

Ocean County YMCA

Tiger Sharks

Swim Team Handbook

2025-2026

Our Purpose

YMCA Mission Statement

To put Judeo Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA Core Values

We share the core values of caring, honesty, respect and responsibility.

Ocean County YMCA Swim Team Mission Statement

Our team's mission is to foster a love for the sport of swimming and instill life lessons in commitment, determination and togetherness through training and competition.

Ocean County YMCA Swim Team Motto

ALL IN

Swimmers who are ALL IN are fully committed to always doing their best and being a positive influence for those around them. Swimmers should strive to attend every practice, always give their best effort and believe in themselves, their teammates and their coaches.

Parents who are ALL IN show unconditional love and support to their swimmer, support the program and support the coaches through volunteering, trusting the process and offer guidance and support for fellow swim team families.

Communication

Team Website

Updated on a regular basis, our team website (<https://www.gomotionapp.com/team/njocy/page/home>) is the most valuable source of information for reminders, news, schedule changes, timing assignments and meet information. It also has important links to other sites regarding meets, USA Swimming, YMCA Swimming and Diving and contact information. Information confirming work assignments is also posted. The coaches' contact information is also listed. Head Coach Corey Matthews can be contacted at cmatthews@ocymca.org.

Email

Email will be the primary method of communication for official team information including event invitations, practice changes and reminders.

Coach Announcements at Practice

Often coaches will make announcements about changes, reminders, and upcoming events at the end of practice. It is important that your child listens carefully and tells you the information as soon as they leave practice.

Program Questions

For Questions relating to the Swim Team program, the following staff can be contacted.

Corey Matthews - Head Coach

cmatthews@ocymca.org

Team Administration Questions

Lynn Ackermann - Administrative Assistant

swimteamadmin@ocymca.org

Meet Entry Fees (MEF)/Billing Questions

Jen Colasurdo - Assistant Finance Director

jcolasurdo@ocymca.org

Practice Rules

Practice Location: Ocean County YMCA, 1088 W Whitty Rd, Toms River, NJ 08755

Attendance: Swimmers are expected to attend as many practices as possible, but we understand that swimmers may have other commitments. Practice attendance, good or poor, has a direct impact on swimmers' success! Regular attendance should be a priority. Repeated absences from practice will inhibit the development and advancement of a swimmer. Some groups have strict attendance requirements. Parents/swimmers must notify a coach when they are unable to attend practice.

Be on Time: Swimmers are expected to be on deck and ready, with their swimsuit on at their scheduled practice start time. Please arrive on time! Practices include a 15 minute pre-swim warm up period. It is important for swimmers to be prepared and ready to begin at this time. We understand that circumstances may cause your swimmer to be late; he or she should still come, but should be careful not to disrupt the ongoing practice.

Practice Suits: Swimmers will not wear suits with holes, rips, tears, or any suit that does not provide full, modest and adequate coverage. Please consult a coach if you are unsure if your suit meets our modesty standard. Previous season team suits may be worn at

practice. It is REQUIRED to wear a competitive training style swimsuit during workouts. Jewelry (rings, necklaces, earrings, etc.) should not be worn and should be put in a secure place during practices and meets.

Equipment: Goggles and caps (for swimmers with longer hair) are required during practice. High school or other teams' caps are NOT to be worn during OCY team practice. Swimmers must bring all group-specific equipment each and every day to practice. All swimmers should bring a water bottle for hydration during practice. NO GLASS BOTTLES. Please label all equipment and water bottles to ensure your child brings them home.

Required Practice Equipment

AG3/AG2/AG1/JR2B

Speedo Trialon Rubber Swim Fins

JR2A/JR1

Speedo Trialon Rubber Swim Fins

Speedo Bullet Head Snorkel

Speedo Power Plus Paddles

Speedo Pull Buoy

SR1/SR2

Speedo Short Blade Fins

Speedo Bullet Head Snorkel

Speedo Power Plus Paddles

Speedo Pull Buoy

Parents are not allowed on deck during practices: Please use the 2nd floor bleachers. Parents will not sit or stand behind the coaches or lanes during practice. Videotaping and timing at practices is strictly prohibited.

Misconduct Policy: The Ocean County Swim Team will not tolerate any profanity/misconduct while representing the Ocean County YMCA. Swimmers will not provoke, disrupt, or harass any other swimmer on the team or on other teams. In addition, bullying will not be tolerated in any form. Cell phone use in locker rooms is prohibited. Please inform a coach promptly of any situation that arises.

Behavioral Issues: Coaching staff will handle all infractions on deck as they occur. If inappropriate behaviors continue or become chronic, parents will be called in to remedy the situation. If there is no resolution, the swimmer may be suspended or asked to leave the team.

Missed Practices: A parent or swimmer should notify their lead coach in advance of any missed practices. In case of illness, please email the lead coach with information on when the swimmer is expected to return to practice.

Swimmers who will be missing several practices in a row should contact their respective lead coach with as much advance notice as possible.

Inability to Participate: If a swimmer complains of pain that inhibits their ability to participate during practice they will be given the opportunity to exit the water to rest and address the issue. If the swimmer cannot swim after a maximum of 15 minutes, they will not be permitted to resume swimming that day. This is for the health and safety of the swimmer - it is not advised for a swimmer to return to the water with any pain or injury that does not improve after a 15-minutes rest period.

Payments Policies

YMCA Membership Fees: You must be a current full-privilege member of the YMCA to represent the OCY Swim Team. Families are responsible for maintaining a yearly membership for each swimmer. This fee is paid at the YMCA Welcome Center and is separate from swimmers' Swim Team Program Fees.

Swim Team Program Fees: Swim Team Program Fees vary by practice level, with the full payment schedule communicated at the beginning of each season. All families are required to have a credit card or checking account number on file with the YMCA for payments to be automatically drafted. Program fee payment schedule can be found on Daxko.

MEF Payments: MEF (Meet Entry Fees) will be invoiced and charged on demand to your credit card on file in SportsEngine for each meet your swimmer is declared for. If your credit card fails after being billed for MEF, you will have one week to update your card before being charged a \$25 processing fee.

Medical Refund Policy:

Medical refunds will be issued for situations preventing a swimmer from participating for 2 or more weeks only. A doctor's note stating the time out must be provided to receive a refund.

Sibling Discount: Families with multiple swimmers will receive a sibling discount on program fees. The swimmer in the highest practice group will be full price, the second and third swimmers each receive 10% off, and the fourth swimmer (lowest level) will receive 20% off the program fees. Sibling discounts do not apply to meet fees, apparel, or other expenses. Accounts must remain in good standing to continue receiving the discount.

Cancellations: Registration cancellations will be honored prior to the start date of the program and will be issued as YMCA credit or can be posted back to original credit/debit card payment. YMCA credits are good for one year from the date of issue and may be used for any fee-based YMCA program.

Registration cancellations after the program start date will be refunded with YMCA credit for the cost of the total remaining classes in the program session. These cancellations are considered on a case-by-case basis. Please speak with the program director for more information/special accommodations.

The YMCA cannot accommodate make-up practices or refunds for practices missed due to personal conflicts.

Types of Meets

The Ocean County YMCA Swim Team competes in a variety of meets throughout the season. A swimmer's age for any YMCA Meet (for the entire season) is his/her age as of Dec 1st of the current swim season. A swimmer's age for any USA Swimming meets is determined by the swimmer's age on the first day of the meet.

Intrasquad Meets

These meets are just for our team. These meets are designed to instill team bonding and create a low stress environment for fun and friendly competition. These meets are the perfect opportunity for new swimmers to gain experience as well as for parents to learn different volunteer roles.

Dual Meets

Our team is broken down into various dual meet teams, with placement determined by the coaching staff. There are five age groups: 8/under, 9-10, 11-12, 13-14, and 15-18. Each dual meet team will swim against another YMCA swim team in our conference. October through December. All four strokes, the IM, and relays are swum. Swimmers usually compete in two individual events and a relay, as determined by the coaching staff. There is no additional fee for these meets.

Mini-Meets

These are YMCA Invitational Meets sponsored by the local YMCAs. Some of the meets invite 9-10 year-old swimmers while others only include 8/unders. These meets are designed to provide an opportunity for our younger swimmers to develop their competition and racing techniques and swim other strokes and distances. Swimmers and coaches choose what events they would like to compete in. Though participation is optional, the coaching staff encourages swimmers to participate as a way to gain experience.

USA Swimming Invitational

These meets are sponsored by teams sanctioned by the USA Swimming and the New Jersey Swimming Association and require a USA Swimming membership. These meets often require the swimmer to meet a time standard. It is important that parents take notice of meet entry due dates and the session times for your swimmer. These meets are often 2-3 day meets and may require travel.

NJ Swimming Championship Meets

These are end of season championship versions of USA Swimming Invitational meets. There are typically Bronze, Silver and Gold levels of these meets. Swimmers must meet qualifying times to enter at each given level. USA Swimming membership is required.

USA Swimming Eastern Zone Championships

This is a high level USA Swimming sanctioned 14/under meet for qualifying 14/under swimmers held in April for Short Course season and August for Long Course season. Check www.easternzoneswimming.org for more information.

YMCA Invitational Meets

These meets are sponsored by teams that are members of the YMCA Swimming and Diving Organization. These meets often do not require a time standard. These meets afford your child the opportunity to swim other events and distances that they normally would not do.

YMCA Championships

Every swimmer is expected to attend the highest level championship meet they qualify for or their spot on the team may be jeopardized.

YMCA 8/under Championships

This meet, usually held in late January/early February is for all 8/under swimmers. OCY may impose its own team qualifying times. This meet is a one day meet and is held at OCY.

YMCA Bronze Championships

This meet, usually held in February, is for all 9 & over swimmers who have achieved Bronze time standards. Swimmers with 5 or more YMCA Silver or YMCA State qualifying times in any combination are not eligible for YMCA Bronze. Times attained during this meet can be used to qualify for the next championship level. This meet is held over a 2-3 day period and will require some travel. If your child has achieved both Bronze and Silver times, they may only swim the events in which they have the Bronze qualifying times in the Bronze Meet.

YMCA Silver Championships

This meet, usually held in February, is for all 9 & over swimmers who have achieved Silver time standards. Swimmers with 5 or more YMCA State qualifying times are not eligible for YMCA Silver. This meet is held over a 3-day period and some travel and hotel lodging will be required. State times earned at this meet may be used to qualify for the YMCA State Championship meet in March. If your child has both Silver and State times, they may only swim the events in which they have the Silver qualifying times in the Silver Meet.

YMCA State Championships

These are 3-day meets held in February and March. Swimmers must meet State qualifying times to be eligible. The coaching staff will determine the events and relays for each swimmer. There are two YMCA State meets: one for 12 & under swimmers, held at OCY in February, and another for 13 & overs in March at Franklin & Marshall College Kunkel Aquatic Center in Lancaster, PA.

YMCA National Championships

Attendance at this meet is a major goal of our swimmers. Each April and July, swimmers from YMCAs across the country travel to North Carolina for Short Course and Florida for Long Course to compete on a National level. To qualify, a swimmer must:

- Be at least 12 years of age
- Meet YMCA membership and eligibility requirements
- Meet National qualifying time standards for at least one individual event or relay
- Attend at least 80% of regular season practices and 100% of practices in the period between the YMCA State Championships and Short Course Nationals
- Sign and adhere to the policies in the Swimmer Code of Conduct and the Travel Code of Conduct
- Have all swim team fees paid in full

Swim Meet Rules

Full meet schedule: can be found on our team website.

Meet Attendance: Swimmers are expected to make every effort to attend meets offered to their group. Swimmers will attend any YMCA and/or USA Championship meets for which they qualify.

Meet Signups: Parents/Guardians are expected to select "Attend OR Decline" for each of his or her child's group meets on our SportsEngine website before the deadline listed.

Last-Minute Scratches: If your swimmer signed up for a meet and cannot attend, you must email the Head Coach and Team Admin IMMEDIATELY so they can make the change.

Please Note: If you scratch from a meet that has meet entry fees (MEF) due, you are still responsible for MEF unless you scratch before the sign-up deadline.

Team Uniform: Swimmers must wear an OCY team cap and t-shirt at meets and either an OCY Team Suit or tech suit (at approved meets). Swimmers should dress in team branded clothing when attending meets, including outerwear. Please take care of your team t-shirt and cap as replacements will not be given. Extra towels, sweatshirt and/or pants should be packed to ensure the swimmer is warm between events. Extra swimsuits, goggles, and caps should be packed in case of rip or damage. The Ocean County YMCA is a Speedo Sponsored team.

Deck changing (changing in the bleachers, stands or on the pool deck) during meets is strictly prohibited by USA Swimming.

Meet Event Selection: During signups, parents/swimmers may select preferred events. However, the Head Coach has final say and reserves the right to add/change events based on what is best for the swimmer's development. Swimmers are required to swim the events that they are placed in by the coaches.

On Deck Policy: If you are not a meet official or volunteer, you will NOT be allowed on deck during meets. Arguing with meet officials or volunteers will not be tolerated. Parents not working the meet must remain in the stands, and are not allowed on deck or in locker rooms with swimmers. Parents should refrain from contacting coaches while practices/meets are in session.

Personal Items: Swimmers may use electronics, books, etc. at meets as long as they are aware of the current event and do not become a distraction to the team. Coaches are NOT responsible for the safety of personal items.

Food and Beverage: Swimmers should bring a water bottle to every meet. They should bring healthy snacks, but please must refrain from sharing with others; please be aware that others may have allergies. No glass containers or bottles please.

Arrival: Arrive 30 minutes prior to the established warm-up time to allow swimmers time to have a proper warm-up and appropriate discussion between the swimmer and the coach relative to his or her events.

Leaving the Pool Deck: The swimmer should not leave the pool deck during the meet unless he or she has advised a coach, regardless of reason. Swimmers may be asked to stay until the completion of their session at certain invitational and championship meets. Swimmers must tell the coaches at the meet when they are leaving and confirm they are not in a relay.

Before and After Each Event: Swimmers should talk to their coach before and after their events for instructions and feedback. Please understand that sometimes we have multiple swimmers in the same event/heat and a coach cannot always watch all swimmers.

How to Enter a Meet

- Sign In to your account on the team website
- Using the toolbar on the left select Events & Competition then Team Events page.
- Find the event you are looking for and click the Attend/Decline button.
- Click the name of your athlete whom you want to attend.
- Click the *Declaration* dropdown and click *Yes, please sign [name] up for this event* or *No, thanks, [name] will NOT attend this event*.
 - If declaring *Yes*, check the boxes for any events you want your athlete to enter, then enter any *Notes* you want the coach to see
 - Click Save Changes! It is very important to click the Save Changes button!
 - Events you choose are subject to coach approval.
- Repeat for all other athletes you may have.

Guidance For Swim Parents

Without the help and support of our parents, our team could not exist. We consider the parents to be partners with the coaches in developing a positive athletic experience for our young people. Just as there are clear expectations of swimmers, there are also clear expectations for the parents.

Support Your Child

One of the biggest obstacles parents experience is allowing their child to fail. Swimming is a place where young athletes have the opportunity to learn from the difficulties associated with sports and in turn, life. Failure is as good a teacher as is success, helping athletes become stronger and move on to greater achievements—ones that they may not have been able to reach without having faced challenges and difficulties. Athletes should be taught to view failure as a “temporary setback” that can be used toward reaching future goals.

Support The Coaches

It is important that parents are models of good behavior by showing support for the coaching staff. The coaches are experts on technique, race strategy, and all aspects of the sport. A swimmer can become confused when a parent interferes with the coaching, instruction, or drills. Going against what the coach says is the worst possible thing for a child because it undermines their confidence in their coach. At times, parents will not always agree with the decisions of their child’s coach. These decisions are based on what the coach feels is in the best interest of the child and the program. At times of disagreement, loyalty is of the utmost importance. The best parents are those who can honestly tell their child to listen to their coach, trust their coach, and believe in their coach. Additionally, you can help our coaches focus on our swimmers by remaining off deck during practice and by directing your questions to the group representatives.

Support The Program

With the expense of pool time and a professional coaching staff, the Ocean County YMCA Swim Team relies heavily on the volunteer efforts of its parents to help raise the additional funds needed to run the program. Parents who take an active role in the team are helping to teach their children the importance of a positive attitude, team spirit and the benefits of volunteering and community service.

Understanding the Process

- **Each Swimmer is a Unique Individual**

Every individual learns at a different rate and responds differently to various methods of instruction. Some swimmers take longer to learn and this requires more patience on the part of the parents.

- **Technical Changes**

It is not unusual for a swimmer to turn in slower times as they begin the process of mastering proper stroke technique. Good initial habits become the foundation for future success.

- **Delays in Improvement**

A swimmer may plateau in competition and training at one time or another in their career. A plateau may signify the swimmer has mastered lower order skills but needs to develop newer, higher-order skills. Plateaus occur in all fields of human motor learning. The more successful athletes are those who work through this momentary delay in improvement and go on to achieve greater performance and approach their personal potential.

- **Inconsistency**

Many swimmers, especially younger ones, are inconsistent. This can be frustrating for the parents, coaches and swimmers alike. For example, you may see your swimmer produce a very fast time at one meet but struggle to duplicate again for a few meets. We must be patient and encouraging to allow these young swimmers to learn to love the sport.

- **Seasonal Plan**

Older swimmers often train through meets in order to peak at the end of the season. Please be aware that there is a plan in place for your swimmer to drop time from season to season.

- **Constructive Criticism**

It is the coaches' job to offer constructive criticism of the swimmer's performance. It is our hope that the parents supply unconditional love, recognition, and encouragement necessary to help your swimmer feel good about himself/herself. Please do not put undue pressure on your child(ren). Attitudes and moods of parents are often reflected in their children. Be enthusiastic about taking your child to practices and meets and other team activities. Remember, if you expect your child to enjoy swimming, you should too. **BE POSITIVE!**

- **Motivation**

Encourage your child to swim because he or she wants to. Self-motivation is the stimulus of all successful swimmers. Swimming needs to be their sport, not yours!

- **Practice Design and Coaching**

The Ocean County YMCA Swim Team is composed of many swimmers. The coaches must balance what is best for your child with the needs of the team or practice group. The coaches have the best interests of your child at heart. Trust that the coaches' goals match your own, even though his or her approach may be different.

- **Practice is Closed to Parents**

Practice is time for swimmers and coaches to concentrate on improving the swimmers' technique, speed, endurance, and life skills; developing a strong coach-swimmer relationship; and fostering cooperation and unity within the group. It is important that parents allow this development to occur without interruption.

Therefore, we ask parents not to be present on the deck or talk to their children or the coach during practice. Seating is available in the observation area at OCY for your convenience. You may sit in the lobby of the OCYMCA or use other areas of the facility if you also have a YMCA membership. We want the best for your swimmer. The following guidelines will help you keep your child's development in the proper perspective.

Volunteer Requirements

Behind every successful swim team is a group of dedicated family members who provide a variety of support. Your responsibility to the Ocean County YMCA Swim Team is to actively participate in the swim program. Parent Jobs are not a request; they are a vital part of our team and are a necessary part of any swim meet. Although some jobs, such as officiating, require training and certification (which is provided by the YMCA), most jobs just need your time and effort.

Volunteer Point Requirements

Throughout the season families will earn points for each volunteer job worked. Families will be able to select their own jobs for home meets.

Parents may be assigned a job at any meet in which their swimmer participates. Each job will be worth a given point value. Point values will vary by job and may change, if needed, during the season. Opportunities for additional points may also arise throughout the season.

For swim meets with prelims and finals, if your swimmer is participating in a relay, you may be asked to volunteer during that session.

Required Volunteer Points by Season

Practice Group	Fall/Winter	Spring
AG3	5	2
AG2	8	2
AG1	12	6*
JR2B	8	2
JR2A	15	6*
JR1/SR2/SR1	18	6*

*Friday Night Distance Series and Distance sessions at home or away meets - timing for your own swimmer does not earn points.

Summer Season

Families will be expected to work any meets that their swimmer participates in during the summer season.

Families with Multiple Swimmers (Fall/Winter Season)

Families with more than one swimmer on the team will add 2 points to the value of their highest level swimmer's group requirement. For example, if you have both a JR2B swimmer and a Senior swimmer, you are required to earn 20 points total (18 points for your senior + 2 additional points).

Families with Multiple Swimmers (Spring Season)

Families with more than one swimmer on the team must fulfill the point value of their highest level swimmer's group requirement. For example, if you have both a SR1 swimmer and AG3 swimmer, you are required to earn 6 points total.

Tracking Your Points

Families are responsible for tracking their own points through SportsEngine. Points will be updated within 72 hours of the completion of a meet. To check your points:

- Sign into the team's website
- Click on My Account on the left toolbar
- Click on Account Info
- Click on the Service Hours tab
- You will see your hourly/point obligation and balance on the far right of that screen (You may need to scroll over to view by using the arrow keys on your keyboard)

Required Volunteer Events

OCY has the honor and privilege to host YMCA Championship meets and major invitationals during the short course season. These meets offer tremendous opportunities for our team and are only possible through the combined effort of all OCY families. As such, all families will be responsible for working at both OCY Winter Classic and YMCA 8/under Championships *regardless of whether or not they have a swimmer participating in the meet*. These events will count toward your family's point requirements.

Winter Classic Requirements

- Families with a swimmer in AG1, JR2A, JR1, SR2 or SR1 must work 2 shifts.
- Families with a swimmer in JR2B, AG2 or AG3 must work 1 shift.
- Families with 2 or more swimmers on the team must work 2 shifts unless all swimmers are 8/under.
- Families with swimmers in the meet are required to work each session their swimmer(s) attends including finals.
- Families will be fined \$150 for each unfulfilled shift

YMCA 8/under Championships Requirements

- Families with swimmers in the meet are required to work each session their swimmer(s) attends.
- Families who do not have a swimmer in the meet are required to work 1 shift.
- Families will be fined \$150 for each unfulfilled shift

Volunteer Guidelines & Responsibilities

- Basic job descriptions and their respective point allocations may be found on the team website under the OCY Parents tab.
 - Volunteers are expected to understand and fulfill the responsibilities associated with any job you register to work. If there are questions around a given job's requirements, it is your responsibility to reach out to the meet coordinator or another OCY Swim Team Family to learn the job prior to the event date.
 - Points are not credited for time spent on fundraising activities
 - If a meet or team function is canceled, you do not receive points for the positions you were scheduled to work.
- Once a family completes their minimum required points, it should not be viewed as a reason to no longer volunteer their time.
 - Further, meeting the season's minimum point requirement does not exempt a family from having to volunteer in swim meets or swim team functions in which their child(ren) is (are) participating.
 - Failure to volunteer when requested may jeopardize your child's participation in that event or future OCY Swim Team activities. It should be noted that all families whose children are swimming during championship meets are expected to work upon request, regardless of point status.

How To Sign Up For Volunteer Jobs

- The OCY Swim Team utilizes the Job Sign-Up feature in SportsEngine to staff swim team events, organize volunteers and track points.
- In most cases, events will open for volunteer sign-up at least 7 days prior to the event, with emails sent in advance to communicate the date/time sign-ups will open.
 - Meet volunteer jobs are reserved for families who have children competing in that age group
 - For example, a 13 and over parent should not sign up to work a 9 and under meet until 9 and under parents have had full opportunity to sign up.
 - 48 hours after the initial opening of an event, families of non-competing swimmers may then sign up to volunteer at the event.
- To access the Job Sign-Up, please log onto the team website, and sign into your account. Under Meets and Events, there will be a listing of upcoming swim team events. Next to each event there is a Job Sign-Up button that, when clicked, will display a listing of all jobs available for that event. To sign up, follow the detailed instructions below:

- Step 1: Find available opportunities indicated by empty slots shown as "-----". (Sign-ups are handled on a first-come-first-serve basis. If someone else's name is printed, that job is not available for you to sign up.)
- Step 2: Click on the checkbox in front of the empty slot that you wish to sign-up for
- Step 3: Click on the Signup button to sign-up for the selected slot. Once you see your name printed right next to the checkbox, you've been signed up for that job.
- Step 4: Please enter the name and cell phone number of the person working the job on the line provided.
- Each event will have a lock date for job sign-ups and changes. This date is unique to each event.
 - Prior to the lock date, if you cannot work an event you signed up to volunteer, you may go into the SportsEngine Job Sign up and remove yourself from the position(s).
 - Should you no longer be able to fulfill a job commitment after the lock date on SportsEngine has passed, it is your responsibility to find a replacement for the position. Do not email a coach to find a replacement. In addition, make sure you contact the Meet Coordinator with the name of your replacement.

Penalties For Not Meeting Volunteer Requirements

- Volunteers must sign-in with the Volunteer Check-in upon event arrival or risk losing the points assigned to that position.
- All obligations of volunteer positions must be met or the points allocated for that position will be reduced or not counted. (e.g., not working the entire time-period required, not completing all responsibilities of the job, not showing up at all).
- Meets cannot run without timers. All families should expect that they may be assigned timing roles for meets outside our facility.
 - Timing assignments for away meets will be assigned and posted on the team website within 48 hours of the event. Families will also receive email notification of timing assignments but are expected to check the team website as the meet is approaching to confirm whether they have been assigned.
 - Families who are unable to fulfill a timing assignment must find their own replacement or they will be fined \$250 for failure to show up.
- Families not meeting their point requirement during the season will be assessed a penalty of \$50 per point.
- No show policy: Families who sign up for a job, or are assigned a job at an away meet, and do not show up without first exhausting all other options (seeking coverage, contacting the Meet Coordinator (meetcoordinators@ocymca.org) and Team Admin (swimteamadmin@ocymca.org) will be assessed a penalty of \$250.

Swimmer Code of Conduct

As a member of the Ocean County YMCA Swim Team:

- I agree to conduct myself in a courteous, responsible and exemplary manner.
- I recognize that the reputation of the Ocean County YMCA is affected by and dependent upon my conduct and behavior.
- I will check the team website (<https://www.gomotionapp.com/team/njocy/page/home>) regularly to stay up to date on team activities and events.

In order to cultivate a safe and healthy learning environment for participants and foster team and YMCA unity and spirit;

- I will obey all rules, regulations, and procedures announced by the coaching staff.
- I will compete and participate in all of my events to the best of my ability.
- I will exhibit sportsmanship and respect for teammates, coaches, and opponents at all times.
- I will not, in any way, endanger the safety of another participant.
- I will address all questions and concerns directly to the coaching staff in a calm and courteous manner.
- I will uphold the YMCA core values of Caring, Honesty, Respect, and Responsibility.

I acknowledge that the following conduct is unacceptable and will NOT be tolerated;

- Disrupting practices, failing to abide by coaches' directives, or disrespecting teammates, coaches, or OCYMCA or the pool facilities.
- Use of profanity or inappropriate language.
- Inappropriate or unsupervised activities between group members.
- Destruction or damage to the OCYMCA, any facility we visit, or other member's property can result in suspension or dismissal from the team.
- Possession or use of alcoholic beverages, illegal drugs or tobacco products.
- Bullying in any form (i.e. physical, verbal, social, cyber/online).

At travel meets;

- I will follow the schedule of activities as assigned by the coaches.
- I will be punctual at all team meetings and warm-up times.
- I will socialize with OCY teammates or other competitors only in the common areas of the hotel/facility or areas designated for that purpose by the OCY coaching staff.
- Team trips that are overnight or longer will require a separate signed agreement before attending the trip.

I understand that failure to abide by the Ocean County YMCA Code of Conduct may result in immediate disciplinary action including but not limited to;

- Suspension from practice.
- Suspension from an event.
- Suspension from a meet.
- Suspension from the team/YMCA.
- Forfeiture of all payments or credits for participation in an event and/or program.
- Dismissal from the YMCA and OCY. (If dismissal occurs while on a team travel trip, the cost of the immediate return trip will be at the participant's/parent's expense).
- Any combination of the above.

I understand that it is an honor and privilege to represent the Ocean County YMCA, and I agree to conduct myself appropriately and honorably at all times at practices, meets, and all other YMCA functions.

I understand that parents/swimmers must assume responsibility for any property damages caused by their swimmer(s), including any necessary costs of repair, replacement, or extraordinary cleaning.

I understand that the decisions of the OCY coaching staff will prevail in any disciplinary action and that the OCY coaches can make and enforce necessary interpretations of the Code of Conduct.

Photograph/Video Release

I grant permission to the Ocean County YMCA, to use photographs and/or video taken of me or my children on the OCY Tiger Shark swim team at any time during practice, team events, or meets on the OCYMCA or the team's social media accounts and/or in local media.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph.

I hereby agree to release, defend, and hold harmless the Ocean County YMCA and its agents or employees, including any firm designing, publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any misuse, distortion, blurring, alteration, optical illusion or use in production of the finished product, its publication or distribution.

I am 18 years of age or older and I am competent to contract in my own name. I have read this release before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding the release by submitting those questions in writing prior to signing, and I agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

Health Validation and Consent for Medical Treatment

I, the parent or legal guardian of (Athlete name) attest to the fact that my child is in healthy physical condition and is able to participate in swim team activities.

I give permission to the Ocean County YMCA and its Coaches to act in the best interest of my child in the event of a medical emergency. I authorize permission to hospitalize and/or secure proper treatment for the above named child.

I understand that immediate efforts to contact a parent, legal guardian or other emergency contact will be exhausted in order to inform me of any medical emergency based on the information provided in my swim team account and OCYMCA membership profile.

Parent Code of Conduct

- I have read the 2025-2026 Ocean County YMCA Swim Team Handbook.
- I understand it is my responsibility to read team communications, check the team website regularly and stay informed on team events and deadlines.
- I understand that only coaches and swimmers are allowed on the pool deck during practice.
- I understand volunteer points needed are a MINIMUM and acknowledge that I may be assigned to a job even after completing my required points. If my child is swimming in a championship meet I WILL be expected to work.
- I understand that I am required to volunteer at OCY Winter Classic and YMCA 8/under Championships regardless of whether my swimmer(s) participates in either meet. (Fall/Winter Season only)
- I understand the penalties for not fulfilling volunteer requirements and assignments as outlined in the team handbook.

Social Media Policy

Social media platforms include, but are not limited to: Facebook, Twitter, Instagram, Facebook Messenger, Snapchat, LinkedIn, YouTube, TikTok, and many more.

As a member of the Swim Team, we expect all who participate in social media to understand and adhere to these guidelines, including but not limited to the following:

Overview

- Minor athletes may only like/follow official Ocean County YMCA social media accounts and not a coach's or staff member's personal social media account. Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.
- Coaches are not permitted to like/follow/friend unrelated minor athletes on any social media platform. A coach should not accept any "friend" request from an unrelated minor athlete.
- Coaches and unrelated minor athletes are not permitted to private, instant, or direct message each other through social media or messaging platforms.

Content & Sharing

- No photos or videos may be taken during practices without coaches' approval.
- You are personally responsible for content (e.g., posts, pictures, videos, comments, shares, etc.) published on blogs and other forms of user-generated media (e.g. YouTube). Make sure this content reflects you and the Y in a positive light and upholds the core values of caring, honesty, respect, and responsibility.
- Identify yourself when possible and, if relevant, your relationship to Ocean County YMCA and/or the Swim Team if your content mentions the Y, its programs and services, or the Swim Team. Make it clear to the readers that the views expressed are yours alone and that they do not necessarily reflect the views of Ocean County YMCA.
- Respect content, fair use, and financial disclosure laws.
- Although some sites may offer privacy settings, please be aware that the internet is a public domain. Everything written or displayed on the Web can be traced back to its author. Be respectful of others' privacy.
- Do not disclose any confidential or private information about Ocean County YMCA or its employees, members or guests.
- Do not use the YMCA logo, or Swim Team graphic, or any other images affiliated with Ocean County YMCA or YMCA of the USA.
- Respect your audience. Do not use derogatory or obscene language, personal insults, or any language or behavior that would otherwise violate the Y's member Code of Conduct.
- Use good judgment. There are always consequences to the content you post. Proofread everything you post and if it seems questionable or makes you feel uncomfortable, reread this policy or discuss it with your coach.