



# Breakers Swim Team

## New Parents Handbook 2009 - 2010 Season

***My Kid Made the Team!!!***

***Oh, Yeah!***

*(Oh, No!)*

***Oh, Yeah!***

*(Oh, No!)*

***Oh, Yeah!***

## **Congratulations!**

Your child is now a member of the Ridgewood YMCA Breakers Swim Team.

As a Breakers swimmer, your child will gain new skills, along with new friendships.

As a new Breakers parent, you will be confused, overwhelmed and sometimes sleep deprived.

We hope this pamphlet will help incoming Breaker parents by giving valuable and necessary information not covered in the official Breaker handbook given out at the General Parents' Meeting.

# Practices

Practices for the winter season are held in three locations, listed below. You will be given a schedule as to when and where your child's practice group is meeting.

1. **Ridgewood YMCA (Y)**  
Grannon Pool (YG) and Habernickel Pool (YH)  
112 Oak Street, Ridgewood  
201.444.5600

A YMCA Triangle membership card is required to be admitted to the locker rooms. Swimmers are required to shower before entering the pool. Please teach your child how to use the showers.

1. **Bergen Community College (BCC)**  
400 Paramus Road  
Paramus 201.447.7200

The Ridgewood YMCA has a contractual agreement with Bergen Community College which allows our swimmers to use the facilities at certain times. The pool is located on the easternmost corner of the college complex.

BCC **requires** that an adult accompany the swimmer to and from the pool area. An adult must also be with the swimmer at all times in the hallways and bathrooms before and after practice. For security reasons, please do not use the locker rooms. Be sure to park in the parking stalls with white lines.

Unless you have handicapped plates or placard, you are **not** permitted to drive up to the parking area near the entrance to the pool or to the entrance to the pool. Failure to follow these rules will result in loss of practice time at BCC.

Directions to get to BCC:

Route 17, exit at Midland Avenue and go west approximately 1.3 miles to Paramus Road. Go left at the traffic light onto Paramus Road. After the first traffic light on Paramus Road, merge onto the jug handle to the BCC entrance.

Follow the signs to Parking Lot B (second left) and park near the walkway going to the easternmost corner of the college building.

Follow the path between the main building and the Technology Building; you will also pass by the tennis courts.

Go to the last set of doors on your left and enter the building. The pool is located through the double doors to the right of the lobby.

2. **Garfield Boys Club (GBC)**  
490 Midland Avenue  
Garfield 973.478.7662

GBC rents their 25 meter pool to the Breakers for practice. The GBC does have parking facilities at the rear of the building, be sure to pull all of the way to the rear parking lot before stopping to drop off your swimmer. To get to GBC, take the GSP south to exit 159, Saddle Brook. Loop around to the right on exiting, cross back over the GSP, traveling east on Midland Avenue. Proceed through three traffic lights, approximately 1.8 miles. The Boys Club is on the left, just south of the Garfield Library and across from the county park. From the Ridgewood area, an alternate route is to take Plaza Road south through Fair Lawn. After crossing Broadway, make the first right. Go one block, make a left onto Midland Avenue, and continue several miles on Midland Avenue to the GBC.

## General Suggestions for Practices at all Locations

1. Arrive 10 minutes before the scheduled time to allow your swimmer time to suit-up.
2. Allow extra time at BCC, as the parking lot is a hike from the pool and parking is sometimes difficult.
3. Parents are **required** to escort their swimmer to the pool area at BCC and it is suggested that they do the same at the other locations, especially for younger swimmers.
4. Changing in lavatories is not permitted at any location.
5. Encourage your swimmer to check that he or she has all the equipment necessary for the practice, and to prepare his or her bag in advance. Always have an extra cap and goggles in their bag, just in case.
6. Limit the amount of food and drink a swimmer has before a practice, especially dairy products and fried foods. A light snack before practice with dinner after practice is recommended.
7. Have your child use the bathroom before practice, so his or her practice time will not be interrupted.
8. If you need to speak to your child's coach, do so before or after practice, never during. During practice his or her attention is focused on the swimmers.
9. If you leave the building during your child's practice time, please return promptly by the end of practice.
10. If your child is absent from practice three or more times in a row, doctor's note is needed when the child returns. Please speak to the coach if your child cannot attend practice for an extended length of time.

## Clothing and Equipment

- The equipment and clothing your child needs for his or her practices can be purchased at the yearly merchandise sale usually held on the last Sunday in September each year. Ordering can be done on the form provided to you. A team suit and cap is required for all meets.
- During practices, practice suits should be worn. It is recommended that a cap be worn for all practices and that swimmers become accustomed to wearing goggles.
- A sweatshirt and sweatpants are suggested to be worn to and from practices, especially in the cold weather. In addition, a warm coat with a hood or a hat to cover wet hair is a good idea.
- Label all your child's equipment and clothing. A permanent marker can be used for the kickboard, pull buoys, clothing. Nail polish or 'paint-markers' can be used to label flippers. Use your last name when labeling, as there may be other swimmers with the same first name. An additional benefit to labeling with last names is that equipment can be used by younger siblings.
- If your child has a Breakers bag, try to make it look distinctive; for example by tying a ribbon on the strap. When there are 30 bags on the floor of the locker room, it is easy to pick up the wrong one.
- Attach your child's YMCA membership card to his or her Breaker bag.

## Meets

Your child will be attending both YMCA dual and USA Swimming meets:

- Our 8&Unders attend 'mini meets' that are geared just for them.
- Your child will be assigned to be on one of the five YMCA dual meet teams, our six year olds do not attend dual meets.
- Buses are provided for away YMCA dual meets only. Swimmers must go to these meets on the bus. They can go home with parents if they wish, provided a note is given to the dual meet coach. Parents who are 'working' at an away dual meet may ride the bus if there is room. Parents not working at the meet are not permitted on the bus.
- Your child's coach enters your child in the USA Swimming invitational meets that are appropriate for him or her.
- Information about meets and the entry lists are posted on the Breaker web site [www.ridgewoodymca.org/breakers/default.asp](http://www.ridgewoodymca.org/breakers/default.asp). Make sure you note the warm-up and start time of each meet. Directions to the pool where the meet is held will be posted on the web site as part of the meet information.
- Leave yourself enough time to get to meet site, especially if you have not been there before. Swimmers will be scratched from the meet if they do not arrive on time.
- If your child cannot attend a meet due to a previous commitment or illness, you must inform the coach or call and leave a message on the Team's voice mail during the week immediately before the meet.

# Parental Support

An organization as large as the Breakers could not succeed without the volunteer effort of our parents who work at dual meets, USA Swimming meets and many other tasks that support our swimmers in their efforts to swim fast.

We ask that each family work at least three YMCA dual meets and to help with the many jobs that need to be done throughout the year. The Parent/Family Responsibility Form will be available at the General Parents Meeting. Please sign-up for several different committees. Your help is greatly needed and much appreciated.

Be your child's biggest fan. Encourage and congratulate him or her on a job well done. Do not compare your child to others. Individual achievement and development is the basis of the Breaker philosophy. Cheer on your child's fellow swimmers. The last swimmer in the pool needs just as much encouragement as the first.

The Breakers also need help from parents who are interested in being trained as officials. There are training sessions for officials scheduled especially in the Fall.

Do not coach your child or other children. If you disagree with the coach or have a question, please speak to him or her in private after a practice or meet.

Carpooling to practices and meets makes life a lot easier. Call the parents of the Breakers who live in your area (and whose children practice the same time as yours) about carpooling. When carpooling, please be prompt picking up the children both at home and from the pool.

## Help is Just a Phone Call or an Email Away

### Contact the Breakers Office

Our Head Coach and his administrative assistant are always available to help or refer to someone who can help.

Bud Rimbault, Head Coach  
201.444.5600 x319 [brimbault@ridgewoodym.org](mailto:brimbault@ridgewoodym.org)

Pam Brady, Adm. Assistant  
201.444.5600 x319

## Contact the Swim Team Parents Organization (STPO)

The Swim Team Parents Organization (STPO) Board is elected in the spring by the parents of team members. Board meetings are held at the YMCA as scheduled and the meetings are announced in the eBreaker. All parents are welcome to attend. Please call any of the Board members if you have a question concerning there are of interest.

### STPO Board for 2009-2010:

Role	Person Responsible
President	Kevin Cortright
Vice President - Dual meets	Margaret Finucane-Boos
Vice President - Invitational meets	Sue Mathus
Secretary	Sue Marsella
Communications	Kathryn Gritz
Fundraising Chair	Katy Devine
Publicity	Martha March

In addition, each practice group will have a parent assigned as a Liaison, someone who can be called for help and assistance. The names of the liaisons will be published in the Breakers handbook, which will be distributed at the General Parents meeting.

### Team Communication

1. The team maintains a web site [www.ridgewoodymca.org/breakers/default.asp](http://www.ridgewoodymca.org/breakers/default.asp) . This site has information about the team, dual meet schedules and invitational meet schedules as well as entry list for invitational meets.
2. The Breakers also has an electronic newsletter, eBreaker. This newsletter contains last minute information and is one of the major sources of information about practice groups, meets and information about the team. To make sure that you receive eBreaker make sure that you provide your email address to the Breaker office.
3. Phone chains are also set up to notify you of important information and schedule changes.

## A Final Thought

Finally, we hope you will enjoy this very special sport your child has chosen, they will work hard; you will work hard. But, when the year is done we are sure you will be proud of their and your dedication and accomplishments.