



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYST Contacts

GYST STAFF AND VOLUNTEERS:

Please NO phone calls after 9pm

Senior Program Director
Drake D'Angelo
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724-834-0150x131

Head Coach

Dave Paul
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724-516-2227

Assistant Coaches:

Kim Graziano
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Paul Gauthier
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Bill Slathe
tbslathe@gmail.com

Support Our Stingrays President

Meet Coordinator

Renee Brown
GYST.coordinator@gbgymca.org

Greensburg YMCA

101 S Maple Ave, Greensburg, PA 15601

724-834-0150 X166 Pool Deck
724-834-0150 x111 Welcome Center

Websites

Greensburg YMCA Swim Team

<http://www.leaguelineup.com/welcome.asp?url=gyststingrays>

Greensburg YMCA

www.greensburgymca.org

National YMCA

www.ymcaswimminganddiving.org

Upper Mainline YMCA

<http://swimumly.ussswim.net>

State College YMCA

www.aqualions.org

Western PA Swim League

www.wpysl.org

Allegheny Mountain Swimming – USS

www.amswim.org

WPIAL – School Sports

www.wpial.com

Team Pitt – AMS

www.teampittsburgh.com

***Please note: GYST will be implementing teamunify in the near future. A demonstration will be given at the next parent meeting planned for October.**

GYST Fall/Winter Schedule 2016

Tentative Meet Schedule 2016-2017

<u>October</u>	<u>Meet</u>	<u>Online Sign-up Deadline</u>
TBA	Virtual Meet @ GBG	
22nd	New Castle Fall Classic @ YSU - Invitational	
29th	HLBG Pentathlon @ Hollidaysburg Area HS	
<u>November</u>		
5th	SVY Invitational @ Sharon HS/Mon Valley Odd Age @ MVY	
12th	Dual Meet @ MVY "A" Events	11/2/2016
19th	Dual Meet HOME vs TLY "B" Events	11/9/2016
26th	VPFY Fall Harvest Invitational	
<u>December</u>		
3rd	Dual Meet @ AVY "B" Events	11/25/2016
10th	Dual Meet HOME vs VPFY "A" Events	12/1/2016
17th	**Pitt Meet (AMS Members Only) 12/17-12/19	
<u>January</u>		
7th	Dual Meet #5 - Open TBA	12/28/2016
14th	Pump McLaughlin @ Butler HS/ Indiana Mark Hess Sprint for the Duck @ IUP Invitationals	
21st	GYST Invitational @ Greensburg YMCA	
28th	Open for bad weather make-ups	
<u>February</u>		
4th	Section Championships	
11th	SHILLS President's Invitational @ Canon-Mac HS	
18th	AVY Cupid Classic Invitational @ Allegheny Valley YMCA	
25th	Novice Championships (IUP)	
<u>March</u>		
4th	B Championships - IUP	
10-12th	**YMCA West District Meet - location TBA	
24-26th	**YMCA State Meet @ Penn State	
<u>April</u>		
3rd-7th	**YMCA SC Nationals @ Greensboro, NC	

** Indicates meet that requires swimmers to have qualifying times

**ATTENTION
SWIM TEAM MEMBERS**

**TEAM SUIT FITTING
BY SWIMMERS NETWORK**

***Tuesday, October 4th at 5:30 pm
On the pool deck***

If you are unable to attend please order directly from
*Swimmers Network Phone **724-539-2424***

Black Aquablade Suit

Girls Suit-\$71.20 Boys Suit-Jammer \$63.20

Black Speedo Suit

Girls Suit- \$51.20(thin or thick strap available)
Boys Suit-Jammer \$35.20

Payment due upon ordering

Make checks payable to: ***Swimmers Network***

****Prices do not include
taxes****

Swim Team Photo Night

Wednesday, November 2nd at 6:00 p.m.

Swimmers should be in team suit.

Picture order forms will be available on pool
deck.

Payment is due the night of pictures.

***Make checks payable to: Brian Michaels Photography
724-244-5117***

General Information

Practice Schedule:

	Monday	Tuesday	Wednesday	Thursday	Sunday*
Novice/Flipper	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	
Cadet	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	4:00-6:00 pm
Senior/ Junior/Prep	6:30-8:15pm	6:30-8:15pm	6:30-8:15pm	6:30-8:15pm	4:00-6:00 pm

***Sunday Practices tentatively start in November (coaches will notify parents)**

Swim Meet Information

On time Arrival/Departure: Unless told otherwise by a coach, all swimmers are expected to arrive at the meet so that they are on deck and ready to enter the water at the designated time for warm-ups. When arriving, swimmers should report to a GYST coach or representative to check in and get your events for the day. If you are going to be late, or are unable to attend, please text Coach Dave at 724-516-2227 ASAP with the information. This is very important because most meets open and end with relays, and if you have been entered to swim on a relay team, the coaches need to change the lineup or the team will have to forfeit the swim. If you are not attending at all, the coaches will adjust the individual event lineup to cover the spread. NEVER LEAVE A MEET WITHOUT TELLING A COACH FIRST.

What swimmers should bring to all meets: black suit, goggles, a green GYST cap (girls must, boys are optional but recommended), towels, flip flops/sandals (many facilities require footwear for all swimmers), t-shirt/shorts/sweatshirt/ warmups, blanket or extra towel for the floor, chairs (optional depending upon the venue), money for concessions, water or sports drink, healthy snacks, something to keep yourself busy (book, small electronic device-please limit, etc).

Home dual meets: ALL GYST swimmers will sit together on deck at the shallow end of the pool. Each swimmer should be prepared to put down a small blanket or towel to sit on. Do not bring a chair to home meets. The only non-swimmers allowed on deck are coaches, officials, timers and scheduled helpers. **NON-OFFICIATING/TIMING PARENTS ARE NOT PERMITTED ON DECK DURING WARMUPS OR A MEET.** We have experienced volunteers to help the 8 & under swimmers. They are in good hands.

Away dual meets: Every venue is different, so we never know where the swimmers will setup camp until we arrive. Most times, the parents and swimmers are together in a gym or hallway. Bring a chair; leave it in the car until you know the space. Many facilities will not allow chair legs on the gym floor, so be prepared to put down a blanket first. Some facilities will not allow food/drink in the camp area, so make sure to be prepared to go to concessions.

What parents should bring to home meets: During home meets, all parents are expected to work during the meet in some capacity. During the non-working time GYST parents will sit in the stands. Seating is tight, so do not bring a lot.

Conduct of swimmers and parents: Appropriate and respectful conduct is required of all swimmers and parents before, during and after meets. Parents may certainly cheer for their swimmers, but must refrain from negative comments about the other team, other parents, coaches and officials. Swimmers are not permitted to horse around, throw balls, do gymnastics, run, etc. Parents are allowed to photo or video their swimmers events, however, FLASH photography, noise makers, laser pointers, or other distractions are prohibited and will alter the meet by rule. Parents engaging in any type of distractive conduct will be removed from the venue by rule.

Deck Volunteers: On deck timers and officials are expected to wear navy or dark blue bottoms and plain white shirt and shoes that can get wet. These volunteers are dedicated to honest impartial meet functions and should not be wearing team gear or colors. Coaches and designed helpers may wear team gear. Officials must be trained and certified per USA Swimming Rules. Training classes are offered each season. Timers do not need to be officials; however, we do encourage it.

Meet Dynamics: All of the meets that GYST attends follow the current rules of USA Swimming. Questions regarding swims must be directed to the meet referee by the head coach of a team. Therefore, parents should never approach or question an official or timer on deck.

Meet Strategy: A different strategy is used by the coaches for every meet, depending upon opponent. The goal of a meet is to win as a team. Each swimmer is limited to the number of events they can swim at a meet. The coaches spend a great deal of time preparing a lineup based upon swimmer ability in relation to our opponents, and must cover the spread of events effectively. Relays teams are chosen with the opponent in mind. The A relay team may not necessarily be made up of the fastest four swimmers. By gauging the opponent, the coaches consider how to most effectively score points. Bottom line, they put the swimmers where they need them.

Heats/Lanes: Swim events are cut up into heats, or races. The first heat at a dual meet is scored for points and is the fastest race swum. Heats 2+ are non-scored exhibition. If you see an X next to your swimmers entry time, they are swimming an exhibition heat for time only, not points. Each team has three designated alternating lanes. The center lanes, 3 and 4, are the fastest swimmers in the race. An NT listed as entry time means no time was available for the swimmer. Additionally, the starter may combine events and move swimmers to shorten the meet timeline.

Strokes: There are four strokes swum at every meet, freestyle, backstroke, butterfly and breaststroke. Each stroke has its own set of rules that must be met during the swim. Starts and finishes are also regulated. An IM (Individual Medley) is a swim consisting of all four strokes in this order: butterfly, backstroke, breaststroke and freestyle.

Relays: A medley relay is a four swimmer team swimming in consecutive order, backstroke, breaststroke, butterfly and freestyle. Each relay team member swims a different stroke. A freestyle relay is a four swimmer team, where each member swims freestyle. Starts and finishes are very important during relays, with the finishing swimmer touching the wall as the next swimmer starts their leg.

Starts/Finishes: The referee and starter will use a combination of announcements, whistle blows, flash and sound to announce the finish of an event and the start of the next.

Disqualifications (DQ): Disqualifications can happen to anyone, even highly experienced senior swimmers. REGARDLESS of age or experience, all swimmers will be held to the rules of USA Swimming for all swims. DQs can be called for stroke infractions, false starts, not finishing, improper transitions during medleys, improper transitions during relays and many other rules. Most new swimmers will DQ at least 2-3 times during their first season. The most frequent DQs occur during breaststroke, then butterfly, then backstroke, then freestyle. The DQing official may approach the swimmer following the event to explain the DQ. It is not meant to upset or embarrass the swimmer, but instead to educate so it doesn't happen the next time. The DQ is presented to the referee by the chief official and the coach is notified. It is up to the coach to appeal or defend the swim to the referee. Parents should not get involved. At home meets, we make every effort to designate the DQ code on the final results, so that parents can see afterward why the DQ was called.

Timing: Each venue is different, but most teams have automatic timing touch pads as their primary timing system. Plunger buttons are usually secondary and stopwatches are tertiary. All three are used during every swim. The touch pad time is the official time of a swim, unless a justified malfunction has occurred. This includes a soft touch by a swimmer, which results in the plunger button time supported by the stopwatch time being used as the official finish time. Therefore, the time you see on the board is not always the official finish time. It is up to the coaches to question a finish time during a meet.

It takes time for both swimmers and parents to understand the rules of swimming. Please be patient with your swimmer and the process as you get up to speed. USA Swimming rules can be found in the online rulebook at www.usswimming.org. The team also purchases several hardcopies each year.