

JACKSON YMCA Orca Swim Team Handbook



About the Team

The Jackson YMCA Orcas are a competitive swim team open to swimmers ages 5-17. Coaches work with swimmers to develop [Swim Skills, Team Work, and Leadership](#), through team practices and participating in swim meets with other YMCA teams. The Orcas model the YMCA's four core values- [CARING, HONESTY, RESPECT, and RESPONSIBILITY](#). Being part of the team teaches young swimmers how to work together, strive for their best, and try new things!

How to join the Team

The Orca swim team is open to swimmers ages 5-17. Anyone interested in joining the Orcas can come to a scheduled practice and meet with coaches to do a try out.

Swimmers must be able to:

- Swim one length of the pool (25 yd.) with freestyle stroke.
- Demonstrate rotary breathing.

*Swim lessons are available for any swimmer who needs extra support to join the Orcas.

Once a swimmer meets with coaches and completes tryouts, per approval from coaches, they can join the team and register with Member Services month by month.

Orca Coaches and Aquatics Staff

Head Coach: Adam Robb

Assistant Coaches:

- Will McKinney
- Megan Stelpflug
- Kelsey Bryan

Aquatics Director: Alexa Markham

Aquatics Coordinator: Trevor VanBuren

COST and FEES

Monthly Cost: \$72

*All Orca participants must be YMCA members - see Member Services or Jacksonymca.org for information on membership rates and options. Financial Assistance is available upon request and application.

Each meet may have associated fees per event, and will be communicated at time of registration. Those fees will be added to your YMCA membership account and can be paid online or with our Member Services Team.

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COMMUNICATION

The best way to stay up to date is to join our email list. Our Head Coach will send out reminders and updates from the team email. To be added you can send an email to:

Team Email: OrcaSwimteam@jacksonymca.org

You can also email Aquatic and Adult Program Director: Alexa@jacksonymca.org

Download the YMCA Universal App. to get notifications about weather, last minute changes to schedule, or more urgent updates.

You can also call the YMCA at 517 782 0537 or call/text Alexa at 906 869 3261

YMCA
Universal App



Parent Volunteer Roles

To help support the Orcas we often call upon parents, guardians, or other family members to take on certain volunteer roles. These are a few roles we may be looking for throughout the season.

- Swim Officials (YMCA will pay for necessary training).
- Bring team snacks to meets.
- Volunteer at future home meets (concessions, set up, tear down, timing, etc).
- Fundraising.

Team Sponsorship

Our mission to provide programs that build healthy spirit, body, and mind FOR ALL is made possible through generous donors and sponsors. If you or someone you know would be interested in sponsoring a portion of the Orca swim team please reach out to our Executive Director of Development and Community Relation; Stefanie Riggs.

Stefanie@jacksonymca.org
517 782 0537

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FAQs

Q: Do Swimmer need to attend meets?

A: The main reasons for being on a swim team are getting great exercise and competing to measure improvement. However, there are NO team requirements for attending meets. In order to compete in end-of-season championship meets, YMCA of the USA requires that the swimmer competes in three regular-season meets. For our main season (September-March) we generally have 9-10 meets.

Q: How do I sign up for meets?

A: Orca Coaches will provide registration information for each meet through email (orcawimteam@jacksonymca.org). Coaches will also communicate with swimmers and parents to recommend which events would be best for each swimmer. Once you register with the Head Coach any meet fees associated with your swimmer will be added to your YMCA account.

Q: How do swimmers get to and from meets?

A: The YMCA does not provide transportation, and it is the parent/guardians responsibility to transport their swimmer to and from meets.

Q: What if my swimmer wants to compete for their school?

A: We highly encourage our swimmers to swim for their school when possible. Middle school typically swims in November and December. You can swim for the Y September-October, leave for the school season, and return in January to pick up the remainder of the Y season. High School girls swim until November but can then come to the Y to finish the remainder of the Y season. The High school boys swim from late November through February but can start at the Y. MHSAA allows school swimmers to swim up to 2 club meets during their regular season, allowing swimmers to gain the 3-meet minimum for championships more easily. Your swimmer does not need to be registered with the Y team to go to a meet during their school season however, Y-USA rules require that they are members of the YMCA to attend a meet.

Q: What should my swimmer wear?

A: For practice or tryout any normal swimsuit is fine. We recommend that they are not loose as that makes it more difficult for the swimmers. In competition, both male and female swimmers must wear a one-piece suit. Men's swimsuits may maximally cover the area from the navel to the knee, and women's from the shoulder to the knee. Swimmers should also have a pair of goggles, and we will provide an optional team swim cap. You can check out our Team Store at Swimoutlet.com

**SwimOutlet
Team Store**



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Orca 2022-23 Season Schedule

October-April Season

- **Stay up to date on any practice changes through our team email:**
- **General Practice schedule as follows (subject to change). Different age groups and swimmers dismissed at different times. Email Orcaswimteam@jacksonymca.org for details.**
 - **Monday, Wednesday, Friday: 6-8pm at the YMCA**
 - **Tuesday, Thursday: 6:30-8pm at the YMCA**
- **Meets**
 - Oct 22-23 BBD Fall Festival @ Lake Orion
 - Nov 5 @ Sturgis
 - Nov 11-13 Rays TYR Thanksgiving Classic @ Zeeland
 - Dec 3-4 FFYS Holiday Invitational @ Waterford Kettering
 - Dec 11 Adrian Dual Meet @ Adrian
 - Jan 6-8 Flint Winter Invitational @ Waterford Kettering
 - Feb 4 Sturgis 1 day with distance events @ Sturgis
 - Feb 11-12 YMCA Eastern Cluster (FFYS Hosts) @ Waterford Kettering
 - Feb 11 or 12 YMCA Western Clusters (MYST or RAYS host) TBA
 - Feb 18-19 8&U YMCA States/Y District (GTBY or Sturgis Hosts) TBA
 - March 4-5 9 and over YMCA states

May-July Summer Season- TBD

Check Jacksonymca.org for updates