

**SUMMIT AREA YMCA
SEALS SWIM TEAM
2006-2007 HANDBOOK**

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Summit Area YMCA

67 Maple Street

Summit, NJ 07901

908-273-3330 x150

www.SummitYSeals.org

SEALS PHILOSOPHY

The goal of the Seals program is to help our athletes develop their talents and strengthen values that can be utilized in all aspects of their lives, not just in the pool. Our program is a collaborative effort of swimmers, coaches, “Y” staff, and parents. Each plays an important role in maintaining and improving our program.

COACHING STAFF

The Summit Area YMCA Seals coaching staff is a team of talented and dedicated professionals under the direction of Head Coach Hank Buntin. Our goal is to challenge each individual to develop his or her athletic talent in a supportive and encouraging environment. Coaches may be reached at the Y Seals Office (908-273-3330 x150)

HEAD COACH

Hank Buntin
(908) 464-9113 – Home hankseal@comcast.net

AGE GROUP COACHES

Rich Callaghan	Ann Doyle	Betty Duttonhofer	Mariann Grywalski
Heather Klein	Andrew LeBlanc	Greg Reeves	Laura Riddell

AQUATICS DIRECTOR

Suzi Pellegrino, 908-273-3330 X149
suzio@summitymca.org

COACHES STATEMENT

We pride ourselves in helping our athletes develop their talents in a wholesome environment and instilling in them strong values that can be utilized in all aspects of their lives, not just in the pool. The Seals program provides swimmers an opportunity to grow both physically and mentally through their participation on the team.

The YMCA’s mission is to provide programs that “incorporate the values of caring, honesty, respect, and responsibility that build healthy spirit, mind and body for all”. This goal is woven within the fabric of our Seals swim program.

PARENT PARTICIPATION

Our team depends on the Seals parents to volunteer their time and energy to ensure a quality swim program. Therefore, **ALL SEALS PARENTS ARE NEEDED AND EXPECTED TO VOLUNTEER TO HELP RUN SWIM MEETS AND TO ASSIST WITH OTHER RELATED ACTIVITIES** (e.g., social functions, publicity, team store, SSPO Board, etc.). **ALL PARENTS WILL BE ASKED TO MAKE A COMMITMENT TO ASSIST IN THESE AREAS. WE ALL NEED TO WORK TOGETHER TO MAKE THE SEALS PROGRAM A SUCCESS. WE LOOK FORWARD TO WORKING WITH YOU!**

SUMMIT SEALS PARENTS' ORGANIZATION (SSPO)

The Summit Seals Parent Organization (SSPO) is the backbone of our program and provides support to ensure an effective and successful program for our swimmers. The purpose of the SSPO is to assist the coaches and staff in carrying out our competitive swim program and to support the swimmers both in and out of the water. **EVERY SEALS PARENT IS A MEMBER OF THE SSPO.**

SSPO Committee

The SSPO Committee meets monthly. Meeting dates are posted on the Seals website (www.SummitYSeals.org). All members of the SSPO are welcome to attend.

SSPO Chairman	Jennifer Benn	908-522-0132	jsmb@comcast.net
SSPO Asst. Chairman	Terry Carroll	908-464-3346	carroll.family@att.net
Past Chairman	Irene Goonan	908-542-0891	mikegoonan@patmedia.net
SSPO Finance Chairman	Joe Carloto	908-771-0899	jcarloto@yahoo.com
SSPO Communication Chair	Anne Clewell	908-665-2117	anne.clewell@roche.com
Colorado System	David & Karen Stern	908-273-8677	david@wolfheadathletic.com
Colorado Maintenance Chairs	Pat Addonizio	908-317-8420	paddonizio@kennethcole.com
	Kirk Baldwin	908-464-3721	nebaldwin@comcast.net
Meet Manager Chair	OPEN		
 SSPO Special Meets:			
• Time Trials Meet Director	OPEN		
• Deep Freeze Meet Director	Kim Carloto	908-771-0899	kimcarloto@aol.com
• SOS Meet Director	OPEN		
• YWCA/Charlotte	Jennifer Benn	908-522-0132	jsmb@comcast.net
• YMCA/Florida	OPEN		
 Team Apparel:			
• Dry-Land Clothing Chair	MaryAnn Ng	908-598-9010	yuanng@verizon.net
• T-Shirts Chair	Nancy Benson	908-464-5152	Nduggan@earthlink.net
• Swimsuits - Team	Julie Vlass	908-273-8728	JVlass@verizon.net
• Swimsuits - Nationals	Jennifer Benn	908-522-0132	jsmb@comcast.net
 Officials Chairman			
	Joe Reilly	973-635-3699	JWReilly@patmedia.net
Publicity Chairman	Linda Fries	908-273-2922	LRFries@comcast.net
Meet Timers Chair	Ellen Lynch	908-522-1620	elynch@mfpllc.com
Team Manager Chairs	Jennifer Benn	908-522-0132	jsmb@comcast.net
	Terry Carroll	908-464-3346	carroll.family@att.net
SSPO Record Board	Irene Goonan	908-542-0891	mikegoonan@patmedia.net
 Social Chairmen:			
Awards Brunch (May)	Carmen Addonizio	908-317-8420	paddonizio@kennethcole.com
Awards Liaison	Holly Sethness	973-912-9289	hmsethness@aol.com
Social Event Chair	Amy Currie	908-273-1539	acurrie7@comcast.net
 USA Representative Website			
	Brian Smith	908-771-0288	bsmith@lassersussman.com
	Carolyn Sebastian	908-608-0182	carolyn@riverinternet.com

SUMMIT YMCA SWIM TEAM FEES

All swim fees for the 2006-07 swim seasons are due on September 11th, 2006.

2006/2007 REGULAR SEASON PRACTICE SCHEDULE

The Seals practice regiment consists of both water and dry land training. The dry land training consists of flexibility exercises and strength training. These types of exercises can be performed by athletes of all ages and be extremely beneficial to their performance. Swimmers under the age of 13 will do their strength training utilizing rubber tubing and body weight movements. Swimmers 13 years of age and older, will be able to utilize the YMCA's Training Center during times specified for Seals dry land training.

Swimmers who are ill should not attend practice. Swimmers should keep healthy and consistent sleeping and eating habits that are conducive to the rigors of swimming.

We recommend that swimmers not bring any valuables to practice. They should bring a combination lock to lock clothes and belongings in a secure locker.

POOL TIME PRACTICE FOR ALL AGES BEGINS ON MONDAY, SEPTEMBER 18, 2006. (Swimmers will be advised of the day/time of their dry land training sessions. Ages are as of 12/01/06)

8 and Under (up to 5 hours/week)

6:00-7:00 pm Monday-Thursday
12:00-1:00 pm Sunday

9-10 (up to 5 hours/week)

6:00-7:00 pm Monday-Thursday
12:00-1:00 pm Sunday

Juniors ages 11-13 (up to 11 hours/week)

4:30-6:00 pm Monday-Thursday
6:15-7:30 am Saturday
1:00-2:30pm Sunday (and/or 12:00-2:00pm)

Seniors ages 14 & Over (Up to 15 hours/week)

7:00-9:00 pm Monday-Thursday
6:15-7:30 am Saturday
7:00-10:00am Sunday
or
12:00-2:00pm

MINIMUM PRACTICE SESSIONS PER WEEK:

10 & Under: 3 days/week

Juniors/Seniors: 4 days/week

National Championship Candidates: 5 days/week

These minimums are necessary for the swimmer to accomplish appropriate instruction and training. Swimmers are encouraged to swim more than their age group minimums. To meet the minimums specified, swimmers choose the days they will swim **within their age group assignments.**

NOTE: In some cases, the Head Coach may recommend that a swimmer practice with another age group. If it is necessary for you to make a permanent or temporary change in time or age group practice assignment it **MUST** first be cleared by Hank Buntin. **Swimmers must pay the fee for the age group with which they swim.**

THE SEALS SWIM TEAM

The regular swim season runs from September until the NJ YMCA Championship meets (held in February-March). Additional swim programs are available in the spring and summer. The summer program includes long course training.

TRYOUTS

Our competitive tryouts are conducted each year in early September. Swimmers will be timed in: Freestyle AND the swimmer's favorite stroke other than freestyle (25 yards for 8 & under; 50 yards for all others). A swimmer's age is the age he/she will be as of December 1 for the current year. The selection of team members is based on times, coaches' observations and judgments, and space availability. Returning Seals team members are expected to participate in the try-outs to show their commitment to the team.

TEAM ASSIGNMENTS

The Seals are divided into three girls' teams (Girls A, B and C) and two boys' teams (Boys A and B) for the dual meet season. If necessary, individual time trials will be conducted in mid-October to determine swimmers' team placements. The five dual meet teams each compete in a minimum of six dual meets November-February.

NATIONALS CANDIDATES GROUP

Swimmers will be encouraged throughout the season to work toward becoming members of the YMCA Nationals Candidates Group. This group will be required to participate in workouts conducive to national level competition and attendance will be monitored. To qualify for this group, swimmers must have equal or better the established National YMCA SC times for the current swim season or be within the following cutoff times by January 1st of the current swim season:

- 50 yd Free 0.8 sec within the cut time
- any 100 yd event 2.0 secs within the cut time
- any 200 yd event 4.0 secs within the cut time
- any 400/500 yd event 10.0 secs within the cut time
- any 1000/1650 yd event 25.0 secs within the cut time

SEALS TEAM RECORDS

Team records are determined as follows:

- The age of the swimmer on the day of the meet determines the age group in which he/she may break a current Seals Team Record. However, for YMCA meets, the swimmer's age as of Dec. 1st will be applied. If a swimmer ties a record, recognition will be given as co-holders of record.
- Seals records can be set in any open or closed, sanctioned meets (YMCA dual meets, invitationals, and USA meets only) in **yards only, no conversions**. High school times will not be used.
- A swimmer must be representing the Summit Area Y when a Seals record is set.

The Summit Seals Team records are posted on the Seals Record Board along the hallway, outside the observation deck, and on the Seals website under [Team Records].

THE SEALS SWIM TEAM (continued)

SEALS ANNUAL AWARDS

The following awards are presented each year at the Seals Annual Awards Brunch, generally held the first weekend in May.

Most Improved Swimmer

- Demonstrates consistent attendance at practice and meets
- Exemplary work ethic that results in a successful pursuit of personal goals, makes significant contributions to the team, demonstrates a sense of team spirit
- Participation in dual meets and challenging outside meets such as Fall Festival, Holiday Classic, Winterfest, Age-Group Championships (e.g., USA Bronze, Sliver, Junior Olympics, Y Bronze, Silvers, States) and YMCA/YWCA National Championships)

Coaches Award

Meets all of the criteria for a Most Improved Award PLUS:

- Demonstrated leadership in practice and at meets
- A role model for success
- Someone who represents our team in a most positive way.

Swimmer of the Year

Individual plaques presented to one girl and one boy and names are added to the perpetual Swimmer of the Year wall plaque.

These swimmers meet all of the criteria for the Coaches Award PLUS:

- Demonstrates outstanding achievement in pursuit and accomplishment of individual and team goals.
- An outstanding role model of YMCA spirit, mind and body.

SWIM MEET GUIDELINES

- All swimmers are expected to participate in all dual meets scheduled for their team and in YMCA and USA Championship Meets according to their age and ability level. Swimming in all other meets (YMCA and USA Invitational Meets) is encouraged, but optional.
- **If a swimmer is unable to participate**
 - a. **in a dual meet**, then
 - the parent must call the dual meet Team Manager ASAP or by 8pm the night prior to the dual meet
 - b. **in any other YMCA or USA invitational meets**, then
 - the parent must call Hank Buntin by 8pm the night before the meet.

All cancellations must be done directly with the appropriate Seals contact, not via answering machine or e-mail. Also, to avoid any delays, please do not leave any messages at the Y's front desk.

- All parents are expected to help during swim meets. During home meets timers, scorers, runners, officials, help with refreshments, etc., are needed. Parents with swimmers at away meets will be called upon to help time.
- All swimmers must provide their own transportation to all meets (home and away).
- **Parents are responsible for ensuring that their child:**
 - a. check in with the coach by the specified check-in time. Swimmers will be scratched from meets in which they do not check-in with the coach by the designated check-in time for that meet.
 - b. stay with the team at all times and stays within hearing distance of the coaches whenever possible.
- Parents are encouraged to check with their child(ren), the meet program, or posted heat sheets to determine which heats/lanes where your child(ren) will swim.
- It is important to keep track of your child's times in each event that they swim. These times will be helpful to track your child's progress, and they are necessary when you enter your child in an invitational swim meet to ensure your child has the qualification times.
- See the current swim season's Schedule at the end of this Handbook for important swim meet dates. We will provide continuous updates to the schedule. Please make sure to check the Seals website (www.SummitYSeals.org) frequently.
- The latest information about swim meets and any date changes will be posted on the Seals Bulletin Board located opposite the Observation Deck entrance, and on the website. E-mails will be sent to all Seals if there is a date change within one week of the changed date.

SWIM MEETS (continued)

YMCA MEETS

The swimmers' age for YMCA swim meets during the regular season is their age as of Dec. 1st of the current swim season. For example, for the 2005-06 swim season, the age as of Dec. 1st, 2005 will be used.

DUAL MEETS

Dual meets are swim meets where two YMCA swim teams in the same Division compete. During the dual meet season, the team is divided into four or possibly five teams depending on the number of Seals that year. The teams are Boys A and B, and Girls A, B and possibly C. The assignments are made in mid-October. Once a swimmer is assigned to a team, he or she will receive a schedule of dual meets for that team.

Dual meets are held on Saturdays beginning in early November and run through the end of December. Approximately 6 dual meets are held for each team. Each dual meet lasts approximately two hours. Home dual meets are held on Saturday afternoons; away meets are either Saturday morning or afternoon. There are no dual meets scheduled Thanksgiving, Christmas or New Year's Weekends.

Home Dual Meet Times:	First Meet	12:45 PM (12:15 PM Warm-up)
	Second Meet	3:00 PM (2:30 PM Warm-up)
Away Dual Meet Times:	To be announced	

Individuals can swim no more than three official events in each of these meets. Frequently, unofficial heats are run in order to give swimmers a wide variety of experience.

SEALS SWIMMERS ARE EXPECTED TO SWIM IN ALL OF THEIR SCHEDULED DUAL MEETS. Swimmers must call their Team Manager by 8pm the day before a dual meet if they will be unable to attend because of illness or emergency.

Seals parents are needed and expected to help at dual meets (timers, scorers, officials, etc.).

In the event of bad weather, the Team Manager will contact swimmers/parents (by phone chain) if there is a cancellation or via our website at www.SummitYSeals.org.

YMCA INVITATIONAL MEETS

YMCA Invitational Meets are held throughout the regular swim season and are open to all Seals swimmers if they meet the age and time standards for that meet. Seals coaches do not attend all YMCA Invitational meets. The Head Coach and/or the Age Group Coach will advise swimmers as to which meets are appropriate for them to enter.

SWIM MEETS (continued)

YMCA CHAMPIONSHIP MEETS

Parents of swimmers who enter championship meets may be needed to time during their child's session(s).

NJ YMCA STATE, SILVER AND BRONZE CHAMPIONSHIPS

The YMCA State and Silver Championships are held in mid-February and March. These meets are for swimmers who meet or better the established NJ YMCA State or Silvers "cut-off" times between September of the current swim season and the entry deadline. The Bronze Championships are open to all swimmers who do not qualify for the YMCA State or Silver Championships and will be held in a location that will be announced. Swimmers must attend the State Championships to participate in the YMCA Nationals in Florida.

YWCA NATIONAL JUNIOR/SENIOR CHAMPIONSHIPS

The YWCA Nationals are held in early April in Charlotte, North Carolina. Swimmers are divided into two age groups: Juniors (who have not reached their 14th birthday as of the first day of the meet), and Seniors (who are 14 years or older on the first day of the meet). Swimmers must be USA registered swimmers by December 1st of the current swim season, and must meet, or better, established YWCA "cut-off times" by the entry deadline. The SSPO blocks hotel rooms for swimmers and families at a group rate. Please note: travel arrangements are made by each swim family.

YMCA NATIONAL SWIMMING CHAMPIONSHIPS

The YMCA Nationals are held in Ft. Lauderdale, Florida in early April. This is an OPEN age group meet. The minimum age is 12 years by the date of the meet. Swimmers must meet or better all team participation requirements and must meet, or better, established YMCA National "cut-off times" prior to the entry deadline. Swimmers must participate in the YMCA New Jersey State Championships in February to be eligible to swim in the YMCA Nationals. Swimmers qualifying for the YMCA Nationals will be subsidized for airfare and hotel cost as follows: \$200 per event **participated in** (either individual or relay) with a maximum of \$800.

The acceptable proofs of qualifying times approved by the National YMCA Meet Directors are times published from:

- An inter-association YMCA meet (Dual or Invitational meets).
- Division, State or Regional YMCA Championship
- Sanctioned USA invitational meet such as Fall Festival, Holiday Classic, Winterfest, the Junior Olympics, and other sanctioned USA meets
- High school championship meets in which electronic timing is used and where the proper number of officials are present, some of the officials are NCAA qualified, and the swim is observed (the official certifies that the swimmer adhered to NCAA rules in regard to starts, turns and strokes).

No times are acceptable from:

- USA Zone meets
- High school dual meet times (due to differences in National High School Rules for strokes, turns and starts)

Swimmers must secure their own proof of time card certified by the Meet Referee. The card must include your official, electronic time, the name of the meet and the date. A certified copy of published meet results is the best method.

USA INVITATIONAL MEETS

The swimmers' age for all USA meets is their age on the first day of that particular meet.

USA meets are held year round and are conducted by USA Swim Clubs. These meets are open to all USA registered members. All Seals swimmers are registered members of USA Swimming and therefore may compete in any USA meet according to their age and ability. Seals coaches only attend "major" USA swim meets. Hank Buntin will advise swimmers as to which meets are appropriate for them to enter. The Seals website will reflect those meets that the Seals will enter as a team. For all other USA meets, Seals swimmers must enter on their own. **Parents of swimmers attending USA meets may be called upon to be a timer during those meets.**

ALL SEALS MUST COMPLETE A USA SWIMMING REGISTRATION FORM AND PAY A REGISTRATION FEE YEARLY. Registration forms must be completed during the Parent Orientation meetings in September. The Seals club code is 'SAY'.

The NJ USA swim schedule and time standards can be found on the NJ Swimming website (www.njswim.org). The schedule is found under "Current Calendar" and the Time Standards for Bronze, Silver and Gold are found under "Records and Standards". Most USA regular season meets (i.e., not summer), are "short course" meets (held in 25 yard or 25 meter pools). A "long course" meet is held in a 50-meter pool.

USA BRONZE CHAMPIONSHIPS

The Bronze Championships are held in early March and are open to those swimmers who do not qualify for the USA Silvers or Junior Olympics.

USA SILVER CHAMPIONSHIPS

The Silvers are held at Rutgers University in Piscataway, NJ in early March and are open to those swimmers with silver times.

USA NEW JERSEY STATE JUNIOR OLYMPICS

The JO's are held at Rutgers University in Piscataway, NJ in mid-March and are open to those swimmers who meet the cut-off times (gold or better).

OFFICIALS

The YMCA competitive swim program requires certified officials for running dual, invitational and championship meets. The Referee, Starter, and Stroke and Turn Judges must all be certified officials. We need as many parents as possible to meet our obligations with our four (or five) teams and at the end of the season at various championship meets. Dates for the YMCA Certification Course will be announced early in the season for anyone interested in becoming certified. The NCAA Rule Book is the official text of the course and will be made available to all parents who are officials. The fee for course and the manuals will be paid by the SSPO. Please call the Seals Officials Coordinator for more information about becoming an Official.

TEAM SWIMSUITS and CLOTHING

Team swimsuits and clothing are available for purchase. The team “uniform” consists of a Seals swimsuit and cap. All other Seals attire is optional. Metro Swim Shop is our swimsuit vendor. Seals warm-up suits, sweatshirts & pants, team jackets, team towels and swim bags will be made available to swimmers.

Try-ons for all Seals swimsuits and clothing will be held in late September at the YMCA. All orders must be paid in full when the order is taken. No orders will be taken after the deadline. Reorders and late orders will not be possible.

COMMUNICATIONS

Website

The Seals website (www.SummitYSeals.org) contains all pertinent and current information regarding the swim team. Parents should check the website weekly for important updates. This is our primary means of communication.

E-mail Broadcasts

Emails will be used sparingly; only on special circumstances. If you change your e-mail address, please notify the SSPO President immediately, or you can click on [COMMENT] button on the Seals website.

Invitational Meet Notices

Invitational meet signup forms are distributed at the end of practice. Signups usually occurs 4-5 weeks PRIOR to the actual meet date. Please use the meet calendar for the current swim season as a guide. Please remember to check your child's swim bag for these notices. We will also post it on the Seals website.

SEALS Bulletin Boards

The main Seals Bulletin Board is located opposite the Hurst Pool’s observation deck entrance on the main floor of the YMCA. This board will display all notices, "Y" and USA meet information, any changes in dual meet dates and times, meet results, and any other swim team related information.

Swimmer's Commitment Contract

In accepting a slot on the Summit Area YMCA Seals Swim Team:

1. I understand that I must adhere to proper team conduct and etiquette.
2. I understand that I am expected to attend and conscientiously apply myself to the minimum number of practices required for my age group.
3. I understand that I must display a positive attitude toward the program, coaches, and teammates.
4. I understand that I am expected to attend ALL dual meets.
5. I understand that I am expected to attend ANY YMCA Championship meets for which I am qualified.
6. I understand that the dates to all meets are given in the beginning of the season and will try to make plans accordingly.

In signing the contract during registration period, I agree to the terms of the Swimmer's Commitment to the Summit Area YMCA Seals Swim Team. I do, also, understand that there may be consequences if I fail to meet my commitments.

PARENT GUIDELINES

As a parent of a Summit Area YMCA Seals swimmer, I understand that the following guidelines are needed to create the proper environment for my child.

- Encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every meet or practice.
- Place the emotional and physical well-being of my child ahead of a personal desire to win.
- Support the YMCA's four character development values, caring, honesty, respect, and responsibility.
- Support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.

- Understand that I can speak with each coach and head coach freely but will not approach any coach during a meet or practice.
- Demand a sports environment that is free from drugs, tobacco, and alcohol.
- Volunteer for 3 dual meets and any invitational meet my child may attend.

I understand that when my child makes a commitment to the Summit Area YMCA Seals Swim Team, I do too.

SWIMMER'S CODE of CONDUCT

A keystone of a code of conduct is that parents and swimmers firmly understand and acknowledge that each swimmer is responsible for his/her own actions.

As a member of the Summit Area YMCA Seals Swim Team, each swimmer must conduct themselves properly throughout the entire season. Failure to act properly will result in disciplinary actions.

Listed below are the different levels of incidents and the actions that will be taken.

DISCIPLINARY ACTIONS

Level I – Minor Incidents

During practices the coaches are responsible for the swimmers. If a swimmer is so disruptive (defined as any behavior which requires the full attention of a staff member, thereby interfering with the functioning of the group) during practice time, that he/she is asked to sit out for the remainder of the practice time, he/she must accept the disciplinary procedure.

The following procedures will be followed:

First Action – Swimmer will be asked to sit out of practice time. The coach will decide if he/she is allowed back in the pool for the remainder of practice, regardless of the decision the swimmer will not be allowed to leave the pool deck unsupervised until the scheduled end of practice.

Second Action- Phone call to parent.

Third Action- The swimmer will be excused from the next scheduled practice time. Parent must bring swimmer back and meet with coach before returning to practice. If behavior is not corrected then swimmer may be asked to leave the team. No refunds will be given at this time.

Level II – Major Incidents

The following are prohibited:

1. Possession or use of alcoholic beverages.
2. Possession or use of illegal drugs.

3. Inappropriate behavior towards others.
4. Inappropriate behavior towards coaching/YMCA staff.
5. Destructive behavior of any kind.

Note: Persons present while any of these prohibited activities occur must leave immediately or be considered a participant by choice.

These requirements will be in effect for the entire swim season.

The following disciplinary procedures will be followed:

** If there are extreme consequences such as physical injury to any party involved, the swimmer will be dismissed from the team. **

Level II – Major Incidents (continued)

First Action – The swimmer will be excused from practice or meet immediately and the parent will be informed. A meeting with the Head Coach, YMCA Aquatic Director, parent and swimmer will be required for the swimmer to return to team.

Second Action - The swimmer will be asked to leave the team. No refunds will be given at this time.

YMCA Values: Caring, Responsibility, Honesty, Respect

2006-2007 SCHEDULE

BELOW IS A TENTATIVE CALENDAR FOR THE SWIM SEASON. ALL FUTURE UPDATES TO THE CALENDAR WILL BE POSTED ON THE SEALS WEBSITE (www.SummitYSeals.org)

October 2006

- Fri 20 Seals Parents' Cocktail Party @ The home of Jim & Amy Currie
- Sat-Sun 21 – 22 Devilfish Classic @ Westfield – Y invitational
- Sat-Sun 28 – 29th Fall Festival @ Princeton U – USA invitational, Gold/Silver cut times

November 2006

- Sat, Sun 4 -5
- Dual Meets:
GA: Sat or Sun (Home) vs. FSPY
GB: BYE
GC: Sat (Away) vs. MAY @ Madison Y
BA: Sat or Sun (Home) vs. HCY-Hunterdon Cty
BB: Sat or Sun (Home) vs. MAY – Madison
- Sat 11th
- Dual Meets:
GA: (Away) vs. FSPY
GB: (Home) vs. SHY, Somerset Hills Y
GC: (Home) vs. WFY, Wyckoff Y
BA: (Away) vs. MYM, Montclair Y
BB: (Home) vs. RBY, Red Bank Y
- Sat, Sun 18th
- Dual Meets:
GA: Sat or Sun (Home) vs. MYM, Montclair Y
GB: Sat or Sun (Home) vs. RBY, Red Bank Y
GC: (Away) vs. OCY, Ocean County Y
BA: BYE
BB: Sat or Sun (Home) vs. SHY, Somerset Hills Y

December 2006

- Sat 2nd
- Dual Meets:
GA: (Home) vs. OCY, Ocean County Y
GB: (Away) vs. SVY, Somerset Valley Y
GC: BYE
BA: (Away) vs. YWMC, Western Monmouth Y
BB: (Away) vs. RY, Ridgewood Y
- Sun 3rd First Frost Mini (8&U) at FSPY – Y invitational
- Sat 9th
- Dual Meets:
GA: BYE
GB: (Away) vs. LHY, Lakeland Hills Y
GC: (Home) vs. SHY, Somerset Hills Y
BA: (Away) vs. SHY, Somerset Hills Y
BB: BYE
- Fri-Sun 15 – 17th Holiday Classic @ Rutgers U – USA invitational, super Gold time

January 2007

Sat-Sun 6 – 7th Winterfest @ Rutgers U – USA invitational, Gold/Silver time standard

Sat 13th Dual Meets:
GA: (Away) vs. YWMC, Western Monmouth Y
GB: BYE
GC: (Away) vs. SHY, Somerset Hills Y
BA: (Home) vs. MYM, Montclair Y
BB: (Away) vs. SHY, Somerset Hills Y

Sun 14th ***SAY's SOS** – Y invitational (12&U distance, 13&Older sprint)

Sat 20th Dual Meets:
GA: (Away) vs. WMY, West Morris Y
GB: (Home) vs. LHY, Lakeland Hills Y
GC: BYE
BA: BYE
BB: (Away) vs. MAY, Madison Y

Sat 27th Dual Meets:
GA: BYE
GB: (Away) vs. SHY, Somerset Hills Y
GC: (Home) vs. MAY, Madison Y
BA: (Home) vs. SHY, Somerset Hills Y
BB: BYE

February 2007

Sun 4th 8&Under YMCA Championship meet at OCY (mandatory full team attendance)

Sat-Sun 10 – 11th NJ YMCA Bronze Championship at RVCC

Sat-Sun 17 – 18th NJ YMCA Silvers Championship at GCIT

Sat 24th 8&U Mini Champs @ Seton Hall U – USA invitational, no time standard
(*USA meet – you must be 8 or young at the day of the meet. If you've aged up to 9 years old then you cannot attend this meet.)

Sat-Sun 24 – 25th 1. * **SAY's Deep Freeze Distance, 10&Older – Y invitational**
2. 9-10 Silver Bronze Champs @ Newark Academy, Silver/Bronze time standard

March 2007

Sat-Sun 3 – 4th USA11-12 Silver/Bronze Champ @ RVCC – Silver/Bronze time standard

Fri-Sun 9 – 11th NJ YMCA States Championship at Princeton U.

Sat-Sun 10 – 11th USA 13-19 Silver/Bronze Champ @ Rutgers U – Silver Bronze time standard

Fri-Sun 17 – 19th USA NJ JOs @ Rutgers U – Gold time standard

April 2007

M-Th 2 – 5th YMCA SC Nationals at Ft. Lauderdale, FL

Th-Sun 12 – 15th YWCA SC National at Charlotte, NC

May 2007

Sun 6th

Summit Seals End of Year Awards Brunch

Location: Berkeley Plaza, Berkeley Heights

Time: 11AM-2PM

(details will be mailed out in March 2007)