

RIDLEY AREA YMCA  
900 SOUTH AVENUE  
SECANE, PA 19018  
WWW.CYEDC.ORG/RAYS  
ENELSON@CYEDC.ORG

# RAYS Newsletter

VOLUME 1, ISSUE 1

SEPTEMBER 17, 2009

## SPECIAL POINTS OF INTEREST:

- Please read the showcase at the YMCA and the bulletin board at RHS
- Please check out the website it is really filled with information
- Please join the RAYS email list
- Registration for all invitational meets is done at the Front Desk

## IMPORTANT DATES:

Freestyle Clinic at RHS	9/19
Officials Clinic at Brandywine, DE	10/3
Parents' Meeting at RHS	10/4
Team Suit Fitting at the YMCA	10/9
Time Trials at RHS—5 & SR	10/10
Time Trials at RHS—1, 2	10/17
Time Trials at RHS—3 & 4	10/23
Boyertown Boo	10/25

## Welcome to the 2009-2010

### Swim Season here at the YMCA!

Hope everyone is enjoying the start of the 16th season of RAYS swimming. Welcome all new and returning parents and swimmers. As we get going this year the following is a list of important dates and info that will help you through the beginning of the season:

- » By now swimmers should have a Full YMCA membership, paid both the level fee and the activity fee
- » You need a YMCA membership card to enter the building, if you are new or need a new picture stop by the desk to get this taken care of
- » The website and bulletin boards at both the YMCA and HS are continually updated
- » Email Coach Erik if you are not receiving emails about the RAYS so he can add you to the email list
- » Referee Training is on the 26th of September at Noon at Pottstown YMCA. This is for those who were a referee last year or were a YMCA Level II Official looking to become a referee. Remember we cover the cost of the officials clinics
- » Official's Training at Brandywine, DE YMCA on October 3rd
- » Parent's Meeting is on the 4th of October at the HS at 1:00PM
- » Team Suit Fitting is on the 9th of October [see posted flyer] remember you pay Metro not the YMCA
- » Time Trials will be on 3 separate dates you must sign up to participate—forms will be available soon
- » All invitational meet sign-ups [except the Malvern Meet] are at the YMCA front desk
- » If you have escrow please use that for meet sign ups
- » If you would like to set up an escrow account please contact Coach Erik
- » The YMCA dual meet schedule will be out at the end of the month
- » Invitational meet information will continue to get updated as it becomes available

### USA Swimming Registration: 9 & up

You can register at the YMCA front desk or call over the phone with a CC. The cost of USA Swimming Registration is \$57.00. If you are transferring from another USA swim club please send in your \$10.00 transfer fee and release form.



If you are not sure about USA swimming or would like more info please contact Coach Erik. This is an additional set of fees and meet opportunities that we take part in but it is not mandatory. For those who register for USA Swimming we are planning on attending the following meets.

- CBST Fall Fest at Central Bucks
- HS—Saturday October 31st & Sunday November 1st
- Germantown Academy—Saturday & Sunday, November 7th & 8th
- Golden Ram Aquatic Turkey Splash at West Chester University—Saturday & Sunday, November 13th, 14th & 15th
- MSA December Meet—Sunday, December 6th
- Germantown Academy—Saturday & Sunday, December 12th & 13th

Entries must be turned in by the due date. These meets fill up very quickly. Please plan ahead. We will have additional meet opportunities into 2010 as well.

# YMCA Virtual Championship Meet

New this season is the YMCA Virtual Championship Meet. The meet will take place on Saturday, October 24th. To enter the meet you will need to sign up with Coach Erik by October 16th. Entries are limited to 3 total events. Coaches will be choosing relays. Swimmers will choose their 1st, 2nd, and 3rd choices for individual events. If you are in a relay you will

not be in the 3rd individual event you listed. The purpose of the meet is to have as many YMCA swim teams from across the country swim during the same 7 day period in the same meet format and give out awards to the Top Finishers in individual events, relays and overall team placement.

This meet will count for all swimmers trying to achieve qualifying times for Winterfest and the YMCA District Meet. There is no cost for entry into the meet. The sessions will be broken down as follows:

- 8&under—at Brandywine, DE: AM session
- 9-12—at Ridley High School: AM session
- 13&over: PM session



## Additional Instruction

This season we are offering swim clinics on the first 4 Saturdays of the season at the RHS pool....

- 9/19—Freestyle
- 9/26—Backstroke
- 10/3—Breaststroke
- 10/10—Butterfly
- \* 8&under: Noon—1:00PM
- \* 9&over: Noon—1:30PM

Registration is at the front desk or over the phone with a credit card.

Cost is \$5 for members, \$8 for program members, and \$10 for non-members.



We are always in need of parent volunteers to run swim meets. Anyone looking to go to any YMCA trainings for officials, scoring, or operating the console your fees are paid by the Swim Team. If interested contact Coach Erik

## YMCA Officials Classes – FREE

### YMCA Swim Official I Saturday October 3rd 10:00am - 2:00pm

**Cost: \$30** AQ332I  
Includes practical  
Number of hours: 4  
Manual: USA-Swimming Rules and Regulations, current edition available from USA Swimming, 1 Olympic Plaza, Colorado Springs, CO 80909; or visit the web: [www.usaswimming.org](http://www.usaswimming.org).  
This course is designed to certify Swim Officials for YMCA Competitive Swimming in the areas of Stroke and Turn Judge, Relay Take-off Judge, Place Judge and Timer. The course focuses on the specific duties and responsibilities of the above officials prior to, during and after a swim meet. The course also reviews the facilities requirements for a meet, swimmer eligibility, and the roles of Chief Judge, Starter, and Referee. Successful completion of a written examination is required for certification.  
Expiration date: Three years.  
Prerequisites:  
• Minimum age 21  
• Associated with a YMCA-sponsored swim team  
Bring: Proof of age and letter of involvement with a YMCA Swim Team signed by the Swim Coach, Aquatics Staff or Executive Director or his/her designee.

### YMCA Swim Official II Saturday October 3rd 8:00am - 12:00pm

**Cost: \$30** AQ333I  
Includes practical  
Number of hours: 4  
Manual: USA-Swimming Rules and Regulations, current edition available from USA Swimming, 1 Olympic Plaza, Colorado Springs, CO 80909; or visit the web: [www.usaswimming.org](http://www.usaswimming.org).  
This course is designed to certify Swim Officials for YMCA Competitive Swimming in the areas of Referee, Starter and Chief Judge. The course focuses on the specific duties and responsibilities of the above officials prior to, during and after a swim meet. The course also reviews the facilities and staffing requirements for a meet, rules for swimming various strokes, matters relating to eligibility and other key roles of the official. Successful completion of a written examination is required for certification.  
Expiration date: Three years.  
Prerequisites:  
• Certified YMCA Swim Official for at least one year  
• Officiate a minimum of 8 sessions as a certified YMCA Swim Official  
• Minimum age 21  
• Associated with a YMCA-sponsored swim team

**IF INTERESTED contact Coach Erik**