



## 2023-2024 SAY SWIM TEAM

### GENERAL PRACTICE GUIDELINES

- Swimmers: Please **arrive early** for all practices. Remember that arriving late means missed warm up and injury prevention. We ask that all swimmers arrive 5-10 minutes prior to the start of their practice time and wait in the observation area above the Hurst Pool. Do not arrive earlier than 10 minutes before your practice time.
- No parents/guardians are allowed on deck during any practice. In all training groups except for our Senior group, parents/guardians are welcome to observe practices on **Sunday only** from the observation area providing there is no interaction between the swimmer and the parent. If you or your swimmer wish to talk to a coach, please wait until after the practice is concluded. An email beforehand always helps.
- Showers must be taken before entering the pool. This is a Y policy.
- BRING WATER! However, no gum or food is allowed in the pool area during practice.
- Please inform your coach via email if your swimmer will be missing practice if the absence is to be longer than two-three days. Please do this as soon as you are aware of the dates even if you have already mentioned it to us in passing or on deck. We will not remember.
- If you need to come late or leave early to practice, your training group coach needs to know and approve this at least 24 hours in advance in order for that practice to count towards your attendance. There will be no swimmer released early from practice unless there is an email from a parent.
- We encourage that in the Senior group, communication be handled by the swimmer themselves in order to foster personal accountability.
- As we did during the pandemic, all swimmers will be released out of the side-door onto Cedar Street for pick-up. Parents/guardians arrive early to ensure a prompt pick up.

## ATTENDANCE POLICY

Swim practice is the **most important** part of our program. Swimmers must attend practice on a regular basis in order for the swimmer's personal goals and our program's goals to be achieved. Although competition is a test of a swimmer's ability, practice is where the potential and foundation for achievement is established. Schedules and expectations vary by group. For our Junior/Senior groups attendance will only be a requirement for those wishing to travel to Sunkissed or YMCA Nationals. Attendance percentages are a baseline minimum which take into account our multisport athletes, sickness/injury, as well as school/family/social/other conflicts. More about this will be discussed at the Parent meeting.

- Seal Pups should try to make all 3 practices per week.
- 8&U are not to attend all 5 practices, instead choose 3 or 4 that work best.
- 9-10s are expected to make 3-4 practices per week.
- Juniors: Attendance will be taken and swimmers are expected to attend 4-5 practices. ***If a swimmer qualifies to attend Sunkissed, attendance requirement is 50%.*** In addition, only one practice may be missed during the last weeks of training in March before the meet.
- Seniors: Attendance will be taken and swimmers are expected to make 5-6 practices per week. ***65% attendance requirement for Sunkissed, 75% attendance requirement for YNATS.*** If a swimmer wishes to attend one of these travel meets, only one practice may be missed during the last weeks of training in March.

### ***Important:***

- Attendance is cumulative from September to March AND April to June or July (depending on age)
- Any swimmer who falls below a yearly attendance rate of 40% will be asked to re-tryout for the team during the last week of July.
- Any swimmer, regardless of age, who does not meet the NJYMCA league minimum of 3 Closed YMCA meets (2 dual meets and 1 invite) and/or does not attend their YMCA championships, will be asked to re-tryout for the team during the last week of July
- Spring/Summer 11&Olders - Any swimmer who does not attend two (2) long course meets will be asked to re-tryout for the team during the last week of July.

- Any swimmer, regardless of age, who does not swim for us in the Spring/Summer will be asked to re-tryout for the team during the last week of July.
- 10&Unders will complete their season at the end of June and must swim at "School's Out" (or similar meet) to avoid re-trying out for the team.
- SAY National Team – Swimmers who qualify for YMCA Nationals must attend both Short Course Championships AND Long Course Championships to be a member of our National Team. Short Course Championships requires a full week commitment, whereas we will give families more flexibility for the Long Course Championships in the summer. Only graduating seniors have the option to not attend the Long Course Championships in their senior year summer.

### **PHOTO ID FOR SWIM TEAM MEMBERS**

All members of the SAY swim team are required to have their photo taken at the Membership desk.

### **LOCKER ROOM ETIQUETTE**

We ask that all our swimmers respect the facility and our locker rooms as we share the locker room with other members and their families from the Y. We are continuing to ask all our swimmers to come dressed ready to swim and to limit locker room usage.

### **FACILITY ACCESS CARDS & SAY WAIVER**

All members (over 18 years old) and visitors picking up or dropping off program participants are required to scan in with their access ID card upon entrance to our facilities. Access ID cards are issued to members individually and are not transferrable. To receive your access ID card and take your photo, visit the membership desk of the Berkeley Heights YMCA or Summit YMCA: Tuesday – Thursday from 10:00 AM-2:00 PM or 6:00-8:00 PM or Friday & Saturday from 9:00 AM-12:00 PM. A government issued photo ID must be presented for anyone over the age of 18.

Prior to entering any YMCA facility, all visitors and members must complete our participation waiver online at [www.thesay.org/waiver](http://www.thesay.org/waiver). After receiving your access ID card, you may use the SAY Mobile App to scan in for convenience. Click here for app download links, features, and FAQ, like how

to add multiple barcodes.

## **SEVERE WEATHER POOL POLICY**

In the event of severe weather, the SAY reserves the right to evacuate and close the pool for any designated amount of time. Severe weather is monitored by management and evacuation will be considered when one or more of the following occurs:

1. Lightning is seen.
2. Thunder is heard.
3. A severe thunderstorm or tornado warning has been issued in our local area.
4. Notifications are received from a lightning detection network and detected to be within or approaching our local area.

## **PARKING**

***Please do not double-park or idle on Cedar Street or in front of BHCP during pick-up or drop-off.***

Allow for extra time as marking may be difficult during practice times.

AT SAY...Street parking is available throughout the City of Summit. Time limits and fees are posted on meters. Metered parking generally costs \$.50 an hour and most time limits range from 15 minutes to 3 hours. Although each parking lot has different parking rules, all parking is free on Sundays and holidays (no permit required).

Pay for your parking using the ParkMobile app. All street meters and payment machines have either a sticker or sign with the Parking Zone number or QR code to scan so you can pay for your parking directly your smart phone and keep track of your receipts and expiration time.

<https://www.thesay.org/summit-ymca/Parking>

AT BH Y/BHCP...We recommend parking on Locust Ave along the street on the side of the YMCA and then walk up.