



# Y Times

News for Coaches, Athletes and Families

## Good News

Do you have a good story to share about your YMCA team, coach or swimmers? The YMCA Swimming and Diving Advisory Committee is always looking for good news to share from local YMCAs. Did you have an athlete who has, or is, overcoming adversity? Did your team participate in a community service project? Has someone connected with your team made a difference in the lives of others? Are you proud of the achievements of one of your team members, coaches or parents? Please submit your stories on the YMCA Swimming and Diving website ([www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)) under the *Good News* link. The stories will be shared on the website as well as with YMCA of the USA staff.

## Dates to Remember

April 14	Healthy Kids Day
April 23-29	Turn Off the TV Week
July 18	Entries Due for Long Course YMCA Nationals
July 31 - Aug. 3	Long Course YMCA Nationals
Sept. 4-9	American Swimming Coaches World Clinic & Convention in San Diego (Y coaches meeting also held)



## Black Book

Have you ever wondered where you could find rules of YMCA Competitive Swimming and Diving? The new Black Book contains the rules, guidelines and best practices for YMCA Competitive Swimming and Diving at all levels. It is on the website ([www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)). You will also find the Rules That Govern YMCA Sports, YMCA National Record and Top 16 rules and procedures and the YMCA National Championship meet information handbook on the website.

## What's Happening in the YMCA

### Healthy Kids Day

April 14 is Healthy Kids Day in the YMCA. Local YMCAs across the country will celebrate healthy lifestyles for kids by offering special activities, demonstrations, screenings, games and give-aways. Visit or contact your local YMCA for more information.

### YMCA Activate America/PBS Partnership

PBS and YMCA Activate America have partnered to promote healthy lifestyles. PBS has produced four specials on health crises facing our nation. Their series is called *Take One Step: A PBS Health Campaign* and the special programs address Heart Disease, Obesity, Cancer and Depression. The obesity program will air on PBS on April 11. Check with your local YMCA for special events and more information and go to [www.pbs.org](http://www.pbs.org).

### Turn Off the TV Week

National Turn Off the TV Week is April 23-29 and many YMCAs around the country are offering special events aimed at children and families to get them away from their televisions. It is a natural step in the quest to build strong kids, strong families and strong communities. Check with your local YMCA for activities and special

## Did You Know...

The first YMCA swimming pool was in the Brooklyn, NY YMCA.

Janet Evans, John Naber, Mark Spitz and Greg Louganis all learned to swim at their local YMCAs.

Group swimming lessons were started by YMCA instructor George Corsan in the Detroit YMCA in 1906. At the time this was a revolutionary way to teach swimming.

There are over 2,600 YMCAs nationwide.

75% offer Day Camp for Youth.

57% offer Youth Soccer.

44% offer Competitive Swimming for Youth.