



WELCOME to Swim Team Introduction Packet

This packet includes key information that
is important and required for the Rays Swim Team.

It is very important that you read and keep this document.

WELCOME!!

Dear Swimmers and Parents,

Welcome to the Rays Swim Team! We are excited to have you on our team. We have worked hard to devise a program that will be a fun and rewarding experience for all swimmers and their parents.

All participants, regardless of ability or experience, are invited to participate in the FUN of our team! As a team member, your swimmer can strive to improve their technique in all four competitive strokes, make new friends, and learn the unity of team experience with the reward of great physical activity.

Communication between coaches, swimmers, and parents is extremely important. If there are ever any questions or concerns, please feel free to ask and we will do our best to address any issues that arise. We have developed this handbook to help you better understand our goals, commitments and objectives.

Again, the coaching staff is excited that you are swimming and cannot wait to get started with what we anticipate to be a great experience for you and your family! If you have any questions at all, please do not hesitate to ask the coaches. We are here to make your experience as wonderful as possible!

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Team Information

Swim Team Program Goals

1. To build a sense of pride in knowing they have done their best, no matter what the outcome
2. To build a strong sense of responsibility and character through self-discipline and hard work
3. To develop team spirit and unity
4. To become better athletes
5. To make new friends
6. TO HAVE FUN!

YMCA Membership

Because the swim team is part of the Minnesota YMCA swimming league, each swim team member must also be a member of the YMCA of the North. Arrangements for becoming a YMCA member should be made at the membership service desk.

YMCA Facility Entry Requirements

All swimmers under the age of 6 must be accompanied to practice by a parent or an appointed adult (16+). This person must stay in the facility with their swimmer during practice.

Program Fees

The YMCA of the North Swim Team charges each swimmer a fee dependent upon the group which your swimmer is placed in and may change as your swimmer moves from group to group.

Practice Group	2024-2025 Fall/Winter Fees
Novice	\$649.75
Age Group	\$793.50
Senior	\$868.25

Swim Team program fees are eligible for the YMCA Personal Pricing Plan based on financial need. The amount eligible for discount is equal to the percentage the participant or family receives through their membership discount.

Swim Team program fees are able to be paid in monthly instalments set up with the member services desk. You have the option of 3 or 6 month payments for the fall/winter season and 3 month payments for the spring and summer season. Fees must be paid in total by the end of the program.

Financial Assistance

The YMCA of the North offers program and membership assistance through our donations generated through our Annual Fund program and made available through our Personal Pricing Plan. If you are in need of financial assistance, the swim team asks that you apply through the YMCA of North Personal Pricing Plan for assistance with their membership and program fees. Applications for the PPP are available at the member service desk.

What is included in the fees

The fees include all practices, entry fees for all regular YMCA meets including Sectionals and State Meet (For qualifying swimmers).

What is not included in the fees

The fees do not include team suits, travel or apparel. These items are optional. The fee does not include entry fees for any swimmer qualifying for Regionals.

Refunds

Swim team fees are only refunded due to illness or injury and must be approved by the Aquatic Director. We do not refund fees for missed weeks of practice due to vacations or scheduling conflicts.

Cancellations

If there is concern regarding a physical/mental illness or injury that prevents you from participating in the season, a medical provider will need to provide proof of illness or injury to consider a partial refund for the remainder of the season.

Team Uniform

There is no requirement to purchase the YMCA Swim Team swim suit, sweats, or t-shirts although they will be available for purchase on the website. One silicone swim cap will be provided to the participants when they start the team and this cap must be worn at swim meets. Replacement and additional caps after their first cap can be purchased (\$10.00 for silicone) if they are participating in swim meets. The team swim cap is not required to be used during practice. Team apparel may be ordered from our on-line team store on our team website.

Swim Goggles

A good pair of SWIM GOGGLES (or TWO) with your child's name on them is essential and **required** for practice!! They allow your child to open his/her eyes and not to swim blindly in the dark! For your younger children, they take a little getting used to, but please persevere; it will be well worth it.

Competition and Meets

In YMCA competition, dual meets and three-way meets are offered during the State League season. Each meet will last approximately four to five hours and all meets are swum against other area YMCA teams both in and outside of the Metro area. Swimmers may swim in a maximum of three individual events and two relays during each meet. Swimmers compete in age groups. For YMCA competition, age is determined as of December 1st. Age groups are eight and under, nine and ten, eleven and twelve, thirteen and fourteen, and open. The meet schedule for the State League Season (SLS) starts in the fall (mid to late October) and concludes in mid-March with the Regional Meet. Each team will compete in 8 regular season meets plus the championship meets. There are no entry fees for the regular SLS meets.

During the summer, our Y North teams compete in meets against other teams in the metro area, all within our association. Each team will compete in 3 dual meets over the course of the summer.

Sectional, State and Regional Meets

At the end of the SLS the Minnesota YMCA Swim league hosts the sectional meets. Each team is on a rotation to host this meet with other teams in the section. There is a fee for each swimmer to participate in this meet and the YMCA covers this fee for the participant. In order to attend the sectional meet you must have participated in 3 regular season meets. The top three places in each section event advance to the State Meet.

Swimmers who achieve a qualifying time in a specific event in any meet during the course of the season may go on to compete in the Regional Meet in March. There is a fee to participate in this meet that the family is responsible for covering. However, swimmers will only be able to compete in the events they have qualified for.

Meet entry

All Meet entry will be handled via the website. You will receive an email inviting you to attend the meet. You will click on the link provided in an email and sign your child up for appropriate events which will be accepted by your child's coach. No handwritten or spoken entries will be allowed. This is a hard rule.

The Race

Stroke and Turn Judges watch each race. Swimmers with improper form are disqualified and will be told why by their coaches. It is not the officials fault the child was disqualified. The swimmer is responsible for their form, the official only makes them aware of the improper stroke they performed in the race. Swimmers should not be discouraged by a disqualification (DQ). Most team members have had the same experience. Pay attention to the judge's remarks, talk to your coaches, and work hard on stroke perfection in practice.

Although Timers may tell swimmers how fast they have swum a race, no time is official until results are posted. This posting may list only the first six winners by name. Other swimmers may have to derive their times from an electronic tape printout, listing times by event, heat, and lane, so it is useful to jot down this information for each race swum. In most events, there is more than one heat. In most meets, the first heat in each event is composed of swimmers with slower times. Fast swimmers are seeded in later heats. It is, therefore, possible to win a heat and still not place in the top six or eight ribbon winners in the entire event.

Remember you are representing the YMCA. Your behavior reflects on both facilities' image. Be positive and courteous at all meets.

Home and Host Swim Meets

Each YMCA Swim Team usually hosts 2 home swim meets each year. In order to run these meets, we need many volunteers. We ask each swim team family to volunteer 2-4 hours of their time during these meets their children are swimming. Volunteering is a great way to meet new people and get involved in your child's activity. Please see parent volunteer code of conduct.

Attendance at Meets - Pointers for Swimmers:

- Be prompt, arrive early enough to get your numbers, your coach will tell you when to arrive.
- Review the program. Check to make sure you are properly entered in your events. If there is a problem, go directly to your Head Coach.
- Report to the YMCA's swimmers' area.
- Check with the coach when it is time for relays.
- As the meet starts, be aware of your event numbers. ***It is the responsibility of the swimmer to make her/his events.***
- Check-in with your coach before and after swimming each event.
- If problems arise concerning disqualification, awards, etc., please see your coach.
- After the meet is over be sure you have all your possessions and help ***CLEAN-UP THE TEAM AREA.***

Expectations for our Team Parents

1. Please get your child to practice on time. Parents are invited to watch practice from the viewing area or on the bleacher in the pool area *if available*.
2. Get your child to swim meets on time.
3. Make sure your child is signed up for meets by the due date on the meet schedule.
4. Address any concerns to a Coach or Aquatics Director in a timely manner. Questions for coaches are to be asked after practice. *No parents on deck during practice.*
5. Support the team and all of its members.
6. Get involved! We rely on our volunteers to successfully host meets. Volunteer your time to help the team in useful ways (a list of jobs will be delegated each season and parents are required to volunteer). If your child is swimming in a meet, one family member will be required to volunteer for at minimum one shift. If you do not sign up, your family will be assigned a spot. (See Parent Service Responsibility Form)

As nonprofit organizations, we rely on the support of all. During home meets, we need all parents help to make it run smoothly and be successful (once again volunteering time is mandatory for every family):

- Set-up and Take-down
- Timers and runners
- Starter and bullpen
- Clerk of course

Communication

Communication is important for any successful program. Our main line of communication will be the team website and email. With that our coaches are always available. For further questions about your child progress or general questions about the team, do not hesitate to talk to the coaching staff (please do not interrupt practice but contact coaches before or after practice).

Any questions for swim team should be directed to our team inbox: rays@ymcamn.org

This ensures that our head coaches and Aquatics Directors can provide you with the best response as quick as possible.

Practice Group Placement Standards

Team Groups

The Y Swim Team is divided into several training groups, done with the consideration of the swimmers' development of technical skills, training abilities, maturity, competitive levels, time standards and group availability. The progressive structure of these groups provides a setting in which swimmers are continually challenged yet are able to experience individual and team successes. All group placement decisions are made by the entire coaching staff and done so in the best interest of the swimmers and their long term development.

Time Standards

Some groups may have time standards used as reference for team member placement in the practice groups. Each year, USA Swimming establishes time standards, or "Cuts" for each of its major meets, from BB or age group meets through Olympic Trials, swimmers are always striving to make their next cut.

Novice

The Novice Group provides younger swimmers with the opportunities to develop the fundamental skills of the four competitive strokes, turns and starts, plus to learn basic racing skills. Generally, swimmers will be placed in training groups based upon their age and ability. Although participation in other sports and activities is normal, swimmers are encouraged to attend 2-3 practices a week because good attendance is one of the considerations for promotion.

Placement into Novice

- 5 – 11 years of age
- Can swim in deep water
- Can swim 25 yards freestyle demonstrating breathing to the side and good body position
- Can swim 25 yards backstroke demonstrating good body position
- Can swim 25 yards breaststroke or butterfly is a plus
- Can demonstrate the fundamentals of a forward dive from the edge of the pool

Age Group

The AG1 group focuses on continued development in stroke technique and efficiency plus the introduction of aerobic training. Swimmers are strongly encouraged to attend three practices a week.

Placement in AG

- 8 – 15 years of age
- Has demonstrated legal technique in all four strokes
- Has achieved at least one or more [10 year old "B" National Age Group Motivational Times](#) OR has strong coach recommendation to be moved up
- Has demonstrated on a daily basis the desire and ability to perform at a higher level
- Demonstrates YMCA core values and good sportsmanship at practices and meets
- 8 & Under swimmers can be promoted to AG if they have achieved three or more 10 year old "B" National Age Group Motivational Times, have a strong attendance record (2-3 days a week), have demonstrated on a daily basis the desire and ability to perform at a higher level and have shown the maturity to work with older swimmers

Junior

AG2 continues to refine stroke technique and efficiency, plus sets a strong foundation for aerobic training with longer freestyle sets and IM sets as the staples for the workouts. Strong workout habits are taught and swimmers are expected to attend three workouts a week.

Placement into Junior

- 10 – 15 years of age.
- Has achieved at least one, preferably more, [11 year old "B" National Age Group Motivational Times](#) OR has strong coach recommendation to be moved up
- Has demonstrated on a daily basis the desire and ability to perform at a higher level
- Has coaches' recommendations
- 9 year olds can move if they have achieved three or more 11 year old "B" National Age Group Motivational Times, have strong attendance (3 days a week), have demonstrated on a daily basis the desire and ability to perform at a higher level and have shown the maturity to work with older swimmers
- Demonstrates YMCA core values and good sportsmanship at practices and meets

Senior

The Senior group is for those swimmers who are dedicated to improving their skills in swimming with an eye to either becoming more competitive in the sport, or to continue their competitive swimming career. Stroke technique and aerobic training are emphasized at every workout. Swimmers are asked to come to workouts on a regular basis. Participation in other activities is normal and encouraged; however, good attendance and a good attitude are major considerations to advance to Senior 2.

Placement into Senior

- 11 years of age
- Can demonstrate legally the following strokes and distances: 200 yard Freestyle, 100 yard Backstroke, 100 yard Breaststroke and 50 yard Butterfly.
- Can demonstrate a forward dive from the edge of the pool
- Has coaches' recommendations
- Demonstrates YMCA core values and good sportsmanship at practices and meets
- Has achieved at least one, preferably more, [13 year old "B" National Age Group Motivational Times](#) OR has strong coach recommendation to be moved up

Swimmer Expectations

1. Follow all rules: pool rules, swim team rules, and building rules. The lifeguards and other facility staff will enforce these.
2. Respect the coaches, your fellow teammates and parents.
3. Be at practice on time. Plan carpools so swimmers arrive at the designated time.
4. Attendance: swimmers are encouraged to attend all their scheduled practices each week. This is one of the best ways to progress in your skill and endurance.
5. Be prepared. Bring your own goggles, caps, towels and a good attitude!
6. Stay at practice and in the water until it is time to go or until you are otherwise dismissed.
7. Swim whatever workout is posted with an enthusiastic attitude.
8. Sign up for meet events by the due date on the meet schedule.
9. Be courteous when coaches are helping other swimmers – your turn will come.
10. Put forth your best effort during practice and at meets.
11. Each swimmer should congratulate other swimmers and those from other teams. Swimmers should stay in the water until everyone in that heat is finished. Remember that everyone is a winner if they put forth their best effort.

Team Rules

1. The lifeguard on duty has full authority over the pool.
2. Swearing and foul language are not acceptable.
3. Please do not hang on lane lines.
4. Absolutely no stopping in the middle of the pool unless the set calls for it. Again, this interferes with your teammates' workouts.
5. Swimmers will conduct themselves appropriately in the locker rooms as well as everywhere else in the building. Horseplay will not be tolerated anywhere.
6. No interfering with another swimmer's workout. We want everyone to excel.
7. Use the rest room before and after practice – not during practice.
8. Show respect for fellow swimmers. Don't make fun of, or pick on, each other.
9. Pay attention and give your full cooperation when the coaches ask the swimmers to be quiet and listen.
10. Swim the posted workout.
11. If you do not follow team guidelines, the coaches reserve the right to ask you to leave and/or take away meet privileges.
12. If a swimmer is acting inappropriately, the coaches reserve the right to ask you to leave practice for the day.
13. If swimmers would like to socialize, please come early or stay late – during practice is not an appropriate time.
14. Coaches have the right to remove any swimmer or family from the team at any point during the season for behavior that is deemed inappropriate and/or harmful to the team or individuals on the team.

The Parent-Swimmer Relationship

It is not the intention of any YMCA coach to advise a parent, or parents, on how to raise their children. No one understands the parent-child relationship better than a parent. In an athletic environment, human nature often prevents a parent from remaining detached and objective in matters concerning their children. If you have questions or concerns, please get the coaches involved so they can help.

Everyone involved in the type of training program conducted by the Tidal Waves must realize that each individual learns at a different rate and responds differently to the various methods of skill development. The slower developer obviously takes more time to learn and requires more patience on the part of the parents and coaches. Each swimmer will reach their goals at a different rate.

Parent-Swimmer Tips

The ultimate swimming goal for a parent should be a swimmer that is self-motivated, self-confident and feels good about themselves and the goals they have achieved.

Swim parents are great when...

- You use positive encouragement to fill your child's Emotional Tank because athletes do their best when their "Emotional Tank" is full. Fewer than 1% of youth sports participants receive college scholarships and the top three reasons kids play sports are: a) to have fun, b) to make new friends, and c) to learn new skills.
- You reinforce the ELM Tree of Mastery with your child (E for Effort, L for Learning and M for bouncing back from Mistakes). Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them.
- You do your best to get the participant to practice and swim meets on time. Understanding that you may be putting him/her at risk by not providing adequate time for warm up. This shows respect for the coach, and it tells my swimmer that he/she is my top priority.
- You Honor the Sport of Swimming and understand the importance of setting a good example for your child. No matter what others may do, you show respect for all involved in swimming including coaches, swimmers, spectators and officials.
- You realize that coaches and officials are human, and feel terrible when they make a mistake - just like you do!
- You say, "What did you learn?" after your swimmer just got DQ'd.
- You promote team unity and cheer for athletes who are not your own children. You emphasize the importance of the "team" and cheering for teammates.
- You drive carpools that would make a NYC cab driver dizzy.
- You help set-up or breakdown for events that you did not sign-up to help with.
- You understand that only the four faster swimmers can be on the "A" relay team.
- You help new parents "learn the ropes" in a positive way.
- You know that there is nothing heavier than a great potential and won't put your athlete under any additional burden.
- You realize that one single swim is not all that important; it's the process that counts.
- You congratulate your son or daughter's friend for doing a best time because recognition by another adult, besides a parent, is very important.
- You realize that every swimmer is a winner as long as they try their best.
- You support your child's swimming by helping support the organization that brings your child the opportunity.
- You work a full day at a swim meet, and then want to know where the team party is!

What to Bring to Practice

- Practice suit(s). It is suggested that you have at least 2 practice suits that are not the team competition suit.
- Swim Cap
- At least 1 pair of goggles
- Water in a plastic bottle with the swimmer's name on it.

What to Take to a Meet

- Team Swim Suit & Team Cap and Goggles. Extras of each are advised.
- Baby or Talcum Powder. (Used to dust the inside of the cap. It helps to preserve the cap & makes it easier to put on.)
- Towels. (Pack at least 2)
- Something to sit on. (sleeping bag, old blanket or chair)
- Sweat suits.
- Something for the feet. Keeping warm is very important in between events. Warm socks, deck type shoes or sandals are a good idea.
- T-shirts or parka. The larger the better. 2-3 shirts recommended, as they get wet and soggy.
- Games: Travel Games, cards, etc.
- Food: A small cooler filled with wholesome snacks. (Granola Bars, cereal, Fruit, Fruit Snacks etc.)
- Drinks: Water, Gatorade, Juice, etc.

Safe Sport Act

In February 2018, the Federal Government instated the Safe Sport Act. This law states that all staff as well as parent volunteers are considered mandated state reporters. If you suspect child abuse, it must be reported within 24 hours to the proper authorities.

Parent Service Responsibility Policies

The YMCA is an organization dedicated to building strong kids, strong families and strong communities. Youth participating in YMCA programs are more resistant and resilient to the negative social pressures, which they are exposed to every day at school, in your neighborhood, or through the media. By having positive role models, engaging in physical activity, volunteering, learning about YMCA core values, kids on the swim team are more likely to have a higher number of internal and external developmental assets, which ultimately can help them live healthier lives. Because of reasons like these, combined with an integral need for cooperative support at events and functions, the YMCA of the North Swim Teams have implemented a Parent Service Responsibility Policy.

Team Membership – Parent Service Responsibility

As members of the Swim Team, parents are needed to serve on the team Involvement Committee, coordinate special events, and most importantly, to help with swim meets. However, whichever areas you participate in, you can take great satisfaction in knowing that you are key in making the Swim Team experience something that all swimmers will remember for the rest of their lives, and that they will be healthier in spirit, mind and body because of your support and cooperative help.

Home Swim Meet – Parent Service Responsibility

- Parents of all swimmers who have been entered to swim in any given home meet are **expected** to work at that meet, a sign up will be available the week before the meet for assignment preferences on the team website. Those that do not sign up will be assigned jobs and shifts during the meet. The expected minimum number of shifts (which are usually 2 to 3 hours in length) per-family per-meet is one-shift per-day of competition.
- Either the Meet Director or the Parent Service Coordinator will assign jobs and shifts. However, parents are able to request specific jobs and shifts up-until the meet entry deadline.
- All meet workers must ensure they check-in with the Meet Director or Volunteer Coordinator upon arrival for their shift. If a parent is unable to work an assigned shift, any other family member, relative, friend, or even a high school student who needs community service hours, may be substituted (they must be over 12-years of age). It is the parent's responsibility to find a substitute should one be needed. Parents must inform the Parent Service Coordinator prior to the first day of the meet, and have their substitute sign-in upon their arrival for the shift.
- Once a meet job and shift schedule is finalized (usually by the Wednesday before each meet), it will be posted on the Team's website, and emailed. At the meet, the schedule will be posted around the pool on brightly colored paper and at the Meet Director's table.

Away Swim Meet - Parent Service Responsibility

- If a Swim Team parent accompanies a swimmer to an away meet, they may be asked to work at least one timing shift per-day of competition. Officials working at away meets are exempt from this requirement.

Twin City Invitational, Sectional and State Meets

- Parents of all swimmers who have been entered to the above swim meets are **expected** to work at that meet, a sign-up form will be available the weeks before the meet for assignment preferences. Those that do not sign up will be assigned jobs and shifts during the meet. The required minimum number of shifts (which are usually 4-hours in length) per-family per-meet is one-shift per-day of competition.
- Either the Meet Director or the Parent Service Coordinator for the host team/event will assign jobs and shifts based on the swimmer entry report. However, parents are able to request specific jobs and shifts up-until the meet entry deadline.
- All meet workers must ensure they check-in with the Meet Director's table upon arrival for their shift. If a parent is unable to work an assigned shift, any other family member, relative, friend, or even a high school student who needs community service hours, may be substituted (they must be over 12-years of age). It is the parent's responsibility to find a substitute should one be needed. Parents must inform the Parent Service Coordinator prior to the first day of the meet and have their substitute sign-in at the Meet Director's table upon their arrival for the shift.
- Once a meet job and shift schedule is finalized (usually by the Wednesday before each meet), it will be posted on the Team's website, and either emailed or phoned through to each assigned family. At the meet, the schedule will be posted around the pool on brightly colored boards and at the Meet Director's table.

It is extremely important to note that no child will be discriminated against, kept out of the water, or turned away from the team, due to lack of parental service participation. In addition, good communication goes a long way to preventing misunderstandings and ill will. We ultimately rely on the honesty, responsibility, respect and the caring attitude of all parents.

QUESTIONS AND ANSWERS

In an effort to help parents keep their child's swimming development in the proper perspective, the following list of commonly asked questions with answers is provided.

1. *Our child has just joined the team and their times are worse than when they started - what is wrong?* When an athlete first joins the team and starts practicing, it is possible for them to swim slower instead of faster. In the case of team members in the Age Group squads, this phenomenon is partially due to the emphasis placed on stroke technique. It takes a great deal of the swimmer's attention to master these skills. These new techniques and habits are the basis for later improvement.
2. *My swimmer's times have not improved for a long time - why?* Plateaus occur at one time or another in every swimmer's career. Plateaus can happen in competition and in training. A plateau signifies that the swimmer has mastered lower-order skills. It is important to explain to the athlete that plateaus occur in all fields of physical learning. The more successful athletes are those who work through these momentary delays in improvement and go on to achieve greater performance and approach their personal potential.
3. *My child's times vary a lot from meet to meet - why?* Age-Groupers, particularly 10 & under, are the most inconsistent swimmers. This can be frustrating for parents, coaches, and the swimmer alike. We must be patient and permit these children to learn to love the sport first and then work on their consistency.
4. *My child is not competitive enough to win races - what can we do?* Slow development of competitive drive at an early age is normal and perhaps more desirable than precocious or forced early development. It is important that everyone learns to compete and develop some competitive spirit. It is also important for children to learn to adapt to a reasonable amount of emotional stress. The small disappointments they learn to handle as children prepare them for the larger ones they are certain to experience as adults.
5. *My child is losing his/her enthusiasm for swimming - what can I do?* A parent's attitude and actions often shape their children's attitude and actions. Be enthusiastic about taking your child to practice and meets, fundraising projects and other team functions. Do not look at these events as annoying chores. Do not force your child to swim. Be sure that your child swims because they want to. Everyone tends to resist anything they feel they have to do. Self-motivation is the stimulus of all successful swimmers.
6. *I don't agree with the coaches - what should I do?* If you have any questions about your child's training, contact your swimmer's coach (but not during practice). Criticizing the coach in front of a young swimmer, or other parent, undermines the coach's authority with the swimmers, and reduces the coach's ability to motivate and properly train the swimmers. If you do not have confidence in the coaches or disagree with philosophy do yourself and us a favor and find a program that you are compatible with and confident in.
7. *My child should be able to beat that other swimmer - why doesn't he/she?* Avoid comparing your child to their nearest competitors. This merely creates dissension within the team and swimming community. Close competition provides two great services for the athlete - it brings out the best in them and shows where improvement is needed.

Other Information

Communication

Website/ Email

There is a website for the Rays swim team. Most of our communication will be done through the website including emails and meet registrations. Your email address will only be added to our mailing lists when all swimmer paperwork has been returned.

Our team web address is: <https://www.teamunify.com/ymca-3156>

Record Keeping and Awards

Record keeping

We need some personal information from each swimmer for the team database. This information will only be shared with the program manager and head coach. We may share certain information with the rest of the coaching staff if we feel it is important for them to be aware of. This information will NEVER be posted on the website or given out without consent. This may include swimmers name, birthdate, address, phone numbers, parent's names and phone numbers, school and e-mail address.

Awards

Awards are kept for a swimmer in the files for 1 year. After that time, any unclaimed awards will be repurposed for the next year. We do our best to contact you and remind families of awards that are still waiting to go home!

Swim Team Code of Conduct

Caring

- Cheering for everyone.
- Having a positive attitude toward your teammates and coaches.
- Encouraging and supporting your teammates and coaches.
- Helping your teammates succeed.

Honesty

- Tell the truth.
- Admit when you make a mistake.
- Have integrity...in other words, possess honor, honesty, sincerity, uprightness and sound moral principles.
- Be accountable for your own actions and decisions.
- Avoid gossip...either as a speaker or a listener.
- Cheating is not part of what we do. Be honest with your abilities and workout completion

Respect

- Treat others as you would like to be treated. (The Golden Rule)
- Be courteous and respectful of facility staff, parents and teammates
- Take care of equipment and facilities. Destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
- Respect all facilities that they use. Respect all fellow swimmers' space and belongings. This includes swimmers from other teams.
- Show good sportsmanship.
- Congratulate competitors.
- Treat others as they would like to be treated. (The Platinum Rule)
- Appreciate your parents' efforts and willingness to provide you with the swim team experience.

Responsibility

- Bullying in any forms is not part of our team. Reporting it is. The swimmer and parents will refrain from any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any swimmer, coach, parent or staff.
- Show up to practice on time, get in on time and be prepared to do what is asked of you.
- Follow the rules even when no one is watching.
- Make good choices in and out of the pool. Do not use tobacco, alcohol, or drugs.
- Be accountable for your own actions.

Equity

- We are all unique – celebrate it!
- Be respectful that others might have different ways of getting things done than you do.
- Listen to others' ideas.
- Include Everybody.

Consequences for Violation of the Code

1. During practice or a meet, the swimmer will receive two verbal warnings for inappropriate behavior. Upon the third warning, the swimmer will be removed from the water and sit quietly and will not return to the water until he/she is given permission.
2. Any additional violations of the code in the same day will result in the swimmer being removed from the pool for the rest of that practice. The parent(s) will be informed of the situation.
3. The second time a swimmer is removed from practice or a meet, there will be a conference with the coach, parent, and swimmer to discuss the swimmer's desire and commitment to swimming on the team.
4. The third time a swimmer is removed from a practice or meet they may be asked to leave the swim team for the rest of the season without a refund of fees paid.

Thank you for your cooperation and support. Following the code of conduct will allow all swimmers to have a safe and pleasant experience on the swim team.