

1. Welcome to the team

- a. Strong history- 59 years and counting
- b. We believe in instilling the YMCA values of Caring, Respect, Responsibility and Honesty into each of our swimmers
- c. We are a TEAM and try to provide a TEAM/FAMILY atmosphere to all our swimmers
- d. CHECK EMAIL/ THE WEBSITE ON A REGULAR BASIS
- e. USA Swimming Registration- parents must complete before a swimmer can compete in a meet. Separate email with this registration information.
- f. We are also available on Facebook (LEHY Swimming/Kaeley-LEHY Swimming) and Instagram (@swimLEHY)
- g. Season- now until your child's last championship meet.
- h. LEHY Caps will be available to swimmers at the meets. Latex cap \$5.00. Silicone caps are \$15.00.

2. Practices

- a. Groups are split up by ability and swimmers must be 13 to be in Senior Group (may be some exceptions).
 - i. We want to ensure our swimmers get the instruction and practices needed in a safe environment.
 - ii. Distribution of groups- based on ability and program numbers. Lanes may change based on how many kids are in the pool to give our swimmers the best practice environment possible.
- b. Age is not the only factor in choosing a practice group for a swimmer. Swimmers must be able to handle the level of intensity the practices demand.
 - i. Each season group assignment will be re-established based on registration.
 - ii. We want to make sure that we are giving our swimmers the best practice space available.
 - Practices will be tailored to ensure swimmers can handle them
- c. We are always looking to improve our swimmers' technique and ability to help them reach their goals and maximum potential.
- d. Coming to practice on time is important.
- e. Parents should make sure to pick swimmers up on time.
- f. *ATTENDANCE AT PRACTICES (what is recommended)*- Attending practice is important! If you are not attending practice you will not see improvement.
 - i. *Developmental and 8u practice groups*
 - 1. We are looking for swimmers to attend ALL scheduled practices (Wednesday and Friday).
 - ii. *Juniors*
 - 1. We are looking for swimmers to attend a minimum of 3 practices a week.

2. 13 and over swimmers should attend a minimum of 4 practices a week. This is what will be expected of you when you practice at the high school.

iii. Seniors

1. We are looking for swimmers to attend a minimum of 4 practices a week plus dryland (at practices and on own).
2. As swimmers get older they need more time in the water to see continued improvement.

3. Swim Meets

Swimmers are expected to compete at meets. At minimum: Y Dual Meets, the LEHY Aquafest (exception 8u swimmers), CT Y State Championships, and CT Regional Championships

- a. Meet sign-ups will all be done via Sports Engine (formerly Team Unify). There will be a deadline for the sign up and when the meet is available for sign up you will receive an email.
 - Meet Announcements will be linked to sign up and in the email.
 - Completed entries will be emailed out after entry along with a timeframe as to when you will be charged for the entry fees. All payments are automatically charged through the YMCA.
 - Work Assignments- will be emailed out.
- b. If you miss the deadline you will not be able to sign up your swimmer.
- c. All meet sign-ups will be posted for a minimum of 5 practices (one week). This gives us time to prepare the meet for entry and insure we do not get cut out of a meet.
- d. You will be able to pick your swimmers events, but coaches reserve the right to change events.
- e. *Trials/Finals meets*
 - Swimmers are expected to participate in Saturday of any trials and finals meets we swim.
 - Swimming these meets in order to practice trials and finals
 - Sunday (except Championships) will be optional but are encouraged especially at the CRA Invitational.

g. Timing Assignments at Meets

- We will always be assigned timing slots.
- If your child is signed up to swim you need to be ready to complete a timing assignment.
- We will NOT ask Officials (families) to time if they are consistently working meets. We know how much time you put in during a meet. However, there may be times (finals for example) when it is necessary.
- Timing assignments will be broken down into timing slots. Usually range from 1 to 1 ½ hours.
- Timing assignments are done by the coaches and we keep track of them to make sure the assignments are spread equally.
- Always situations when someone needs to scratch last minute. Please be ready to step up and help.

- Timing assignment sheets will be posted on the website and emailed out.
 - Make sure you replace the right person.
- h. Entry Fees
- Direct from LEHY Handbook:

LEHY MEET FEE POLICY

Entry Fee Policy

Families are responsible for all meet entry fees. Signing up for a meet signifies you acknowledge you will pay the entry fees for your swimmer(s). There will not be entry escrow accounts. Families will be sent an invoice after the entries are completed. The invoice will have a due date. Entry fees not paid by the due date may result in suspension for participating in additional meets until the fees are paid. Championship entry fees will be due after the entries are complete.

Swimmers will continue to be signed up as stated above. Swimmers will not be allowed to compete in Championships if entry fees for the season are not paid.

4. Parent Volunteers

a. LEHY Sponsored Meets

i. Hosting three meets at our facilities:

- Aquafest (October 25-27)
- Y Quad meet- VSYM/Waterbury/Southington/Farm Valley (Dec. 7)
- Regional Championships (March 1-3)

ii. HUGE fund raiser for our program

- Helps keep costs down

iii. We need all families to help.

- You will get emails from the meet management committee to sign up for a work assignment. Please do not ignore these emails.
- *Families who do not sign up for a work assignments will be charged a NO WORK fee (minimum of \$50) to help cover meet expenses.*

iv. Concessions

- All families were asked to pay a concession fee. This covers the 3 meets we will host this season

v. Coaches Lunch

- We are known for our coaches lunches. Anna Maria Palmiotto (Gugliuzza) will be in charge. If you would like to work with her we are looking for someone. The coaches lunch is one thing that keeps teams coming back to our meets!

b. WE NEED YOU!!!!

i. Officials

ii. People willing to learn the computer system

iii. People willing to learn the Colorado System

5. Minor Athlete Protection Policy (MAAPP)

- a. Policy through USA Swimming. All adults 18 and over who will be a part of the team must agree to the MAAPP Policy. It is also located in our handbook on the website.
- b. **A few IMPORTANT HIGHLIGHTS about MAAPP:**
 - i. - Adults cannot be in the locker room area to use the restrooms alone. This goes for helping your swimmers change too. If you feel your child needs help changing, please make arrangements to have a second adult in the locker room with you and if possible use the changing stalls. There are individual bathrooms in both office areas if you would like to take your child in those areas to help them change. The individual bathroom can be you alone with your child only.
 - ii. -High School: The upstairs viewing area is locked at all times during practices. Parents usually do not attend practices. If you have a need to remain at a practice please speak with Kaeley to make arrangements to be able to sit somewhere off the pool deck.
 - iii. -Swim Meets at EHHS: Parents will not be allowed to use the locker room bathrooms. Coaches/Officials will use the office bathrooms and all other adults will use the bathrooms in the hallways. Be ready for changes at other venues we travel to also. There will be changes.
 - iv. -Carpooling: If you are carpooling it is fine. Parents are allowed to carpool as long as there are 2 or more swimmers in the vehicle.
 - v. -Texting (for our swimmers practicing out of EHHS) with coaches: Swimmers CAN text a coach. However a coach cannot and will not respond unless they have the parent(s) phone number and can respond to the swimmer AND the parent. The best thing for a swimmer to do if you are looking for a response is to text a coach as a group text with your parents.

6. Championship Qualifications and Scholar Athlete

- a. **Championship Meet Requirements** for 2025 CT Championships:
 - i. Regionals Championships- Compete in a minimum of 2 CT Sanctioned Meet
 - ii. Age Group Championships- Compete in a minimum of 2 CT Sanctioned Meet
 - iii. CT Senior Championships- no meet requirement
- b. **Meet requirement for CT Scholar Athlete for 2024-2025** will most likely be as follows: Applicant must have participated in an individual event in the Summer Long Course Connecticut Senior Championship meet or the Short Course Connecticut Senior Championship in the given swim year (9/1-8/31). Applicants also may qualify if they participated in five (5) total meets (observed, approved or sanctioned) in same swim year (9/1-8/31). Out of LSC meets can be used to meet this requirement.
<https://www.ctswim.org/Recognition/Athlete/Scholar-Athlete/>