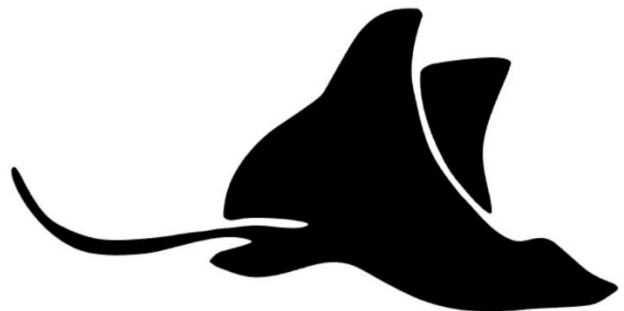




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MUSCATINE COMMUNITY YMCA MANTA RAYS SWIM TEAM

TEAM HANDBOOK





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ABOUT THE MANTA RAYS SWIM TEAM

The Manta Rays Swim Team is a competitive swimming program of the Muscatine Community YMCA.

Over the years, the team has gone through many changes and was formerly known as the Muscatine Swim Club.

The Manta Rays Swim Team competes in both YMCA & USA Swimming Leagues.

The YMCA Competitive Season will run from October-March.

The USA Competitive Season will run from September-February and May-July.

Fees and membership details are listed later in the handbook and are subject to change.

In addition to our traditional swim team practices and meets, we occasionally will offer stroke clinics, individual or mini group practice sessions, or prep-programs for those already enrolled in swim team or those that do not meet minimum basic requirements. Details on these additional offerings vary each season, and are communicated via email and team app.

Our swimming program is geared toward developing great swimmers to their maximum potential as well as building great self-esteem.

The Mission of the Manta Rays Swim Team is to provide swimmers with a safe, healthy and positive opportunity to realize their potential both in and out of the pool, while displaying the YMCA Core Character values of Caring, Honesty, Respect and Responsibility.

This handbook is designed to help you understand what we can do for our swimmers and how you can help.

MUSCATINE COMMUNITY YMCA VISION STATEMENT

The Muscatine Community YMCA, a membership movement, strengthened by diversity, nourished in its roots in Christian values, is dedicated to the empowerment of women, girls, men, and boys and the development of spirit, mind, and body, to attain a common vision of dignity for all.



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REQUIREMENTS

ABILITIES/SKILLS

As a competitive program, the Manta Ray Swim Team has basic minimum requirements for each age group that all swimmers should be able to meet before participating in the program. This is for the safety and well-being of all swimmers and coaches and to assist with proper training group placement at practices. Evaluations are conducted prior to the start of the YMCA Winter season by members of the Manta Rays Coaching Staff and participation approval is at the discretion of the Manta Rays Swim Team Coaching Staff.

Entry level 8 & Under Swimmers must be able to:

- Swim 25 yards of continuous freestyle without aid demonstrating the basic concept of rotary breathing and good balance in the water.
- Swim 25 yards of continuous backstroke without aid demonstrating good balance in the water.

Entry level 9 and older Swimmers must be able to:

- Swim 50 yards of continuous freestyle demonstrating the basic concept of rotary breathing and good balance in the water.
- Swim 50 yards of continuous backstroke demonstrating good balance in the water.
- Demonstrate 25 yards of basic butterfly and/or breaststroke.
- Perform 50 yards of strong flutter kick with or without a kickboard

ROOKIE ACADEMY

The Manta Rays Swim Team will have an established period (usually 4-5 days), categorized as "Rookie Academy". These practices times are for swimmers who have never participated in the fall/winter YMCA competitive swimming season before. This gives the coaches and swimmers an opportunity to meet each other, see their swimming abilities and establish good practice etiquette prior to regular season practices. "Rookies" should plan to attend as many practices during this period as possible so coaches can evaluate & acclimate the swimmers to the best of their ability. Selected veteran swimmers will also be asked to attend Rookie Academy to assist coaching staff. All required forms must be on file with the team in order to participate.

PRACTICE GUIDELINES, REQUIREMENTS & GROUPS

Practice times and dates may vary with each season. Manta Rays practice at both the YMCA and Carver Swim Center (at Muscatine High School). Whenever possible, practices will be scheduled at Carver and only at the YMCA when needed or Carver is unavailable for use, (either due to maintenance or scheduling conflicts with high school activities).

Coaches have the following rules and expectations regarding practices:

- Swimmers should attend as many practices per week as possible. We attempt to be as flexible as possible with minimum practice attendance, but there are recommendations so that coaches can strategically plan workouts to benefit all swimmers.
 - Recommended minimum per week practices vary by training group and age.
 - Please refer to the training group breakdowns for specific recommendations.
- Swimmers should arrive at their practice locations promptly before practice is scheduled to start. Practice times are limited. Late arrivals cause confusion and interrupt the workout of other swimmers. We understand the occasional delay, but regular tardiness should not be the norm and will be addressed.
- Swimmers are expected to be ready to practice at scheduled times. This refers to physically as well as emotionally and mentally. Swimmers should be in suits with caps, goggles, and other gear ready to go at scheduled start times. We also expect swimmers to focus, listen, and follow the directions from the coaching team. Any swimmer that cannot follow instructions, tries to skip sets repeatedly, or is just not putting their best foot forward, may be asked to leave practice for the day. Coaches should



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not have to sacrifice safety or the workout of other swimmers to repeatedly coax effort from an unwilling swimmer.

- **Communication!!!** If your swimmer is unable to attend practice, is struggling, has additional needs that will affect practices, etc... please communicate with the coaches. Lack of communication leads to confusion, disruption of practices, assumptions and other situations that are not beneficial to the swimmer or the team. Please communicate with us!
- Parents are welcome to attend and observe practices on a limited basis but should not interfere with practice or coach their child from the sidelines. If a parent is a distraction to athletes or others, the coaching team may ask you to leave practice.
- **Let the coaches' coach.** If you need to communicate with coaches, please do not interrupt practices. Please wait until practice is over, email or direct message via the team app. Coaches have spent and will spend a considerable amount of time planning. They may have swimmers do things that look odd, or that violate the competitive regulations, but they have a purpose in teaching skills and technique, so please, let the coaches coach!
- Swimmers should never enter the water prior to practice times at either location.
- Parents, Swimmers and Coaches are expected to follow our Code of Conduct, as well as all facility rules and guidelines at all times.

PRACTICE & TRAINING GROUPS

Our practice times are divided into two main groups:

1. Purple Practice Group
2. Gold Practice Group

These two groups are then divided into three sub-groups based on ability (skill) and then by age.

Purple Practice:

1. **White (ages 5-11 years):** Entry level developmental group. Focus is on having fun, forming team bonds, building strong fundamentals, building a strong kicking foundation, and basic racing skills.
 - a. Recommended practices per week: 2-3
 - b. Minimum Practice Equipment
 - i. Headset
 - ii. Mesh Bag
 - iii. Kickboard
 - iv. Fins
2. **Purple Junior (ages 7-12):** Entry Level Competitive Group. Focus on fun, team bonds, strong aerobic foundation, and advanced technical skills.
 - a. Recommended practices per week: 3
 - b. Minimum Practice Equipment:
 - i. Headset
 - ii. Mesh Bag
 - iii. Kickboard
 - iv. Fins
 - v. Snorkel (Nose Clip Recommended but Not Required)
3. **Purple Senior (11 & up):** Competitive Training group focused on increased aerobic capacity and technical skills. Increased underwater work and racing strategies.
 - a. Recommended Practices Per Week: 3-4
 - b. Minimum Practice Equipment:
 - i. Headset
 - ii. Mesh Bag
 - iii. Kickboard
 - iv. Fins
 - v. Snorkel (Nose Clip Recommended but Not Required)
 - vi. Pull Buoy

Gold Practice:

1. **Gold Junior (ages 8-11):** Junior Competitive training group with emphasis on fun, teamwork, advancing technical skills in all four strokes, starts, turns, and underwater work.



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- a. Recommended Practices Per Week: 3-4
 - b. Minimum Practice Gear:
 - i. Headset
 - ii. Mesh Bag
 - iii. Kickboard
 - iv. Fins
 - v. Snorkel (Nose Clip recommended but not required)
 - vi. Pull Buoy
2. **Gold Senior (ages 11 & up):** Advanced-elite competitive training group with focus on fun, team bonds, mastering all technical skills and preparation for championship meets.
- a. Recommended practices per week: 4-5
 - b. Minimum Practice Gear:
 - i. Headset
 - ii. Mesh Bag
 - iii. Kickboard
 - iv. Fins
 - v. Snorkel (nose clip recommended but not required)
 - vi. Pull Buoy
 - vii. Hand Paddles

PRACTICE PROTOCOLS

To ensure the safety of our swimmers and their families the following practice protocols will be in place:

- Locker room use will be limited to:
 - Showering prior to entering the pool
 - Changing into or out of practice attire. **Swimmers should come to practice in their suits & ready to swim so that locker room use is not required other than to shower.**
 - Use of toilet facilities.
- Swimmers will only be allowed to attend their assigned practice days & times. They will NOT be allowed to attend practices of other groups.
- Each swimmer will be required to have their own practice gear & headset.
 - Practice gear may be purchased by families on their own or through the team at time of registration.
 - Swimmers without the appropriate practice gear will not be allowed to attend practice. Gear requirements vary by practice training group.
 - Please do not attempt to purchase headsets on your own unless they are from a former team member.
- Swimmers will not share any equipment on the practice gear list.
 - Practice gear will remain at practice locations
 - Swimmers are discouraged from sharing any gear that is designed to touch the face: goggles, caps, nose clips, snorkel. We recommend having multiple sets of goggles and caps in case there is an equipment failure, athletes have a back-up.
- Parents volunteering with check-in & check-out will be allowed to remain on deck during practice times. Limited parents will be allowed during practice times. All Safe Sport protocols must be always followed by adults observing practices.
- Safe Sport regulations and Manta Rays Swim Team policies require that our coaching staff must maintain "two-deep" leadership before, during and after practices. If coaches are required to monitor check-in, check-out, or will be in the water as part of practice activities, a third coach or a separate lifeguard must be on deck to maintain the "two-deep" leadership requirements.



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All practice & meet protocols are subject to change based on guidance from YMCA of the USA, USA Swimming, Iowa State guidelines & recommendations for youth sports, Muscatine Community School District, and other governing agencies.

RACING START SAFETY

To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water. USA Swimming has implemented a racing start certification program where a swimmer's coach documents his or her professional judgment that a swimmer has demonstrated sufficient skill to safely perform a racing start into four feet of water in competition.

There are rare occasions when swimmers may participate in swimming competitions, **not** under the supervision of a certified home club coach. In these situations, it is the parent's responsibility to make sure the swimmer does not attempt to perform a racing start in less than six feet of water if the swimmer has not been properly certified by the swimmer's home club coach to do so. (Additionally, should this situation arise, the athlete must be assigned to a certified coach on deck at the meet.)

The Manta Rays Swim Team Coaching Staff will follow USA Swimming & ARC guidelines for Racing Start Certification procedures.

SWIM MEETS/COMPETITIONS

Swim Meets are competitions designed to be a learning experience for swimmers. By implementing what has been learned at practice, swimmers test themselves against the clock to mark improvement. Participation in meets is crucial for swimmers, parents and coaches in order to gauge progress.

There are various levels of meets. The levels are explained in more detail in "Manta Rays Competitive Swimming 101 & Swim Meet Survival Guide".

Throughout the Fall/Winter YMCA season, there are approximately 5-8 regular meets as well as 3 Championship meets for those that qualify.

Throughout the Fall/Winter season, the number of meets to participate in will vary based on locations, eligibility, and cost.

Rookie athletes are required to participate in at least one regular/dual meet; veteran athletes are required to attend at least three regular season meets.

To be eligible for Championship meet participation, every athlete must participate in at least three regular season meets.

Failure to attend practices regularly may affect athlete eligibility for meet registration

Competition is the best way for coaches to gauge progress, we strongly encourage meet participation whenever possible, above and beyond the minimum requirements for Championship eligibility.

COMMUNICATION

Each coach has a team email address. Many of the other important administrators associated with the team will also have a team email address instead of a personal email.

Please communicate with coaches via their team email addresses or via direct message through our team app: HEJA. HEJA can be downloaded from iTunes app store or Google play free of charge and you can join our team by entering code: NE-152443



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CONTACT PERSON/GROUP	EMAIL ADDRESS
JOCELYN PAXTON, AQUATICS DIRECTOR	jpaxton@muscatiney.org
MANTA RAYS SWIM TEAM	muscatineswimclub@gmail.com
JOB ASSIGNMENT COORDINATORS	mscjacs@gmail.com



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TEAM FEES & MEMBERSHIP

ALL FEES ARE SUBJECT TO CHANGE. ALL FEES ARE NON-REFUNDABLE (medical exemptions may be approved at the discretion of the Aquatics Director).

Outlined below is the membership requirements and fee structures for Manta Rays swim team:

- A YMCA membership is required for all athletes. YMCA membership must be current at least 90 days prior to any championship/sanctioned meet and 30 prior to any competition. Membership options and rates vary.
- Many different options are available for YMCA membership.

ANNUAL FEES

The Manta Rays Swim Team is a YMCA and USA Swimming Team. Swimmers competing in USA meets will need to enroll as USA swimming athlete members. This membership fee also serves as a secondary insurance policy for your swimmer in case of any accident that may occur while in the pool with Manta Rays Swim Team. YMCA swimmers are covered under their YMCA membership.

- USA Swimming Membership: there are a variety of membership options available.
- YMCA Membership: varies by membership options selected.

SEASONAL FEES

Seasonal fees are charged at time of registration at the beginning of each season we complete in (Short Course Yards=fall/winter, Long Course Meters=Summer).

Monthly fees must be paid via auto withdraw (to a card on file or from an account) or in full.

Team Fees 2025-2026

Category	Processing Fee	Monthly Fee	Months Charged	Pay in Full
USA & YMCA	\$50	\$75	October November December January February	\$375
YMCA	\$50	\$70	November December January February	\$280
High School Girls*	\$50	\$50	November December January February	\$200
High School Boys*	\$50	\$45	October November January February	\$180

**To qualify for High School discounted fees, athletes must be actively participating on the Muscatine High School Swim team roster.*

Processing Fee:

- This is a one-time fee due at time of registration
- This fee covers:
 - Initial team expenses (team registration with USA/YMCA Leagues, coach certifications, etc...)
 - Facility reservation fees for MHS (Carver Swim Center)

Monthly Fee:

- This is either a one-time fee (pay in full) due at time of registration or a monthly fee (due on the 1st of each month)



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- These fees cover:
 - Participation/practice expenses
 - Facility fees for MHS (Carver Swim Center)
 - Personalized Team T-shirt
 - 2 Personalized Team Caps
 - Sectional Meet Fees
 - Other miscellaneous expenses (coach certifications, travel expenses, general team equipment, etc...)

Additional Fees for USA Swimmers:

- USA meets have a fee to participate in the meet (called a swimmer surcharge).
- There is a fee for each event registered to swim
- Some meet hosts also charge a facility fee to off-set meet expenses
- Parents are responsible for paying all meet fees accrued
- Meet fees are listed in each Meet Announcement.
- The Manta Rays will only charge a fee for championship meets to help off-set the specific meet expenses for the coaches (hotel, travel, meals).

Additional Team Fees for YMCA Championship Season:

- State Qualifiers: \$65
- Regional Qualifiers: \$80

These fees include Champ season practices, meet participation fees, championship team t-shirts and caps, State Meet Parade accessories & gifts.

For the YMCA (fall/winter) Season the team registration fee will include:

For all athletes:

- **2 silicone swim caps-Personalized**
- **1 Team T-shirt**
- Personalization will only be guaranteed if registration & form are completed by the requested deadline.
- Personalization is limited to athlete names.
 - Shortened versions of names can be used (i.e. "Jen" instead of "Jennifer").
 - Nicknames may also be used if they are a variation on the given name ("Chuck" instead of Charles, "Jim" instead of "James", "Ginny" instead of "Virginia", etc...)
 - **Any apparel personalization (for swimmers or parents) must follow YMCA of the USA Branding guidelines, YMCA Core Values, and USA Swimming Rules & Regulations.**
 - Swim Cap personalization will be the same on both caps (per the vendor).
 - **Individuals are not permitted to use the Manta Rays Team Logo, Team Name, or YMCA logo or name for personal use without a sub-license agreement and written authorization on file with the team.**
 - This includes (but is not limited to): personal attire (hats, t-shirts, sweatshirts, drinkware, etc...), swim attire (suits, caps, parkas, warm-ups, etc...) advertising (stickers, decals, etc...).

SWIM MEET FEES

Swim Meet fees vary by league and are the responsibility of the swimmer/family to pay by the requested deadline. **Meet fees are non-refundable.** Swimmers with unpaid meet fees may be ineligible to enter additional meets until balance has been paid. Any special arrangements that need to be made for payments, must be approved by the Aquatics Director.

Coaches have no authority to adjust fees or take payments.

- YMCA regular season meets are free to attend.



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- YMCA Sanctioned/Championship meets at the end of the season and have a fee to participate.
 - Sectionals: \$15 per swimmer
 - State Championship: \$20 per swimmer
 - Regional Swim Meet: \$35 per swimmer
- USA meets usually charge per event on average between \$5-\$10 per event (varies by meet). ISI also charges a \$5 "splash fee" per swimmer to cover administrative costs.

ADDITIONAL FEES

All Swimmers will be required to have their own gear for practice. The Coaching team will determine which gear is required/appropriate for each swimmer. Gear "groupings" are not necessarily practice group assignments.

Gear can be purchased at the time of registration through the team or families can purchase gear on their own. Costs are listed below if purchased through the team at time of registration. Gear requirements are listed by group on our team store on SwimOutlet.com. A portion of any sales through our team store come back to the team.

Manta Rays Swim Team Practice Gear

EVERY swimmer will need:

- **A bone-conducting headset.** New swimmers will need to add this item at time of registration. *Please do not attempt to purchase this item on your own-it may not be compatible with our systems.* If you are an existing swimmer, with a working headset, you DO NOT need to purchase a new one.
- **A mesh bag** (large enough to hold all items required-18"x29" is recommended)
- **A kickboard** (should be hard, closed cell EVA foam-not inflatable or flexible foam). Please be sure it is appropriately sized for your athlete.
- **A set of floating fins** in the appropriate size (coaches prefer younger swimmers have the longer fin/blade; older athletes can use either short or long blades...see Swim Outlet team store for reference)

Additional equipment that may be needed based on their training group assignments:

- A **pull buoy** (should be appropriately sized for your swimmer)
- **A set of swim/hand paddles** (should be appropriately sized for your swimmer)
- **A Swim Snorkel** (please make sure that it has a similar shape to the one shown on the team store, it is a front position & has a one-way purge valve).
 - If your athlete has never used a snorkel before, you may also want to purchase a **nose plug** to help them adjust to using the snorkel.

PARENT INVOLVEMENT

We are fortunate to have wonderful, engaged families that help support our program. In order to keep our excellent reputation in the competitive swimming community and continue to run such a fantastic program, we rely heavily on parents and families to volunteer their time to make our team successful.



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MANTA RAYS SWIM TEAM PARENT/FAMILY INVOLVMENT AGREEMENT

Each family will be required to have a Parent/Family Involvement Agreement on file with the team. Failure to comply with the Involvement agreement may affect your swimmer(s) participation in practices and/or competitions.

CHECK-IN/CHECK OUT:

- Each day practice is offered; we ask a parent to assist with tracking attendance (check-in and check-out).
- Sign up for check-in/out slots are posted via a sign-up form on the team website under the **"Parent Info"** tab.
- Parents will have until a specified date to select the minimum number of slots for that month (which will vary based on number of practices that month and number of athletes on the team roster).
- After the established deadline, any families that have not selected slots will be assigned to empty slots by team administration.
- Parents/Families that are working a check in/out slot are the only parents permitted to remain on site within the facility during practice times.
- If, for any reason, you are unable to work your check in/out slot, you are responsible for finding a replacement.

FUNDRAISING

- Each family is required to participate in team fundraising efforts each season.
- Options for fundraisers will vary from season to season, but in general each family will have a few options to participate:
 - Option/Event A
 - Option/Event B
 - Buy-Out
- Families should state their fundraising option preference by the established deadline via the established method (varies from year to year) and are welcome to participate in more than the minimum required.
- Any family that does not state their preference for the fundraising option by the established deadline will be defaulted to the "Buy-Out" option and will be invoiced for the buy-out amount.
- Failure to participate in the fundraising requirements may affect your athletes' ability to participate in competitions and/or practices.

SWIM MEET JOBS

- If/When your athlete intends to participate in a swim meet, each family will be assigned a job to work at the meet.
- Each family is responsible for registering their athlete for the meet by the established deadline AND signing up to work a job.
 - Home Meets: every athlete swimming in the meet will be assigned a job. Job Coordinators will attempt to schedule based on requests, limitations and preferences, but cannot guarantee jobs due to varying factors such as number of athletes participating, number of visiting teams, etc...
 - Away/Travel Meets: In general, we are not required to provide assistance at away meets. On occasion, we may be asked to provide timers or officials. This will be



done on a volunteer basis, with the exception of Championship meets.

- Specific jobs and times are not listed on the team website job sign up. The purpose of the online sign up for jobs is to make it easier to communicate requests, restrictions, limits, etc...to the job coordinators, as well as send parents reminders about upcoming commitments.
- Meet Job assignment schedules will be posted to the team website once they have been completed. The swimmers' name will be listed on the job schedule, unless the job has specific skill sets (officials, lifeguards, Silver Cord volunteers, Area Lead).
- It is the responsibility of the assigned family to find a replacement if they are unable to work their job and still wish their swimmer to participate in the meet.
- Failure to work your assigned job or find a suitable replacement will result in your athlete being scratched from their events.

Additional details on specific jobs are described later in this handbook.

OTHER INVOLVEMENT OPPORTUNITIES

THE MANTA RAYS PARENT BOOSTER COMMITTEE

The Manta Rays Parent Booster Committee is a group of volunteer parents that help oversee the operations of the team, assist with answering questions, provide guidance and training and many other things. The Parent Booster Committee will be made up of each individual committee's co-chairs.

Per YMCA guidelines, the Parent Booster Committee cannot act as a governing body, dictate in any way how monies raised can benefit or be used for the sole purposes of the swim team or hold a separate bank account for the swim team.

Parent Booster Committee Qualification Criteria:

- At least one child listed with an "Active" status on the Manta Rays Team Roster.
- Strong communication and organizational skills.
- Capability to collaborate effectively with other committees, coaches and team members to ensure fundraising efforts align with the team's values and goals.
- Complete Safe Sport for parents training and renew as required.

Committee members may hold multiple positions within different committees if positions need to be filled. Committee Chairs should not hold more than one chair, unless it is an interim position.

RESOURCE COMMITTEE:

Responsible for organizing and managing fundraising events and activities for the team.

Primary Goal:

Raise funds necessary to support team activities, raise money for equipment purchases in conjunction with the high school athletic department, and provide financial support to team members and their families as needed.

Details on Responsibilities:

Planning & execution of fundraising events (Euchre Tournament, Raffle Tickets, Car Washes, Auctions, etc...). Responsible for managing and securing donations from local businesses, community organizations and seeking out grant opportunities.

The resource committee members should understand they play a crucial role in promoting team spirit and community engagement.

WELCOMING/EVENT COMMITTEE:

Responsible for ensuring new and returning families feel welcomed, informed and supported throughout each season.



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Primary Goal:

Reach out to new and returning families at the start of each season, introduce themselves and answer questions about the team, registration process, practice schedules, swim meets, team events, etc...

Details on Responsibilities:

Responsible for assisting with organizing, hosting and promoting social events that bring in new and existing members together such as Season Kick-Off events, End of Season Fun day (previously banquet), team dinners, etc. that promote team bonding and camaraderie.

Hospitality Coordinator: responsible for coordinating hospitality for coaches, officials and swimmers for all home and away meets. For Home meets: this includes but is not limited to: breakfast/lunch items for coaches and officials, goodie bags for swimmers. For Championship meets (not hosted by Manta Rays) this includes but is not limited to: Gifts for qualifiers, treats for qualifiers, parade accessories for qualifiers.

The welcoming committee members should understand they play a critical role in promoting a strong sense of community and fostering a positive team culture. Committee Members are expected to be friendly, approachable, and supportive of all team members, regardless of their skill level or experience. They should strive to make everyone feel valued and included.

SWIM MEET & VOLUNTEER COMMITTEE

Responsible for assisting the Aquatics Director with meet scheduling, meet operations, training and evaluating parents in jobs at meets, coordinating officials, tracking official's certifications, assisting with coordinating official training opportunities (certification and hands on learning), coordinating volunteers for swim meets (home & away) and other team functions.

The Swim Meet & Volunteer Committee has several sub-committees/roles that should be filled in order to create a positive experience at competitions:

- **Officials Coordinator:** Responsible for coordinating officials at home and away competitions (based on requirements of host team), assisting with the recruitment of new officials, assisting with the coordination of attending ongoing training and assessing the need for hands-on learning opportunities
- **Volunteer Coordinator:** Coordinate job positions at all home and away swim meets, work in conjunction with the Resource Committee & the Welcoming/Event to coordinate other volunteers for social events and fundraisers.
- **Ribbons Coordinator:** responsible for tracking ribbon inventory for regular meets and championship meets
- **Timing System Coordinator:** responsible for set-up and maintenance of timing system, training others on system operations and maintenance. Includes all timing equipment including computers, touchpads, plungers, cables, etc....

The Swim Meet & Volunteer Committee should understand that they play an integral role in ensuring all team hosted meets are a positive experience for all teams, parents and swimmers.

SWIM MEET JOB ASSIGNMENTS

Below are some basic descriptions of positions that are needed at every hosted swim meet:

- **Pre-Meet Set-Up (Friday night, during regular practice times):** setting up tables and chairs, switching practice/competition lane lines, etc... Should be able to lift approximately 25 pounds.



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- **Officials (Level 1, 2 or AO):** Must obtain certification and meet Officials criteria. If interested in officiating, please contact Jocelyn for more information.
- **Timer:** 2-3 timers are required per lane. Timers operate a stopwatch and write down times so they can be compared to our electronic timing system times.
- **Swimmer Escort:** Once swimmers have been arranged in their rows for their events, the Swimmer Escort helps keep the swimmers in order as they walk from "Clerk of Course" area to the pool deck and then again down to the starting block end of the pool.
- **Timer Slip Collector:** Timers write down times from each event on timer lane slips. The "Collector" collects these sheets after each heat/event and gives them to the Computer Station people.
- **Computer Stations:** Computer Station 1-is responsible for ensuring the swim meet program starts with each event, correctly runs during each event, and stops when the last swimmer is finished. Computer Station 2 is responsible for time verification (USING TIMES PROVIDED FROM STOP WATCHES-COMPARES TO TIMING SYSTEM). Station 2 must be a certified official.
- **Ribbon Table:** Ribbon labels are printed during the meet (approximately every 10-15 heats) and placed on the corresponding ribbon. Ribbons are sorted by team, placed in bags or boxes and coaches take ribbons home at end of meet.
- **Program/Sales Table:** We sell programs of the events for the first half of the meet. Responsible for collecting money, making change, returning inventory to appropriate place, and turning in cash bags. Restricted to those over 18 years of age.
- **Clerk of Course/Staging/Bullpen:** These areas are where the swimmers are organized for each heat/event. Parents line up swimmers according to lane assignments; help keep swimmers organized and promote good behavior while awaiting their next event. (This includes Pre-Stage Area-where swimmers are lined up, Swimmer Escort: where an adult guides swimmers from one area to another, while keeping them in order, & Card Runner/Event Updates: where you collect laminated cards after a few events and post which events are called into the COC)
- **After Meet Clean-up:** help put the pool back to non-meet set up. Put practice lane lines back in pool, put away all equipment used during meet in pool area and other areas used in high school (cafeteria, commons, upper gyms, etc...) Help pick up trash, debris, and lost and found items.

SWIM OFFICIAL TRAINING CERTIFICATION

Certification is available for anyone wishing to volunteer and paid for by the Manta Rays Swim Team. This training gives information on how to time and officiate as well as aids parents in understanding YMCA of USA swimming rules. Certification opportunities are planned every fall prior to the start of the FALL/Winter Swim season. Please refer to the "Calendar of Events" for Training opportunities and registration deadlines.

LEVEL 1 & LEVEL 2 & A.O. OFFICIALS POSITIONS

TIMERS-LEVEL 1 (ONLY REQUIRED TO BE OFFICIALS FOR CHAMPIONSHIP MEETS)

Operate timing devices (stopwatches and automatic timing systems) and record official times per lane

STROKE AND TURN JUDGES-LEVEL 1

Observe from each end of the pool and ensure that the rules relating to each stroke and/ or turn and/ or finishes are being followed. Fills out and turns in a "DQ slip" for infractions.

STARTER-LEVEL 2

Controls the flow of the meet. Directs start of each event. Must have Level 1 certification and work a minimum of 8 sessions before able to obtain Level 2 certification.

REFEREE-LEVEL 2

Has overall authority of the competition. Assigns and instructs all officials and volunteers. Decides all questions relating to the conduct of the meet. Must have Level 1 certification and work a minimum of 8 sessions before able to obtain Level 2 certification.

ADMINISTRATIVE OFFICIAL (A.O.)



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Determines the official, order of finish, scoring, etc... of individual races, events & meets. Understands the steps to be taken in investigating & resolving potential timing system problems. Knows the rules for determining official times/places. This is a "dry deck" official.



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POLICIES

INCLEMENT WEATHER/CANCELLATIONS

PRACTICES

- On scheduled No-School days, early dismissals, holidays, or if there is a late start, etc... practices will be held as normal as permitted.
 - Practices will not be held on holidays: Halloween, Thanksgiving, Christmas Eve Day, Christmas Day, New Year's Eve Day or New Year's Day.
 - Practices may be modified on days surrounding holidays, please check team calendar and app for adjustments to practice calendar.
- In case of school cancellation/early dismissal due to inclement weather all swim practices will be cancelled.
- Whenever possible, if Carver pool is unavailable due to scheduling conflicts (high school swim meets/activities); practice will be held at the YMCA instead.

SWIM MEETS

- In the case of inclement weather on scheduled meet dates the coaches, committee members and Aquatics Directors from all traveling teams and Manta Rays Swim Team will decide if the meet is to be cancelled, postponed, delayed, etc... The Muscatine Community YMCA will be notified of the status, a mass EMAIL generated through the Swim Team's G-Mail account will be sent out to all parents and may be posted on Facebook, through the team app, and the swim team's website, if time allows. We encourage all parents to call the YMCA Member Services or Welcome Center at 563-263-9996 if the weather appears to be uncertain for running a meet.
- If you feel it is unsafe to travel to a meet due to weather conditions, you may scratch your swimmer individually. Please send an email to muscatineswimclub@gmail.com or direct message the coach via the team app **immediately** so that coaches have time to make changes to the meet/relays. If you do not have access to email, please call the YMCA 563.263.9996 and they will contact Jocelyn.

CHECK-IN, CHECK-OUT & LATE PICK-UP POLICY

Check-in & Check Out:

In order to allow coaches to properly supervise athletes at practice locations, spend time building relationships with athletes and meet supervision requirements from all governing agencies (USA Swimming, Safe Sport, Praesidium, YMCA of the USA, etc...) the Manta Rays Swim Team has the following policies for check-in, out and pick-up:

Check-in: all athletes will be checked in for practice using approved methods by a parent volunteer or other designated person.

Check-out: all athletes will be checked out before leaving the practice location. Athletes 12 years and younger must have a parent on-site (on-site is defined as: inside the building of the practice location) before being allowed to leave or being checked out. Athletes 13 & over may be checked out without a parent on-site under the following conditions:

1. A waiver of release must be on file with the team.
2. The parent(s) must communicate by the season registration deadline the method of notification used between athlete and the responsible adult that will pick up the athlete from practice.
3. The parent and athlete understand that the athlete should not leave the practice facility until they have confirmation that an adult is on-site.
4. Any athlete 15 years or older with a school/work permit or valid drivers' license is able to check themselves in and out for practice, but a waiver of release must be on file with the team by registration deadline or whenever the athlete obtains legal permission to transport themselves.
 - a. Any athlete that is able to transport themselves to practice WILL NOT transport any other athletes to or from practice unless that athlete resides in the same household or is a sibling.
 - b. Waivers of release should be on file for all siblings.



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5. Check-out will not be required for any practices held at the YMCA due to the additional supervision provided by YMCA staff.

Pick-up:

All athletes should be picked up promptly after practice.

If athletes need to be picked up prior to the scheduled end time, notice must be sent to the coaching team prior to pick up.

YMCA Facility Restrictions: Children in the facility who are 7 years or younger must be supervised by someone 16 years or older or in a structured program. YMCA staff are on site at all times.

Carver Swim Center: Coaches will remain on site with any swimmers not promptly picked up after practices have ended. Two-deep leadership will be maintained at all times. Coaches will make attempts to contact parents/guardians for any swimmers that remain at practice locations beyond 15 minutes after the conclusion of practice. If no parent/guardian is available after 30 minutes, Muscatine Police Department will be contacted per YMCA policy.

LOCKER ROOM MONITORING POLICY

PURPOSE

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

FACILITIES

The following is a description of our practice and competition facilities to allow athletes and their families to plan their use: Practices are held at both the Muscatine Community YMCA and Carver Swim Center at Muscatine High School.

At the YMCA: Locker rooms are shared with the general public. As such, there are likely to be people who are not associated with the Manta Rays Swim Team in the changing area around the time of practice.

At Carver Swim Center: Locker rooms are shared with the Muscatine High School Men's & Women's Swimming & Diving teams. Practice start and end times are staggered to avoid overlapping usage by athletes.

MONITORING

Coaches and staff make every effort to recognize when an athlete goes to the locker room or changing area during practice and competition and, if they do not return in a timely fashion, we will check on the athlete's whereabouts. We discourage parents from entering locker rooms and changing areas unless it is truly necessary. In those instances, it should only be a same-sex parent. If this is necessary, parents should let the coach or administrator know about this in advance. If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an athlete's disability warrants assistance, then we ask that parents let the coach, or an administrator know beforehand that he or she will be helping the athlete.

The Manta Rays Swim team has staggered start times, with different groups arriving and departing throughout the reserved practice times. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time. While we do not post a coach or staff person inside or at the doors of the locker rooms and changing areas, we do make occasional sweeps of these areas during busy periods. A coach will conduct these sweeps, with women checking on female locker rooms, and men checking on male locker rooms.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:

- 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.



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BEHAVIOR/BULLYING PREVENTION

The YMCA is founded on four core values: caring, honesty, respect, and responsibility. We expect and require everyone associated with the Manta Rays Swim Team (our swimmers', parents and coaches) to conduct their behavior in accordance with these core values. Swimming is a team activity. No member is above any other and everyone will treat everyone else with dignity and respect.

The Manta Rays Swim Team has a Bullying Prevention Policy, which will be enforced if needed.

Any misbehavior will be dealt with on an individual, situational basis as we become aware of them. The administration will do whatever is necessary to maintain a healthy, safe environment, for everyone associated with the team.

ATHLETE CODE OF CONDUCT

Each athlete and a parent/guardian needs to read this section and discuss it together.

When both the swimmer and the parent/guardian are satisfied that they fully understand what is expected and required of a Manta Rays Swim Team member, the athlete should sign and date this form. No swimmer will be allowed to participate in practices or meets until their signed Code of Conduct has been submitted.

As a representative of my team, my YMCA and my community, I WILL:

- Demonstrate good sportsmanship at all practices and meets through my words and my actions. I will exemplify behavior that builds up and does not tear down.
- Set a good example of behavior and work ethic for my younger teammates.
- Be respectful and courteous to my coaches, swim meet officials and other volunteers.
- Be respectful of my teammates feelings and personal space. Swimmers who exhibit sexist, racist, homophobic or otherwise inappropriate behavior will be faced with consequences.
- Refrain from foul language, violence, behavior deemed dishonest, offensive or illegal.
- Arrive on time (that means ready to swim, equipment and self-ready) to all practices. This is very important as our time is limited and there is much to cover each and every practice session.
- Check in properly at the YMCA Welcome Center if practicing at the YMCA.
- Listen to and respect all YMCA staff (i.e. coaches, lifeguards, building supervisors, and other staff).
- Not enter the water until given permission by the coach.
- Observe all YMCA and Carver Swim Center swimming pool rules. Swimmers should not be in the water for Rec/Family swim prior to practice times.
- Observe all YMCA/Facility rules, regardless of what facility we may be swimming at. Swimmers are to be courteous and respectful at all meets, home or away.
- Use locker rooms only for their intended purposes. Respect others who may be using the locker rooms at the same time. Damage to locker rooms or other facilities at any swimming site will be assessed to the responsible swimmer's family. Offending swimmers will be ejected, and may be dismissed from the team and/or expelled from use of the YMCA.
- Set, plan and strive to achieve reasonable goals for myself and for my relay teammates.
- Share my successes and disappointments with my team and coaches.
- Communicate my needs with all involved.
- Uphold and practice the core values of the YMCA (caring, honesty, respect, responsibility).
- Listen and learn to the best of my ability and respect my coach's time and effort in what they are teaching me.

AT SWIM MEETS:

- **AT HOME or AWAY:** Arrive and check in with the coaches, unless instructed otherwise, at least 15 minutes before our scheduled warm-up time.



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- Wear shoes, sandals, socks at all times when walking around any facility.
- Go to our designated swimmer holding area and remain there except for: Warm-ups, Event calls (to report to Clerk of Course), Restroom visits, and/or Concession stand visits.
- Sit with the team whenever possible so coaches can locate me quickly.
- Stay off the pool deck unless there to swim in your event.
- Stay out of locker rooms unless showering, changing, or using the restroom facilities.
- Stay out of the spectator viewing area and "off-limit" areas.
- Talk to your coach after each event.
- Watch for your events being called and report to Clerk of Course promptly. Swimmers are expected to be courteous, respectful, and well-behaved while in Clerk of Course. Clerk of Course personnel have the authority to scratch swimmers from an event if they are misbehaving.
- Tell the head coach if you have to leave a meet before you complete all of the events you have entered. This is especially important if you are entered in a relay and cannot swim in that relay. Relay swimmers who "stand up" their teammates may be dropped from consideration for relay competition at the sectional, state, or regional levels.
- Clean up the holding areas before leaving the swimming meet. Wipe up spills and throw away trash in proper waste containers. This means **EVERYONE**. At our home swimming meets, remember that any food and drink other than water is to stay in the cafeteria and commons. PLEASE do not bring food and drink, other than water, into any other area of the building. For away meets, please eat in designated areas. Please respect the rules of our host facilities at all times.
- Make sure to take all personal belongings with you when you leave any practice or swim meet. YMCAs usually maintain "Lost and Found" areas, but please do not depend on your missing items being there.

Any swimmer who disrupts a practice or a meet, interferes with other swimmer's workouts, damages the property of others, or threatens, intimidates, or injures others will be ejected. A second incident, of any sort, will be cause for dismissal from the team. Courtesy, citizenship, and sportsmanship are as fundamental to our competitive swimming program as stroke, technique and speed. These qualities derive naturally from the YMCA core values: Caring, Honesty, Respect, and Responsibility. Please follow these rules and remember, when we are at other YMCA's and facilities we will be representing ourselves, our families, and our own Swim Team. Let's have fun, but let's also respect others and others' property.

CONFLICT RESOLUTION POLICY

Communication is the best way to reduce conflicts within any team. The best way to communicate with your child's coach is to meet with them after practice. Coaches usually have time after practice to answer questions or provide information. Direct messaging a coach through the team app is also a good way to open communication.

Please keep in mind that the coaches have the best interests of your child at heart. Also, keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a practice group.

The following procedures regarding problems, questions, or complaints should be followed by Manta Rays Swim Team families.

- If a parent has a concern about their swimmer, they should speak with the coach outside of practice time.
- If there is a conflict between a parent and the coach, the parent should air their concern with the Aquatics Director.
- If still dissatisfied, the parent should air their concern with the Executive Director who will make every effort to resolve the situation.



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- Any member can ask the Aquatics Director to organize a parent meeting, if the issue has not been resolved to the satisfaction of the member.
- If another parent uses you as a sounding board for complaints about a coach's performance or policies, encourage the other parent to speak directly to the coach and follow the conflict resolution guidelines listed above.

CELL PHONE POLICY

As a program of the Muscatine Community YMCA, the Manta Rays Swim Team's number one priority is to provide a safe environment for its participants and therefore adheres to the Muscatine Community YMCA's policy regarding the use of cell phones and other electronic devices.

At the YMCA:

Cell phone use (and other electronic devices that can access the internet) is strictly prohibited within the pool area (on the pool deck, in the locker rooms, or in the Pool Offices). If you need to use your cell phone for any reason (calls, texts, e-mails, etc...) please restrict your usage to the hallways or lobby of the pool area (where the swimmers enter the locker rooms/sit in clerk of course).

Failure to adhere to this policy may result in disciplinary action for parents and/or swimmers up to and including warnings, suspension from activities (practices and/or competitions), expulsion from the program, loss of membership privileges with the Muscatine Community YMCA.

At Carver:

Athletes are not permitted to be on cell phones before, during or after practice times unless communicating with a parent/other supervising adult.



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ELECTRONIC COMMUNICATION POLICY OF THE MANTA RAYS SWIM TEAM

(This is a summary, for a full version of the policy, please email the Aquatics Director).

Purpose

The Manta Rays Swim Team ("the team") recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the team acknowledges the value of these methods of communication, the team also realize that there are associated risks that must be considered when adults use these methods to communicate with minors.

General Content

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

Facebook, Instagram, Twitter, Blogs, and Other Similar Sites

Coaches may have personal social media site pages, but there are not permitted to have any athlete member of the team join their personal page as a "friend". A coach should not accept any "friend" requests from an athlete. In addition, the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to "private message" each other through Facebook or other social media sites, not monitored by the team. Coaches and athletes are not permitted to "instant message" each other through Facebook chat or other IM methods not monitored by the team.

The team, has an official Facebook and/or Twitter page and team app that athletes and their parents can follow for information and updates on team-related matters.

Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

Texting

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 7 am until 9 pm (if the coach chooses to distribute their personal contact numbers). Texting only shall be used for the purpose of communicating information directly related to team activities.

Email

Athletes and coaches may use email to communicate between the hours of 7 am and 9 pm. When communicating with an athlete through email, a parent, another coach or a core committee member must also be copied.

Request to Discontinue All Electronic Communications

The parent or guardian of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.



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ACTION PLAN OF THE MANTA RAYS SWIM TEAM TO ADDRESS BULLYING

(This is a summary, for a full version of the policy, please email the Aquatics Director).

PURPOSE

Bullying of any kind is unacceptable at the Manta Rays Swim Team (the "Team") and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Team is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of the Team's Bullying Policy and Action Plan:

1. To make it clear that the Team will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that the Manta Rays Swim Team takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

REPORTING PROCEDURE

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to a Team Coach, Board Member, or other designated individual;
- Write a letter or email to the Team Coach, Board Member, or other designated individual;
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate team leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at our team or it is reported to be occurring at our team, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED**.



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PARENT CODE OF CONDUCT

Purpose:

The purpose of a code of conduct for parents/guardians is to establish consistent expectations for behavior by parents. This form also contains consent and authorization for participation in Manta Rays Swim Team, Photo Release and authorization to treat in a medical emergency.

Athletes will not be allowed to participate until there is a signed form on file for each family.

As a parent/guardian of a Manta Rays Swim Team Member, I UNDERSTAND AND/OR AGREE TO:

- Set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- Get involved by volunteering beyond swim meets whenever possible, observing practices, cheering at meets, talking with my child and their coach about their progress.
- Participate in all required team fundraising events/efforts (see **Parent Involvement Agreement**)
- Refrain from coaching my child from the stands during practices or meets.
- Support the decisions of my swimmer's coaches, even if I have a different agenda.
- That criticizing, name-calling, use of abusive language or gestures directed towards coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- Respect the integrity of the officials.
- Direct my concerns first to my swimmer's coach; then if not satisfied to the Aquatics Director.
- Keep myself and my swimmer informed of swim team activities and events.
- Help my swimmer plan, set, strive and achieve reasonable goals for their age and ability.
- Communicate with my swimmer's coaches frequently if my swimmer has conflicts with practices, meets, etc... A lack of attendance and communication will be viewed as a lack of commitment.
- Get my swimmer(s) to practice on time (that means ready to swim, equipment and self).
- Check in properly at the YMCA Welcome Center if practicing at the YMCA.
- Listen to and respect all YMCA staff (i.e. coaches, lifeguards, building supervisors, and other staff).
- Provide positive support and encouragement for my swimmer.
- Place the emotional and physical well-being of my child ahead of my desire to see my child succeed.
- Observe all YMCA and Carver Swim Center/Muscatine High School facility and pool rules.
- Observe all YMCA/Facility rules and Manta Rays Swim Team Policies both home and away.
- Use locker rooms only for their intended purposes. Respect others who may be using the locker rooms at the same time. Damage to locker rooms or other facilities at any swimming site will be assessed to the responsible swimmer's family. Offending swimmers will be ejected, and may be dismissed from the team and/or expelled from use of the YMCA.
- Swim team coaches are not babysitters, nor are other YMCA personnel. Each swimmer at any practice or swimming meet, home or away, should be under the supervision of an adult. Parents or guardians unable to attend with their swimmer(s) need to make arrangements for the child's supervision. This includes siblings that are not participating in practices or meets.
- Complete meet entry information by established deadlines via the designated methods. There will be no blanket or "default" entries to any of our meets. **Late entries will NOT be accepted, no exceptions!**

On swim meet days:

- **AT HOME or AWAY:** Arrive, unless instructed otherwise, at least 15 minutes before our scheduled warm-up time. Athletes should check-in upon arrival.



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- Communicate any restrictions, requests, limits, etc... for events or jobs to the designated person by the established deadlines (event requests/restrictions for swimmers should be communicated with the coaching team, job requests/limits should be communicated with the job coordinators.
- Communicate with the coaching team if you have to leave a meet before your swimmer has completed all of the events you have entered. This is especially important if you are entered in relays. Relay swimmers who "stand up" their teammates may be dropped from consideration for relay competition at the state or regional levels.
- Clean up the camp areas before leaving the swimming meet. Wipe up spills and throw away trash in proper waste containers. This means **EVERYONE**. At our home swimming meets, remember that any food and drink other than water is to stay in the cafeteria and commons. PLEASE do not bring food and drink, other than water, into any other area of the building. For away meets, please eat in designated areas. Please respect the rules of our host facilities at all times.
- Make sure to take all personal belongings with you when you leave any practice or swim meet. YMCAs usually maintain "Lost and Found" areas, but please do not depend on your missing items being there.

Any parent/guardian who disrupts a practice or a meet, damages the property of others, violates team/facility policies or threatens, intimidates, or injures others will be ejected.

A second incident, of any sort, will be cause for dismissal from the team.

Courtesy, citizenship, and sportsmanship are as fundamental to the YMCA competitive swimming program as stroke technique and speed. These qualities derive naturally from the YMCA core values: Caring, Honesty, Respect, and Responsibility.

Please follow these rules and remember, when we are at other YMCA's and facilities we will be representing ourselves, our families, and our own Swim Team. Let's have fun, but let's also respect others and others' property.