

PURPOSE OF THE WHEELING Y SWIM TEAM

The WHY swim team is an age group swim program designed for boys and girls ages 5-18 and all ability levels. Our purpose is to develop swimmers to their maximum potential for three different programs:

1. A program for those swimmers who are primarily interested in swimming in meets in the “Y” program.
2. A program for swimmers who are eager to qualify and swim in the “Y” Regional and /or National Meets.
3. A program for “Y” swimmers who also want to swim meets as part of Allegheny Mountain LSC of United States Swimming.

COACHES

For our 56th year (2009-2010 season), our Head Coach is **Bill Brubaker (“Bru”)**. This is his 29th year with the JBCY team. He swam competitively for WVU and currently is head coach for Linsly. When not coaching, Bru teaches history at Linsly, heading the history department.

Assistant coaches include **Rick Riedel** in his 9th season with Y swimming. He swam for Wheeling Park, the WHY swim team, Marshall and Pitt. Rick was also a YMCA National qualifier. Rick’s other life keeps him near water. As a Physical Therapy Assistant at Wheeling Hospital, he works in Aquatic Therapy!

A 8th year assistant is **Ed Garbash**. He swam for the University of Akron. Coaching experience includes Belmont County Summer Swim League, St. Clairsville High School and

St. John’s High School. In real life, he is a field supervisor for AEP.

Jeani Humpe is beginning her 7th year as an assistant coach. She is in charge of our younger swimmers. Jeani is also a coach for the Belmont County Summer Swim League and for Wheeling Central Catholic High School. She currently is employed at the Lesco Corporation.

Ernie Banks is joining the coaching staff at the Y for the first year. He volunteered part of last season when the coaching staff was in a crunch and assisting at St. Clairsville HS the past two years. Growing up in PA and graduating from Oil City High School, he continued his education at Clarion University. He also attended California University, swimming for both colleges. His day job is functioning as a Land Manager at an American Energy Corporation coal mine.

Rick West, formerly heading up our Cardinal South program in Moundsville will continue to help the senior group as they swim at Jesuit with the other Rick. He is the head coach of the Wheeling Jesuit Cardinal swim team. Rick has also coached at Duquesne University and the University of Pittsburgh. He has assisted our team at various times throughout the past several years.

This year, at WJU, we have some graduate assistants “assisting” our coaches. They are **Nicki Stanley and Sarah Bell**. will begin her first season as assistant swim coach for the cardinal team. Bell is a 2009 graduate of Wheeling Jesuit where she not only swam her junior and senior year but also was the Vice President of her graduating class. Sarah has the distinction of swimming every event during her tenure as a

member of the Cardinal swim team. While attending Wheeling Jesuit University, she was very involved throughout the campus with clubs that put on events such as Special Olympics, fundraising, formals, and mock disasters. She also served as a Campus tour guide.

Bell started competitive swimming at the young age of 4. Her coaching experience dates back eight years where she coached swim teams in Vienna, West Virginia, her hometown. She has also help coached the Rick West Cardinal Swim Camp for the past two years.

Nicki is beginning her first season with the Cardinals. She is a 2004 graduate from John Marshall High School and a 2009 graduate from Fairmont State University with a Bachelor of Science in Exercise Science. She is currently working on her M.S. in Organizational Leadership at WJU.

While at Fairmont State University, Nicki was a member of the Women's Swim Team and served as the team's captain from 2006 to 2008. In 2005, she was named an Academic All-American and helped the Women's Team earn the top spot in the Division 2 Academic Championships in the United States. She has also been a member of Student Government since 2005, serving as Vice President in 2008-2009. She has been a member of Phi Epsilon Kappa Physical Science and Education Honorary and also volunteered as a New Student Orientation Counselor for four years. Nicki served on the Student Athlete Advisory Committee from 2006 to 2008 and has been an active member of the Alpha Sigma Tau National Sorority since 2007.

Nicki has served as Marshall County Swim Team's Head

Coach from 2004-2007 and Fairmont Aquatic Club's Head Coach from 2008-2009.

Last, but certainly not least, **Michael White** joins the coaching staff this season. His fourteen years in the swim world includes swimming for the Y program and John Marshall High School. His coaching experience includes the Marshall County Swim Team, the Moundsville Area Aquatic Club (both summer teams) and the John Marshall High School team. A 2005 Marshall University graduate, Michael teaches in the Marshall County School System and lives in Moundsville.

PRACTICES

Each swimmer participates in practices with other swimmers of their own ability and age. Practices are held at the following facilities: The Linsly Natatorium, JB Chambers YMCA, and Wheeling Jesuit University. The number of evenings per week, the length of time a swimmer should practice and the location depend upon the age and development of the individual. This should be discussed with the coach. Practice locations and times will be assigned by the swimmer's coach based on set criteria. A practice schedule will be available on our website and distributed at practices throughout the season.

This year we plan to continue our attendance policy. Each evening at the YMCA, the coaches will take attendance. The older swimmers at Linsly will be expected to sign in prior to entering the pool. If they do not, the safety officer will ask them to exit the pool to do so. Habitual failure to sign in may result in them being asked to not practice that evening. Please

understand that this policy is an effort to maintain a safe environment for your swimmer.

Teams

In order to help our team grow and provide the best possible environment for your child to have an enjoyable experience with the YMCA swim team, we are setting up specific groups for the swimmers. They are as follows:

Red: These swimmers must be able to swim 25 yards of a stroke without stopping and without the aid of a flotation device. They will spend the greatest portion of their workouts doing skills and drills to learn the strokes and turns. Their practices will last 45-60 minutes.

White: These swimmers must also be able to swim 25 yards unassisted. They will begin to work on putting the stroke frills into more of a practice, but continue to focus on their stroke mechanics. White group swimmers will practice 45-60 minutes.

Blue: These swimmers are more advanced but beginner swimmers who have basic knowledge and mastery of all four strokes. All aspects of training and working intervals will be the focus of practices. Goal setting is discussed. Dry land and conditioning exercises are taught and may be completed away from the pool.

Silver: These swimmers are moderately experienced and need to meet certain criteria to practice in

this group. They must be able to swim a 500 free with stopping and a 200 back, breast or fly. This group practices 1-1 ½ hours.

Gold: This group is comprised of high school, junior high, and other swimmers based on coaches recommendation. Requirements will be explained to the parents and swimmers by the coaches. Practice time is 1 ½ - 2 hours.

Age groups are a general guideline. Swimmers may be moved according to ability level at the coaches' discretion.

US Swim: This is an option open to any aged swimmer but which involves a higher level of competition, a higher level of commitment, and additional costs. See your child's coach for more information and consultation on if this is an option for your child.

COSTS

To swim on the "Y" team, your child must have a current YMCA membership. If your family does not already have a YMCA membership, we ask that you purchase that membership at the JB Chambers YMCA. Arrangements have been made with the Chambers YMCA in Wheeling so that half of the membership fee stays with the team to help cover operating expenses. Cluster rules state that a swimmer must have been a "Y" member 90 days prior to the Championship meet to participate. A one-year youth membership is \$205.00. Family memberships are \$605.00.

The winter season begins mid September and ends mid April. Fees to participate in the 2009-10 season are set according to practice time. Instructional fees are \$50.00/month (\$250.00/year) for younger swimmers and \$55.00/month (\$275.00/year) for the older swimmers. Discounts for additional swimmers in a family are \$20.00 for each additional swimmer off the yearly fee. That same discount is also applied to those that choose to pay fees in a lump sum rather than monthly payments.

Some meets require additional entry fees usually \$2.50 to \$3.50 for each event swam. As such, it is recommended that \$40.00 be placed in an escrow account to cover those expenses. Those swimming USS meets may consider a higher amount of your choice. As your child swims invitational meets, entry fees will be deducted from this amount. At the conclusion of the season any funds remaining will be refunded or you will be billed for any overages. Those swimming the US meets will also incur a \$2.00 surcharge for each US meet they swim.

Please note: If your child is signed up to swim a meet requiring entry fees, those fees will be billed to you even if your child does not swim the meet.



Fees are **seasonal** but may be paid on a monthly basis. Missing multiple practices in a month does not negate the need for payment.

Younger Swimmers 45-minute practice		Older Swimmers 1-1 1/2 hour practice	
Y mem.	\$205.00	Y mem.	\$205.00
Fees	\$250.00	Fees	\$275.00
Escrow	\$ 40.00	Escrow	\$ 40.00
Total	\$495.00	Total	\$520.00
Decrease by \$20.00 if second swimmer in family or paying in a lump sum.*		Decrease by \$20.00 if second swimmer in family or paying in a lump sum.*	

*When multiple swimmers are in a family the older swimmer is charged first and all others are charged at “second” rate.

Linsly students’ fees vary slightly. The Y also has family and parent/child memberships available.

Incidental costs, which may be incurred, would be team suits, team pictures, US Swim fees, team apparel, etc.

PAYMENTS

Charges may be paid throughout the season or in a lump sum. Bills will be mailed to the swimmers home monthly. A monthly fee of \$1.00 is charged to cover mailing costs. Payments are due by the 15th of each month. These payments

should be placed in the **white** locked box located in the stands at Linsly or mailed to:

CAJBC YMCA Swim Team
c/o Amy Yevincy
PO Box 710
St. Clairsville, Ohio 43950

The yellow box is for meet entries only. If payments are not placed in the appropriate (white) box, they may not be credited to your swimmer in a timely manner. All checks should be made out to CAJBC YMCA Swim.

FUNDRAISERS

At each home meet we run a concession stand. You may be asked to work and/or donate a food or drink item.

During our invitational meet in January, we will offer a Swim Shop. This is conducted by Swimmer's Network who provides our team suits at a discount.

Others may be added if necessary.

SWIM SUITS

The team suit is recommended but not required. This year our team suits will be offered by Swimmers Network. A representative from that company will be at practice on September 29, 2009. The team suit will be available to try on and purchase that evening. If unable to attend, there will be an opportunity to order individually later. However, that would not guarantee having your suit for the first meet or the team picture and you may incur additional charges such as shipping.

Every effort should be made to be present on September 29th.

PICTURES

Individual and team pictures will be taken on Sunday, November 1, 2008 with individual pictures beginning at 4:00 pm. Individual pictures are optional but we would like every swimmer in the team picture that will follow. Please make an effort to be there. The evening will conclude with a fall pizza party.

T-SHIRTS

Each registered swim team member will receive a CAJBCY Swim Team t-shirt at no charge. Additional shirts may be ordered as per your child's registration form.

MEETS

Swimming is an individual sport but also a team effort. We encourage each swimmer to attend all meets if possible. We are part of the Southeast Cluster of YMCA teams. Our cluster includes teams as far as Columbus, Ohio and Beckley, WV. Every effort is made to schedule dual meets within a two-hour drive. Parents are responsible for transportation of swimmers to and from the meets. Rosters and directions will be distributed so car pools may be arranged if desired.

All swimmers compete in meets with others of their own age and ability level. In dual meets, each swimmer can swim two individual events and two relays or three individual events and one relay. No one sits on the bench. Everyone swims. In invitational and/or championship meets, swimmers may be permitted to swim more events as set forth by the host team. If a swimmer is not able to attend a meet the coach should be

Swim SCHEDULE

notified as early as possible so the roster may be accurate. Remember, your swimmer's unexpected absence may prevent others swimming a relay.

To participate in the Southeast Cluster Championship Meet, swimmers must have participated in a minimum of 3 inter-association "Y" meets during the regular season.

There is a great deal of effort put into hosting a meet. As you can see from the schedule below, we will be hosting several. Parents are asked to work those meets in a variety of positions. The needed jobs will be described in a newsletter closer to the meet and signup sheets posted. We may also be asked to help at some away meets and your cooperation is appreciated.

In an effort to increase parent involvement during our home meets, we are instituting a volunteer credit system. We are attempting this for the first time this season and the board will evaluate the success or failure of it at the end of the season. It will be a process that will need to be adapted to our swim team. It has been decided that credits will be assigned to jobs necessary during the meet as well as jobs that can be accomplished outside of the meet. Failure to meet the minimum credits will result in a fine. In addition, the swimmer may not be permitted to swim at the Cluster meet in Athens at the end of the season. This is not something new to our swim league.



2009-2010

Y Meet Schedule

Sun. Oct. 18	Newark Invitational	Newark, Ohio
Sun. Oct. 25	Y National Challenge	Home
Sat. Nov. 7	Bill Bauer Invitational	Marietta, Ohio
Sun. Nov. 8	Lancaster Invitational	Lancaster, Ohio
Sat. Nov. 14	MYAC Senior Circuit	Marietta, Ohio
Sat. Nov. 21	Zanesville/Cambridge	Home
Sat. Dec. 5	Parkersburg/HAYST	Parkersburg, WV
Sat. Dec. 12	HAYST/Elkins	Home
Sat. Jan. 9	Wheeling 12 & Under	Home
Sun. Jan. 10	Wheeling Sr. Invitational	Home
Sat. Jan. 16	Tri-Valley	Tri-Valley
Sat. Feb. 20	Newark	Newark, Ohio
Sat. Feb. 27	Cluster A Meet	Marietta
Sun. Feb. 28	Little Big	Gambier, Ohio
F/S/S Mar. 6-7	Cluster Championships	Athens, Ohio
F/S/S Mar. 19-21	Zone Championships	Cleveland, Ohio
Apr. 7-10	YMCA Short Course Nationals	Ft. Lauderdale, FL

2009-2010

US Meet Schedule

Sat. & Sun.	October 10-11	First Splash US
Sat. & Sun.	October 31-Nov. 1	Fall Festival
Fri. – Sun.	December 18-20	Christmas Meet
Fri. – Sun.	January 22-24	Jr. Olympics
Sat. & Sun.	February 13-14	B Champs
Sat. & Sun.	February 19-21	BB Champs
Thur.-Sun.	March 11-14	Age Group Champs
Thur.-Sat.	April 4-6	Eastern Zone

Corporate Sponsors

Corporate Sponsors are an important part of our funding. Each family can help by approaching an individual or business about sponsoring our program. A Corporate Sponsorship is a minimum of \$250.00. We also have a Program Sponsor option which may allow some smaller businesses to sponsor our team. Contact Tim Poludiak if you are interested in being a corporate sponsor or know of a business who may be interested.

2009-2010 Team Officers

President: Erika Scarpone
Vice-President: Tim Poludiak
Treasurer: Amy Yevincy
Secretary: Carla Boyd
Safety Coordinators: Bob Newhart, Mike Griffith,
Floyd Marody
Executive Committee Members-At-Large: Lisa McNeil,
Tia Baker

For More Information

Coach Brubaker: 233-0291
Erika Scarpone: 740-859-2269
Amy Yevincy: 695-5578

Team Website: www.cardinalaquatics.com.
League Website: www.seowvswim.org



The Team

To the parents and swimmers: At times in this program we have had swimmers from 8 different communities in the valley attending over 20 schools. The Wheeling Y Swim Team is a great opportunity for your sons and daughters to meet many new people and make new friends.

It is a chance for you to do the same. In that light, many communities and schools have different programs that will conflict with practices and meets.

All we ask of you is that you do your best to have swimmers at all of the meets possible, especially the away meets. First, even through swimming is an individual sport, it is the Y Swim Team.

Your children may be on a relay team that has opportunities to qualify for Zones or Nationals and the more time they work together the better chance they will have at succeeding. Secondly, as they may be part of relays and groups with those opportunities, their teammates are counting on them and they have a commitment to those teammates as those teammates have to them.

We ask teams to travel to Wheeling and would be upset if many of their swimmers were not present to compete. We must do the same. Finally, as we do each year, there are some changes, some minor, some more significant. All are an effort to improve the program for your sons and daughters. Please help the parent officers and coaches as we work through these changes. If at any time you have any questions or concerns, please call me.

Thank you, Coach Bru