

Manta Ray Swim Team



Introduction Package



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Manta Ray Swim Team History

The Manta Ray Swim Team was started in 1982 by Paula Briggs as a way for giving kids a structured and healthy lifestyle during the early summer months. The team held practices under Paula and her assistant, George Collins, for four years at the local Wisp Ski Resort pool. The team started with 14 swimmers. The team has had a series of head coaches over the years:

<u>Head Coach</u>	<u>Tenure</u>	<u>Pool</u>
Paula Briggs	1982 to 1986	Wisp Ski Resort, McHenry, MD
Vicky Skipper	1986 to 1988	Alpine Lake Resort, Terra Alta, WV
Joanne Graybill	1988 to 1997	Alpine Lake Resort, Terra Alta, WV
Nan Gangler	1997 to 2006	Alpine Lake Resort, Terra Alta, WV
Coaching Team	2007	Alpine Lake Resort, Terra Alta, WV
Coaching Team	2008	Kingwood City Pool, WV
Connie Gibson	2009	Kingwood City Pool, WV
Krista Hollingsworth	2010	Wisp Resort, McHenry, MD
Dusty Huxford	2011, Summer	Wisp Resort, McHenry, MD
Dusty Huxford	2011, Winter	CARC, McHenry, MD
Dusty Huxford	2012-2014	CARC, McHenry, MD
Nancy Beakes	2014	CARC, McHenry, MD
Dusty Huxford	2015 Summer	CARC, McHenry, MD
George Collins	2016 to Current	CARC, McHenry, MD

The Manta Rays practice year round at the Community Aquatic Recreation Center (CARC) in McHenry, MD. Winter season is held October thru mid March, while the summer season is held April thru July. We are an age group club accepting swimmers up to age 18, with an informal Masters Program practicing with no coach and ad-hoc (swim workouts posted on our website). We hope to formalize and grow the Masters program in the coming year.

Depending upon the season, the Manta Rays have as many as 60 or 70 swimmers on the team, making it one of the largest in the area. The Manta Rays compete in the YMCA League at the Riverside YMCA in Cumberland Maryland. During the winter we swim as part of the Cumberland Sea Otters. During the summer, we swim as the Manta Rays.



Board Information

The Manta Ray Swim Team Board is responsible for the short and long-term well being of the Manta Rays. This includes oversight of all matters pertaining to finances, coaching, swimmer safety, and general well being of the team. The board is composed of five 5 voting members, one of which is a member-at-large. In addition, at the discretion of the board, at least one coach shall be a non-voting member of the Board. The current board members are:

President	Dusty Huxford
Vice-President	Missy Rowan
Secretary	
Treasurer	
Member-at-Large	Gale Bosley

Coach Information

The Manta Rays leverage a strong parent volunteer base in conjunction with a Head Coach and assistant coaches as needed. This allows non-water related duties to be completed by the parent volunteers while the coaching team concentrates on their specific strengths for the benefit of the team as a whole. Members of the current Coaching Team are:

Head Coach

George Collins, Head Coach

Assistant Coaches

Missy Rowan

Student Assistants

Student Assistants volunteer to help The Manta Rays. They are always under the direction of the coaches and usually in the water assisting swimmers in learning swimming strokes.



Coaching Philosophy

The Manta Ray Swim Team's purpose is to promote physical fitness, develop leadership qualities and sportsmanship, encourage team involvement, foster self discipline, build self confidence and provide a competitive swimming experience in a supportive and fun environment where a swimmer's full potential may be reached.

While it is obvious that the Manta Rays are involved in helping swimmers to swim fast, that is not the only purpose behind the coaching team's goals for the Manta Ray athletes. As a coaching team, we are far more interested in using the sport of swimming for teaching life skills. Some of these life skills are:

- **Foster Positive Attributes** - self-esteem, self-reliance, discipline, confidence, respect, and team pride.
- **Goal Setting** - Helping swimmers determine how to set and accomplish goals.
- **Prioritizing** - Helping swimmers to place the important things in their lives first, even if swimming may not be the most important.
- **Self Motivation** - Most things in life come from within, not from the outside.
- **Work Ethic** - The great American work ethic. Hard work always pays off. Success comes through hard work and dedication.
- **Limits and Boundaries** - Each swimmer should strive to be the best that they can be and not worry how others are doing. We encourage swimmers to be in control of the things that they can do something about and to not worry about the things that they cannot control. A swimmer can be in control of their work ethic, they cannot control the natural abilities that they were given.
- **Team Work** - A chain is only as strong as its weakest link. The Manta Rays want to be a strong chain. Innovative team building exercises create a fun and challenging environment for all swimmers.
- **Healthy Lifestyle** - Swimming for life. Not only do we encourage this, we practice it. Our coaches still swim.
- **Responsibility** - Decisions are made every day that will affect swimming and life. There are consequences in every decision, good and bad.

Our emphasis is on self improvement. Very few swimmers become Olympic athletes. The majority strive to do the very best they can. The attention of the coaches will always be on the swimmers working the hardest to achieve their goals. This has not and will not always be the fastest swimmers, but tends to be the most dedicated swimmers. The program must be run with the expectation of near perfect attendance. To do anything less would be a disservice to the traditions of the Manta Rays and to the most dedicated athletes we have.



Policies and Regulations

Attendance

Regular attendance at practices is necessary to establish the basis for doing well in competition. If there is a problem with regular practice attendance, please talk to the coach. Situations will be handled on an individual basis and the coach's decision will be final.

Practices concentrate on developing effective training skills such as:

- 1) Listening
- 2) Effective Warm-up
- 3) "Team" Concepts
- 4) Effective practice habits
- 5) Concentrated Stroke Techniques
- 6) Concentrated Start and Turning Skills
- 7) Building Base
- 8) Building Speed

Be on time for all practices. Missing the "warm-up" time will decrease the benefit of the day's training.

Substance Abuse

It is generally accepted that the use of alcohol or other controlled substances, including tobacco products, is a deterrent to consistent and quality athletic performance. Competitive swimming places extraordinary demands on both physical and emotional well-being of all who participate.

The use of alcohol or other controlled substances, including tobacco or any performance enhancing drug, by any swimmer during the training and competitive seasons is prohibited.

Any swimmer determined to be in possession, using or under the influence of alcohol or any other controlled substance, including tobacco or performance enhancing drugs, during the training or competitive season shall be suspended from the swim team. The length of suspension will be determined by the coaches.



Pool Rules & Regulations

- A) Swimmers are NOT:
 - 1. to be in any other area of the facility other than the pool building
 - 2. to be outside on any other grounds other than the immediate pool facility
 - 3. to be left unattended when it is not their time to swim
- B) No snack or drinks, except water/sports drink in a plastic container, will be allowed in the pool area.
- C) Obey all posted rules of the facility at all times
- D) Obey all coaches and lifeguards on duty at all times

Swim Team Registration

Required registration forms (Applications) for each swimmer must be signed by a parent or legal guardian and turned in BEFORE a swimmer is permitted to practice.

Swimmer Classification

All swimmers are grouped based upon their age (4 and older) as of June 1 for the summer season and December 1 for the winter season. The Swim Team will not allow swimmers under the age of 4 to participate. The age groups are as follows:

15 and older
13 to 14
11 to 12
9 to 10
7 to 8
4-6

Try-Out Requirements

- Age 6 and under – must be able to swim one (1) length freestyle
- Ages 7 to 12 – must be able to swim one (1) length freestyle and two (2) lengths back stroke in tryouts
- Ages 13 and up – must be able to swim two (2) lengths freestyle, two (2) lengths backstroke, two (2) lengths breaststroke, and one (1) length butterfly in tryouts.

The Swim Team is not appropriate for a non-swimmer who needs beginner swimming lessons. If a swimmer does not qualify, we suggest he/she be enrolled in swim lessons in order to develop the basic skills before considering the swim team. For more information, please contact the American Red Cross or the CARC.



Practice Schedule

Monday, Wednesday, Friday
4:30 – 6:30 All Ages

Practice schedules may vary depending upon the season, number of swimmers, and needs of the team or facility. Please reference our web site (www.manta-ray.org) for current practice times.

Please note that the coaches will move swimmers based upon their swimming ability as required between practice times. Please let the coaches know if you will not be able to attend a practice. If you know ahead of time, bring a note.

Swim Meet Schedule

Summer

All swimmers are expected to participate in swim meets during the summer season. There are five (5) swim meets each summer alternating Friday evenings and Saturday days:

<u>Meet</u>	<u>Approximate Date</u>
Freestyle Meet	Saturday, 3 rd weekend of June
Backstroke Meet	Friday, 4 th weekend of June
Breaststroke Meet	Saturday, 1 st weekend after July 4
Butterfly Meet	Friday, 2 nd weekend after July 4
Championships	Saturday, 3 rd weekend after July 4

The dates for these meets vary slightly each year. Meets are usually held on Friday nights and Saturday during the day. Once the dates and times are known, they will be posted on the Manta-Ray web site (www.manta-ray.org).

Fees

Swim Team fees vary slightly from year to year. A fee sheet will be handed out at the beginning of each swim season and is posted on the Manta-Ray web site. Swim fees are broken out into the following categories:

Pool Fees – All swimmers must be current members of the CARC in order to swim with the Manta Rays. *All swimmers are strongly encouraged to purchase a family membership at the CARC.* We have also negotiated a discounted rate for swimmers to swim ONLY during practice times. Pool fees are not prorated for missed practices.



Coaches Fees – This fee is assessed on per swimmer basis and is used to compensate the coaches for their time and effort. Remember, coaches are present, even if the swimmer is not. Thus, fees are NOT prorated for missed practices.

Equipment Fees – Each family may be assessed a one time annual fee to assist in the purchase of training equipment. Equipment is used regardless of swimmer presence. Fees are NOT prorated for missed practices.

YMCA Fees – In order to participate in the YMCA League at the YMCA, all swimmers must pay a provisional membership fee (anyone currently a member of the YMCA does not have to pay additional fees). This is a flat fee charged by the YMCA and is passed through to the swimmer. The YMCA does not prorate fees for missed meets, thus this fee is NOT prorated for swimmers missing meets.

Please reference the Fees document posted on The Manta Ray web site (www.manta-ray.org) for current fees.

Fees are due at registration for each season. The Manta Rays allow for half the fees at registration for each season and the other half 45 days after the start of the season. All fees are non-refundable and are not prorated for practices missed/attended. If fees are not paid on time, swimmers will be asked to leave practices until fees are paid.

Accessories

Each swimmer is expected to provide their own team suit, goggles, and swim cap. The team suit may vary from year to year. The style and color of the suit is announced at the beginning of the swim season. Accessories can be bought from High Mountain Sports.

Fund Raisers

Fund Raising helps pay for various expenses of the swim team including, but not limited to: coaching fees, travel, ribbons, trophies, team pictures, and championship fees. Everyone's effort in raising funds makes it possible for the success of the swim team.

Various fund raising activities are created each year. These vary from year to year and volunteers are needed to ensure their success.

There is one fund raiser that is a mainstay every year – the Swim Marathon. This is typically held the first Saturday in June during regular practices. Swimmers



come and swim as many continuous laps as they can during their practice time. Additional information, permission slips, and sponsor sheets will be distributed to each swimmer as the Marathon approaches.

Recording Use Policy

The MRST may, in its sole discretion, use various stroke analysis tools that may include picture, video and audio analysis and other recording capabilities. This analysis may be downloadable to electronic devices for personal use by the swimmer. This analysis is intended for personal use by the swimmer for instructional purposes only. The swimmer hereby agrees that said analysis will be used for personal and instructional use only and will not be shared/distributed in any form or fashion with/to any third party, including, but not limited to: email, internet sites in any form (Facebook, YouTube, Google, social networking sites, video networking sites, etc.), media in any form (paper, television, movie, etc.), and other similar public entities.