



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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YMCA SWIMMING NEWS - SEPT/OCT 2024

Newsletter for YMCA Competitive Swimming Coaches, Volunteers and Local YMCA Leaders

2024-25 YMCA Swimming Season

Welcome to the new YMCA competitive swimming season! Whether you are new or well-tenured in your service to the YMCA and the Y swimming community, there are several ways to stay informed and connected.

- **Annual Y team and coach registration** – This is for **ALL teams and coaches**. Team registration is \$50/year and coach registration is free until Dec. 1 and then includes a \$100/coach charge to your YMCA. These are also required for participation in all sanctioned Y meets. Registration link [HERE](#).
- **Team registration** – Provides valuable data on the size and scope of Y swimming in the U.S. **Please review your team information and update annually**. Make sure to update your officials coordinator, aquatics director and executive director.
- **Coach registration** – Not only ensures all coaches are certified to be on deck, but national and regional **communication is sent only to registered coaches** and to aquatics directors indicated on the team registration.
- **Resources** – Rules documents and regional consultants - in the column to the right. All can be found on the **YMCA Swimming and Diving website** (www.ymcaswimminganddiving.org) and in the Aquatics Community on **Link** (link.ymca.net)

YMCA Swim Coaches Forum

Learn from fellow coaches and guests on the monthly forum. Each forum features a topic, open conversation and updates from the YMCA and USA Swimming.

Third Tuesday of Each Month, 11:30 am – 12:30 pm ET

Find monthly topics and Zoom link on the [Coaches Forum section](#) under the Coaches tab in the YMCA Swimming and Diving website.

Contact:

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Resources - [People](#)

Reach out to your *Regional Representative* for any question about rules, meets, sanctions, eligibility, leagues, registration, etc.

Contact your *Regional Officials Coordinator* with questions around officials training, technical rules, meet officiating needs or questions. Share your officials coordinator's name and email with your regional coordinator.

Y Partners is a group of local Y CEOs, COOs and Alliance Directors who serve as advocates of YMCA swimming programs in the Y Movement. They are available to talk with other local Y leaders about the benefits and best practices of Y swimming programs.

Resources - [Documents](#)

The Rules That Govern YMCA Competitive Sports is the rules document from Y-USA. These rules must be followed in all YMCA competitive sports.

The Swimming Addendum to the Rules That Govern applies

November 19 – Keeping Athletes Safe – latest trends and information with Carri Burgjohann

December 17 – TrueSport – enhancing your focus on the healthy and holistic development of your athletes

Athlete Representatives

YMCA swimming committees include the participation of at least two athletes per committee. These athletes also form the Athlete Council, which meets monthly to participate in leadership and communications workshops and to discuss ways to further the positive impact of YMCA swimming.

2024-25 YMCA Swimming Athlete Representatives:

National Advisory Committee

Klara Cloutier - Auburn-Lewiston YMCA (ME)
Eli Edmondson - YMCA of the Triangle Area (NC)
Yoojun Park - Fullerton YMCA (CA)

National Championship Meet Committee

Kaitlyn Burk - Kennett Jennersville Area YMCAs (PA)
Aubrey Mitchell - YMCA of the Triangle Area (NC)

National Eligibility Committee

Gabe DeVizia - YMCA of the Triangle Area (NC)
Jordan Ledbetter - Springs Family YMCA (TX)

National Officials Committee

Katie Caplinger - YMCA at the Heights (OH)
Catherine Howell - Albemarle YMCA (NC)
Wills Wang - Decatur Family YMCA (IL)

Regional Representative Openings

Four regions have openings for regional representatives. This is a volunteer position fulfilled by a local YMCA staff member who serves as a consultant for the YMCAs in a given region. The regional representative manages coach registrations and sanction requests but also provides guidance on rules and best practices, facilitates a regional Y swimming committee and connects Ys and leagues in the region.

and explains the Rules That Govern for the sport of competitive swimming. These rules must be followed in YMCA competitive swimming.

YMCA Sanction Rules are requirements for any YMCA meet that seeks to receive a YMCA invitational or championship sanction.

YMCA Coach Certification Requirements provide the standards and links to accepted trainings for the minimum requirements for coach certification and registration. Only the courses and providers (all are hyperlinked in the document) in this document are acceptable for YMCA swim coaches.

Annual Tom Warrick Virtual Invitational Meet

Local meets are held Sept. 27 – Nov. 3 or Dec. 6-15 in states that restrict club participation during high school season.

Remember to use the event file without changing event numbers or ages.

Read submission instructions carefully so that your meet's results are included in the final tabulation.

Deadline to submit meet results is Dec. 20.

2023-24 YMCA Top 16

Top16 lists for the 2023-24 Short Course and Long Course YMCA seasons are now posted

Contact Meredith Griffin for more information about the role.
Current vacancies exist in the following regions:

- Southeast (GA, FL, AL, MS)
- Southwest (AZ, CA, NV, HI, CO, UT)
- East Central (MI, Northern OH)
- Mid-Eastern (KY, IN, WV, Southern OH)

Apply [HERE](#) no later than Oct. 31.

USA Swimming Opportunities

The [Coaches Community](#) offers coaches learning and networking opportunities in three areas:

- 10&Under Coaches
- 11-14 Coaching
- Senior Coaching

Each session features relevant topics and expert presenters as well as a chance to engage with fellow coaches. Previous sessions are available to view through USA Swimming University. Upcoming 11-14 session is Nov. 6 on *Autonomy Based Learning with USA Swimming National Team High Performance Specialist, Dr. Kirk Grand*. Upcoming Senior session is Oct. 23 on *Dryland Training with USA Swimming National Team High Performance Director, Keenan Robinson*.

Applications for 2025 [Community Impact](#) Grants and Youth & Adult [Learn to Swim](#) Grants are being accepted until Dec. 15, 2024.

on the YMCA Swimming and Diving website.

2025 YMCA National Events

[Short Course Championships](#)

March 31-April 4
Greensboro, NC

[Diving Championships](#)

April 10-12 *Tentative*
Location TBA

[Masters Meet](#)

TBD

[Long Course Championships](#)

July 29-August 2
Ocala, FL

Mental Wellness & Healthy Sport Families

FREE virtual event offered by TrueSport and USADA.
Nov. 13, 11:00 am – 6:00 pm ET. More information and register [HERE](#).