



Oshkosh Community YMCA

Parent Handbook

2023-2024

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Welcome to the Oshkosh Community YMCA Swim Team – OSHY Dolphins! This parent handbook is a guide that will outline the responsibilities, policies, and standard practices of OSHY. Please take the time to read through the entire handbook. We strive to offer a safe, fun, and instructive swim team.

## YMCA COMPETITIVE SPORTS PHILOSOPHY

The value of youth participation in athletics is one of the underlying principles of the Y. We invest much time, money, and effort into our youth sports programs where individuals can learn in a healthy, competitive way that sports are not just for the physically gifted and talented. There are thousands of young people in our community who will not compete in the world of high school or college athletics. They can, however, learn from an early age to appreciate the joy of movement, the skills necessary for daily activities and sports participation, and the development of their overall strength and fitness.

The youth programs at the Y are also designed to help young people develop the social skills necessary for group and team interaction. These activities help them to develop basic knowledge that will help them to live healthy lives and practice good living habits. Most importantly, it is our hope that the youth sports programs at the YMCA will be opportunities for young people to understand, practice and even develop their own values and morals in interaction with other young people under the guidance of understanding and helpful adult coaches, counselors, group leaders, and parents.

At the Y, we practice a comprehensive approach to sports with an emphasis on positive physical and mental development. Our program holds these values:

- Developing self-confidence, self-respect, and an appreciation of individual worth
- Developing a commitment for daily living based on values such as Caring, Honesty, Respect, and Responsibility
- Growing as a responsible member of the family, team, and citizen of the community
- Appreciating physical fitness and mental well-being contribute to overall health
- Recognizing the worth of all people and working for mutual respect and understanding
- Developing the capacity for leading, while using it responsibly

## TEAM GOALS

1. To nurture each child and realize that they are different and allow them to develop as far as their dreams, talents, and efforts will take them.
2. To guide young people, through the process of achieving while inspiring them to use this knowledge throughout their lives. Encourage them to dream, help them set worthy goals, promote a strong work ethic, provide support while they struggle, and inspire them to persevere until they succeed.
3. To provide a level of coaching that will lead to the development of successful all-around swimmers. In all levels, proficient technique is a priority as well as respect to the coach's workout directions, allowing swimmers to develop character, self-confidence, and the love for the sport in a nurturing atmosphere.
4. To encourage parents to actively support their child as well as the program in a positive manner that reflects the YMCA mission and core values. Understanding their involvement is essential to the program and their child's success.
5. To provide swimmers the opportunity to get involved with and support our community.

## EXPECTATIONS OF OSHY TEAM MEMBERS

1. To understand the mission of the YMCA as well as that of the swim team.
2. Be a proud member of OSHY.
3. Give of yourself 100% physically and mentally.
4. Challenge yourself and teammates to improve and work harder in a supportive way.
5. Display good sportsmanship at all times, home and away, demonstrating the YMCA core values at all events involving the team as a whole or in part.
6. Make friends with teammates and learn how to be a part of a team.
7. Arrive 15 minutes prior to scheduled practice time.
8. Come prepared – have all equipment necessary.
9. Attend scheduled practices and meets.
10. Communicate with coach directly regarding schedule conflicts or questions/concerns.

## BEHAVIOR EXPECTATIONS

Swimmers are expected to show responsible behavior before, during, and after practices as well as at meets. The behavior of each OSHY member affects our team image and relationships. Negative or abusive behavior will not be tolerated. Due to the volume of swimmers and limited space and amount of practice time, it is crucial that the practice environment remain positive and that practice sessions operate in a smooth, efficient manner.

Inappropriate behavior would include, but is not limited to the following:

- Speaking when coaches are speaking
- Disobeying the request or instructions of coaches
- Failing to respect other's private property
- Behaving in a way that could reflect negatively on the program and/or the Y
- Failing to respect all areas of the facility and/or staff members
- Any disruptive behavior which interferes with practice or the safety of another swimmer
- Profanity
- Substance abuse

The coaching staff is responsible for the supervision of swimmers on deck during practices and meets. Parents are responsible for the supervision of swimmers when they are off deck including before and after practice, locker rooms, and between events.

## LOCKER ROOM and LOCKER USE POLICY

Swim team members should be using the GIRLS and BOYS locker rooms ONLY. Lockers are available for day use. It is strongly recommended that lockers be locked. Locks must be provided by the swimmer and should be removed daily. Personal belongings should not be left in lockers overnight. Swimmers are expected to conduct themselves appropriately in regard to behavior. Supervision in locker rooms is not provided by the program.

## COMMUNICATION

OSHY has several forms of communication to ensure parents and swimmers have timely and appropriate information.

- Team Unify (GoMotion)

Team Unify is the website we use for all team functions. It is the same website used for Registration. Parents can access their Team Unify account at any time to update payment methods, view account balances, sign-up for meets, and volunteering. Please take some time to familiarize yourself with the site. If you have questions, you can email: [kellywynns@oshkoshymca.org](mailto:kellywynns@oshkoshymca.org) or reach out to the current Parent Rep Kate Salzsieder [katesalz13@gmail.com](mailto:katesalz13@gmail.com)

- OSHY Swim Team Parent Group Facebook page

Join the 'OSHY Swim Team Parent Group' Facebook page to get up-to-date information, share pictures, and to connect with other swim team families.

- Email

Email is the main form of team communication. Please make sure your email address is correct in Team Unify and check your email often.

- Parent Committee Contacts

Reach out to respective Parent Committee contacts for specific information. Parent Committee roles listed in volunteer section of parent handbook.

## OSHY PRACTICE GROUPS

Swimming is a TEAM sport. The people you swim with, their skills and their attitudes, affect you. And vice versa. The OSHY team is divided into different groups to provide an appropriate practice environment for each swimmer. It is important to have swimmers in each group that work well together. Swimmers in a group must have similar skills, strength, and endurance. Regardless of group, regular practice attendance is important. Groups tend to move forward together or remain static together. If a significant portion of a group DOES NOT know a skill or lacks strength, endurance, or will, the entire group does not progress. Each group has prerequisites. These prerequisites are minimum standards for the group. If they are unable to meet these, the workouts will be at a higher level than they are ready for.

Specific practice schedules will be available on the team website at the beginning of the season.

### **D2 (Dolphin 2):**

The D2 group is OSHY's entry level group. It is for younger swimmers learning the basics of competitive swimming – freestyle, backstroke, breaststroke, butterfly, starts, turns, and finishes – and developing the strength and endurance necessary to move to the D1 group.

**D2 practice prerequisites:**

All entry level swimmers need an OSHY coach evaluation. What is being looked for in the evaluation is that a swimmer can swim a length on their front with their face in the water, a length on their back, and a length kicking with a kick board.

**D2 practices:**

Our Dolphin 2 (D2) group will meet Mon, Wed and Thur for 40 minutes. Practices will start at 4:20 and go until 5:00pm. The Dolphin 2 group will be divided during practices as the coaches see fit.

**D2 attendance practice requirements:**

Expected attendance is 2-3 times per week

**D2 swim meet participation:**

D2 swimmers participate in home meets and low key away meets in Fond du Lac and Appleton.

**Designated meets for D2:**

<b>D1/2 Meet Schedule</b>		
<u>Date</u>	<u>Meet</u>	<u>Location</u>
Sept 29-30	OSHY Fall Opener	Oshkosh YMCA
Oct 22	OSHY v FCY Dual Meet	Oshkosh YMCA
Nov 17-19	OSHY Champion Meet	Oshkosh YMCA
Dec 8	FSC Santa Meet	Fond du Lac Aquatic Center
Jan 5-6	OSHY New Year Kick-Off	Oshkosh YMCA
Jan 21	OSHY v FCY Dual Meet	Oshkosh YMCA
Feb 10-11	OSHY Winter Open	Oshkosh YMCA
Feb 27	NKB Birthday Swim	Oshkosh YMCA
Mar 8-9	Last Chance Meet	TBD

**D2 equipment:**

Kickboard and fins (when a swimmer first joins the team, they may use the YMCA's equipment, but within the first month they need to purchase their own.)

**D2 swimmer responsibilities:**

Show up on time, be prepared with your equipment, learn the structure and order of practices, attend meets designated for your group.

**D2 fees:**

## 2023—2024 OSHY Fee Structure

Group	Registra tion Fee <u>Annual</u>	Activity Fee <u>Monthly</u>	Seasonal Training Fees*					Training Fees install- ments*	Training Fees install- ments*
			S 1	S 2	S 1&2	S 3	S 1&2 HS		
Dolphin 2	\$75.00	\$15.00	\$160.00	\$160.00	\$310.00	\$160.00	XXX	\$42.00	
Dolphin 1	\$75.00	\$15.00	\$270.00	\$270.00	\$520.00	\$270.00	XXX	\$69.00	
SR 3	\$75.00	\$15.00	\$420.00	\$420.00	\$840.00	\$420.00	\$630.00	\$110.00	\$83.00* *
SR 2	\$75.00	\$15.00	XXX	XXX	\$840.00	\$420.00	\$630.00	\$110.00	\$83.00* *

SR 1	\$75.00	\$15.00	XXX	XXX	\$1080.00	\$540.00	\$810.00	\$140.00	\$105.00
					0				**

**S1 = Season 1:** September thru December (4)

**S2 = Season 2:** January thru April (4)

**S3 = Season 3:** May thru August (4)

**S1&2 = Season 1&2:** September thru April (8)

**S1&2HS:** September thru April for High School Swimmers participating in High School Swimming

\*Does not include monthly activity fee or annual registration fee

\*\*Paid monthly Sept thru April, swimming high school

YMCA Membership is required to be an OSHY swimmer

### Monthly Meet Entry Fee Assessment:

All swimmers will be automatically billed a Monthly Activity Fee of \$15.00 per month. The Monthly Activity Fee will be credited towards the meet entry fees for the designated meets (not the Championship / Time Standard Meets) for their group. If your meet entry fees for the month exceed \$15.00 you will be billed for the difference. If you do not attend a meet during the month the \$15.00 does not roll over to the next month and is nonrefundable.

### D1 (Dolphin 1)

The D1 group is OSHY's 2nd level group. It is for swimmers that are legal in all 4 strokes, know how to read the pace clock and understand intervals and send offs.

### D1 practices:

Our **Dolphin 1(D1)** group will meet Monday through Thursday with an occasional Friday from 5-6:00pm.

### D1 attendance requirements:

Expected attendance is 3-4 times per week

### D1 swim meet participation:

D1 swimmers participate in home meets, low key away meets and championship meets for those who qualify.

### Designated meets for D1

D1/2 Meet Schedule		
Date	Meet	Location
Sept 29-30	OSHY Fall Opener	Oshkosh YMCA
Oct 22	OSHY v FCY Dual Meet	Oshkosh YMCA
Nov 17-19	OSHY Champion Meet	Oshkosh YMCA
Dec 8	FSC Santa Meet	Fond du Lac Aquatic Center
Jan 5-6	OSHY New Year Kick-Off	Oshkosh YMCA
Jan 21	OSHY v FCY Dual Meet	Oshkosh YMCA
Feb 10-11	OSHY Winter Open	Oshkosh YMCA
Feb 27	NKB Birthday Swim	Oshkosh YMCA
Mar 8-9	Last Chance Meet	TBD

### D1 equipment:

Kickboard and fins

### D1 swimmer responsibilities:

Show up on time, be prepared with your equipment, know how to use the clock, know your best times, attend the meets designated for your group. If you cannot keep up with your group, either you need to attend more practices OR you need to be in a different group. Expect to be challenged, learn to enjoy things that are hard.

**D1 fees:**

2023—2024 OSHY Fee Structure

Group	Registration Fee Annual	Activity Fee Monthly	Seasonal Training Fees*					Training Fees install-ments*	Training Fees install-ments*
			S 1	S 2	S 1&2	S 3	S 1&2 HS		
Dolphin 2	\$75.00	\$15.00	\$160.00	\$160.00	\$310.00	\$160.00	XXX	\$42.00	
<b>Dolphin 1</b>	<b>\$75.00</b>	<b>\$15.00</b>	<b>\$270.00</b>	<b>\$270.00</b>	<b>\$520.00</b>	<b>\$270.00</b>	<b>XXX</b>	<b>\$69.00</b>	
SR 3	\$75.00	\$15.00	\$420.00	\$420.00	\$840.00	\$420.00	\$630.00	\$110.00	\$83.00*
SR 2	\$75.00	\$15.00	XXX	XXX	\$840.00	\$420.00	\$630.00	\$110.00	\$83.00*
SR 1	\$75.00	\$15.00	XXX	XXX	\$1080.00	\$540.00	\$810.00	\$140.00	\$105.00**

**S1 = Season 1:** September thru December (4)

**S2 = Season 2:** January thru April (4)

**S3 = Season 3:** May thru August (4)

**S1&2 = Season 1&2:** September thru April (8)

**S1&2HS:** September thru April for High School Swimmers participating in High School Swimming

\*Does not include monthly activity fee or annual registration fee

\*\*Paid monthly Sept thru April, swimming high school

YMCA Membership is required to be an OSHY swimmer

**Monthly Meet Entry Fee Assessment**

All swimmers will be automatically billed a Monthly Activity Fee of \$15.00 per month. The Monthly Activity Fee will be credited towards the meet entry fees for the designated meets (not the Championship / Time Standard Meets) for their group. If your meet entry fees for the month exceed \$15.00 you will be billed for the difference. If you do not attend a meet during the month the \$15.00 does not roll over to the next month and is nonrefundable.

**SR3 (Senior 3):**

The SR3 (Senior 3) Group is for experienced swimmers. This group emphasizes stroke drills/progressions, and light training progressions. The group is for swimmers transitioning from Dolphin 1 to the Senior levels AND for swimmers that do not want the commitment level of the SR1 & SR2 groups.

**SR3 practices:**

This group will meet Monday, Wednesday, and Thursday from 6:30-8:00pm. This group also has the opportunity to practice with SR1&SR2 on Tuesday and Friday.

**SR3 practice attendance requirements:**

Attendance expectation for this group is 2-3 times per week.

**SR3 swim meet participation:**

SR swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

**Designated meets for SR3:**

SR 1/2/3 Meet Schedule		
Date	Meet	Location



Sept 29-30	OSHY Fall Opener	Oshkosh YMCA
Oct 13-15	Greater MKE Open	Schroeder YMCA
Nov 17-19	OSHY Champion Meet	Oshkosh YMCA
Dec 1-3	Y Finalist	Schroeder YMCA
Jan 5-6	OSHY New Year Opener	Oshkosh YMCA
Jan 6	Big Cheese (SR Girls Only)	Schroeder YMCA
Jan 19-20	GBY Titledown	Ashwaubenon
Feb 9-11	OSHY Winter Open	Oshkosh YMCA
Feb 27	NKB Birthday Swim	Oshkosh YMCA
Mar 8-9	Last Chance Meet	TBD
Mar 23-24	Midwest Regionals	Minneapolis

**SR3 equipment:**

Kickboard, fins, pull buoy, paddles (not too big), swim snorkel.

**SR3 swimmer responsibilities:**

Show up on time, be prepared with your equipment, know how to use the clock, know your best times, attend the meets designated for your group, know the appropriate intervals (kicking and swimming) for you, if you can't keep up or can't finish sets on interval, either you need to attend more practices OR you need to be in a different group. Expect to be challenged, learn to enjoy things that are hard.

**SR3 program fees:**

2023—2024 OSHY Fee Structure

Group	Registra tion Fee Annual	Activity Fee Monthly	Seasonal Training Fees*					Training Fees install- ments*	Training Fees install- ments*
			S 1	S 2	S 1&2	S 3	S 1&2 HS		
Dolphin 2	\$75.00	\$15.00	\$160.00	\$160.00	\$310.00	\$160.00	XXX	\$42.00	
Dolphin 1	\$75.00	\$15.00	\$270.00	\$270.00	\$520.00	\$270.00	XXX	\$69.00	
<b>SR 3</b>	<b>\$75.00</b>	<b>\$15.00</b>	<b>\$420.00</b>	<b>\$420.00</b>	<b>\$840.00</b>	<b>\$420.00</b>	<b>\$630.00</b>	<b>\$110.00</b>	<b>\$83.00*</b>
SR 2	\$75.00	\$15.00	XXX	XXX	\$840.00	\$420.00	\$630.00	\$110.00	\$83.00*
SR 1	\$75.00	\$15.00	XXX	XXX	\$1080.00	\$540.00	\$810.00	\$140.00	\$105.00**

**S1 = Season 1:** September thru December (4)

**S2 = Season 2:** January thru April (4)

**S3 = Season 3:** May thru August (4)

**S1&2 = Season 1&2:** September thru April (8)

**S1&2HS:** September thru April for High School Swimmers participating in High School Swimming

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\*\*Paid monthly Sept thru April, swimming high school

YMCA Membership is required to be an OSHY swimmer

**SR2 (Senior 2):**

This group is for our younger senior level swimmers.

**SR2 practices:**

Practice is Monday thru Thursday 6:30-8:00pm, Friday 4:15-6:15pm and Saturday 8:15-10:15am.

**SR2 practice attendance requirements:**

Attendance expectation is 4-6 times per week.

**SR2 swim meet participation:**

SR swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

**Designated meets for SR2:**

SR 1/2/3 Meet Schedule		
Date	Meet	Location
Sept 29-30	OSHY Fall Opener	Oshkosh YMCA
Oct 13-15	Greater MKE Open	Schroeder YMCA
Nov 17-19	OSHY Champion Meet	Oshkosh YMCA
Dec 1-3	Y Finalist	Schroeder YMCA
Jan 5-6	OSHY New Year Opener	Oshkosh YMCA
Jan 6	Big Cheese (SR Girls Only)	Schroeder YMCA
Jan 19-20	GBY Titledown	Ashwaubenon
Feb 9-11	OSHY Winter Open	Oshkosh YMCA
Feb 27	NKB Birthday Swim	Oshkosh YMCA
Mar 8-9	Last Chance Meet	TBD
Mar 23-24	Midwest Regionals	Minneapolis

**SR 2 equipment:**

Kickboard, fins, pull buoy, paddles (not too big), swim snorkel

**SR2 swimmer responsibilities:**

Show up on time, be prepared with your equipment, know how to use the clock, know your best times, attend the meets designated for your group, know the appropriate intervals (kicking and swimming) for you, if you can't keep up or can't finish sets on interval, either you need to attend more practices OR you need to be in a different group. Expect to be challenged, learn to enjoy things that are hard.

**SR2 program fees:**

2023—2024 OSHY Fee Structure

Group	Registra tion Fee <u>Annual</u>	Activity Fee <u>Monthly</u>	Seasonal Training Fees*					Training Fees install- ments*	Training Fees install- ments*
			S 1	S 2	S 1&2	S 3	S 1&2 HS		
Dolphin 2	\$75.00	\$15.00	\$160.00	\$160.00	\$310.00	\$160.00	XXX	\$42.00	
Dolphin 1	\$75.00	\$15.00	\$270.00	\$270.00	\$520.00	\$270.00	XXX	\$69.00	
SR 3	\$75.00	\$15.00	\$420.00	\$420.00	\$840.00	\$420.00	\$630.00	\$110.00	\$83.00*
<b>SR 2</b>	<b>\$75.00</b>	<b>\$15.00</b>	<b>XXX</b>	<b>XXX</b>	<b>\$840.00</b>	<b>\$420.00</b>	<b>\$630.00</b>	<b>\$110.00</b>	<b>\$83.00*</b>
SR 1	\$75.00	\$15.00	XXX	XXX	\$1080.00	\$540.00	\$810.00	\$140.00	\$105.00**

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**S3 = Season 3:** May thru August (4)

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**S1&2HS:** September thru April for High School Swimmers participating in High School Swimming

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\*\*Paid monthly Sept thru April, swimming high school

YMCA Membership is required to be an OSHY swimmer

**SR1 (Senior 1):**

The SR1 group is for our older, experienced swimmers, that know how to read a pace clock and understand intervals and send offs. SR1 swimmer must know their best times and swim a full range of events.

**SR 1 practices:**

Practice is Monday through Saturday with Tuesday/Thursday AM practices.

Monday through Thursday 6:30-8:30pm

Friday 4:15-6:15pm, Saturday 8:15-10:15am

Tuesday/Thursday 5:45-7:00am

**SR1 practice attendance requirements:**

Expected attendance is 5-6 days if only attending PM practices and 7-8 days if attending AM and PM practices.

**SR1 swim meet participation:**

SR swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

**Designated meets for SR1:**

<b>SR 1/2/3 Meet Schedule</b>		
<b>Date</b>	<b>Meet</b>	<b>Location</b>
Sept 29-30	OSHY Fall Opener	Oshkosh YMCA
Oct 13-15	Greater MKE Open	Schroeder YMCA
Nov 17-19	OSHY Champion Meet	Oshkosh YMCA
Dec 1-3	Y Finalist	Schroeder YMCA
Jan 5-6	OSHY New Year Opener	Oshkosh YMCA
Jan 6	Big Cheese (SR Girls Only)	Schroeder YMCA
Jan 19-20	GBY Titledown	Ashwaubenon
Feb 9-11	OSHY Winter Open	Oshkosh YMCA
Feb 27	NKB Birthday Swim	Oshkosh YMCA
Mar 8-9	Last Chance Meet	TBD
Mar 23-24	Midwest Regionals	Minneapolis

**SR 1 equipment:**

Kickboard, fins, pull buoy, paddles (not too big), swim snorkel

**SR1 swimmer responsibilities:**

Honor your commitment – minimum of 5 practices a week if you are a PM only swimmer, minimum of 7 practices a week if you are an AM and PM swimmer. If you are going to miss a practice, let your coach know beforehand. Show up on time, be prepared with your equipment, know how to use the clock, know your best times, attend the meets designated for your group, and know the appropriate intervals (kicking and swimming) for you. Expect to be challenged, learn to enjoy things that are hard.

**SR1 fees:**

2023—2024 OSHY Fee Structure

Group	Registration Fee Annual	Activity Fee Monthly	Seasonal Training Fees*					Training Fees install-ments*	Training Fees install-ments*
			S 1	S 2	S 1&2	S 3	S 1&2 HS		
Dolphin 2	\$75.00	\$15.00	\$160.00	\$160.00	\$310.00	\$160.00	XXX	\$42.00	
Dolphin 1	\$75.00	\$15.00	\$270.00	\$270.00	\$520.00	\$270.00	XXX	\$69.00	
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SR 2	\$75.00	\$15.00	XXX	XXX	\$840.00	\$420.00	\$630.00	\$110.00	\$83.00*
<b>SR 1</b>	<b>\$75.00</b>	<b>\$15.00</b>	<b>XXX</b>	<b>XXX</b>	<b>\$1080.00</b>	<b>\$540.00</b>	<b>\$810.00</b>	<b>\$140.00</b>	<b>\$105.00**</b>

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YMCA Membership is required to be an OSHY swimmer

### Monthly Meet Entry Fee Assessment:

All swimmers will automatically be billed a Monthly Activity Fee. For all groups this will be \$15.00 per month. The Monthly Activity Fee will be credited towards the meet entry fees for the designated meets (not the Championship / Time Standard Meets) for their group. If your meet entry fees for the month exceed \$15.00 you will be billed for the difference. If you do not attend a meet during the month the \$15.00 does not roll over to the next month and is not refundable.

### TEAM SUITS

Team suits are available for purchase through A3. Team suits are not required. If not wearing an OSHY team suit, then a solid navy-blue suit is required (any brand). Any suit/color is acceptable for practices.

[Order TEAM SUITS HERE.](#)

### SWIM CAPS

An OSHY or NKB cap should be worn at practices and meets. Swim caps are available from coaches. Your swimmer should ask a coach if they need a swim cap.

### SWIM TEAM FEES

#### YMCA Membership

All swim team members are required to have an active Oshkosh YMCA membership at all times. The membership must apply to the member of the team. Memberships at other YMCA's do not meet this requirement. Current membership rates are available on the team website. Membership fees are paid through the YMCA, not Team Unify. You can join online at [www.oshkoshymca.org](http://www.oshkoshymca.org) or by stopping at the Y Front Desk.

#### Swim Team Program Fees

Program fees are paid on the 1<sup>st</sup> of every month by autopay. Automatic payments are REQUIRED and can be set up with a credit card or bank account upon registration.

### 2023—2024 OSHY Fee Structure

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			S 1	S 2	S 1&2	S 3	S 1&2 HS		
Dolphin 2	\$75.00	\$15.00	\$160.00	\$160.00	\$310.00	\$160.00	XXX	\$42.00	
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All swimmers will automatically be billed a Monthly Activity Fee. For all groups this will be \$15.00 per month. The Monthly Activity Fee will be credited towards the meet entry fees for the designated meets (not the Championship / Time Standard Meets) for their group. If your meet entry fees for the month exceed \$15.00 you will be billed for the difference. If you do not attend a meet during a month the \$15.00 does not roll over to the next month and is not refundable.

### **Team Travel Fees**

Swim meet and team travel fees will be added to your account as you register for them. These fees will be paid on the 1<sup>st</sup> of every month by autopay.

### **Billing Summaries**

Billing Summaries will be emailed to all accounts between the 25<sup>th</sup> – 30<sup>th</sup> of every month. This summary will reflect the upcoming month recurring charges (monthly fees) and any additional charges that were placed on accounts (camps/meets/travel/etc.).

### **How to View My Current Invoices and Payments in Team Unify**

1. Go to Invoices & Payments.
  - a. In the side menu click **My Account > \$ My Invoice/Payment**.
2. Click the **Current Invoice Summary** bar. This will show invoices generated on the 1st, along with invoice items generated and payments made since then.

## FINANCIAL ASSISTANCE



### FINANCIAL ASSISTANCE **AVAILABLE**

EXPLORE YOUR POSSIBILITIES.  
Contact the Oshkosh Y for more details. This program is supported by the Annual Campaign.

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Oshkosh Community YMCA ensures that every individual has access to the essentials needed to learn, grow and thrive. The Y welcomes all who wish to participate and believes that no one should be denied access because of an inability to pay. Through the generosity of the Oshkosh Area United Way, Y members & staff, and community donors, we are able to make the Y accessible to community members

through our For All Program. Financial Assistance is handled by the Y in a fair and confidential manner by using a sliding scale to determine how much assistance is awarded. Every Y member and program participant receives the same membership benefits, regardless of whether or not they receive assistance. Y members and program participants can feel confident knowing they are part of an organization that cares greatly for the well-being of all people. We're committed to youth development, healthy living and social responsibility. Financial Assistance Applications are available on the team website and can be submitted to: [kellywynns@oshkoshymca.org](mailto:kellywynns@oshkoshymca.org) Please allow two weeks for processing. A new application will be required for each season.

## SWIM MEET INFORMATION

Attending meets is an important part of being on a team. Swim meets are an important part of the learning process, and they are an important part of the social aspect of being on a team. Swimmers choosing to participate on the OSHY team are expected to attend meets. The meets are slightly different for each level. (Younger, newer swimmer meets are smaller and more low-key. Older, more experienced swimmer meets are a little bigger and more serious.) All swimmers should sign-up up for the meets for their group. A meet schedule will be provided at the start of each season.

### Championship Meets / Time Standard Meets

There are meets that a swimmer must achieve a minimum time in an event to participate in the meet. If and when your child qualifies for one of these meets, it is important that you give them the opportunity to participate. Midwest Regionals, State, Zones, KMSC Pro-AM, and Nationals are examples of Championship / Time Standard Meets. These meets are the reward for significant hard work. They are exciting because of location and level of competition. Participation helps a swimmer develop an identity as a high-level athlete (self-perception is very important.) Participation helps a swimmer develop future goals and aspirations. Participation, especially in team travel events, helps a swimmer develop relationships and bonds with other high achieving athletes (this tends to be very important too.)

Time Standard / Championship Meet Schedule		
Date	Meet	Location
Dec 6-10	Winter JR Nationals	Westmont, IL
Dec 9-10	Single Age State	Verona Aquatic Center
Dec 13-18	KMSC Pro-Am Classic	Lewisville Texas
Feb 23-25	Senior State	Schroeder YMCA
Mar 1-3	Age Group State Meet	
Mar 15-17	YMCA State	Schroeder YMCA
Mar 23-24	Midwest Regionals	Minneapolis

**Meet Entries**

The swim coach will post to the team website. An email will go out to all team members when the meet is posted and then again 7 days before the deadline for registering for those who have not registered for the meet. All meet fees are charged to your Team Unify account and will be automatically billed on the 1<sup>st</sup> of every month. Meet fees are non-refundable. While swimmers/parents can select the events they choose to participate in, consultation with the coach is strongly encouraged.

1. Sign in to your team's TeamUnify website.
2. Go to your Events page.
  - a. Click your **Events** tab in the top menu, or **More...** on the home page Events section.
3. Click your desired event's **Attend/Decline** (or **Edit Commitment**) button.
4. Click the name of your athlete whom you want to attend.
5. Click the *Declaration* dropdown and click **Yes, please sign [Name] up for this event** (or **No, thanks, [Name] will NOT attend this event**, enter any *Notes*, and then click **Save Changes**).

**Pumpkin Invitational (Oct 20, 2017 - Oct 22, 2017)**

Member Athlete:  
**Emily Black**

\*Declaration

Notes:

6. Enter any *Notes* you want the coach to see.
7. If a team admin has allowed you to select events, check the boxes of the events you want your athlete to enter.

Day 1 Session 1		Max Entries this Session <b>IE = 0   Rel = 0   Comb = 0</b>							
	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
<input type="checkbox"/>	NT	Not Qualified	<input type="checkbox"/>	<input type="checkbox"/>		1	G	Open 1000 Free	<=14:59.99Y <=12:59.99L
<input checked="" type="checkbox"/>	<u>22:12.42L</u>	22:12.42L	<input type="checkbox"/>	<input type="checkbox"/>		3	G	Open 1650 Free	<=25:59.99Y <=23:59.99L
Day 2 Session 3		Max Entries this Session <b>IE = 5   Rel = 1   Comb = 6</b>							
	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
<input type="checkbox"/>	NT	Not Qualified	<input type="checkbox"/>	<input type="checkbox"/>		45	G	Open 400 Medley	<=6:27.99Y <=6:59.99L
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		47	G	Open 50 Free	
<input checked="" type="checkbox"/>	<u>1:19.89L</u>	1:19.89L	<input type="checkbox"/>	<input type="checkbox"/>		49	G	Open 100 Back	

- a. Red times indicate your athlete is not qualified to enter those events.
  - b. Events you choose are subject to coach approval.
8. Otherwise select which days and sessions your athlete will attend and a coach will then pick which events your athlete will enter.

Please select the Days/Sessions that this Athlete would like to attend below:

**Day 1/Session 1**

Ev#	Best Time	Gen	Event	Qualifying Time
1	NT	G	Open 1000 Free	<=14:59.99Y <=12:59.99L
3	22:12.42L	G	Open 1650 Free	<=25:59.99Y <=23:59.99L

**Day 2/Session 3**

**Day 3/Session 5**

- a. You may click a day/session button to see what events are scheduled.
9. When finished, click **Save Changes**.
10. Repeat for all other athletes you may have.

### Sessions/Heat Sheets

Meets are usually divided into sessions based on age. There is a separate heat sheet for each session. Once the meet releases the heat sheets they will be posted on the team website and emailed to the team from the coach. The heat sheet will list all swimmers in order of event according to their seed times. When a team entry is sent in, each swimmer and his/her previous best time in that event are listed. If the swimmer is swimming the event for the first time, he/she will be entered as having “No Time” or NT. Below is an example that shows the Event Number, Heat Number, and Lane Number. Your swimmer will need to know these to understand when it is their turn to swim. Please review carefully to know and understand when your child swims. It is the swimmer’s responsibility to be ready for their heat. Heat sheets are not printed. It is strongly encouraged to print a copy of the heat sheet at home prior to arriving at the meet.

Event Number

**#1 Mixed 25 Yard Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals Starts at 06:20 PM</b>				
Heat Number 1	Mattice, Charlie	M9	OSHY-WI	NT
Heat Number 2	Koehler, Ellie J	W6	OSHY-WI	NT
Lane Number 3	Aebly, Otto A	M6	WYNS-WI	NT
Lane Number 4	Koehler, Lexi E	W8	OSHY-WI	NT
Lane Number 5	Aebly, Iris J	W6	WYNS-WI	NT
Lane Number 6	Krikau, Miles W	M14	FSC-WI	NT
<b>Heat 2 of 3 Finals Starts at 06:21 PM</b>				
1	Hitchcock, Axel N	M6	OSHY-WI	32.27
2	Scullion, Iain S	M7	OSHY-WI	26.52
3	Palma, Emmie M	W10	OSHY-WI	23.51
4	Schuster, Claire H	W12	OSHY-WI	24.77
5	Lynch, Anna N	W8	OSHY-WI	29.71
6	Francis, Benner N	M9	WYNS-WI	NT

### Warm-Ups

Warm-up times will be sent out in advance. Swimmers should arrive 15 minutes prior to their scheduled warm-up time. Spectators are **NOT ALLOWED** on deck during warm-ups.

### Warming Areas

At some meets warming areas will be provided for swimmers/spectators in between heats. This is a space where families can gather, especially if spectators are not allowed on the pool deck for extended periods of time. Each meet has different accommodations so plan accordingly. Some meets will not have a warming area.



## What to Bring

- Navy blue swimsuit, cap (must be OSHY or NKB), and goggles. Bring an extra set of goggles in the event one breaks.
- Towels – two is suggested.
- If the meet has a warming area – something to sit on (blanket, camp chair, sleeping bag).
- Sweat suits/warm-ups to help stay warm. 2 is suggested because they can get wet.
- Snacks/Food – most meets will have concessions, but it is encouraged to also be prepared in case food isn't available.
- Water bottle

## During the Meet

- Each swimmer is responsible for knowing what event numbers he/she is swimming. It is common for swimmers to write their event numbers/heats on their hands/arms in permanent marker as a reminder. E=Event Number, H=Heat Number, L=Lane Number

E	H	L
2	4	4
2	6	3
21	3	7

- Depending on the meet the swimmer's event number may/may not be called, or an event board will be visible to show what event/heat the meet is currently on. Not every meet makes announcements.
- Prior to a swimmer's event they should report to the "marshalling staging area". Each marshalling area is different – the coach will give directions immediately following warm-ups on the specifics of the meet.
- Upon completion of the race the swimmer should go to their coach for an evaluation of their race. Afterwards, swimmers should return to the team area. It is encouraged for swimmers to sit together as a team and cheer each team member on.
- It is very helpful if swimmers remain at all home meets until equipment has been returned to storage and the pool is returned to normal use for the community.
- Swimmers should NOT sit in the spectator seating areas.
- Each meet has different expectations for spectators. The coach will inform the team of any restrictions. Please be respectful of the guidelines put in place at all meets.

## Meet Mobile APP

Download the Meet Mobile APP to get results right on your mobile device.

### APPLE USERS



### ANDROID USERS



## PARENT COMMITTEE AND VOLUNTEERS

Home meets are a very important part of swim team. The revenue generated offsets the program costs and allows us to keep swim team fees reasonable. The only way we can run successful home meets is to have parents volunteer. There are a few experienced parents in leadership roles listed below. You can reach out to these parents directly, should you have any questions regarding those specific areas of volunteering.

NOTE: The Parents in leadership roles do not supervise or organize the day-to-day operations of the swim team. All operations of the swim team are the responsibility of the Head Coach, who is supervised by the Branch Executive. The Parents in leadership roles operate as a support group of the team.

## PARENT COMMITTEE LEADS

- Officials (Jennifer Dudzinski and Stacy Pasholk)
  - [jldudzinski@gmail.com](mailto:jldudzinski@gmail.com)
  - [imswimmer28@hotmail.com](mailto:imswimmer28@hotmail.com)
  - Organize and ensure we have enough officials at each meet.
  - Recruit and guide new parents in becoming certified officials.
  - Perform administrative tasks necessary at each meet.
- Team Apparel (Abbey Burlingham)
  - [abbeyburlingham@oshkoshymca.org](mailto:abbeyburlingham@oshkoshymca.org)
  - Organize, promote, and manage team apparel website.
- Hospitality (Shelly Paulsen)
  - [paulsensshelly11@gmail.com](mailto:paulsensshelly11@gmail.com)
  - Organize meals for coaches/officials at home meets.
  - Set up/Take down hospitality room for home meets.
- Assistant Meet Directors – On Deck (BJ Cavill) **Looking for MORE PEOPLE**
  - [bjspl@hotmail.com](mailto:bjspl@hotmail.com)
  - Lead set-up and take-down crew.
  - Have working knowledge of equipment and technology.
  - Understand the needs of the facility during a meet.
  - Serves as the liaison between the YMCA and the swim team during meets.
- Concessions (Angie Flanigan) **Looking for MORE PEOPLE**
  - [angieflanigan@oshkoshymca.org](mailto:angieflanigan@oshkoshymca.org)
  - Organize concessions menu and order/secure supplies as needed.
  - Organized set-up and take-down of concessions.
  - Organize parent donations for concessions.
  - Secure start-up cash from YMCA, drop cash daily.
  - Keep accurate inventory of concession supplies.
- Results/Timing Computer (Kelly Wynns, BJ Cavill, Jeremy Pasholk and Kate Salzsieder)
  - [jpasholk2@hotmail.com](mailto:jpasholk2@hotmail.com)
  - [katesalz13@gmail.com](mailto:katesalz13@gmail.com)
  - [bjspl@hotmail.com](mailto:bjspl@hotmail.com)
  - [Kellywynns@oshkoshymca.org](mailto:Kellywynns@oshkoshymca.org)
  - Organize operations of administration in crow's nest and facilitate the needs of the crow's nest in regard to equipment and assistance with the computers. (Jeremy)
  - Recruit and train additional volunteers to assist. (Kate)

- Volunteer Coordinator and Parent Rep (Kate Salzsieder)
  - katesalz13@gmail.com
  - Coordinator volunteer slots for hosted swim meets.
  - Communicate to team the volunteer needs via Team Unify.
  - Be the point of contact for all LEAD positions and assist in filling vacancies.
  - Assist with greeting volunteers and orientation.
  - Serve as contact person for new parent questions.
- Scrip (Jenny Perzentka)
  - schoons12478@yahoo.com
  - Communicate to team regarding Scrip orders.
  - Submit appropriate financial information to OSHY Administrative Assistant
- Team Bulletin Board Allie Henke
  - alhenke87@gmail.com
  - Keep team bulletin board in YMCA lobby up-to date with information and pictures.

## VOLUNTEER ROLES

These roles need to be filled on a regular basis for all home meets. Volunteer sign-ups are posted on the team website in advance. The OSHY team policy is that when your child is swimming in a home meet, you are agreeing to help with the swim meet—this means helping out while your child is swimming. Most of our swim meets are small and easy. Once a year, the weekend before Thanksgiving, we run a very big meet, the Champion Meet. At this meet, we may need people to volunteer at times when your child isn't swimming.

When you volunteer, you are supporting your child by supporting the team. The volunteer requirements need to be followed by everyone – we don't have a system to fine people for not helping or allowing people to pay their way out of volunteering. Simply said, to run our meets, we need the support of everyone to fill all the volunteer positions during each meet.

**Head Timer and/or Timer:** time events, write down times from stop watches – front row seats! NO EXPERIENCE NEEDED

**Heat Sheet Runner:** collects timers' sheets and official DQ slips and brings them to computer operators after each event. (on pool deck) NO EXPERIENCE NEEDED

**Concessions:** help with restocking and selling concessions. (Only big meets) NO EXPERIENCE NEEDED. This position is not on deck – but you can leave and watch your swimmer during their events.

**Hospitality:** Organize meals for coaches/officials at home meets NO EXPERIENCE NEEDED

**Meet Marshall:** help organize swimmers before their heat. (on pool deck) NO EXPERIENCE NEEDED

**Results Computer:** sign up for a training shift prior to volunteering for this job and/or check in with volunteer coordinator to learn on the job. (on pool deck)

**Timing Computer:** sign up for a training shift prior to volunteering for this job and/or check in with volunteer coordinator to learn on the job. (on pool deck)

**Officials:** do you like being close to the action and knowing the rules, sign up for next official's class and get mentored! See officials' information.

**Awards distribution:** NO EXPERIENCE NEEDED – this position is not on deck – but you are able to leave and watch your swimmer during their events.

**Announcing:** Make announcements at meets about marshalling/staging, info from officials, facility info, etc. (on pool deck)

**Set-up/Take-down:** Help set-up and/or take down equipment, tables/chairs, etc.

All volunteer positions are posted in Team Unify prior to the meet. There are usually multiple people per role so that parents can easily step away to see their swimmer swim. We work together to make sure you don't miss out! All volunteer sign-ups are done in Team Unify.

## VOLUNTEER/SIGN UP FOR JOBS IN TEAM UNIFY

1. Sign in to your team's TeamUnify website.
2. Go to your Home page.
  - a. At the bottom of the page look under **Team Events**.
3. Find an upcoming meet in the list and click **Job Signup**.
4. Check the boxes by jobs you will work. Be careful not to pick conflicting times!
5. Click **Signup**.

Job Name/Notes	Time Periods Signup
<b>Announcer</b> Announce events and awards on PA.	07/15/2016 08:00 AM - 07/15/2016 04:00 PM (8.00 Hrs.) 1 <i>Anderson, Mark</i> 07/16/2016 08:00 AM - 07/16/2016 04:00 PM (8.00 Hrs.) 1 <i>Barnes, Johnny &amp; Rebecca</i>
<b>Awards</b> Work at awards table. Places labels on awards and distributes to eligible swimmers.	07/15/2016 11:00 AM - 07/15/2016 03:00 PM (4.00 Hrs.) 1 <i>Barnes, Johnny &amp; Rebecca</i> 07/15/2016 12:00 PM - 07/15/2016 04:00 PM (4.00 Hrs.) 1 <i>Bryant, Louis</i> 2 <input type="checkbox"/> ----- 07/16/2016 11:00 AM - 07/16/2016 03:00 PM (4.00 Hrs.) 1 <input checked="" type="checkbox"/> ----- 2 <input type="checkbox"/> ----- 07/16/2016 12:00 PM - 07/16/2016 04:00 PM (4.00 Hrs.) 1 <input type="checkbox"/> ----- 2 <input type="checkbox"/> -----
<b>BBQ Cook</b> Set up, operate and breakdown the grill for the snack bar	07/15/2016 10:30 AM - 07/15/2016 02:30 PM (4.00 Hrs.) 1 <input checked="" type="checkbox"/> ----- 2 <input type="checkbox"/> -----

6. In the popup box, optionally enter any contact information, such as your phone number, or if someone else will be doing the job, their name and number, and click **Sign Up**.

**Please Supply Your Volunteer's Information** ✕

Please provide any additional contact information for the person who will actually be doing the work.

Optional Contact Info:

7. If you accidentally signup for the wrong job, or later discover you can't work a job, select the job and click **Remove Signup**. You can do this up until 11:59pm of the *Job Signup Deadline* at the top of the page.
8. If you can't work the job you signed up for please try to find an appropriate replacement.
9. If you can't work the job you signed up for, have no replacement, and it is less than 24 hours prior to the start of that volunteer job please contact the Volunteer Coordinator to help find a replacement.
10. You may click **Print My Job Signup Summary** near the top for a handy reference of all the jobs you signed up for.

**Signup Job for Account:** Collins, Anna (540-555-3412)  
**Event:** Metro LC Champs (Jul 15, 2016 - Jul 17, 2016)  
**Registration Deadline:** 07/13/2016  
**Job Signup Deadline (till midnight):** 07/14/2016

## SWIM MEET OFFICIALS

Meet officials are a required part of hosting a swim meet. We are always looking to increase our pool of officials. Please consider becoming a certified official. It is not required to officiate at other meets. The YMCA will reimburse all certification fees.

For more information on becoming a certified official please visit the links below:

<https://www.teamunify.com/team/czwilsc/page/officials/becoming-an-official>

Interested parents can also reach out to the Parent Official Leads for more information. Information is also available on the team website.

If you would like to get started please email the Parent Official Leads below:

Stacy Pasholk - [imswimmer28@hotmail.com](mailto:imswimmer28@hotmail.com)

Jennifer Dudzinski - [jldudzinski@gmail.com](mailto:jldudzinski@gmail.com)

## SCRIP

**OSHY Dolphin Swim Team Scrip Program**

**OSHY Scrip Account Number: 17745E35167**

**OSHY Scrip Coordinator: Jenny Perzentka, [schoons12478@yahoo.com](mailto:schoons12478@yahoo.com)**

## What is Scrip?

Scrip is a term that means “substitute money”. When you purchase scrip, you’re purchasing negotiable gift certificates and prepaid cards that are used just like cash. You can use scrip to purchase everyday expenses like food, clothing, and other essentials, and with every purchase, you earn revenue for our organization.

## How does Scrip generate revenue for you?

The Great Lakes Scrip Center acts on behalf of churches, schools and other non-profit organizations to purchase large amounts of scrip from grocery stores, department stores, and other retailers. Because the scrip is purchased with cash up front, the participating retailers offer a substantial discount. Our organization buys the scrip from Great Lakes Scrip Center at a discount, and re-sells the certificates to families like yours for full face value. The discount - from two to fifteen percent or more – is our organization’s revenue.

Scrip is a popular fundraiser because families don’t have to sell anything. Organization members produce revenue by making regular household purchases they would make anyway. Groceries, clothing, toys, gifts, even gasoline can be purchased with scrip.

## Program Notes

- Scrip orders are placed bi-monthly for the traditional gift cards (physical plastic cards). Scrip orders are due by midnight on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month. Orders will be available for pick up at the Front Desk of the 20<sup>th</sup> Ave YMCA the following Friday evening.
- In the event that we have a Scrip order in which the contribution to the team is less than the shipping charge for receiving the cards, we will hold that order until the next cycle. You will be notified if your order will be delayed.
- ScripNow eCards can be ordered anytime. ScripNow is an eCard that you can buy and receive instantly. You can print off ScripNow, or redeem it on your mobile device for certain retailers.
- Payment for Scrip is made through PrestoPay.
- Rebates earned are split 75% / 25%. Your seventy five percent (75%) will be credited to your OSHY swim account monthly. OSHY receives 25%.

## To Enroll in the OSHY Dolphin Swim Team Scrip Program:

1. Register online by going to and clicking “Join a Program”. You will need to enter our enrollment code (17745E35167) which will link your account to our organization.
2. Enroll in PrestoPay. Click on the Payment Types link under Family Functions on your ShopWithScrip Dashboard. Follow the step by step instructions.

## Links:

[Scrip Gift Card Fundraising for Organizations • RaiseRight](#)

[What is Scrip](#)

[Scrip Flyer](#)

[PrestoPay™](#)

[ScripNow](#)

## SPIRIT PUMP

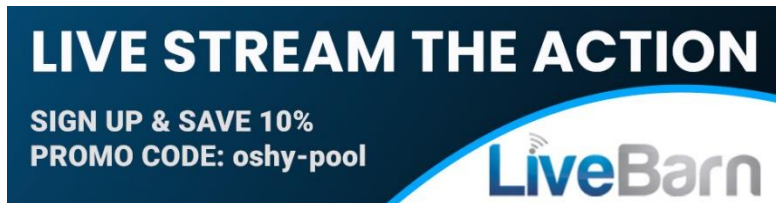
Support OSHY by filling up your gas tank at the SPIRIT PUMP at the 9<sup>th</sup> Avenue BP. A portion of EVERY gallon of gas pumped at the SPIRIT PUMP goes back to OSHY.

9<sup>th</sup> Avenue BP  
2165 W 9<sup>th</sup> Ave  
Oshkosh, WI 54904

## BANQUET/END OF YEAR CELEBRATION

The team will usually host an end of the “year” celebration/banquet in April/May. Each year the event may differ but will always include activities and awards. The entire family is encouraged to attend. Specific information will be sent out annually.

## LIVESTREAM



We are a LiveBarn facility. If you can't make it to the pool, you can still stay connected by watching all events Live and On-Demand.

Please forward this to friends and family and let them know they can still catch all the action, even from home!

**10% DISCOUNT - PROMO CODE: oshy-pool**

LiveBarn is a subscription service that allows you to watch events Live or On Demand for 30 days. Your subscription allows you to watch streams from any LiveBarn-installed facility across the US & Canada.

- Save and share 30-second highlights
- Download entire meets
- Tag highlights while watching live, in-venue

Existing subscribers can update their profile to our venue's promo code.

For more information, visit [livebarn.com](http://livebarn.com). Download the [LiveBarn iOS App](#) or the [LiveBarn Android App](#) for easiest mobile viewing - or the LiveBarn tvOS on AppleTV for home theatre viewing.

## PRIVATE TECHNIQUE TRAINING

Work one-on-one with a coach to improve swim strokes, endurance, and swim times. Workouts and training are personalized to each swimmer. Dates and times are determined by the coach and swimmer. Private coaching does NOT replace practices. More info on OSHY website.

## SUPPORTING YOUR SWIMMER

- Offer the love, recognition and encouragement needed to help a swimmer feel positive about him/herself.
- Have a positive attitude. A parent's attitude often dictates that of the swimmer. Even if you don't think they are aware of an issue, they are subconsciously absorbing powerful messages about a parent's desires or feelings.
- Remember that every individual has potential and requires patience

- Encourage your child without comparing them to another swimmer. Avoid comparing the skill, drive, attitude, or improvement of another swimmer to your own. Swimmers mature physically and mentally at different ages.
- **Leave the coaching to the coach.** Children want the approval of their parents above all else and will do whatever it takes to get it. Do not try to coach your child based on what you see (or think don't see) at his/her practice.

## YOUTH SPORTS—PARENT CODE OF CONDUCT

### YMCA Youth Sports Philosophy:

YMCA Youth Sports are based on certain beliefs and philosophies: participation and everyone plays. The YMCA encourages having a healthy spirit, mind, and body, meaning the development of the whole person. The YMCA also emphasizes fundamentals, teamwork, fair play, cooperation, respect for the officials, one's self, one's teammates, and the other team. Our philosophy is simple: EVERYONE PLAYS—EVERYONE WINS. Every decision you make and every behavior you display is based first on what you think is best for your athletes, and second, on what can be accomplished to have everyone become a winner.

Please read carefully and understand the terms. Please also understand that failure to abide by this Code of Conduct may result in you being asked to leave the premises and/or be suspended from other games and/or league activities.

- I hereby pledge to provide positive support, care, and encouragement for my child participating in the Youth Sports Program by following this Parent Code of Conduct:
- I will encourage good sportsmanship by demonstrating positive support for all participants, coaches, and officials.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting, refusing to shake hands, or using profane language.
- I will ask my child to treat other participants, coaches, officials, parents, and spectators with respect regardless of race, age, sex, creed, or ability.
- I will strive to be a good role model for my child and the other children in the program. I will encourage my child to learn to lose with dignity and win with grace.
- I will refrain from using drugs, tobacco, e-cigarettes, vaping, and alcohol at all youth sports events.
- I will respect my child's coach and do my best to have my child at all practices and games on time.