



Swim Team Registration and Information Packet

2024-2025 Short Course Season www.teamunify.com/leryd



REGISTRATION PROCESS

Registration Opens August 2nd

1. Please read this packet carefully.
2. All new swimmers must be evaluated before joining the team. New swimmer evaluations should be scheduled with Coach Emily.
3. Make sure your YMCA membership is up to date at the front desk or for new swimmers be sure to open a YMCA membership. Please remember that scholarships are available for those in need. For current membership information, visit clevelandymca.org/join
4. Register at the front desk or online and pay the first month's swim team program fee. ***Please be sure to provide your primary email address at registration, as it will be used as your email for the team website and team correspondences.*** The program fee for all groups is paid monthly via bank draft, with additional registration fees for the first month of the season (see page 4 for fee schedule). The full program fee must be paid by all participants on the team, regardless of attendance. You must set up an automatic monthly bank draft for your dues or pay in full at the time of registration. Please remember that scholarships are available for those in need.
5. Complete all registration paperwork and place it in the coach's mailbox on the pool deck or bring it with you on the first day of practice.
 - Emergency Medical Form
 - Swim Team Code of Conduct
 - Parent Commitment Contract
 - Photo Release

The RYD Swim Team welcomes you for the 2024-2025 Short Course swim season!

We look forward to another great season and we thank you for being part of our team!

Please read the registration packet carefully and make sure all forms and payments are turned in so your child will be allowed to start practicing on Monday, September 9th.

Our Mission

The RYD Swim Team gives swimmers of all ages and abilities the opportunity to excel in swimming. Our Coaching Staff provides swimmers with the opportunity to excel through a structured, challenging, and supportive environment that cultivates the spirit, mind, and body. We believe that success is the result of a constant pursuit of excellence in stroke technique and rigorous training. Our goal is to help swimmers develop a life-long appreciation for the sport of competitive swimming and learn lessons from their involvement that can be implemented into all facets of their lives.

Our Vision

The vision of the RYD Swim Team is to build an elite swim team, continuing its longstanding tradition of team accomplishment, team pride, team unity, and team spirit. The RYD Swim Team shall have as its members swimmers who are well trained, all-around successful individuals; coaches who are role models, both committed and knowledgeable; and parents who are involved, dedicated, and supportive. As a YMCA team, it is our goal to ensure that all swimmers, parents, and coaches embody the YMCA values of caring, respect, responsibility, and honesty.

YMCA SWIM TEAM PROGRAM FEES

The YMCA swim team program fees are payable either online or at the YMCA front desk. The program fees this year are as follows:

	Fall Season Registration Fee	Monthly Fee	USA Swimming Fee (one-time)
Discovery	\$50	\$75	\$110
Age Group	\$50	\$90	\$110
Pre-Senior	\$50	\$115	\$110
Senior	\$50	\$125	\$110

All swim team members **MUST** have a youth or family YMCA membership. Membership information is available at the front desk or online at clevelandymca.org/join. Financial assistance for the swim team program fee and YMCA membership fee is available to those in need. Please ask for a scholarship application at the front desk.

SWIM TEAM CAP POLICY

It is not mandatory that a swim cap be worn but if a swimmer chooses to wear a swim cap at any dual, invitational, USA or championship meet it must be a RYD team swim cap. Other swim caps can be worn during practices. Swim caps are sold at the beginning of the season and middle of the season; check with your coach for availability.

TEAM SUITS, CAPS, AND APPAREL

Team suits and Caps will be available for purchase through Swimville USA. Apparel including shirts, sweatshirts, and family spirit wear will be available for purchase through Custom Ink. More information will follow.

TRAINING EQUIPMENT

Required training equipment varies by practice group. Please see the “practice groups” page on our website for a list of required training equipment.

PRACTICE COMMITMENT

All swimmers are expected to attend practice on a regular basis. The coaches would like all swimmers to aim for 100% attendance in all groups. Each day, the coaches give valuable instruction and carefully planned workouts. In the world of swimming, there is no such thing as “make up work”. Consistently missing practice will mean missing out on specific work each day. This can seriously hinder a swimmers long term development when it comes to stroke technique and fundamentals. In the situation of a prolonged illness, please notify your child’s coach.

MEET COMMITMENT

As part of the Northeast Ohio YMCA Swim League season, we have 7 dual meets and 2 championship meets (Divisional Championships and League Championships). ***These meets are mandatory for all swimmers***, although you must qualify at the Divisional Championships to be able to go on to the League Championships. If you cannot attend a meet due to a vacation or family commitment, **you must declare that you will not be attending the dual meet on the team website by the declaration deadline**. If your child becomes ill the week of the meet you must notify Coach Mary or Coach Emily by email or a phone call as quickly as possible.

YMCA INVITATIONAL MEETS

In addition to our 7 dual meets, there will be YMCA invitational meets that your child will be able to sign up to swim at. These meets and information packets as well as meet entry due dates will be posted on our website under the events tab. To sign up for invitational meets, you must declare your intention to attend the meet on the team website, and then select your child’s events. Payment will then be charged to your card on file.

USA SWIMMING

In addition to being a YMCA team, RYD is also a USA Team. Any swimmer can become USA registered by paying the USA Swimming membership fee (see fee schedule on page 4). USA Swimming offers extra meets, which are often held at better venues and with tougher competition. We strongly encourage all swimmers with USA “A” times to become USA Swimming members. Please remember that YMCA meets are a priority over USA meets. USA meets are also listed on our website under the events tab. You must be a USA member to enter USA meets.

RYP Practice Schedule: 2024-2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Discovery		5:30-6:30p		5:30-6:30p	
Age Group	5:30-6:45p		5:30-6:45p		5:30-6:45p
Pre-Senior	6:30-8:00p	6:30-8:00p	6:30-8:00p	6:30-8:00p	
Senior*	6:30-8:30p	6:30-8:30p	6:30-8:30p	6:30-8:30p	6:30-8:30p

*Senior practices will run until the beginning of the high school swim season and begin again after the high school swim season ends. All swimmers must practice with the group pre-determined by the coaching staff unless prior permission has been given.

Dryland schedule TBD

Practices are subject to changes or cancellation. Please check your email and team website often to keep up-to-date with the practice schedule. If practices are cancelled, swimmers are welcome to make up the practice on the next available day or swim on their own.

IMPORTANT E-MAILS, PHONE NUMBERS AND WEBSITES

Team Website- www.teamunify.com/leryd

Lake Erie Swimming Website (USA Meets)- www.lakeerieswimming.com/

USA Swimming- www.usaswimming.org

Head Coach: Emily McClure

Phone: 440-230-9339

E-Mail: emcclure@clevelandymca.org

YMCA Aquatics Director: Jessica Suesse

Phone: 440-230-9339

E-Mail: jsuesse@clevelandymca.org

Coach Mary

mncarter@clevelandymca.org

Coach Maggie

E-Mail: mncarter@clevelandymca.org

E-Mail:

North Royalton YMCA front desk phone number- 440-230-9339

Swim Team Communication and Important Information

Since we have a large swim team and our groups practice at different times and at different sites our main form of communication is through e-mail. It is very important to make sure you list your current e-mail address at registration and on the emergency form and make sure to get us your updated e-mail address if it changes. If you are not receiving e-mails within the first week, please e-mail Coach Emily at emcclure@clevelandymca.org to make sure we have your correct e-mail address.

Our team website is www.teamunify.com/leryd. You can find contact information, current announcements, team records, USA and YMCA Invitational Information, forms, practice information and other useful information on our website. After registration, each family will be set up for an account on the team website. The email address that you provide at registration will be your user name. You will receive an email within several days of registration with login instructions and a temporary password. Once you receive your login instructions, please login to the team website and input your personal information under your account. This includes address, emergency contact info, etc. Be sure to always keep this information current. There is a public Facebook and Instagram page for the team to share updates, wins, and announcements throughout the season, and a private Facebook group available to parents of swimmers found under “RYD Dolphins Families & Friends”.

If you ever have any questions or concerns, please contact any of the coaches.

Ridgewood YMCA and USA Swim Team Code of Conduct

The undersigned athlete participating on the Ridgewood YMCA or USA Swim Team agrees to abide by the standards of conduct outlined below in addition to those established by the staff for both short and long course seasons. All team members are expected to:

1. Offer congratulations to opponents, win or lose, and cheer on their teammates.
2. Wear the designated team suit, cap, and other clothing as prescribed by the coaches.
3. Follow the directions of the coaching staff during practice, meets, and other team activities.
4. Not possess, sell, or use alcohol, tobacco, or any non-prescribed drugs. This behavior is not tolerated.
5. Not remove or take any article that does not belong to them, such as clothing, jewelry, or money
6. Respect the property of the YMCA and any other facility the team may visit or use. No swimmer shall tamper with or cause damage to any such facility.
7. Display proper respect and sportsmanship toward coaches, officials, and administrators, fellow competitors, parents, and the public.
8. Promote positive team spirit and morale, which includes being humble in victory and courageous in defeat. Deal justly, kindly, impartially, and intelligently with all fellow team members.
9. Refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.
10. Be 100% financially responsible for any damage to any part of their room or hotel when out-of-town meets require staying at a hotel.

Swim team Family Conduct

It is unfortunately true that at many youth sports competitions “if the parents weren’t at the game, the kids would just be fine.” Swimming is no exception and some would argue that overbearing swimming parents who lose sight of the real purpose of the youth swimming programs are a prime example of overemphasis on winning.

The Ridgewood swim team is designed to accommodate a wide range of physical talent, as well as peaks and valleys of athletic motivations. The program seeks a balance between competition, participation, academics, family values and good old fashioned “fun”.

Much of the primary motivation for children is praise of their parents. The manner of administering the praise is important. Praise should not be in the form of bribes or extra rewards that are based on extra requirements of the swimmer. One of the goals of our program is to teach reward of hard work and realizing success from that hard work. Often, feelings of success that a child could have, are tarnished or completely destroyed by the failure to meet an outside requirement placed on the performance by well-meaning parents. If you choose to reward performances materially, do so not on the basis of a task that you believe the swimmer should be able to do, but rather as the result of a solid effort. If rewards are

given, keep the idea of the reward a secret until after the performance. There is plenty of pressure to do well without adding to it with a “if you do this, then you will get this” type of statement.

“Overzealous swimming fanatic parents” should be forewarned that conduct detrimental or embarrassing to our YMCA or Swim Teams will not be tolerated, just as the conduct of the swimmers themselves, at practice and at meets, is expected to be at the highest level.

Parents may NOT interfere during swim practices.

Parents are NOT to be on deck at any swim meet, YMCA invitational or USA meets unless they are signed up to volunteer, NO EXCEPTIONS.

Failure to comply with the Code of Conduct may result in, but not necessarily be limited to:

A. Swimmers are not allowed participation in some or all team activities.

B. Swimmer immediately being sent home at their expense

C. Swimmer being temporarily or permanently dismissed from the team

The coach in charge, along with the Head Coach will make the final decision in matters of discipline or dismissal based on the degree of violation of the above code by the swimmer or parent (s).

Swimmer's Name (Print)

Swimmer's Signature

Date

Parent's Signature

Ridgewood YMCA Dolphins Swim Team Emergency Medical Form

Name_____ Age_____ Birthday_____

Parent/Guardian_____

Address_____ City_____ Zip_____

Work/cell Numbers: Father_____ Mother_____

E-mail Address_____

T-shirt size: YS YM YL YXL S M L XL XXL XXXL

In case of an emergency or injury and if the above parents cannot be notified, please contact:

Name_____ Phone_____

Name_____ Phone_____

Family Doctor _____ Phone _____ Family Dentist
_____ Phone _____

List all allergies, medications, physical impairments, or anything else of which the coach or physician should know

1. I hereby give consent to the YMCA employees or swim coach to apply first aid treatment to my child until a family doctor can be contacted. YES_____ NO_____

2. In the event the designated practitioner is not available, I hereby give my consent to YMCA employees or swim coach to secure another licensed physician. YES_____ NO_____

3. I hereby give consent to the YMCA or swim coach to secure an ambulance to transfer my child to
_____ hospital or any other hospital reasonable accessible.

YES_____ NO_____ Preferred hospital_____ *Note: This authorization DOES NOT cover major surgery unless the medical opinions of two other licensed physicians or dentists, concurring in the necessity for such surgery. The YMCA does not carry accident insurance for members or program participants. You will need to cover your own medical expenses resulting from injury incurred in the YMCA.*

Date_____ Parent/Guardian Signature _____

Please complete this form and return it to the swim team box ASAP. Yes, I have read and understand the policies of the Ridgewood YMCA Swim Team and give my son/daughter (name)_____ permission to compete on the Ridgewood YMCA Dolphins Swim Team.

Parents Signature _____ Date _____

Swimmer's Practice Group _____

RYD Swim Team Parent Commitment Contract

A long-standing tradition at Ridgewood YMCA has been to provide support to the swim team. Parents of swimmers have always provided the necessary leadership to accomplish the goals and tasks at hand. One of these tasks this season is a signed declaration by all RYD parents concerning volunteering and financial responsibility. Our organization is founded on the principles of respect, honesty, responsibility, and caring.

Participation in swim team requires 2 components. Equally important to your child's swimming is YOUR INVOLVEMENT in our organization. The swim team cannot run without a lot of parent participation. It is not fair that the same group of parent have to always volunteer. Being a parent presents the responsibility to be a financial provider and a volunteer worker. There are several options for volunteering this season:

1. Become a certified YMCA swimming official. Please see a coach if you are interested
2. Work in several areas at each home meet: timer, runner, concessions, 50/50 raffle, event board & Y clean-up after the home meets.
3. Work as a volunteer at any team event: swim team fundraisers, Christmas party, end of the year banquet, home meets, Divisionals, Leagues, YMCA Invitationals or USA championship meets.

For a swimmer considered High School, the minimum requirement is 2 meets or 2 events by one or both parents. For all other swimmers, the minimum requirement is 3 meets or 3 events by one or both parents.

If a family does not meet all their volunteer requirements by the end of the season, there will be a \$100.00 fee. Volunteer credits will be kept track of throughout the season. Volunteer opportunities will be available to sign up for on the website via SignupGenius and will be sent out with meet reminder emails.

Financial responsibility is the next topic. The swimmers rely on you, as parents, to pay their bills. The consequences of NON-PAYMENT of fees impact the entire organization, including your child. NON-PAYMENT of all required fees results in your child not swimming. Please turn in ALL paperwork prior to your child's first swim team practice. This includes Emergency Form, Code of Conduct Form and Parent Commitment Contract. Please be sure the head coach has your e-mail address for team communications (there is a space for your e-mail address on the emergency form) This contract states that you agree to be prompt in payment of swimming fees, membership, and meet fees. Additionally, you agree to participate as a volunteer and turn in the emergency form, parent commitment contract, and code of conduct form within a week of your child's first practice. Past-due fees will result in your child being excluded from practice.

Please sign below to indicate your understanding of the Parent Commitment Contract and that you are aware there will be a \$100.00 fine for not completing ALL your volunteer requirements for the season.

Parent/Guardian Name (print): _____

Signature: _____ Swimmer's Name: _____

Date: _____

RYD Photo Release

I grant Ridgewood YMCA Dolphins permission to take and use my child's photograph to promote the team. I understand that photos may be used in social media, websites, and other print or digital material. I also understand that no royalty, fee, or other compensation will become payable to me by such use.

Name of Swimmer: _____

Parent Signature (for children under 18): _____

Date: _____