



River Crossing YMCA

HCY Stingrays Swim Team

2025-2026 TEAM HANDBOOK



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WELCOME TO THE HCY SWIM TEAM FAMILY!

The HCY Stingrays are a competitive swim team that competes in the National YMCA Swimming & Diving and USA Swimming organizations year-round as well as the Penn-Jersey Swim League during the summer. Our team consists of approximately 100 swimmers, ages 6-18 years old, with skills ranging from a novice in the sport to YMCA and USA Swimming national rankings. The team is staffed by full-time and part time professional coaches who are ASCA and USA certified and trained. They are supported by the River Crossing YMCA and the Swim Team Committee of Aquatic Parents (CAP). Our members learn the value of hard work and dedication and develop the moral and ethical qualities necessary to become productive members of our community. By teaching self-discipline, respect, and goal setting skills, we are instilling a sense of pride in our members that is carried with them into the community.

The goal for HCY is to strive to grow both the breadth and depth of the swim team program



2

Breadth - # of kids

Depth - more kids attending championship meets

2025-2026 FALL-WINTER SEASON

The Fall-Winter Season will run September 2025 - March 2026. The first day of practice will be Wednesday, September 10, 2025. Your swimmer's last day of practice will be March 27, 2026 - unless they are in the Little Stingrays group which will end February 28, 2026. The Fall/Winter Season will offer dual meet competitions vs. other YMCA's, as well as YMCA & USA Swimming invitational and championship meets.

2026 SPRING-SUMMER SEASON

The Spring Season runs April 2026 - May 2026. The Spring Season runs right into our Summer Season which goes from June 2026 - July 2026. The Spring Season will offer YMCA & USA Swimming invitational meets. During the summer our team competes in YMCA & USA Swimming Invitational and Championship Meets while also competing in the Penn-Jersey Swim League.

PRACTICE LOCATIONS/FACILITIES

- [Deer Path YMCA, 144 W. Woodschurch Road, Flemington, NJ 08822](#)
- [Raritan Valley Community College, 118 Lamington Rd, Branchburg, NJ 08876](#)

For Summer Only:

- [Riegel Ridge Pool, 910 Milford Warren Glen Rd, Milford, NJ 08848](#)
- [Camp Carr Pool, 517 Hamden River Rd, Annandale, NJ 08801](#)

TRAINING GROUPS

At HCY there is a spot for every level of swimmer from the beginner to the National Level swimmer. Each training program is designed to complement each other and provide a swimmer with a goal oriented progression. Initial group placement is determined by a swimmer's age, ability, personal goals, and attendance. Coaches' discretion will also be taken into consideration for placement.

Little Stingrays

This group's objective is to learn the basics of competitive swimming, all while having fun. Emphasis is placed on correct stroke mechanics and proper competitive starts and turns. These swimmers will participate in a limited number of swim meets throughout the season.

Prerequisites:

- Ages 8 and Under as of December 1, 2025
- Must be able to swim 25 meters of backstroke and freestyle
- Ability to handle 3 hours of training per week plus 30 min of Dryland training

Junior 1

This group's objective is to develop and understand swim meets, the YMCA core values, and being a good teammate. Emphasis is placed on proper stroke mechanics, competitive techniques, good training habits, and becoming legal in all 4 strokes.

Prerequisites:

- Ages 9-12 as of December 1, 2025
- Ability to handle 4 hours of training a week plus 30 minutes of dryland
- Legal in 50 Free and 50 back, approaching consistent in 50 Breast and 50 Fly
- Practices are a reinforcement of proper stroke technique

Junior 2

This group's objective is to develop an understanding of the connection between swim practice dedication and swim meet results. Swimmers in this group are working towards gaining confidence in their swimming. Emphasis is placed on proper stroke mechanics, competitive techniques, aerobic conditioning, and physical fitness.

Prerequisites:

- Ages 9-12 as of December 1, 2025
- Ability to handle 5 hours of training a week plus 30 minutes of dryland
- Competes in all 4 strokes legally
- Comfortable with flip turns and open turns
- Can dive off the starting block and appropriately streamline

- Practices are designed with an emphasis on stroke mechanics while building distance and endurance

Pre- Seniors

This group's objective is to introduce swimmers to the senior level while deepening their understanding of connection between practice and meet results. These swimmers are working on building confidence in their race execution.

Prerequisites:

- Ages 9-13 as of December 1, 2025
- Ability to handle 8 hours of training a week plus two- 30 minute dryland sessions
- Understands intervals and reading the pace clock
- Developing leadership skills while increasing self motivation
- Practices are geared toward IM based endurance training and stroke developments

Senior 1 & 2

- Groups separated based on a combination of experience/commitment level

Description: A multi year program, and the most intensive group offered. The goal is to train athletes to be successful at the club and high school level, and prepare them to transition into collegiate swimming. Emphasis continues on all four strokes and aerobic development, with new elements of training introduced, such as race simulation, power, and mental preparation.

A practice attendance of at least 80% - *including during high school season* - is required to stay in the group. There are volunteer and leadership expectations for all swimmers in this group at times throughout the year. Participation in dual meets, invitational, and end-of-season competitions is required. (**See note below*)

- 6 to 7 scheduled in-water practices per week
- Multiple dryland workouts are run each week
- 90 to 180 minutes of instruction per workout (including dryland)
- Compete in all YMCA Dual Meets, YMCA Invitationals, YMCA Championships, and USA Swimming Competitions.
- Ages 13-18 as of December 1, 2025
- Ability to handle 10 hours of practice per week plus two/three dryland sessions
- Working on balancing the sport with other extracurricular activities

REGISTRATION REQUIREMENTS

YMCA MEMBERSHIP – Per National YMCA Swimming & Diving policy, all swimmers **ARE REQUIRED** to be a full-facility member of the River Crossing YMCA. For membership information, please visit our website - <https://www.ymcabhc.org/membership>

USA SWIMMING - Our Junior 1 and Up groups are required to register for USA Swimming. Benefits of this membership include - The chance to swim in additional invitational and championship meets- including Long Course during the Spring/Summer Season, a yearly subscription to Splash magazine - both online and sent to your home, access to USA Swimming's extensive database of times for you and your friends, access to volumes of education content, tips and tutorials, and access to motivational programs such as Scholastic All-America, age group Top 10, Club Excellence and more! **Our USA registration link will be sent out once it is available in early September.**

MEET ENTRY FEES – Meet Entry Fees will automatically be charged to a credit card on file. If your credit card becomes expired or gets compromised, please reach out to the Association Swim Team Admin Michele Heimes at mheimes@ymcarivercrossing.org and update your card on file.

INVITATIONAL MEET ENTRIES - When a meet is sent out to the families, you MUST commit or decline whether or not you will be attending by the deadline stated. Upon the deadline, families will be invoiced for the meet they have committed to. We will NOT be committing swimmers who are undeclared. If your swimmer is left undeclared they will NOT be entered into the meet. ***Swimmers must be current with their payment schedule at the time of a meet to be eligible for competition.**

DUAL MEETS - Participation in dual meets is a required part of participating on the swim team. Throughout the season there will be at least three dual meets. If your swimmer is unable to attend, you MUST decline them on TeamUnify by the deadline. **Swimmers are REQUIRED to attend at least 2 out of the 3 meets. If more dual meets are added swimmers MUST attend at least 75% of the dual meets.**

****IMPORTANT******PARENT AND FAMILY SWIM MEET PARTICIPATION****TEAM VOLUNTEERS**

Parent volunteers are critical to providing all HCY swimmers with a safe, fun, and competitive experience on the swim team. T. Parent volunteers execute swim meets, team functions, events, and fundraisers. The Committee of Aquatic Parents (CAP) welcomes your involvement and participation.

POINT REQUIREMENTS - For the Fall - Winter season, each family must meet volunteer point requirements.

- If you **ONLY** have 8 and Under swimmers on the team, you are required to earn 8 points.
- If you have any swimmer on the team that is 9 or older, you are required to earn 12 points per family.
- Each Dual Meet Session Worked = 1 Point
- Each Invitational Meet Session Worked= 1 Point
- Each HCY hosted Invitational Meet Session Worked = 2 Points

ADDITIONAL REQUIREMENTS

- HCY Team-Hosted Invitational Meet Requirement – Each HCY Swim Team Family is required to work a minimum of one session per day, for each team-hosted Invitational Meet in which their child is swimming. These meets include the HCY Autumn Challenge (November 14-16) and the HCY Stingray Splash (January 17-18). If the child is only swimming on 1 day, the parent is required to work at least 1 session on that day. If the child is swimming 2 or 3 days, the parent is required to work at least 1 session on each day. For those families that work a session of Autumn Challenge or Stingray Splash, your swimmer(s) will NOT be charged the meet fees. IF you do NOT volunteer or you do NOT show up for your job, your swimmer will be charged the meet fees.

NOTES

- Points are earned on a per-session basis.
- Please be aware that HCY may be assigned additional responsibilities at away invitational and Championship Meets (the CAP Volunteer Coordinator will be assigning these) and it is imperative that all parents and families do their best to offer up their assistance. Responsibilities not fulfilled burden the home team and create a chaotic meet environment for all. HCY is known as a reliable team – we would like to keep it this way! Each HCY-hosted Invitational or Championship Meet session worked is worth 2 points.

- Each member is expected to understand the responsibilities and fulfill any job requirements that they are assigned to work. If a family does not understand the responsibilities, please contact Jeff Cain (jeffcain1@gmail.com), CAP Volunteer Coordinator, to learn the job prior to the event date.
- All obligations of volunteer positions must be met or the points you receive for that session will be reduced or not counted. (Not working the entire time period, not completing all of the responsibilities, not showing up at all.)
- Points will not be carried over to another season.
- Families can only earn points at swim meets where the HCY Swim Team is participating.
- It is the responsibility of each HCY Swim Team Family to keep track of how many points they have, and make sure that they are on pace to fulfill their season requirement.

NEW This season we are moving to a pay-per-point fee scale. If you have **ONLY** one swimmer on the team and they are 8 and under, your family is required to earn 8 points. If you have any swimmers that are 9 and Over, your family is required to earn 12 points. IF your family does NOT meet the point requirement you will be charged \$50 per missing point.

BRONZE CHAMPIONSHIPS

We have been given the great privilege of hosting the Region A Bronze Championships. Not all teams get this opportunity, and we consider ourselves very fortunate to have retained such a great championship meet. This is a testament to our ability to execute a well-organized, timely meet, as well as an occasion for us to once again band together to show our region the amazing team that we are.

As a matter of pride, and gratitude, each HCY family is expected to participate in the Bronze Championship meet. Many hands make light work, and there is ALWAYS enough to go around!

The date of this meet is February 6-8. The meet will be held at the Raritan Bay YMCA in Perth Amboy, NJ.

Thank you in advance for all that you guys do!! You are all so awesome!!

POSITIONS AVAILABLE/JOB DESCRIPTIONS

TIMER

- Needed at all dual and invitational meets.
- Start and stop a stopwatch to provide a race finish time.
- Lane timer – times each swimmer and race in the lane they are assigned
- Backup timer – starts their stopwatch for every race and covers a lane if a lane timer fails to start their watch.
- There is a timers' meeting at every meet where the officials go over the responsibilities of the timer and even practice using the stopwatch.
- No training required.

RUNNER

- Needed for all HCY hosted dual and invitational meets
- Collect papers with recorded times from the timers in each lane and bring them to the scoring table.

- No training required.

OFFICIALS

- Critical for all dual and invitational meets.
- Learn and apply the rules of USA Swimming.
- Observes swimmers from the edge of the pool to determine if the stroke the swimmer is using is legal, ensuring fairness for all swimmers.
- Multiple levels of officials from stroke and turn, finish judges, starter, etc.
- Training Required – provided by the YMCA
- Please contact Alex Najem (goodprogrammer@gmail.com), the HCY Lead Official, if you are interested in becoming an official.

SCORING TABLE

- Needed for all HCY hosted dual and invitational meets.
- Work the computer based scoring and timing system.
- Post times and meet results.
- On the job training provided.

MARSHALING

- Needed for HCY hosted invitational meets.
- Organize the swimmers from all teams (12 & under) so that they are in the correct lane for their races.
- Walk the line of swimmers to the pool deck.
- No training necessary.

DOOR MONITOR

- Needed for HCY hosted invitational meets.
- Sit/stand at the door of the pool deck to monitor traffic flow.
- Responsible for ensuring swimmers, coaches, and parents are in the appropriate area at meets.
- No training required.

AWARDS

- Needed for HCY hosted invitational meets.
- Receive results from the Colorado table and label ribbons.
- Organize awards per team for coach pickup.
- On the job training provided.

CAP (Committee of Aquatic Parents)

- Group of parents who assist the coaches with team related responsibilities.
- Represent the team by providing support for questions related to the team with the exception of swimming.
- Responsible for apparel, volunteers, safety at meets, publicity, banquet planning etc.
- Work with the head coach to organize HCY hosted invitational meets.
- Provide any other support the coaches need.

FINANCIAL ASSISTANCE

Thanks to funds raised through our Annual Campaign, we are able to ensure Y programs are accessible to everyone. To apply for our confidential Financial Assistance Program, please contact Len Yacullo at 908-483-4930 or visit our website at <https://www.ymcabhc.org/membership/financial-assistance-information>

COMMITMENT REQUIREMENTS

All swimmers are required to maintain 60% practice attendance and attend the highest-level YMCA championship meet for which they are qualified. Failure to do either of these will result in the swimmer needing to re-tryout for the team the following fall/winter season. Coaches log attendance by using TeamUnify software on their phone or tablet during practice. Excused absences are limited to religious commitments, or injury/illness that is accompanied by a doctor's note. Any swimmers that are under the 60% attendance minimum will be notified in December after our mid-season championship meet. Attendance can be provided throughout the season by request of a parent or guardian.

All swimmers are required to participate in swim meets. Swimmers MUST attend 2 out of 3 dual meets and also need to attend our HCY hosted meets. If by January 1, your swimmer has not attended any dual meets or any HCY hosted meets, they are in jeopardy of losing their spot on the team.

EQUIPMENT POLICY

All swimmers must have appropriate equipment for practice. Equipment lists specific to individual groups will be distributed by lead coaches. Swimmers are expected to have all equipment in working order at every practice so that coaches can adequately plan workouts. Failure to bring appropriate equipment can be disruptive to the group and often means that swimmers cannot fully participate in practice as it was designed.

Required Training Equipment

Gear	Little Stingrays	Junior 1	Junior 2	Pre-Senior	Seniors
<i>Water Bottle</i>	X	X	X	X	X
<i>Speedo Junior Kick Board</i>	X	X	X	X	
<i>Speedo Fins</i>	X	X	X	X	X
<i>Mesh Bag</i>	X	X	X	X	X
<i>Speedo Bullethead snorkel (or equivalent)</i>			X	X	X
<i>Speedo Power Paddles</i>			X	X	X
<i>Speedo Adult Kick Board</i>					X
<i>Pull Buoy</i>				X	X
<i>Dryland Clothes</i>	X	X	X	X	X

MINOR ATHLETE ABUSE PREVENTION POLICY - SAFE SPORT ACT

THIS POLICY APPLIES TO:

- All USA Swimming and HCY non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes.

GENERAL REQUIREMENT

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

ONE-ON-ONE INTERACTIONS

I. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

II. Meetings

- a. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Applicable Adult or athlete's hotel room or other overnight lodging location during team travel.

III. Meetings with Mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring; and
- d. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the HCY.

IV. Individual Training Sessions [Recommended]

Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS

I. Content

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

II. Open and Transparent

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.

III. Requests to Discontinue

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by HCY, LSC or by an Applicable Adult subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

IV. Hours

Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may "friend" HCY and/or LSC's official page.

Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

TRAVEL

I. Local Travel

Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s).

Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete's legal guardian.

Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangements.

II. Team Travel

Team travel is travel to a competition or other team activity that the organization plans and supervises.

- a. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained.

When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete's legal guardian must provide written permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult.

Team Managers and Chaperones who travel with HCY or LSC must be USA Swimming members in good standing.

- b. Unrelated Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with a minor athlete.

Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age.

- c. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must not be conducted in an individual's hotel room or other overnight sleeping location.

LOCKER ROOMS AND CHANGING AREAS

I. Requirement to Use Locker Room or Changing Area

The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

II. Use of Recording Devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

III. Undress

An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.

IV. One-on-One Interactions

Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

V. Monitoring

HCY must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.

VI. Legal Guardians in Locker Rooms or Changing Areas

Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

MESSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES

- I. Definition: In this section, the term "Massage" refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

II. General Requirement

Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

III. Additional Minor Athlete Requirements

- a. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to HCY.
- b. Legal guardians must be allowed to observe the Massage.
- c. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.

***Source: USA Swimming**

PHOTOGRAPHIC AND AUDIO/VISUAL RELEASE

I, being 18 years of age or older, and if not my Parent/Guardian has also signed below, hereby give permission and consent to the River Crossing YMCA & Affiliates to make incidental and occasional photographic, audio and video recordings in connection with participation in YMCA activities or programs and to utilize the same in any manner, and without any compensation to, and/or claim by me, my family or guests.

SWIMMER NAME

SWIMMER SIGNATURE

DATE

PARENT/GUARDIAN NAME

PARENT/GUARDIAN SIGNATURE

DATE

HCY SWIM TEAM CODE OF CONDUCT

EXPECTED BEHAVIOR AS AN HCY SWIM TEAM ATHLETE:

- I will conduct myself in a manner consistent with the character, welfare, best interests and policies of the River Crossing YMCA.
- I will act and conduct myself with dignity and respect for others and the property of others.
- I will show respect for coaches, parents, officials, volunteers, spectators and fellow athletes at all times.
- I will promote a positive attitude in practice and always exhibit good sportsmanship.
- I will promote positive team spirit and morale.
- I will support my peers and encourage them in a positive manner during practice, meets, on social media and everywhere we go.
- I will serve as a role model and mentor to young athletes in our program and others.
- Win or lose, I will offer congratulations to my opponents and support my teammates.
- I will represent myself, my family and the River Crossing YMCA in an exemplary manner.
- I will be a goodwill ambassador for our team and the sport of swimming.

EXPECTED LOCKER ROOM BEHAVIOR:

- HCY athletes share the facility/locker room with all members of the Y.
- Facility/locker room rules and regulations are posted and are expected to be followed at all times.
- Neither the YMCA nor the coaching staff is responsible for an athlete's personal belongings. I am expected to secure my belongings in the lockers provided.
- I understand that failure to correct inappropriate behavior will result in the suspension of facility/locker room use.
- As an HCY Stingray Swim Team athlete or parent, I am required to immediately report to the coaching staff any rule violations and/or inappropriate behavior by an athlete or YMCA member. The coaching staff will then work with the parent, athlete and YMCA staff to resolve the problem.

PROHIBITED BEHAVIOR:

- Use of alcoholic beverages.
- Use of illegal drugs or improper use of prescription medications.
- Smoking or other use of tobacco products.
- Destructive behavior.
- Inappropriate or unruly behavior, including failure to adhere to team standards and the HCY Swim Team Code of Conduct.

HCY SWIM TEAM ANTI-BULLYING POLICY

Bullying of any kind is unacceptable at the River Crossing YMCA (HCY) Swim Team and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The River Crossing YMCA Swim Team is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, parent or YMCA staff member.

The River Crossing YMCA Swim Team takes bullying seriously and you as parents and swimmers can be assured that you will be supported when bullying is reported.

As defined by USA Swimming and approved by the YMCA, bullying is:

The severe or repeated use by one or more athletes of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- Causing physical or emotional harm to the other member or damage to the other member's property
- Placing the other member in a reasonable fear of harm to himself/herself or of damage to his/her property
- Creating a hostile environment for another person/ athlete
- Infringing on the rights of another person/ athlete
- Materially and substantially disrupting the training process or the orderly operation of any activity, i.e. practices, workouts, meets, YMCA events, etc.

POSSIBLE CONSEQUENCES OF VIOLATION(S) OF THE CODE OF CONDUCT AND/OR BULLYING:

- An athlete may be removed from an event or swimming session for a violation of the Code of Conduct without refund of event fees.
- Temporary or permanent dismissal from the swim team without refund of fees associated with membership on the HCY Swim Team.
- Possible dismissal from the River Crossing YMCA premises and possible revocation of membership and/or usage privileges.

SWIMMER NAME _____

SWIMMER SIGNATURE _____ **DATE** _____

PARENT/GUARDIAN NAME _____

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____

Parents,

This document will be discussed with your athlete. We hope this will open communication between parent and swimmer if the need should arise as it relates to bullying. It is our goal to provide a safe and healthy environment for all. We will take all reports seriously, investigate to the best of our ability and take appropriate action. – Your Coaches

HCY SWIM TEAM HANDBOOK ACKNOWLEDGEMENT

We are pleased you've decided to join the HCY Swim Team. This handbook outlines important information for swimmers and parents. Please acknowledge the following by signing and returning this form along with your registration form at the time of initial sign up.

SWIMMER & PARENT/GUARDIAN PLEASE INITIAL

Swimmer**Parent**

- I acknowledge that it is the responsibility of the parent/guardian to have regularly scheduled physicals for their swimmers and to communicate any and all medical and behavioral conditions/issues (including pre-existing) in their health records immediately to the lead coach and head coach in written format, including email. _____
- I acknowledge that the swimmer is not currently representing any other YMCA or USA Swimming team. _____
- I acknowledge that failure to pay fees or penalties will result in swimmer(s) associated with the account being prohibited from entering swim meets and from registering for future sessions, until paid in full. _____
- I acknowledge that the swimmer(s) birthdate(s) is/are correct. _____
- I acknowledge that the primary email address in the Team Unify system (team website) will be used for communications. It is the parent/guardian's responsibility to ensure that contact information is correct and up to date at all times. _____
- I acknowledge and agree to adhere to the Registration Requirements and all of their guidelines. _____
- I acknowledge and agree to adhere to the MAAPP and all of its guidelines. _____
- I acknowledge and agree to adhere to the HCY Swim Team Code of Conduct in its entirety. _____
- I acknowledge and agree to adhere to the HCY Swim Team Anti-Bullying Policy in its entirety. _____

I acknowledge receipt of and understanding of HCY Swim Team Handbook. I acknowledge that I have read this handbook, and I accept full responsibility for familiarizing myself with the entire contents of this handbook.

SWIMMER NAME

SWIMMER SIGNATURE

DATE

PARENT/GUARDIAN NAME

PARENT/GUARDIAN SIGNATURE

DATE

DAXKO CHARGE AUTHORIZATION FORM FOR MEET FEES

I authorize the Billing Department at the River Crossing YMCA (HCY) to charge my credit card on file for all the meet fees charges invoiced on my Daxko/Team Unify account. I understand that if at any time I were to cancel swim team registration, I will be responsible for paying any unpaid meet fee balances.

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____

PARENT PARTICIPATION FEE

I authorize the Billing Department at the River Crossing YMCA (HCY) to charge my credit card on file \$50 per missing point IF, I DO NOT meet the point parent participation requirement. I understand that if I DO NOT get 8 or 12 points by the end of the season (no later than March 27, 2026)th, my current credit card on file will be charged. I understand that if my credit card expires or becomes compromised and I receive a new card that I will let the Billing Department know and I will update the card on file.

PARENT/GUARDIAN SIGNATURE _____ **DATE** _____