

## **PARENT TIPS**

- **Practice:** Practice is offered M-F or T-F 5:30-6:30/6:45. It is not required to show up daily but as your swimmer progresses to higher levels it is preferable to commit to maximum attendance. Daily attendance is preferred at the highest levels with Coach Jensen. Blacks practice 4-5:30
- **Practice Gear:** Beginners need a suit, cap, and goggles. You'll see swimmers with snorkels, nose pieces, kick boards, and fins. The coach will make it known if you need to purchase these items. One piece suits are recommended due to all of the movement and starts. Swim Bags are not required but might be needed if your swimmer plans to stay long term. All available on Swimoutlet.com. & sometimes at Dicks or Hibbets or Walmart.
- **Meet Signup on TEAM UNIFY:** You can view and signup for meets on the Team Unify Website (search grand island quicksilver team unify/sports engine) go to **Meets tab**.

**Click Attend/YES DECLARE if you plan to swim.** You can put no, but if not going you do NOT have to do anything.

Next, you may **make notes** if you have to leave at a certain time, or anything you need coach to know. Next you can **SAVE** at bottom.

If you know events child prefers, you may check mark those boxes and **SAVE**. If you do not, Coach will choose for you. Keep in mind, even if you choose events, coach may make some changes and may add child to Relays.. So check program upon arrival to Meets. Relays are at front and back of meets.

- **Sign Up Deadline:** Click the **Meet title (in blue/red)** it is usually an attached document...and it will take you to another page where you can see ALL details about the meet. Home meets are more flexible and you may email Brian if you missed deadline.
- **Home Meets:** you will note an **Edit Job Signup tab** next to Attend/Decline. Please sign up to volunteer. Set up/tear down is always helpful and can be done by new parents who want to help but still be with their swimmers during the Meet. Timing and concession help are crucial to a successful meet. Be sure you **SAVE your job sign up**. Parents must volunteer 5 physical hours at home meets per season. Brand new parents can wait 1 season before this takes effect. A \$100 fee will be billed to you if you do not physically volunteer in future seasons.
- **MULTIPLE DAY MEETS:** You do not have to attend both/all days. Note in the **"notes"** section so the Coach is aware if you will only be going one day (be specific).
- **Meet Fees:** YMCA Meets are usually free. Non-Y meets have a fee to attend plus a per event fee. Fees are listed on the Meet Information sheets( Click on the name of the meet for that info). Non-payment of fees in excess may result in your swimmer being unable to attend meets until you are paid in full. You will receive an email with meet fees. Team Treasure will bill you later by email.
- **BE EARLY** to meets, at least a half hour prior to listed warm-up time. Spots fill up quickly. Some pools have more deck space, some less. Once programs are printed, they are usually available at Concessions for a low cost.

- **Pack** chairs, bleacher seats, blankets, coolers, snacks, extra suit, extra cap, extra goggles, sharpies, highlighters. You may not need all of these, but it's good to be prepared. Most kids camp out in hallways during meets.

- **Cash & Heat Sheet Programs:** You will need a Heat Sheet which range from \$2 and up, avail at Concessions. Have a **highlighter** to mark events and get your swimmer **sharpie marked**. Mark your swimmers arm, thigh, or wherever they will see best with E-H-L-S- from left to right: E (Event #) H (Heat) L (Lane) S (Stroke). For E you will write each event # under that column, Heat # under the H column, and so on. Ask a seasoned parent for help.

- **The IM order** is Fly, Back, Breast, Free. If it's a Medley Relay it's Back, Breast, Fly, Free. If they are in a Medley Relay you might write the stroke they swim next to IM, like Medley Relay: Fly.

- **Heat wins:** If your swimmer wins their heat, awesome!! This may not automatically equal a ribbon. There may be 5 heats of the same event, 6-8 swimmers per heat, and they must place in ribbon rankings. Either way, heat wins deserve lots of praise.

- **DQ's:** DQ's happen...to every swimmer. Each DQ gives them an opportunity to learn how to correctly swim their stroke. A DQ will result in no time for them on the results sheet. Even experienced swimmers DQ.2 Ask Coach to explain DQ if you didn't understand.

- **Meet Gear:** You have the option of purchasing a team suit when available. Black suits are recommended if not purchasing a team suit. Team caps are available (during open orders) or purchase silver or black caps. Also Quicksilver caps will be for sale at Concessions at home meets. Coach prefers his team at least wear the team cap at meets. In all honesty, where what you want, there's no true coloring.

**Swim Levels:** QS1 Beginners, Silvers Intermediate, Blacks Advanced. We like QS1s to stay in that group for up to 2 seasons unless otherwise noted. Questions, just ask Head Coach.

- **Meet Mobile App/-USA Swim APP(Free):** a great App available for your phone that gives you results of your swimmers events much faster than waiting for them to be posted. \$6ish per year for the premium version. It is always handy as long as the host pool has wifi. USA Swim app and Sports Engine for team website Apps are also handy and free.

- **Team clothing:** We will put in orders periodically for team gear. Check for deadlines on Team Unify.

- **Swim Outlet** gives a portion of the sales to the team if you go from the Team Unify Website/App to log in. You can buy Goggles/bungees/caps at concessions., Dicks, Walmart and Hibbets, if you need them in a hurry.

- **Elmore Swim Shop** is usually who we have our team caps and suits through when orders are open. You can also buy gear from them. All options are easily accessible from the team website. You may personalize your team caps with last name in your order.

- **Team Website:** search **YMCA Quicksilver Swim Team** and choose the **Team Unify site**. Please save this website. Used for all new parent tips, signing up for meets, checking qualifying times for Midwestern Meets, and is necessary to have a sign in/login to receive team emails. You will get login shortly after season begins. If no login, ask Brian to sign child up for the meet/but have a USA Membership at least.

**\*USA Swimming Membership:** Please purchase your membership online

- **Midwestern Swimming:** access from Team Unify. This is a great place to learn about time standards. The standards are what a swimmer follows if they have a goal of making a Midwestern or other Championship Meet. Coach would like more kids to try MW meets and reach some more competitive goals.

- **FACEBOOK/REMIND APP:** FB: Grand Island YMCA Quicksilver Swim Team. Please like this page, get the updates. REMIND APP (Quicksilver Swim Team) dial 81010, text code: @giyq. Practice cancellations will be posted here for short notice situations. Email may not be sent for short notice cancellations.

- **Email:** When you register please use an email that you regularly check, so we can get your set on the Team Unify Website.

- **YMCA Support:** Kristy S. is the Aquatics Director & Josh is the Youth Sports Director. The Y supports the Swim team in many ways: hosting meets, team expenses, background checks for coaches, adherence to Safe Sport Guidelines, and ensuring the YMCA values of CARING, RESPECT, HONESTY, AND RESPONSIBILITY are at the forefront.

**Swim Team Closet:** Check periodically in your child's folder in the file cupboard in the swim team closet, usually open during practice. This will contain Ribbons earned from all meets.

- **Parent Committee:** Parents with defined roles who volunteer to support our team. We would love to have more members on our committee! We do the fun stuff for the kids, and fundraise for extras, the coach may request. We always need some extra help! Meetings are 1x/month.

- **HAVE FUN!!!** Let their Coach be their Coach so you can enjoy watching them do what they love. 😊  
Speak with the Head Coach/Email if you have any questions or concerns.