

YMCA OF LINCOLN  
**SEA TURTLES**  
SWIM TEAM



**Summer 2025**  
**May 26–July 19**

# Welcome

Welcome to the Lincoln Copple Family YMCA Sea Turtle Swim Team! Our mission is to offer a program that stresses individual and team improvement while striving to promote the character values of honesty, caring, respect, and responsibility for the program, coaches, parents, teammates, & other teams. Participant must be able to swim 25 yd. continuous freestyle w/ rotary breathing and 25 yd. continuous backstroke. We recommend passing level 5 or 6 swim lesson level or a session of sting rays.

## How to Register—

### Step 1— Summer Membership Fee

**Registration Opens—April 15th, You may register for either AM or PM practice time.**

**Register Online**     [Click Here AM](#)                      [Click Here PM](#)

- \$165/swimmer with a YMCA Membership
- \$350/swimmer for YMCA Community Member

### Important—

Fill out Park & Rec Form located on [Lincoln Parks and Recreation Website](#). Make sure it is completed and submitted, no later than June 4th.

Financial Assistance is available, you can apply online. [Click Here](#)

## Communication

Throughout the season you will receive informational emails.

Any team information, sign up or announcements will be e-mailed out to the team.

### Park & Recreation Form—

This form is located on the [Lincoln Parks and Recreation website](#). A form for each swimmer must be filled out, no extra payment goes with the form as the fee is included in your registration fee. This form will be available April 3 and must be completed no later than June 4 for swimmers to compete.

Please make sure you included your email on the Park & Rec form so you receive all the information. Information will be sent out on a needed basis.

If you're having trouble receiving team information please contact:  
Sierra Esparza (531) 289-7863 or [sesparza@ymcalincoln.org](mailto:sesparza@ymcalincoln.org)

## Practice Schedule     May 26th—July 19th

**Practice Times are dependent upon what you register for. You may choose either am or pm.**

	MON	TUES	WED	THUR
AM	8:15-9:15	8:15-9:15	8:15-9:15	8:15-9:15
PM	7:15-8:15	7:15-8:15	7:15-8:15	7:15-8:15

**Copple Family Y Outdoor Pool \*If inclement weather, practice will be moved inside.**

## What to Bring to Practice

Swimmers are required to bring a swim suit, goggles, a cap (if preferred), and towel to practice. In addition, swimmers are strongly encouraged to bring a water bottle to all practices in order to maintain hydration levels. Swimmers are responsible for filling their water bottles before practice begins.

## Locker Rooms

Please be respectful of the locker room and the other members who use that space. During practices, swimmers are asked to place all bags and belongings in a locker or they can be brought on the pool deck and hung up on the hooks. Do not leave valuable items unattended in an unlocked locker.

**Please do not leave your bags and personal belongings unattended in the locker room on benches or the floor!** Swimmers are expected to get through the locker rooms as quickly as possible.

## During Practices

Now that you have taken the "big plunge" and decided to join the Sea Turtle Swim Team, you may be wondering, "What do I do at practice?" Here are some tips compiled from several years of experience and different programs. Sea Turtle coaches will do all they can to help new and returning swimmers to learn and practice these tips. If everyone follows them practices will run very smoothly.

### Arrival and Departure

Swimmers should be ready to swim no less than 5 minutes prior to the start of practice. At the end of practices, swimmers are expected to help put away all equipment and remove the lane ropes.

### Before Practice

- Help put in any lane lines that need to be put in.
- Learn the names of the swimmers in your lane.
- Learn to read the pace clock.

### During Practice

- Listen carefully when the coach gives directions or explains the set. Ask questions of your lane mates or the coach if you don't understand.
- Talk with one another and find out who is swimming what. When swimmers are swimming different strokes in the same lane, the person swimming faster stroke should lead. The order is: freestyle, backstroke, butterfly, breaststroke, kicking.
- Always swim in a circle, staying to the right of the lane. All swimmers must stay completely within their half of the lane. Serious accidents can occur when people swim down the middle of the lane.
- Count your laps and stop at the appropriate number.
- Support your fellow swimmers always with encouragement, recognition of good effort, and cheerful enthusiasm.

# Swim Meet Schedule

## City Park and Rec Meets

The meets are held on Saturday mornings. 4 regular season meets will be held.

\*To be eligible for the city championships, participants must participate in at least 2 regular season meets.

### Time

Warm-ups begin at 8:00 am; Meets Start at 9:00 am.

June 14	@ TBD	June 28	@ TBD
June 21	@ TBD	July 5	@ TBD

### City Championship Meet:

11 & Older : Friday, July 18th @ Bob Devaney Center - Warm Ups @ 3:00pm Meet Starts @ 4:30pm

10 & Under: Saturday, July 19th @ Bob Devaney Center - Warm Ups @ 8:00am Meet Starts @ 9:30am

## What To Bring To A Meet

<ul style="list-style-type: none"><li>Swim Suit( s)</li><li>Swim Cap( s)</li><li>Towel (s)</li><li>Goggles</li><li>Warm Clothes</li><li>Activities (books, cards, games)</li></ul>	<ul style="list-style-type: none"><li>Healthy Snacks/drinks (only water allowed on deck)</li><li>Permanent Marker</li><li>Highlighter</li><li>Pen</li><li>Enthusiasm!!</li></ul>
--	--

## Meet Sign Up & Line Up

Coaches will need to know if you are attending a meet by the Friday the week prior to the meet. We know things can come up, do not hesitate to talk to the coaches or Aquatic Director if you are any questions or concerns.

Swimmers will have the opportunity to choose two of their individual events at regular season meets. The other events will be chosen by the coaches. Only coaches will be able to determine relays. For this reason, the meet line-ups can vary throughout the summer.

## Attendance Policy

Whether a swimmer is solely committed to swimming, a multi-sport athlete, or simply interested in a variety of extra-curricular activities, Copple Family YMCA Sea Turtle coaches takes measures in order to cater to athletes with varying degrees of commitment levels. At the same time, there is no escaping the fact that regular practice attendance helps promote conditioning and develops fitness while also boosting group camaraderie and team spirit! Sea Turtles coaches recommend at least 3 practices a week, but would love to see you 4 times a week.

## Weather Policy

Because our practices will be held in our outdoor pool, weather can always play a part in our practices. If weather threatens our practice outdoors practice will be moved inside.

If inclement weather is forecasted for a meet day, all swimmers should report as normal to the pool. Typically storms do pass and we still can get the meet finished before the cut off time. They will not cancel unless they feel they can not get the meet completed in a timely fashion after the storm has passed. We will send an email out if a meet does get canceled.

# Swim Meet Job Descriptions– Parent Volunteer

Parents are welcome to get involved with the program in several ways. You can get involved by volunteering at meets and by bringing positive enthusiasm to swim meets to support your swimmers! Anyone who has been to a swim meet know that a solid volunteer group is integral to a successful swim meet. Parent volunteers are needed for each meet as times, judges, scorer, awards table, etc. We will be setting up a meet volunteer schedule. We ask that each swimmers parent volunteer for at least one meet. The weekly parent email will be confirming the volunteer schedule prior to each meet.

**Timer:** This is the most popular meet job among both new and experienced swim parents. Two timers are needed for each lane. The head timer oversees all lanes and ensures that all timing sheets are collected by the runners. He/she also serves as a backup timer in case a watch is not started correctly or malfunctions in one of the lanes.

**Runner:** The duty of these volunteer is to pick-up the event cards from the timer and DQ slips from the Officials and take them to the computer table.

**Awards Table:** These volunteers receive the label printouts from the computer to label all ribbons and then distribute them to the teams attending the meet.

**Official:** Stroke & Turn Judges watch swimmers to make sure strokes, turns, exchanges, and finishes are performed legally. The starter announces and starts each event. These positions require special training. It requires taking a short training course. If you are interested in volunteering for this please let the Parent Representative or Aquatic Director know.

## Philosophy

To provide an environment which allows each swimmer to reach his or her maximum potential consistent with his/her own goals.

- To sponsor a positive team environment.
- To provide an opportunity to learn sportsmanship through all levels of competition.
- To provide an environment that will develop self-esteem, mindfulness and hard work.
- To have fun!

It is the coaches' responsibility to create an environment in which all swimmers in each practice group can have fun while also striving to reach his or her full potential. It is the swimmer's responsibility to always exhibit appropriate behavior. The coaches and staff strives to teach our swimmers to live, train and compete according to the YMCA Core Values: Caring, Honesty, Respect, and Responsibility.

## Behavior

Swimmers are asked to remember that they are representatives of the Lincoln Y Sea Turtle Swim Team. As representatives, we ask them to behave in a manner that is responsible and respectful of others. Often swimmers share the locker rooms and other areas in the YMCA or meet facilities with other members, and must therefore act responsibly and respectfully at all times. Swimmers are expected to leave the YMCA facilities and any host facilities cleaner than the way they found them.

Swimmers at all program levels will be expected to value sportsmanship and respect for teammates, coaches and opponents. They will be encouraged to work together to help foster a positive training environment that is as enjoyable as it is productive.

Swimmers who disrupt practices, have trouble following their coaches' directives, or disrespect their teammates, coaches or the facilities they use will be redirected and their parents will be informed.