:00pm Meet begins**

28th - Meet entries due for Home Meet (December 3rd)

December

3rd - Home Meet –Warm-ups at 11:00am, Meet begins 12:00pm

5th - Meet entries due for Away Meet- Atlantic (Dec. 10th)

10th - Swim Meet @ Atlantic –Nishna Valley (start time TBA)

12th - Meet entries due for Away Meet- Marshalltown (December 17th)

17th - Swim Meet @ Marshalltown (start time TBA)

18th -Swim Team holiday party (time-TBA) *date subject to change*

January

2nd - Meet entries due for Away Meet- Newton (January 7th)

7th - Swim Meet @ Newton (start time TBA)

9th - Meet Entries due for Home Meet (Jan. 14)

12th - Parent Meeting- 7:00pm (*time subject to change*)

12th -Parent Advisory Committee Meeting- after parent meeting

13th - Sectional meet information sent by hosting team

14th - Home Meet –Warm-ups at 11:00am, Meet begins at 12:00pm

16th - Meet Entries Due for Away Meet- Charles City (Jan. 21)

21st - Away Meet @ Charles City (start time TBA)

23rd - Meet Entries Due for Home Meet (Jan. 28)

28th - **Home Meet- Warm-ups at 11:00am, Meet begins at 12:00pm**

30th -Meet Entries due for Away Meet –Cedar Rapids-Stoney Point (Feb. 4)

February

2nd -Parent Meeting-7:00pm (*time subject to change*)

2nd -Parent Advisory Committee meeting- after parent meeting

3rd -Sectional Meet Entries Due

4th - Swim Meet @ Cedar Rapids-Stoney Point (start time TBA)

11th/12th - **Sectionals (Sunday 12th- bid to be hosted by Ankeny- TBD)**

March

3rd - YMCA Boys State Swim Meet @ Marshalltown

4th - YMCA Girls State Swim Meet @ Marshalltown

TBA - End of Season Party

31st -MYAS Regionals in Minneapolis, MN

April

1st - MYAS Regionals in Minneapolis, MN

2-5th -YMCA Nationals in Greensboro, NC

Winter Season will begin with practices on Sunday, November 6th.

Winter Practice Schedule:

Practice Groups	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Senior	4:45-6:00pm	7:00-8:45pm	8:00-9:15pm	7:00-8:45pm <i>Dryland 7:00-7:40pm</i>	7:15-8:45pm	
Pre-Senior	4:45-6:00pm	7:00-8:45pm	8:00-9:15pm	7:00-8:45pm <i>Dryland 7:00-7:40pm</i>	7:15-8:45pm	
Gold	3:45-4:45pm		7:00-8:00pm		6:15-7:15pm	6:15-7:15pm
Maroon (8& under)	3:00-3:45pm	6:15-7:00pm		6:15-7:00pm		
Silver (9& above)	3:00-3:45pm	6:15-7:00pm		6:15-7:00pm		

NO practice on Boys High School Home Swim Meets Dates: Dec. 8, Dec. 20, Jan. 5 and Jan. 19

Swim Meet Schedule 2011-2012

Meet Schedule	Opponent	Location
November 13	Intersquad Meet	Ankeny
November 19	Waukee, Newton, Ottumwa, Oskaloosa	Ankeny
November 27	No Meet	
December 3	Nishna Valley(Atlantic), Cedar Rapids-MACR	Ankeny
December 10	Walnut Creek, Nishna Valley, Omaha, NE	Nishna Valley (Atlantic)
December 17	Cedar Rapids-Stoney Point, Marion, Ottumwa	Marshalltown
December 25	No Meet	
January 1	No Meet	
January 7	South Suburban, Newton	Newton
January 14	Riverfront, Cedar Rapids-MACR, Boone, South Sub.	Ankeny
January 21	Forest City, Newton, Charles City	Charles City
January 28	Walnut Creek, Algona, Boone, Red Oak, Southern Prairie	Ankeny
February 4	Oskaloosa, Ottumwa, Washington, Waterloo, Stoney Point	Cedar Rapids-Stoney Point
February 11&12	Sectionals	TBD
March 3	YMCA Boys State Meet	Marshalltown
March 4	YMCA Girls State Meet	Marshalltown
March 31-April 1	Midwest Regional's	Minneapolis, MN
April 2-5	YMCA National's	Greensboro, NC

Parent Volunteer Opportunities at Swim Meets

Following is a list of jobs that need to be filled by supporting parents of the swim team program. Your participation ensures the meet runs smoothly as well as demonstrates the commitment to your child's success.

- * Any parent can do this job
- ** Experience with swim team necessary
- *** Experience or a strong willingness to learn is necessary, training required.

Awards* (located in the Family Changing Room on the pool deck)

Awards involve sorting and labeling the ribbons or medals that are being presented to swimmers. Away team awards sorted by team and given to coach. Ankeny's awards are placed individually in family file folders. Generally the job begins a little later than most and ends when the final awards has been processed.

Results Computer * (located in the Aquatics Office)**

Workers in computer scoring enter all of the individual meet results into the computer, then distribute the results to awards and post the results. This job begins once results start arriving and ends when the final heat has been entered and tabulated. Basic software learning needed for this job.

Electronic timing operators***

This involves running the electronic timing system at our meet. These individuals will sit at the north end of the pool to run the timing system. Plan to stay the duration of the meet please. Basic software learning needed for this job.

Officials * (certification required)**

All officials at our meets are required to receive the YMCA Swim Officials certification. The officials are responsible for starting and judging each event in the meet. Trainings are relatively easy and certifications are good for 3 years.

Runners* (pool deck)

A runner collects lane sheets from each lane timer and takes them to the computer room for entry. Comfortable shoes are a must for this job and the majority of time will spent on pool deck.

Timers*

Each of our lanes will be required to have two timers who will record each event's time. This job begins 15-30 minutes prior to the start of the meet with a timer's meeting prior to the meet on how to perform the duties of this position.

Set up/Tear down*

Consists of setting up equipment prior to the meet (touch pads, lane ropes, etc.) and cleaning up after the meet. This requires no skill, but is a very integral part of our duties. Set up for the home meets begin at least 30 min. prior to warm-ups.

Clerk of Course * (located in Northview Middle School next to the swimmer's crash area)

Persons in this area assist the Clerk of Course to get swimmers ready for the race. The clerk of course organizes the swimmers before each event and in heat and lane assignments. Then the swimmers are lead through the breezeway into place on the pool deck.

Concessions * (located outside the main pool entrance)

Handles setting up, selling, and tearing down for the concession stand.

YMCA Swim Officials Training

YMCA Officials Training's will be offered on the following dates below for parents to become certified as a YMCA Swim Official.

Level 1 Officials Training- Saturday, November 5 from 1:00-5:00pm at the Waukee YMCA.

Level 2 Officials Training- Sunday, December 18 from 2:00-6:00pm at the Waukee YMCA.

Please contact Melissa at Melissa.little@dmymca.org if you are interested in becoming certified. Please go online to www.iowaymcaswimming.org for more training dates and information.