



Summer Season Meet Requirements

Date: March 28, 2025

Location: YMCA of Rock River Valley Stingrays Swim Team

This document outlines the requirements and expectations for all swimmers participating in the Summer Swim Team. Our goal is to foster a positive, supportive, and competitive environment where every swimmer can thrive and achieve their personal best, while also upholding the core values of the YMCA: **Honesty, Respect, Responsibility, Faith, and Caring**. Adherence to these requirements is crucial for the success of both individual swimmers and the team as a whole.

1. Warm-Up Attendance:

- **Mandatory Participation:** Attendance at all scheduled warm-up sessions is mandatory for all swimmers participating in a meet.
- **Purpose of Warm-Up:** Warm-ups are essential for preparing the body for competition, preventing injuries, and mentally focusing on the upcoming races.
- **Scheduled Warm-Up Times:** Specific warm-up times for each meet will be communicated via email, team website, TeamUnify. Swimmers are expected to be on deck and ready to begin warm-up at the designated time.
- **Consequences of Absence:** *If a swimmer fails to show up for their scheduled warm-up session, they will be scratched from their first individual event of that session.* This rule is in place to ensure fairness to other swimmers and to emphasize the importance of proper preparation. Exceptions may be made in cases of documented emergencies or illness and must be communicated to the coaching staff as soon as possible.

2. Team Culture and Support (Embracing Respect and Caring):

- **Positive Environment:** We strive to create a positive and supportive team culture where every swimmer feels valued and encouraged. This aligns with the YMCA core value of **Caring** by fostering a sense of belonging and mutual support.
- **Cheering and Encouragement:** Active cheering and enthusiastic support for teammates are expected throughout all competitions. Swimmers are encouraged to stay on deck and cheer for their fellow teammates, regardless of their own race schedule. This demonstrates **Caring** for teammates and builds team spirit.



- **Respectful Conduct:** All swimmers are expected to demonstrate respectful behavior towards teammates, coaches, officials, and opposing teams. This directly reflects the YMCA core value of **Respect**, acknowledging the worth and dignity of every individual.

3. Post-Race Feedback (Promoting Honesty and Responsibility):

- **Coach Interaction:** Immediately after each race, swimmers are required to see a coach for brief feedback.
- **Purpose of Feedback:** This interaction provides an opportunity for coaches to offer immediate positive reinforcement, identify areas for improvement, and answer any quick questions the swimmer may have about their performance. This encourages **Honesty** in self-assessment and **Responsibility** for personal growth.
- **Brief and Focused:** Feedback sessions will be brief and focused to allow coaches to interact with all swimmers in a timely manner.

4. Mental Preparation (Encouraging Responsibility):

- **Visualization and Imagery:** Swimmers are expected to utilize the visualization and imagery techniques taught during practice to mentally prepare for their races.
- **Application:** This includes mentally rehearsing their race strategy, focusing on positive outcomes, and managing pre-race nerves. Taking ownership of this mental preparation demonstrates **Responsibility** for their performance.
- **Reinforcement:** Coaches will continue to reinforce these techniques throughout the summer season.

5. Pool Rules and Behavioral Conduct (Upholding Honesty, Respect, and Responsibility):

- **Adherence to Rules:** All swimmers must adhere to all pool rules and regulations, both at our practice facility and at competition venues. This demonstrates **Responsibility** for the safety and well-being of everyone.
- **Excessive Celebration:** While celebrating personal achievements is encouraged, excessive or unsportsmanlike celebration that may be perceived as disrespectful to other competitors is prohibited. Coaches will have the discretion to address any behavior deemed inappropriate, reinforcing **Respect** for opponents.
- **General Conduct:** Swimmers are expected to maintain appropriate behavior at all times, demonstrating **Respect** for the facility, equipment, and other



individuals present. Being truthful in interactions and adhering to team guidelines reflects **Honesty**.

6. Upholding YMCA Core Values:

- **Integration:** Throughout all team activities, we expect swimmers to embody the YMCA core values:
 - **Honesty:** Being truthful in all interactions and actions.
 - **Respect:** Treating oneself and others with dignity and valuing differences.
 - **Responsibility:** Being accountable for one's behavior and commitments.
 - **Faith:** Understanding and respecting diverse spiritual beliefs and practicing principles that enrich the human spirit.
 - **Caring:** Demonstrating compassion and empathy towards others.
- **Expectation:** Swimmers are expected to conduct themselves in a manner that reflects these values both on and off the pool deck, representing the YMCA of Rock River Valley Stingrays Swim Team and the YMCA in a positive light.

Commitment to these requirements, including the YMCA core values, is essential for a successful and enjoyable summer swim season. By working together and upholding these expectations, we can create a positive and high-achieving environment for all members of the team.

Please direct any questions regarding these requirements to the coaching staff.

Sincerely,

YMCA of Rock River Valley Stingrays Swim Team Coaching Staff