

# Fairfield Flyfins Parent Meeting

Fall/Winter 2024-2025

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# About Me

Sam Mouzik

Hi! I am Sam, a native of Damascus, Syria, and I'm well known in the swim community of Fairfield County, Connecticut. With 30 years of swimming experience, I serve as a coach for the Flyfins. Previously, I worked as an Aquatic Coordinator for the Fairfield Y, where I supervised the swim instruction staff and lifeguards. Over the past few years, I coached a swim team with over 300 members, and now I'm back to share my expertise with the Flyfins. My coaching style is rigorous yet fun, focusing on proper technique while ensuring that everyone can reach their fullest potential.

# Meet Our Assistant Coaches

**Daniella Palamaro:** A current Junior at Sacred Heart studying Finance, Management and Business Analytics. She is also a member of the D1 Swim team at SHU. I have been swimming for the past 14 years and instructing swimming for 4 years helping kids learn to love the sport like she does.

**Michael Deluca:** Michael is a graduate of Gettysburg College with a double major in Organizational Management Studies And Philosophy. He has coached at multiple clubs in Connecticut and was a member of the Westport Water Rat National team as a swimmer. Michael has coached high school swimming for both boys and girls at Weston High school, where both achieved state championships. Michael also swam competitively at Gettysburg.

**Julia Principe:** Julia is a graduate student at Fairfield University studying Marketing Analytics. She has been swimming competitively since she was 10 years old and is very passionate about coaching. Julia has 8 years of experience working with children and adults of all ages. She loves to boost the confidence of swimmers to help them achieve their goals.

# Flyfin Swim Team Philosophies

- The most important aspect of this team is having fun!
- At the same time, we want to teach and help the kids learn and experience the life lessons that youth sports provide. Here are a few examples:
  - What is means to work hard
  - Self Discipline
  - Integrity
  - Determination
  - Resilience
  - Mental Toughness
  - Handling fear and failure
  - Building Confidence
  - Learning how to be independent

# Flyfins Swim Team Philosophies

## Our Mission Statement:

To emphasize the value of each individual swimmer, honing in on individual strengths and points of potential, and encouraging children to grow in a way that will lead to a happy and healthy life.

## Our Vision Statement:

Our goal as Flyfins is to cultivate an environment that promotes hard-work, dedication and unity to enable children to develop to their greatest potential on and off the pool deck.

# Locker Rule Etiquette

1. There should be no use of cell phones in the locker rooms
2. Respect Personal Space
3. Give teammates privacy while changing and using lockers.
4. Use Appropriate Language
5. Avoid any language that may be offensive or disrespectful.
6. Keep It Clean! Dispose of trash properly and maintain cleanliness in shared areas.
7. Absolutely no Bullying or Harassment
8. Treat all teammates with kindness; bullying will not be tolerated.
9. This is a shared space with members and there should be no yelling or clowning around

**Failure to follow these rules will lead to revoking of locker room privileges and or dismissal from the team without refund for the program**

# Pick Up Procedure

For the most part, The Y is open when it is time to pick up.

You should park and come in to pick up their child.

Lining up in front of the building and blocking other cars from exiting creates a dangerous traffic situation.

The Y closes on Friday at 7pm.

No parents should be in the building after 6:59pm

Children will make their way out on their own Y staff can assist them.

If you are picking up on Friday's after 7pm we ask you to please park in a spot and wait for your child to come out.

# Team Store

- You can purchase team apparel from our team store:

<http://www.swimoutlet.com/Flyfins>

- You can easily find this link on our teams website:

[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=ymca-0931](https://www.teamunify.com/Home.jsp?_tabid_=0&team=ymca-0931)

- We ask that each swimmer has their own equipment.
  - Junior Groups: water bottle, cap, goggles, and fins
  - Age Group Swimmers: water bottle, cap, goggles, kickboard, fins, paddles, pull buoy and snorkels.



# Team Website

[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=ymca-0931](https://www.teamunify.com/Home.jsp?_tabid_=0&team=ymca-0931)

Everything you need to know can be found on our website. This is where meet information and sign ups for meets will be posted.

# Have you all verified your account through Teamunify Sports Engine?

You all should have received an email to verify your account and create a login.

# How to Sign in



CONNECTICUT  
SWIMMING


 SIGN IN

HOME NOTICES SIGN-UP EVENT LOCATIONS ▼ PARENT RESOURCES REGISTRATION LINKS ABOUT SWIM OUTLET TEAM STORE

MEET ENTRIES UPCOMING PROGRAM'S



# Sign in should look like this...



## Sign in to Fairfield YMCA

Enter Email or Phone


CONTINUE

Don't have an account?

[CREATE ACCOUNT](#)

[What's SportsEngine?](#)

Need Help? [SportsEngine Help Center](#)



## Nice to see you again!

palamarod@mail.sacredheart.edu [Not You?](#)

Password

[Forgot your password?](#)

SIGN IN

[What's SportsEngine?](#)

Need Help? [SportsEngine Help Center](#)

# Once you are logged in, this is where you view the meets and or events.

**Team Events**

Swim Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Junior 2	5:15PM-6:00PM	-	5:15PM-6:00PM	-	5:15PM-6:00PM
Junior 1	6:00PM-7:00PM	-	6:00PM-7:00PM	-	6:00PM-7:00PM
Age Group 2	7:00PM-8:30PM	5:15PM-7:15PM	-	5:15PM-7:15PM	7:00PM-8:30PM
Age Group 1	7:00PM-8:30PM	5:15PM-7:15PM	7:00PM-8:30PM	5:15PM-7:15PM	7:00PM-8:30PM

**Team Events** General Practices



Current & Upcoming Past & Archived


Search for Events

**Sep 26 2024** **Parents Zoom Meeting**  
26 September 2024 Event Category: Team Meeting


Hi Parents. We will be hosting a zoom meeting on **Thursday, September 26th at 8pm** to discuss everything you need to know for the upcoming season. We will be sharing how to use our team website to sign up for meets, how to register for USA swimming and more! This will also be a time for you to ask


[Edit Commitment](#)








**Hello, Daniella Palamaro**

**USAS Deck Pass**


**USAS Safe Sport**


**Product Updates**


**My Account**


**Calendar**


NEW


**Org Tools**

**Classes**

**Events & Competition**

**YMCA Admin**

**Help & Training**

**View team website...**

**Team Events**

Help

	Monday	Swim Tuesday	Schedule Wednesday	Thursday	Friday
Junior 2	5:15PM-6:00PM	-	5:15PM-6:00PM	-	5:15PM-6:00PM
Junior 1	6:00PM-7:00PM	-	6:00PM-7:00PM	-	6:00PM-7:00PM
Age Group 2	7:00PM-8:30PM	5:15PM-7:15PM	-	5:15PM-7:15PM	7:00PM-8:30PM
Age Group 1	7:00PM-8:30PM	5:15PM-7:15PM	7:00PM-8:30PM	5:15PM-7:15PM	7:00PM-8:30PM

Team Events

General

Practices

Current & Upcoming

Past & Archived

Search for Events

Filters

Sep

26

2024

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Edit Commitment

## Team Events

### Parents Zoom Meeting (Sep 26, 2024 (08:00 PM) - Sep 26, 2024 (09:00 PM))

Member Athlete:

Daniella Palamaro

--SELECT--

✓ Yes, please sign [Daniella] up for this event

No, thanks, [Daniella] will NOT attend this event

Notes

(days cannot attend, etc.):

## Team Events

### Parents Zoom Meeting (Sep 26, 2024 (08:00 PM) - Sep 26, 2024 (09:00 PM))

Member Athlete:

**Daniella Palamaro**

\*Declaration

Yes, please sign [Daniella] up for this event ▼

Notes

(days cannot attend, etc.):



This is where you would add if you could only attend one day of the meet.

 Save Changes



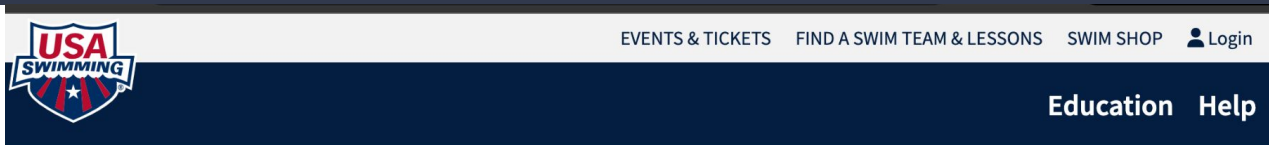
Make sure you save the changes you've made.



# USA Swimming Registration

- Every Swimmer MUST be registered with USA swimming as a premium athlete in order to compete at swim meets.
- Here is the link for registration
  - <https://omr.usaswimming.org/omr/welcome/6BFE41AB91EFEA>

# How to register for USA swimming



## USA Swimming Online Member Registration

### Welcome

You are currently not logged in to the USA Swimming site. Click the 'Login' button below to be redirected to a screen that will allow you to login or create a login. After you have logged in, you will be redirected back to this page and allowed to continue the Online Member Registration process.

LOGIN

Click login, even if you don't have an account. This will take you to a page to make an account or sign into your existing account.



FOLLOW



## Welcome

### Create New Memberships

Click 'Register New Member' to register a *new member* with USA Swimming.  
This registration is associated with

LSC: **Connecticut Swimming (CT)**  
Club: **Fairfield YMCA (FFLY)**  
LSC Contact: **Henk Jansen (reg.ctswim@gmail.com)**

If this is not the registration option that you intended, please get the correct link from your coach before starting your registration.

REGISTER NEW MEMBER

Click 'Add New Role to Existing Member' to register an *existing member* with USA Swimming. This registration is associated with

LSC: **Connecticut Swimming (CT)**  
Club: **Fairfield YMCA (FFLY)**  
LSC Contact: **Henk Jansen (reg.ctswim@gmail.com)**

If this is not the registration option that you intended, please get the correct link from your coach before starting your registration.

ADD NEW ROLE TO EXISTING MEMBER

### Renew Eligible Memberships

This renewal registration is associated with

LSC: **Connecticut Swimming (CT)**  
Club: **Fairfield YMCA (FFLY)**  
LSC Contact: **Henk Jansen (reg.ctswim@gmail.com)**

CONFUSED? CLICK HERE

ADD FAMILY MEMBER

REGISTER NEW MEMBER

For new members click here

# For returning members, scroll down on and you'll find this,

### Renew Eligible Memberships

This renewal registration is associated with

LSC: **Connecticut Swimming (CT)**  
Club: **Fairfield YMCA (FFLY)**  
LSC Contact: **Henk Jansen (reg.ctswim@gmail.com)**

[CONFUSED? CLICK HERE](#)

[ADD FAMILY MEMBER](#) [REGISTER NEW MEMBER](#)

NAME	COMP. CATEGORY	BIRTH DATE	PRIOR MEMBERSHIP (EXPIRES)	RENEWAL MEMBERSHIP (EXPIRES)	TRANSFER?	SELECT	
Daniella Lauren Palamaro	Female	04/07/2004	Premium Athlete (12/31/2024)	Premium Athlete (12/31/2025)	Yes	<input checked="" type="checkbox"/>	<a href="#">CHANGE MEMBER TYPE</a>
Daniella Lauren Palamaro	Female	04/07/2004	Coach (12/31/2024)	Coach (12/31/2025)	No	<input type="checkbox"/>	<a href="#">CHANGE MEMBER TYPE</a>

[SELECT ALL RESULTS](#) [UNSELECT ALL RESULTS](#)

[RENEW](#)

You have to select your swimmer and then click the renew button

# Parent Involvement

**Your role is very important.** Most importantly we want you to provide care and support for your swimmer.

- Your care and support of you swimmer will help to foster your child's passion for swimming.
- There are volunteer opportunities throughout the season such as timing at swim meets and/or volunteering to help with social gatherings.

# Practice Expectations

To help foster an environment of dedication and excellence we do have a minimum practice requirement for each group:

- Juniors: Three days a week
- Age Group 1: Five days a week
- Age Group 2: Four times a week

Please email me if you know your swimmer is going to miss practice.

Email: [smouziyk@cccymca.org](mailto:smouziyk@cccymca.org)

# Meets

- **Meets are incredible opportunities for your kids to put their hard work on display.**
- USA Swimming prohibits parents from being on the pool deck during the meet, unless they're volunteering.
- USA Swimming requires that ALL coaches take and pass a course called Safe Sport.
- Meets are typically held on Friday evenings, Saturday all day, and Sunday all day.
- Given that we are a competitive swim team, we ask that each swimmer attends at least three meets a season. USA Swimming also requires that swimmers attend three meets to participate in championships at the end of the season.

# RSVPing to Swim Meets

- **RSVPing to swim meets is VERY important.**
- In order for a swimmer to participate in a meet, it is a whole chain of events AND it **COSTS MONEY.**
- If you RSVP to a meet and then cancel at the last second, we are still financially responsible for your swimmers entries.
- If you do NOT RSVP to a meet and show up to that meet, your swimmer will NOT be allowed to swim.



# RSVPing to Swim Meets (Cont.)

- If it is a multi-day swim meet, you can pick and choose which days they're coming.
- **You have to let me know which days they will be attending and which days they will not.**

Once again, we are financial responsible for your swimmers events if you choose not to show up.

# Swim Meet Etiquette

- Warm-Up:
  - Is VERY important to your swimmers physical well being and preparation for the meet.
  - Please have your swimmer on deck at least 20 minutes before warm-up starts.
- If you're running late to the meet:
  - Please let me know!
  - If not, your swimmer may be scratched from the meet. I have to fill out a scratch sheet (an attendance sheet) and turn it into the meet director, so if your swimmer isn't on the deck, I can't check they're name off the sheet.
- If your swimmer wakes up sick, please let me know ASAP.
- Best form of contact in these situations is email [smouziyk@cccymca.org](mailto:smouziyk@cccymca.org)

# Swim Meet Etiquette (Cont.)

- What to bring to a meet:
  - Towels (more than one)
  - Water AND a sports drink
  - HEALTHY Snacks (no candy)
  - Goggles and cap (and an extra of both)
  - Sweatshirt and/or extra clothes to stay warm in between events
- We ask that there are NO ELECTRONICS on deck.
- Sending a plastic bag for clothes is always a good idea, as things get wet on the pool deck
- Writing your child's name on everything they own, is also a great tip.

Questions?