

YMCA COMPETITIVE SWIMMING & DIVING GENERAL INFORMATION

Ever since YMCAs began offering competitive swimming and diving in the early 1920's, these sports have proved to be excellent opportunities for putting into action the YMCA mission. Over 1,000 YMCAs offer competitive swimming or diving, with over 50,000 youth participating. Over 1400 YMCA swimmers annually compete at the YMCA National Championships, making it the largest youth swim meet in the country. YMCA Competitive Swimming and Diving programs are for the beginning swimmer to the most competitive and skilled swimmer and helps train individuals of all ages to compete in League, State, Area, and National Championships.

Guidelines

YMCA competitions are governed by the "Rules That Govern YMCA Competitive Sports." Bodies that operate Local/State/Area/Regional/National Championships have the authority to establish rules and regulations governing competition provided they do not conflict with the standard "Rules That Govern." The YMCA follows NCAA Swimming and Diving rules. All events should adhere to the national rules and guidelines set forth by the YMCA National Swimming and Diving Advisory Committee where applicable. All YMCA's, leagues, committees and by-laws SHOULD abide by and reflect the "best practices" set forth in the "Technical Assistance Paper for YMCA Competitive Programs" and the Principles of Competitive Swimming and Diving manual.

Sanctions

YMCA National Swimming and Diving Championships are sanctioned by the YMCA National Swimming and Diving Committee. District, Regional and State Championships are sanctioned as well, in order to ensure that all teams are complying with National guidelines and regulations. Request sanction forms from your YMCA Group Representative for Competitive Swimming and Diving.

Coaches Safety Certification

For all sanctioned meets, all coaches who wish to be on deck must be certified in:

- Principles of YMCA Competitive Swimming and Diving
- CPR
- First Aid

One of the following:

- YMCA/Red Cross Lifeguarding
- Aquatic Safety Assistant or Red Cross Coaches Safety Training

Committees

It is recommended that there be a local YMCA staff liaison on all committees. A copy of the by-laws/policies/guidelines, etc. at the local committee level should be forwarded to the Membership and Program Consultant and Group Representative for Competitive Swimming and Diving that services their area. Participants in parents' organizations are program volunteers responsible for assisting YMCA staff in conducting the competitive program. In developing organizational charts for the YMCA's aquatic program, the swim parents' organization should be placed on the staff side of the chart. They should be accountable to the YMCA staff and should not be viewed as a policy making committee for the association.

All policy decisions affecting the competitive sports program and teams should be made by the Physical Education Committee, Program Committee, Aquatic Committee or other committee assigned that responsibility by the YMCA Board of Directors. The parents' organizations can have a voice by having representation on the appropriate committee.

From time to time, local YMCAs discover that a parents' group for a YMCA competitive sport, a support group for a particular Y program, or a contributors' group to a Y event make the false assumption that, because they are a committed group of volunteers, they can describe themselves as a "Board," raise funds for their preferred project, make decisions for the project, hire or fire staff, and control a separate bank account for their preferred Y program. This is **NOT** the case.

All programs operated in the Y name or out of Y facilities must be under staff supervision and under the control of the Corporate Chartered Board of Directors for the local YMCA. Advisory groups such as parent groups can get many more people involved as volunteers for the Y, but those advisory groups must be informed early, and often, that they are **not** legally responsible and cannot make any decisions to bind or obligate the YMCA. Essentially, they are program volunteers whose primary responsibility is to assist the YMCA staff in conducting the programs. What follows is a sample breakdown of the proper roles of the participants in such a scenario:

Corporate Board: The legally responsible, governing body for the Y sets broad policy for the entire YMCA, hires the executive director, controls/approves all local Y budgets, sets guiding philosophies for the Y, has all legal responsibility for the local Y and has ultimate control of all bank accounts, income, and expense, and conducts fund-raising.

Staff: Implements policies set by the Board, supports the day-to-day administration of the activities, oversees all finances and all bank accounts of the Y, proposes the budget to corporate boards, supports fund-raising efforts on behalf of the Y, makes programmatic plans and decisions, supervises all staff and program volunteers, oversees fundraising efforts, to assure that they are consistent with the Y's fundraising policies.

Advisory Committee or Parents' Group: Supports the programs of the local Y, highlights accomplishments of local Y programs as selected by corporate board and implemented by staff; raises funds as directed by YMCA staff or the Corporate Board and sees that all funds raised, from whatever source, are given to Y staff for deposit in Y corporate bank account; they **do not** hire or supervise staff, coaches, etc.; they **do not** make policy, although their opinions are always welcomed by the corporate board.

Advice on Control of Local YMCA Money and Programs: It is critical for the YMCA's maintenance of its nonprofit status and for other tax purposes that **all** funds raised or used for Y programs are channeled through the YMCA accounting system and are under the direct control of YMCA staff and the Corporate Board. Only in this way can all funds collected and used for Y purposes be reported on IRS form 990, as required by federal law. It is illegal to raise funds in the name of the Y and not have these funds in a Y bank account under the sole control of Y staff and the corporate board. Funds earmarked as "custody" accounts should become the property of the YMCA if a group disbands or leaves the sponsorship of the association. Additionally, any equipment purchased in the name of, or on behalf of, the YMCA is property of the YMCA.

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Resources

-Principles of YMCA Competitive Swimming and Diving (2nd Ed.)

YMCA Program Store, item #0-7360-3452-8; \$28.00

1-800-747-0089

-“YMCA of the USA Technical Assistance Paper on YMCA

Competitive Swimming Programs” and the “Rules That Govern

YMCA Competitive Sports” can be found in the Principles of YMCA

Competitive Swimming and Diving Manual or can be sent to you by

contacting Sue Jarocki at 1-800-872-9622 x8662 or

Susan.Jarocki@ymca.net.

-NCAA Swimming and Diving Rules can be ordered by contacting the NCAA at 317-917-6222 or www.ncaa.org, click on “News and Publications” and then Rules.

NATIONAL YMCA COMPETITIVE SWIMMING & DIVING VOLUNTEER/STAFF STRUCTURE

Volunteer Structure

- National Board
- Program Services Committee
- National YMCA Competitive
Swimming & Diving Advisory
Committee
- Group Representative for Competitive
Swimming and Diving
- Membership and Program
Network Coordinators

Staff Structure

- National Executive Director
- Association Resources Director
- Sr. Consultants for Prog. Dev.
& Membership and Prog.
Consulting
- Assoc. Director of Sports for
Comp. Swimming and Diving/
- Membership and Program
Consultants

HISTORY OF YMCA COMPETITIVE SWIMMING & DIVING

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| 1885 | The first “swimming bath” opened in Brooklyn, New York YMCA (45 feet long, 15 feet wide, and 5 feet in depth). |
| 1901 | Lifesaving instruction was developed in the USA under the direction of the YMCA and the United States Volunteer Life Saving Corps. Most of this work followed the pattern established by the Royal Life Saving Society in England. |
| 1902 | Australians Alec Wickham and Dick Cavill developed the Australian crawlstroke from Neolithic origins. The crawlstroke began to be used in America in 1904. |
| 1906 | American swimmers narrowed the wide-leg action of the Australian crawlstroke to what was then called the flutter kick. This then became the American crawl, and with some modifications has remained the fastest stroke. |
| 1909 | The YMCA cooperated with the American Red Cross in developing a program of swimming and lifesaving instruction on a national basis. |
| 1916 | The first school for aquatic instructors was conducted by the Boston YMCA. |
| 1923 | Brooklyn, New York, won the first National YMCA Swimming and Diving Championships. |
| 1937 | The first National YMCA Aquatic Conference was held at George Williams College, Chicago, Illinois, from which developed the “New YMCA Aquatic Program.” By this date, there were 684 YMCA swimming pools in use. |
| 1967 | The first National YMCA Women’s Swimming and Diving Championships at Indianapolis was won by the Ferguson-Ritenour YMCA, St. Louis, Missouri. |
| 1975 | The National YMCA Swimming and Diving Championships conducted at the Swimming Hall of Fame in Fort Lauderdale, Florida, |

became the world's largest swimming championship, with over 1,200 boys and girls participating.

1979 A national YMCA competitive swimming survey showed that there are over 700 YMCA swim teams in the USA, with over 50,000 boys and girls participating.

1980 The first National YMCA Masters Swimming and Diving Championship at York, Pennsylvania, was won by the York YMCA.

1986 The first National YMCA Long Course Swimming and Diving Championships were held in Cincinnati, Ohio, and were won by the Collier County YMCA, Naples, Florida.

1995 A new training program was introduced for swimming coaches and administrators that included the Principles of YMCA Competitive Swimming and Diving, the YMCA Swimming Coaches course, and the YMCA Advanced Swimming Coaches course.