

Welcome to the Northwest YMCA  
**AquaForce Swim Team**



**The force is strong in this one...**

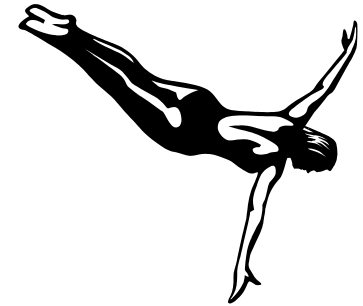
# AquaForce – Who are we?

- Swimmers ages 5 to 18+ with a wide range of skill levels and competitive goals.
- We want all of our swimmers to:
  - Have fun!!
  - Try their best
  - Improve their swimming skills
  - Keep swimming in balance with other activities and responsibilities in their lives
  - Follow the four core values of the YMCA: Respect, Responsibility, Honesty, Caring
  - Have fun!!

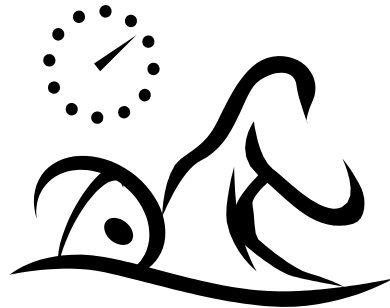
# Meet the Coaches



PJ Ahler  
(Head Coach)



Michelle Ahler  
(Assistant Coach)



Daniel Hernandez  
(Assistant Coach)

# Communication

- Web Site: [www.teamunify.com/mnnha](http://www.teamunify.com/mnnha)
  - Log-in information will be emailed
  - Meet sign-up & information, volunteer sign-up, meet results
  - Calendar
  - Lots of information (handbook, schedules, forms, etc.)
- Facebook Group
  - Breaking news, fast broadcast, general questions, *closed group*
  - Search for “Northwest AquaForce Swim Team”
- E-mail
  - PJ: [nwaquaforce@yahoo.com](mailto:nwaquaforce@yahoo.com)
- File Folder Box
  - Ribbons, handouts

# Practice Times

Spring: April 15 to June 13

Summer: June 17 to August 10

## Tuesday:

Novice 6:15-7:15

Age Group 7:00-8:15

Senior 6:15-8:15

## Thursday:

Novice 5:30-6:30

Age Group 6:15-7:45

Senior 5:30-7:30

## Sunday:

Novice 4:00-5:00

Age Group 5:00-6:30

Senior 4:00-6:00

**Be on deck before practice starts**

**Each practice will have a short dryland workout, warm-up, swimming workout, and cool-down**

**Practice times may change during the season**

# Swimmer Expectations

- ☆ Put forth your best effort during practice and at meets.
- ☆ Follow all rules: pool rules, swim team rules, and building rules. The lifeguards and other YMCA staff will enforce them.
- ☆ **Respect** the coaches, your fellow teammates, parents, and YMCA staff and facilities.
- ☆ Attendance: swimmers are encouraged to attend all their scheduled practices each week. This is one of the best ways to progress in your skill and endurance.
- ☆ Be **Responsible** for yourself. Be on deck, ready to swim, before your practice start time. **Be prepared.** Bring your own goggles, cap, water bottle (labeled with your name) equipment, and a good attitude!
- ☆ Be ready to learn and make changes. Challenge yourself. Set goals and work toward them.
- ☆ Be **Honest** about your workout. Swim with enthusiasm and a good attitude. If you are having difficulty, let us know. **Try your very best!**
- ☆ Be courteous when coaches are helping other swimmers – your turn will come.
- ☆ Stay at practice and in the water until you are dismissed. Tell your coach if you have to leave the pool area.
- ☆ Demonstrate **Caring** toward others. Get to know, congratulate, and encourage swimmers both from AquaForce and other teams. Demonstrate good sportsmanship and etiquette. Good competition makes everyone better, negativity brings everyone down.
- ☆ Sign up for meet events by the due date.

# Parent expectations

- ☆ Please get your child to practice on time. Car pool when possible.
- ☆ Parents are invited to watch practice from the viewing area outside the pool.
- ☆ Get your child to swim meets before warm-up. Call or text to alert coaches if you are running late for a meet or will be unable to attend. Advanced warning is greatly appreciated.
- ☆ Make sure your child is signed up for meets by the due date on the meet schedule. If you are not attending a meet a response is still required. Log on to the team web site and select "No, thanks"
- ☆ Address any concerns to a Coach, the front desk, or the Aquatics Manager (Rana Rucks) in a timely manner.
- ☆ **Support the team and get involved! Volunteer your time to help the team in useful ways. A list of jobs will be distributed each season and parents are required to volunteer.**
- ☆ At meets, cheer with enthusiasm and respect. Congratulate all swimmers, especially yours, on a job well done.
- ☆ Respect all swimmers, coaches, officials, staff, and volunteers.
- ☆ **ALL** disagreements regarding the conduct of a meet or an official **MUST** go through the head coach or risk team disqualification.
- ☆ Whenever you can, offer to help out. At home or away.

# Code of Conduct

**Read it carefully, together.**

**Sign it.**

**Turn it in.**



# General Building Policies

- All adults who enter the building must have a photo ID, every time.
- All participants must have a YMCA membership and should bring their card along to other YMCA facilities
- Children under the age of 10 years old must be accompanied by a responsible person over the age of 16 at all times in the facility.
- YMCA coaches are responsible for swimmers once they arrive on the pool deck. Once practice is done and swimmers are released from that area, the coaches are no longer responsible for that swimmer. Open swim rules
  - For younger children it is helpful if parents keep track of their swimmer in the locker room areas.
  - For older swimmers don't assume that because they got a ride to the Y they were at practice. ASK, and if in doubt, ask a coach. We have had some problem with individuals claiming they were swimming when they may have been elsewhere in the building.
- Swimmers who arrive to the YMCA early before practice should plan on doing homework, reading, or conversing quietly in the common areas of the building. They are also free to use the weight room (if they have been trained), the gym, or sit on the pool deck. They should NOT enter the water before their practice time.
  - They MAY NOT engage in any loud disruptive behavior at the YMCA.
- The whirlpool is not to be used by ANYONE under the age of 15.
- Locker rooms are used by all members. Swimmers should be respectful of those members and the facility. Our staff works hard to keep the building and locker rooms nice.

# Meets

## General

- Swimmers are not required to participate in meets
- We hope that everyone will participate in at least one meet. There are no meet entry fees
- Swimmers may compete in all meets if they desire to do so
- Meet registration and event selection is done on line
- Watch for email announcements and respond by the entry deadline. Everyone must respond even if not participating
- If you have questions about events, please ask. We are happy to offer suggestions

## Meet Opportunities

- All families who are attending a home meet are required to provide a volunteer for at least half the meet
- 1 spring inner-squad meet (mock meet)
- 1 summer home meets at our facility this year (See web site)
- 2 summer away meets (See web site)

# Volunteering

This team is a success because of the efforts of volunteers.

People (parents, siblings, friends) may contribute in a wide variety of roles.

- Day to Day
  - Putting stuff into mailboxes (ribbons, etc.), monitoring locker rooms and lobby before and after practice, data entry, etc.
- Meets
  - Helping with an age group, timing in a lane, OFFICIATING, Clerk of Course (Organizing kids waiting for events), monitoring crash area, labeling awards, runners, Meet Manager, etc.
- Other
  - Take pictures and share, organizing social events, organize community service activity, carpooling, end of season banquet etc.

# What You Will Need

## See the “Equipment Checklist”

- For Practice
- For Meets

Please lock your locker and leave valuables at home.  
Bags should not be brought on deck.

### Where to Get Team Suits & Other Equipment

Boys: TYR Team Check Splice Jammers \$30.00

Girls: TYR Team Check Splice Diamondback \$45.00

Team suits are available through *GetOutSwim* (“Team Gear” link on web site home page). Other suggested equipment is available from

*GetOutSwim* or *Pure Blue* in Plymouth.

# Questions



**Please ask now!!**

*Be sure to turn in the Code of  
Conduct and Swimmer Info  
sheets*