

WELCOME TO THE METROWEST YMCA STINGRAYS 2022-2023

Lisa Mandozzi, Executive Director MetroWest YMCA

Lavinia Albu, Head Coach



Parent Orientation

- **Introduction - Team, YMCA, USA Swim, Parent roles, Coaches**
- **Practice Schedules - sites, schedule, timeliness, communication**
- **Color Groups - assignment criteria, advancement**
- **Team Fees - registration, USA, meet fees**
- **Team Unify Site- events, how to sign up swimmer, parents, communication, payment**
- **Code of Conduct, Safesport**
- **Parent job expectations**
- **Parent committee**
- **Officials**
- **Q&A**

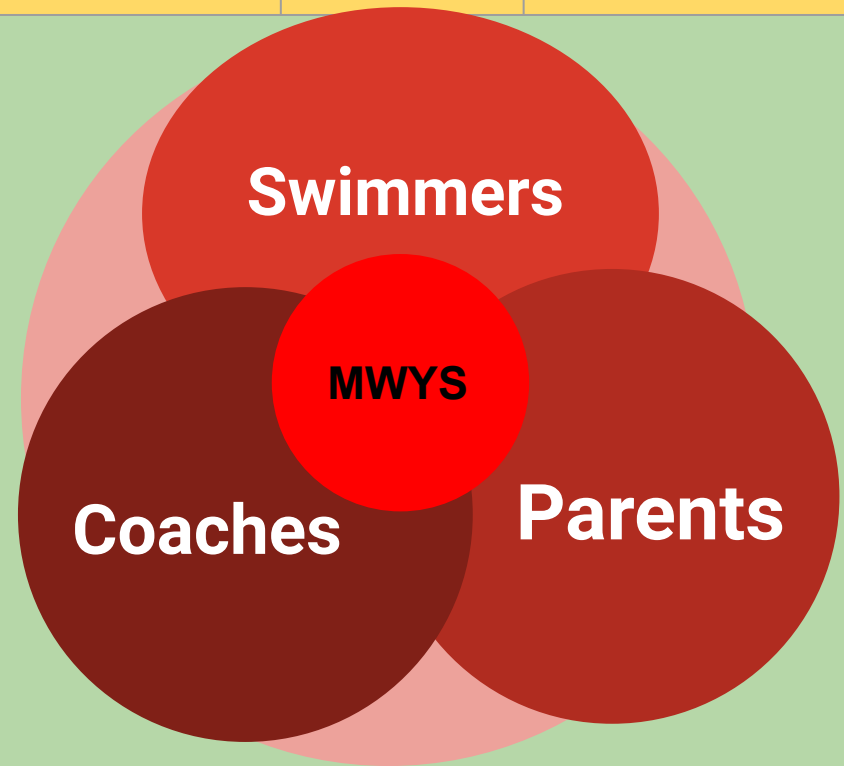
Introduction

- **MWYS Swim Team**
- **Metrowest YMCA**
- **YMCA, USA Swimming**
- **Parent Roles**
- **Coaches**
 - Lavinia
 - Bob
 - Jared
 - Angelica
 - Erin

of MWYS swimmers

50 (2013) → 100 (2021)

MWYS RANK (SCY)	2017-18	2021
NATIONAL	742	393
ZONE	203	105
LSC	21	14



Practice Schedules

- Team practice schedules are posted on TeamUnify, under the tab named "Practice Schedule".

Parent Orientation 2022-2023 x MetroWest YMCA Stingrays - 2 x

teamunify.com/team/mwys/page/practice-schedule/2022-2023-short-course

WK InformationRetrieval essentials Tools KnowledgeBase Temp legacy Imported 21W.YRIS.CDE.7... jugad2 - Vasudev... UTD_Search

the **YMCA** FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

METROWEST YMCA STINGRAYS SIGN IN

HOME EVENTS EVENT CALENDAR **PRACTICE SCHEDULE** v FOR PARENTS v SAFE SPORT RESOURCES ABOUT MWYS v

Schedule - until November

Group Name	Mon Regis	Tue	Wed	Thu Regis	Fri Regis	Sat	Sun YMCA
Elite	6:30-9pm		8:15-9:15 YMCA	6:30-9pm	7:30-9pm	2:30-4pm BSI	5-7pm
Senior 1	7:30-9pm		8:15-9:15 YMCA	6:30-9pm	7:30-9pm	2:30-4pm BSI	5-7pm
Senior 2	7:30-9pm		8:15-9:15 YMCA	6:30-9pm	7:30-9pm	2:30-4pm BSI	5-7pm
Yellow	6:30-7:30pm		8:15-9:15 YMCA	6:30-9pm	7:30-9pm	2:30-4pm BSI	5-7pm
Green	6:30-8:30pm		6-8pm Atkinson	7:30-8:30	7:30-9pm	2:30-4pm BSI	
Blue	6:30-8:30pm		6-8pm Atkinson	7:30-8:30	7:30-9pm	2:30-4pm BSI	
Red	6:30-8:30pm		6-8pm atkinson		6-7:30pm	2:30-4pm BSI	
Purple			6-8pm Atkinson		6-7:30pm	5-7pm YMCA	
Orange				6:30-7:30pm	6-7:30pm	5-7pm YMCA	
Junior				6:30-7:30pm	6-7:30pm	6-7pm YMCA	
Little Stingrays					6-7:30pm	5-6pm YMCA	

Practice Schedules

- **Changes:**
 - Practice schedule change will be communicate via email as early as possible, team website will still show the general one.
- **Check:**
 - Dry land schedule listed under your swimmer(s) color group.
 - Make sure you mark down the pool location for the practice.
- **On-time:**
 - Please arrive on-time or let the coaches know that if you are running late. It's so important for you to pick up your swimmer on time. It is your responsibility to supervise your swimmer before and after the practice.
- **Be Accessible**
 - Swimmers under 16 years old must have an adult present at off-site practices. Swimmers 10 years old and younger must have an adult present at all practices including YMCA.

COMMUNICATIONS

- **Important Note:** All communications will come from TeamUnify (email) to swimmers and parents.
 - Ensure your email address is correct in your TeamUnify account. Add any additional email addresses who also needs to be notified in your family.
 - Check your emails often!!!
 - Not WeChat!!!
- **New Parents:** Email with instructions on how to log in to TeamUnify was sent to you.
 - Please see coach Lavinia if you did not receive login instructions or have any trouble getting registered.

Color Groups & Equipment

- **Groups: Elite, Seniors, Yellow, Green, Blue, Red, Purple, Orange, Juniors, Little Stingrays**
- **How are groups assigned?**
- **How to advance to the next group?**
- **Equipment required (team suit, cap)**

Team Fees

- **YMCA Registration Fees**

- Each group has different fees
- covers pool rental fees, YMCA costs, etc.
- Paid at YMCA at the start of the season. Monthly option?

- **USA Swimming Fee**

- covers USA membership and YMCA admin fee
- Paid at YMCA at the start of the season. Changing?

- **Meet Fees**

- cover meet entry fees and costs to swim in events
- Paid by the credit card on file with auth. - depending on events your swimmer is swimming

WWW.TEAMUNIFY.COM/MWY

S



METROWEST YMCA
STINGRAYS
SIGN IN

[HOME](#) [EVENTS](#) [EVENT CALENDAR](#) [PRACTICE SCHEDULE](#) [FOR PARENTS](#) [SAFE SPORT](#) [RESOURCES](#) [ABOUT MWYS](#)



ABOUT

WHAT IS TEAM UNIFY?

Team Unify is swim team management software that provides:

- Practice Schedule
- List of Upcoming Meets/Events
 - Attend/Decline Meets
 - Volunteer Signup
 - Instructions before attending Meets
- All Email communications
- Newsletter
- Meet results/best swim time for your swimmer
- Resource depository for parents and swimmers
 - Team Records
 - YMCA and USA cut-off times for Championships
 - Coach Corner

EVENTS

The screenshot shows a web browser window with the URL `teamunify.com/team/mwys/page/home`. The page features the MetroWest YMCA logo with the tagline "FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY". Navigation links include HOME, EVENTS (highlighted with a black box), EVENT CALENDAR, PRACTICE SCHEDULE, FOR PARENTS, SAFE SPORT, RESOURCES, and ABOUT MWYS. Logos for MetroWest Stingrays, USA Swimming, NE Swimming, and Level 3 USA Swimming are displayed. A large group photo of the 2021-2022 MetroWest YMCA Stingrays team is shown in a swimming pool, with the text "METROWEST YMCA STINGRAYS" and "2021-2022" overlaid.

ABOUT



We are the MetroWest YMCA Stingrays Swim Team, based in the Framingham, Massachusetts YMCA and we are members in the USA Swimming Club. The Stingrays swimmers are coached on stroke development, swimming technique and are taught to swim competitively at the highest levels in an environment that focuses on having fun and enjoying the sport.


Our coaches bring many years of experience teaching 6-18 years old. Swimmers are segmented by age, ability, and emotional preparedness to help them comfortably adapt to the rigors of training and

LIST OF EVENTS





MetroWest YMCA Stingrays - Ev...

teamunity.com/team/mwys/page/events#/team-events/upcoming

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FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



SIGN IN

METROWEST YMCA
STINGRAYS

HOMEEVENTSEVENT CALENDARPRACTICE SCHEDULE▼FOR PARENTS▼SAFE SPORTRESOURCESABOUT MWYS▼

Help

Team Events

Current & UpcomingPast & Archived

Search for Team Events

Customize Filters

Aug
29
2022

Goals
Aug 29, 2022 - Sep 8, 2022 Event Category: Team event
Please register to talk to coach Lavinia to see how you can reach your goals.
This event is for kids being in the team for two years.

Job Signup

Sep
07
2022

New parents orientation Zoom meeting
Sep 7, 2022 Event Category: Team Meeting
This orientation meeting is for all parents, new in the team and need to learn how to navigate the website and how the team works. Every spot is different. Will be a Zoom meeting. We will send email with the Zoom invitation later.

Sep
11
2022

Long course party at Boundless in Berlin(Potluck signup & Park Waiver attached)
Sep 11, 2022 Event Category: Team event
Long course party at Boundless Adventure in Berlin (Rope course and Potluck)
Waivers need to be completed by all climbers prior to g

Attend / Decline

Sep
12
2022

Start of the season
Sep 12, 2022

ATTEND/DECLINE EVENTS

Instructions to add notes:

- Click on Edit Commitment
- Click on your swimmer's name

The screenshot displays a web interface for managing event commitments. At the top, a 'Team Event Details' header includes buttons for 'Edit', 'Edit Commitment' (highlighted with a black box), 'Job Signup', 'Email Event', and 'Delete', along with a close icon. Below this, the event is identified as 'Halloween classic' occurring from 'Oct 22, 2022 - Oct 23, 2022' at 'MIT'. An 'EVENT INFORMATION' section shows the 'Event Location' as 'MIT'. A table lists members, with the first entry, 'Benjamin Sawatdiphong' (marked as '*Active'), having a 'Member Commitment' of 'Committed' (indicated by a green checkmark). The swimmer's name is highlighted with a black box. Below the table, there is a section for 'Important Notes' with the text 'Just for 13& up USA swimmers'. A '*Declaration' dropdown menu is set to 'Yes, please sign [Benjamin] up for this event'. At the bottom, a 'Notes' section with the prompt '(days cannot attend, etc.):' contains a text area, which is also highlighted with a black box.

Team Event Details

[Edit](#) [Edit Commitment](#) [Job Signup](#) [Email Event](#) [Delete](#) ✕

Halloween classic
Oct 22, 2022 - Oct 23, 2022 | MIT

EVENT INFORMATION

Event Location: MIT

Member Name	Member Commitment
Benjamin Sawatdiphong *Active	✓ Committed

Important Notes:

Just for 13& up USA swimmers

*Declaration
Yes, please sign [Benjamin] up for this event

Notes
(days cannot attend, etc.):

ATTEND/DECLINE EVENTS


- We strongly encourage you to attend all meets
 - You must attend 3 YMCA meets to participate in Districts and Championships
 - We encourage you to attend all USA meets as this will provide your swimmer with more opportunities to make the cut times (USA registered swimmers only)
- You will receive emails from TeamUnify asking whether you will attend upcoming meets. You need to commit attend/decline before the signup deadline. After the deadline, you can't make any changes without Lavinia's approval.
- If you don't do anything before the deadline, your child will be unable to swim in the meet.

Schedule, For Parents, Records...






Management Console - MetroWest YMCAs - 20... X

teamunify.com/team/mwys/page/practice-schedule/2022-2023-short-course

WK InformationRetrieval essentials Tools KnowledgeBase Temp legacy Imported 21W.YRIS.CDE-7: St... jugad2 - Vasudev R... UTD_Search_MS_Da... CE LEXI Search Das... Lexicomp Music Theory Jeopa...



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METROWEST YMCA STINGRAYS

HOME EVENTS EVENT CALENDAR PRACTICE SCHEDULE ▾ FOR PARENTS ▾ SAFE SPORT RESOURCES ▾ ABOUT MWYS ▾

Schedule - until November

2022 - 2023 SHORT COURSE

2022 LONG COURSE PRACTICE SCHEDULE

VOLUNTEER INFORMATION

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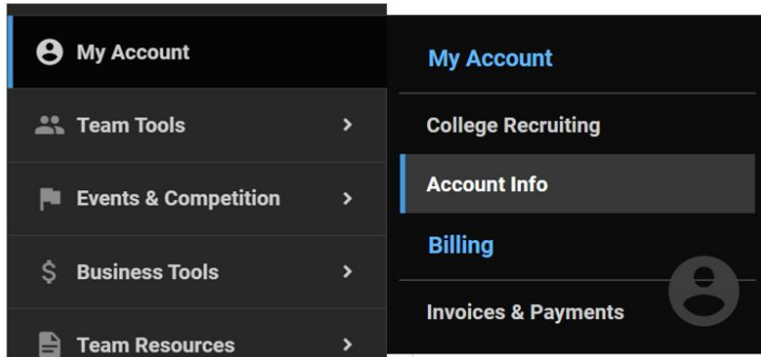
LINKS SOCIAL

Coaches

TeamUnify

https://www.teamunify.com/team/mwys/page/practice-schedule/2022-2023-short-course

MY ACCOUNT

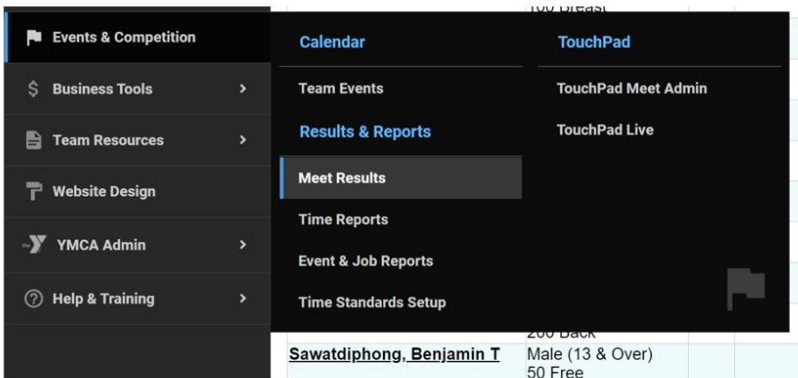


My Account:

- Add/Update Email Address
- Update Account Info
- Update swimmer Info

My Meet Results:

- Shows swimmer final times from each meet



My Invoice/Payment

- Displays meet fee balance
- Negative balance means that you have a credit and do not owe any money

Add/Update Email

My Account > Account Info

<div>TU Updates</div> <div>My Account ></div> <div>Team Tools ></div> <div>Events & Competition ></div> <div>Business Tools ></div> <div>Team Resources ></div> <div>Website Design</div>	<div>Account Login Email: *</div> <div>sawatdiphong@hotmail.com</div> <div>Verified</div>	<div>SE Account Connected:</div> <div>Connected ⓘ</div> <div>Manage at sportsengine.com</div>	
	<div>Account Contact Information</div>		
	<div>Display First Name: *</div> <div>Chart</div>	<div>Display Last Name: *</div> <div>Sawatdiphong</div>	
	<div>Alternate Email 1:</div> <div></div>		
	<div>Alternate Email 2:</div> <div></div>	<div>Alternate Email 3:</div> <div></div>	

Add/Update SMS

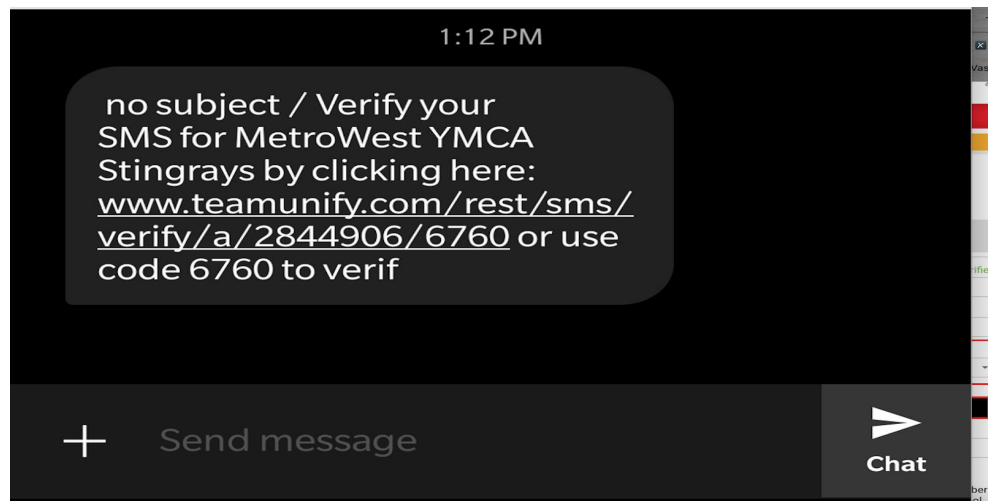
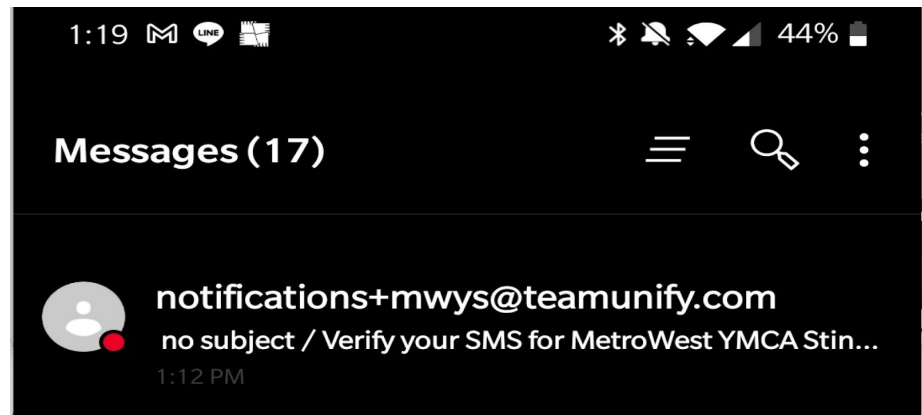
My Account > Account Info

SMS:	Verified	Carrier:	SMS:	Verified	Carrier:
<input type="text"/>		<input type="text"/>	<input type="text"/>		<input type="text"/>
Address: *		Address 2:	City: *	State: *	Zip: *
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text" value="MA"/>	<input type="text" value="01760"/>
Home Phone: *	<input type="text"/>		Work/Mobile Phone:	<input type="text"/>	

Add/Update SMS

My Account > Account Info

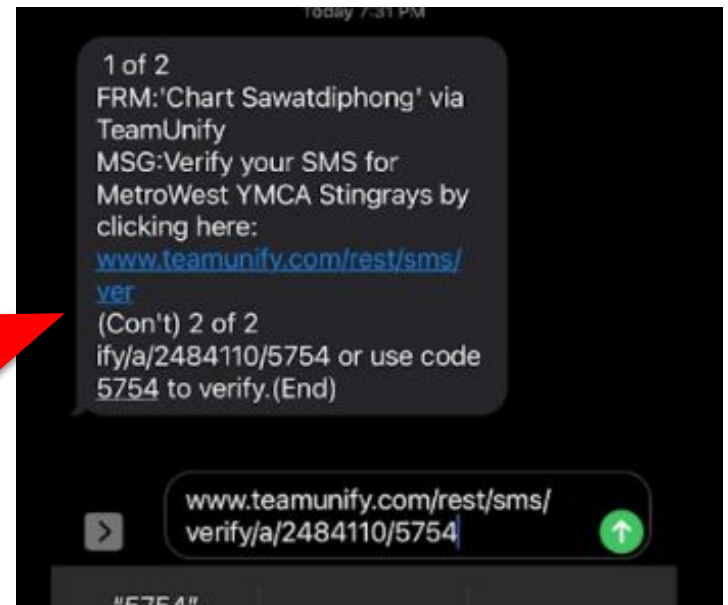
Now, on your phone, you should receive a SMS message from notification+mwys@teamunify.com (may be up to 10 minutes delay). If you don't receive this test, remove the phone number and try again.



Add/Update SMS

Sometimes, the link is broken into two parts. If you notice the word **verify** is broken up.

You should fix the link by copying the message to a text editor, and paste it in the browser (chrome/safari manually) If the link is not broken, you can just click on the link to verify the SMS message. Or you login to TeamUnify to **manually enter** the code in your profile.

A screenshot of a web form for verifying a phone number. At the top, it says 'SMS: Unverified' and 'Carrier: Verizon'. Below that is a text box containing '541-555-1212'. The main instruction says: 'Enter the verification number into the field below and click "Verify" to verify this phone number.' There is a section for 'Verification Code:' with a 'Resend Verification' button and an empty text box. At the bottom are 'Verify' and 'Cancel' buttons. A red arrow points from the text 'manually enter the code' to the empty verification code text box.

Add/Update SMS

The following Mobile virtual network operator (MVNO) might not be listed under the carrier, try use the following value instead:

Mint → t-mobile.

For Crickets, try Cricket SMS first, if that doesn't work try AT&T Wireless

Code of Conduct & Safe Sport

Code of Conduct

- Be respectful and supportive
- Common courtesy
- Good sportsmanship
- Behave in a manner that reflects positively on the team
- Follow facility rules
- And more!

**“If you see something,
Say something! “**

Safe Sport Club Recognition

- Commitment to creating a healthy and positive environment free from abuse for all its members through the development and implementation of club governance measure.



Parent Expectations & Obligations

- **Parents *critical* to the function of the MWYS team**
- ***All parents* are expected to sign up for jobs to ensure *adequate staffing* for meets.**
- **Jobs include:**
 - Timer
 - Official (referee)
 - Monitor (Locker room, Gym)
 - Bullpen coordinator
 - Meet job coordinator
 - Parent committee roles (communications, treasurer, party planner, community service, Safe sport, Team Unify, tech)
 - Safe sport table
 - Newsletter
 - Video Operator and Editor*
 - Photographer (optional)

Parent Expectations & Obligations

- Meet jobs are *posted* for sign up by event on *Team Unify*
- Parent jobs (number of hours or sessions) are *tracked and reported* monthly
- Parents who have *inadequate contributions* may be *assigned* a job at meets at the discretion of the coach (or meet job coordinator)
- If you are unable to make a scheduled slot, it is *your responsibility* to find a replacement (not the coach).

Positions currently open

- **Parent Committee member**
- **Official (esp Administrative official)**
- **Secretary**
- **Photographer**
- **Newsletter**

Parent Job Sign-up

2022	Location TBA This event is for the first 10 swimmers on NE on SCY or LCM			
Oct 15 2022	PICTURES DAY Oct 15, 2022 Event Category: Team event Location : YMCA Framingham (pool). Please come 10 min ahead of time . Everyone must wear team bathing suit.	Email Event		
Oct 16 2022	Halloween Spooktacular USA meet Oct 16, 2022 Event Category: USA meet Location : Milton MA Shamrock meet	Email Event		
Oct 22 2022	Pumpkin YMCA meet Oct 22, 2022 Event Category: ymca Location Melrose YMCA This meet is for 10& under swimmers.	Email Event		
Oct 22 2022	Halloween classic Oct 22, 2022 - Oct 23, 2022 Event Category: USA meet Location : MIT pool 120 Vassar st Cambridge This meet is just for 13&older USA swimmers . We have been accepted with 30 swimmers .	Email Event	Edit Commitment	Job Signup
Nov 18 2022	CRA Specialty meet (Hidden) Nov 18, 2022 - Nov 20, 2022 Event Category: USA meet Location BSI Wellesly MA We have been accepted with 11& up for this meet.	Email Event	Edit Commitment	Job Signup
Nov 19 2022	USA Specialty meet RIAC Nov 19, 2022 - Nov 20, 2022 Event Category: USA meet Location : 975 Sandy Ln. Warwick RI	Email Event	Edit Commitment	Job Signup
Dec 09 2022	Candy cane USA meet Dec 9, 2022 - Dec 11, 2022 Event Category: USA meet Location : MIT pool	Email Event		Job Signup
Jan 21 2023	Jump into 2023 USA meet Jan 21, 2023 - Jan 22, 2023 Event Category: USA meet	Email Event		

Parent Job Reports

The screenshot shows a Gmail interface with a search bar containing 'summar hours'. The left sidebar lists various email categories like 'Inbox' (13,482), 'Drafts' (38), and 'Swim Videos' (6). The main content area displays an email titled 'Short Course Volunteer Summary'.

Short Course Volunteer Summary

Hello Stingray Families!

Here is the final Volunteer Summary for the 2020-2021 Short Course season. As a team we put in over 1100 hours - simply amazing. Thanks to everyone for helping things run so smoothly - and a big thank you to Dan (and Ann and Laura) for putting in so many hours and providing such a great experience for the team.

Best wishes to everyone in the future!

- Rob

Account Name	Approximate Hours
Dube, Dan & Ann	75.00
Lee, Ching & Haruru	62.50
Qi, Pei & Xiaowen	46.50
Loo, Cynthia and Tim	44.00
Yang, Xiaoren	31.50
Liu, Peter	31.50
Jia-Wu, Xiaoqiu	31.00
Dupcak, Rob & Sandy	30.50
Li-Yin, Xiaoyan	30.50
Zhang, Yang (Yunyan Wang)	30.00
Qi, Jun	30.00

The taskbar at the bottom shows the Windows Start button, several application icons, and the system clock indicating 7:50 PM on 9/8/2021.

Parent Committee

Metrowest YMCA Mission

The Metrowest YMCA is dedicated to providing programs and services that build health, spirit, mind and body for all.

The Metrowest Stingray Swim Team was founded on the mission to provide competitive swimming training and competition for children ages 6 – 18 while balancing their characters and educational developments.

The Stingrays Swim Team Parent Committee is founded to support these principles.

Parent Committee Roles, Achievements and Commitments

Background

- Many years ago
 - Local hosted meets – concessions at meets were main source of fundraising (\$ 1200/year)
 - Communications was done at beginning of season followed by word of mouth and emails
 - Division 2 YMCA team with a Separate USA team
- 2013 The Team Hosted District Championships
 - Required tremendous amount of parents support
 - Beginning of an informal parent committee
 - Raised over \$ 14,000

Parent Committee

Team Accomplishments

- Developed new Stingray Team Logo
- 2016 Team Moves to YMCA Division 1
- 2016 Boys 8 & Under Eastern MA District Champions
- 2016 12 & Under USA Champs Top 10 Finish
- 2016 Team Finished 7th overall at YNE Champs
- Roger GU won the B-finals at Olympic trial (22.68 - 20.91 WR clieo/21.07 OR - dressel/OQ 22.01)*
- Akina Masuda finishes 1st Overall at USA Champs
- Ava Wong finishes 4th Overall at USA Champs
- Team Unify is purchased for 4 Years (\$ 4000)
- Expanded pool time to 6 days a week
- Annual Fundraising
- Monthly newsletter created (Home > Team News >Archived)
- Graduates – WPI, Cornell, Tufts, Harvard*
- 2021 - Earned USA Club Recognition Level 3, 42 teams/within 100 miles from Framingham MA*
- 2021 - Safe Sport Team recognition*

Parent Committee

Team Accomplishments

- Hosted meets during COVID time (8 meets)!
- Meets are streamed recorded, posted on YouTube
- Annual gifts to all swimmers, parent committee, officials and coach (shirt, chairs, and towel)
- COVID Parade*
- Community Volunteering events
- Donations to the YMCA



Parent Committee

Team Accomplishments

- 2022 - NE Age Group Championship (Short Course)
 - Team Scores
 - 10 and Under - Overall 3rd place
 - 11-14 - Overall 9th place
 - LCM ZONES Championships (4 swimmers made the cuts)
- 2021 - NE Age Group Championship
 - Team Scores
 - 10 and Under - 11th Place (4th from YMCA teams)
 - 11-12 - 14th place (3rd from YMCA teams)
 - Boys 11th
 - Girls 14th
 - 13-14 - 13th place (2nd from YMCA teams)
 - Boys 6th
 - Girls N/A
 - 15 and Over - 24th place (6th from YMCA teams)

Parent Committee

Fun Events

- Annual Apple Picking
- MIT Triathlon
- XMAS Gift Swap
- Movie Nights
- SkyZone
- Summer outing*
 - Outdoor Adventures - Rope Course
- Team Dinners*
- Walk for Hunger Fundraiser
- Swimathon Fundraiser
- Fun practice and Fun relays in meet
- Zoom Dryland and Fun Quiz
- Looking for new ideas !

Parent Committee

Formation of Parent Committee Charter

Current Committee Members:

- **Committee Chair:** Shared (Chart, Ching, Dinesh, Peter, Tim)
- **Assistant Committee Chair:** Sub-committee (as above)
- **Meet Job Coordinator:** Chart
- **Treasurer** -Jiling
- **Communications** -Ching
- **Secretary** -Open
- **Party/Event planner** -Jiling
- **Community Service, Diversity & Inclusion** -Edenia
- **Safe Sport** -Haruru
- **Team Unify Web** -Jessie
- **Newsletter** -Dinesh (need associate editor)
- **Officials** -Tim, Haruru
- **Fundraising** -Sub committee
- **Zoom, Video, Tech** -Chart
- Also:
 - Aquatics Director
 - Coach – Advisory Position
 - Team Captains – Advisory Position

Parent Committee

Successful Swim Team Needs:

- Facilities – Pool Time
- Quality Coaching Staff
- Support from Management
- Parental Involvement
 - Timer Contributions
 - Swim Officials

Officials

- **Referees required to conduct a meet**
- **Ensure fair competition**
- **USA Swimming vs. YMCA**
- **Parent volunteers**
- **Various functions and roles**
 - Stroke & Turn Judge
 - Starter
 - Deck Referee
 - Administrative
 - Meet Referee



Officials

- **Benefits of being an official**
 - Early access to the pool facility
 - Being on deck (vs. squished in the stands, sweating buckets)
 - Near to your swimmer
 - Greater engagement in your child's sport
 - Better understanding of the rules
 - Best view of the pool
- **Want to be an official?**
 - Talk to Tim or Haruru



Q&A

● **Contacts**

○ ***Coaches***

- Lavinia Albu, 508-963-2278, lavinia5albu@yahoo.com
- Bob McGuire, 774-571-8143, mcguire25@verizon.net

○ ***Officials***

- Tim Loo, loo.timothy@gmail.com
- Haruru Lee, oishimango@gmail.com

○ ***Parent Sub-Committee***

- Chart Sawatdiphong, sawatdiphong@hotmail.com
- Ching Lee, lightcircle99@yahoo.com
- Dinesh Bangari, dsbangari@gmail.com
- Peter Liu, peliu125@gmail.com
- Tim Loo, loo.timothy@gmail.com