

JACKSON YMCA Orca Swim Team Handbook



Updated September 2023

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!

The 2023-2024 Season starts September 11 (tryouts) through March 2024. State and National meets held in April for those who qualify.

How to join the Team

The Orca swim team is open to swimmers ages 5-17. Official tryouts kick off the Week of September 11, 2023. Any interested swimmer can come to a scheduled practice time to participate in a tryout with one of our coaches. Swimmers who do not meet the requirements can sign up for swim lessons to work on these skills.

Blue Pod Skills:

- Swim any stroke (50 yards)
- Front Crawl -Bent arm recovery (25 yards)
- Back Crawl (25 yards)
- Kneeling Dive
- Breast Stroke (25 yards)
- Butterfly (15 yards)
- 2 minute tread water

Silver Pod Skills:

- Swim any stroke (150 yards)
- Front Crawl with slip turn (50 yards)
- Back crawl with turn (50 yards)
- Standing Dive
- Tread water 1 minute and retrieve object from the bottom of pool
- Breaststroke open turn (50 yards)
- Butterfly (25 yards)

Orca Coaches and Aquatics Staff

Team Admin: Alexa Markham; Aquatics Director

Team Coaches:

- Will McKinney
- Megan Marcantel
- Kelsey Bryan
- Ali Bondell
- Matt Mehalco

Aquatics Director: Alexa Markham alexa@jacksonymca.org

Aquatics Supervisor: Hezekiah Lewis hezekiah@jacksonymca.org

JACKSON YMCA Orca Swim Team Handbook



COST and FEES

Blue Pod Monthly Cost: \$48 + YMCA Membership

Silver Pod Monthly Cost: \$64 + YMCA Membership

*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.

COMMUNICATION

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

Team Admin: 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.

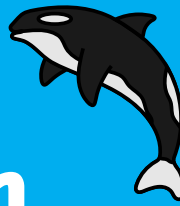
- Swim Officials (YMCA will pay for necessary training).
- Bring team snacks to meets.
- Volunteer at future home meets (concessions, set up, tear down, timing, etc).
- Fundraising.

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

JACKSON YMCA Orca Swim Team Handbook



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: The team admin will provide registration information for each meet through email (alex@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 Team Admin 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.

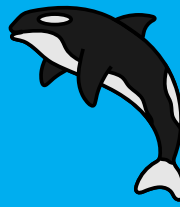
Q: What should my swimmer wear?

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 our our Team Store at Swimoutlet.com

**SwimOutlet
Team Store**



JACKSON YMCA Orca Swim Team Handbook



Orca 2023-24 Season Schedule

All practices are optional, but the more you swim the better you'll get! All practice are held at the YMCA pool.
127 W Wesley St. Jackson MI.

Blue Pod Practice Schedule (Starts September 18)

Mondays 5:30-6:30pm

Thursdays 5:45-6:45pm

Silver Pod Practice Schedule (Starts September 18)

Mondays 6-7:30pm

Tueasdays 5:45-7:15pm

Wednesdays 6-7:30pm

2023-2024 Meet Schedule

- October 21 (Saturday) Dual Meet @ Adrian
- October 28-29 (Saturday/Sunday) BBD Fall Invitational @ Lake Orion High School
- November 5 (Sunday) FLY Fall Kick off @ Brandon High School
- Nov. 11-12 (Saturday/Sunday) RAYS Thanksgiving classic locations TBD
- December 1-3 (Friday-Sunday) FFYS Holiday Invitational @Waterfrod Kettering HS
- December 10 (Sunday) Dual Meet @ Adrian
- December 28 (Thursday) Sturgis YMCA Holiday 50's Location TBD
- January 20-21 Possible Meet TBD
- February 3 (Saturday) YMCA Sturgis Distnace Meet
- February 4 (Sunday) BWO/FLY YMCA 50's Meet @ Brandon Highschool

Championship Season

- Feb. 9-11 Clusters Location TBD
- Feb. 24 8 & under Y States @ Traverse City
- March 2-3 9 & older Y States @Saginaw Valley State University
- Mar. 15-17 YMCA Zones Tentative Location Canton Ohio (TBD)
- April 2-6 - YMCA Nationals Greensboro, NC