



**Champaign Family
YMCA Winter Swim
Team Parent
Handbook 2025-2026**

Introduction

Welcome to the Champaign Family YMCA Flying Fish Swim Team! The following orientation information is designed to give team members and parents an introduction and helpful information.

Our swim team serves the spirit of competition, emphasizes physical fitness, and encourages fellowship of the team. We hope to provide each swimmer the opportunity to grow both socially and emotionally, through learning the values of team sportsmanship and team cooperation. Through the program, we teach the four core values of the YMCA: **to be caring, responsible, honest, and respectful.** These values will be learned, practiced, and required by all swimmers.

Eligibility

This program is open to all Champaign Family YMCA members, ages 5 and older, that have completed and passed evaluations. The swimmer must exhibit competency in at least 25 yards of freestyle and backstroke. Once swimmers have shown that they are capable of completing the required freestyle and backstroke, they will then be put into a group that will best fit their level of swim ability.

ALL Athletes must be Champaign Family YMCA members during the entire duration of the season. If membership is cancelled, athletes will be removed from all team activities (practices, meets, etc.)

Trial Week Opportunity

A trial week is offered to all new and returning athletes to give them an opportunity to experience the swim team environment and to allow the coaches to evaluate the swimmers' abilities. The trial week opportunity occurs the first week of team practice, in September. The 2025-2026 trial week opportunity begins September 8, 2025 and will end September 13, 2025. All must be registered by September 15, 2025.

Practice Schedule

The 2025-2026 season begins September 8, 2025 and ends with championships. Practices will not be mandatory but we highly encourage attending as many practices as possible. "Practice makes Progress".

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Red	5:00-6:00	6:00-7:00	XXX	6:00-7:00	XXX	8:45-9:45a
White	6:00-7:00	5:00-6:00	5:00-6:15	5:00-6:00	5:00-6:15	7:30-8:45a
Blue	7:00-8:30	7:00-8:30	6:15-7:30	7:00-8:30	5:00-6:30	7:30-9:00a

Attendance

There is no attendance policy for the CHFY Swim Team. We understand that athletes may be involved in other sports and extracurricular activities. We encourage all swimmers to attend as many practices as they can, as "Practice Makes Progress".

Drop off & Pick up

All **RED** swimmers will need to be dropped off and picked up on the pool deck. All **WHITE** swimmers may be dropped off at the front doors but swimmers will need to be picked up in the front lobby. All **BLUE** swimmers are able to be dropped off at the front YMCA doors and may also be picked up at the same doors. But they are to not wait outside for pick up! For swimmers who have their license, please park in the left parking lot.

BLUE group athletes have 15 minutes to change and be out of the facility after practice has ended. This allows time for YMCA staff to do their lock up procedures in a timely manner before closing the Y at night.

When dropping off and picking up your athlete(s) please be on time! We ask that parents are to be at the YMCA 15 minutes prior to practice ending.

Athlete Locker Rooms

All athletes 16 and younger are **required** to use the Girls and Boys locker rooms. Athletes who are 16 and older may use the Women's and Men's locker rooms.

Fee Structure & Payments

Seasonal fees may be paid all at once by September 15th or divided into five monthly drafted payments. The five drafted payments will begin monthly starting October 3rd and will be pulled the first Friday of every month. Payments will be pulled from the credit card the Champaign Family YMCA has on file. Families are responsible for updating their card on file, when it expires.

Monthly Drafts will be pulled on the following dates;

October 3rd

November 7th

December 5th

January 2nd

February 6th

Along with the season monthly fee, a registration fee of \$50.00 is required at the time of registration. This fee is nonrefundable.

Once meet season starts each family is responsible for their swimmers meet fees. Entry fees may vary meet to meet. Dual meets will not have entry fees. Meets fees will be pulled the Monday AFTER the meet.

If payment bounces back, there will be a \$10.00-\$30.00 bounce back fee that will need to be paid in addition to the original swim team fee (following the Champaign Family YMCA policy). Families will be notified of account balance via email and have 48 hours to pay fees. If any fees remain unpaid, the team member will be unable to participate in team activities, including practices until the debt has been paid off.

Communication

Effective communication is extremely important for our program to run smoothly. The Champaign Family YMCA Swim Team strives to create an open and informative environment for communication among athletes, parents, and coaching staff. There are multiple ways of communication available;

Website- The Champaign Family YMCA swim team website is [CHFYMCA Team Website](#). Our website will have timely information on practice schedules, meet schedules, important documents and information, team fees, and other important sites. Each family is responsible for checking the website for updates and changes regularly. Please do not call/text/email coaches for meet times, warm-up times, practices times, etc. All information will be posted on the website and emailed out once available to coaches.

Coaches- When contacting coaches, please be considerate. During practice times the coaches are focused on running the practice. The best time to speak with a coach is after practice. If unable to speak with a coach after practice please contact Head Coach Carli through email (cryan@champymca.org). Please allow up to 48 hours for a response.

The following are some guidelines for communicating with a coach: Please remember that you and the coach have your child's best interest at heart. Trusting that a coach's goals coincide with yours even though the approach may be different.

Use the Rule of 24. Give yourself 24 hours before you react to a situation unless it is a harmful situation. Think through and discuss with your athletes first, then reach out to Head Coach Carli.

Coaching Staff/Y Staff and Contact Information

Name	Email
Carli Ryan (Head Coach)	cryan@champymca.org
Ryleigh Brown	
Jayleigh Brown	
Mickey McNeill	mmcneil588@aol.com
Gwyn Thomas	
Kerri Tank (Parent Rep)	kerritank@gmail.com
Paige Stokes Membership Director	pstokes@champymca.org
Melanie Bahan Aquatics Director	mbahan@champymca.org
Greg Hower YMCA CEO	ghower@champymca.org

Meet Information

Participation/Commitment: All athletes MUST either commit to swim or decline to swim in each meet (this is done on the Sports Engine app). All swimmers must compete in at least 3 YMCA meets to attend Championships at the end of the season.

Committing your child for a meet on the website is the ONLY way the coach will know whether to enter them in the meet! Please pay close attention to deadlines as some can be a few weeks prior to the meet date. If there is no commit or decline for the swim meet, your athlete will automatically not be placed in the meet.

Unexpected Withdrawals: If your swimmer is unable to attend a meet due to an unexpected situation, please notify Coach Carli via email at cryan@champymca.org. It is important to contact as soon as possible! If an athlete needs to be scratched, payment for the meet will still be charged onto your YMCA account.

Entries: When committing to a meet, parents/guardians have the opportunity to choose which events their swimmer wants to compete in. We encourage all athletes to try new events. Coaches will add some input on what events we think are best for your athlete. If events are not chosen for then coaches will choose what events they will swim.

Relays: All relays will be decided by the coaches. Athletes will be notified whether they are swimming in a relay after team warm-ups.

Markings: In an effort to help meets run more smoothly, we ask that all swimmers have the events they will be swimming written in Sharpie on their hands/arms. This makes it easier for all swimmers and coaches to check events, heats and lanes. When writing information on their hand/arm please include event number (E), heat number (H), and lane number (L). You may also want to add an abbreviation of what stroke they are swimming and if it's a relay.

Volunteering: At certain meets our team may be required to provide parent volunteers (this includes A Championships and AA Championship, and a potential dual meet). Sign-ups for meet volunteers will be on our SportEngine Website. *General Meet Information-

Types of Meets:

Dual/Tri Meets

- Smaller meets with only 2-3 teams
- No cost to participate in dual meets
- Individual times and points are recorded, but no awards are given out
- All age groups participate at the same time for a dual meet
- Typical, swimmers will swim in 2-3 individual events possibly 1 relay event

Invitational Meets

- Meets are much larger and typically have 5 or more teams competing
- All invitational meets carry a charge per event
- Many invitational meets offer some kind of awards (ribbons, medals, etc.)
- Invitational meets will often run several different "sessions" across the morning and afternoon and sometime across several days. Please read the Meet Packet carefully to find which session your child will swim in. Typically 11 and older will have the morning session, and 10 and under will have the afternoon session.

Championship Meets

- A Championships- All swimmers who have met the meet requirements (competing in at least 3 Y Meets) are eligible. There are no time standards.
- AA Championships- For swimmers who have achieved 1 "AA" time cut.
- Zones- For swimmers who have achieved 1 "Zone" time cut.
- Nationals- For swimmers who have achieved 1 "National" time cut.
- (time cuts will be posted on our website when they become available for the 25/26 season)

Swimmers Age:

All athletes will compete in their age group as of the first date of that meet. That means some swimmers may swim in one age group at the start of the year, and then "age-up" in the middle/end of the season to another age group.

Some athletes may have the opportunity to age up for a relay only! This will be determined by the coaching staff.

Meet Expectations:

You are not required to attend every swim meet. Choose meets that work with your family's schedule. But do keep in mind to be eligible to compete at A Championships every athlete must compete in 3 Y Meets.

Please be firm in your child's commitment to attend any meets you have committed to. If a problem arises and your child cannot make it to a meet, please make every attempt to contact Head Coach Carli.

Group Descriptions-

RED TEAM

Red Team will place special attention on building the young swimmer's positive attitude towards themselves and the sport through emphasis on teamwork, individual skill, technique, and sportsmanship. The swimmers are introduced to goal setting as the season progresses. Our goal with the red team is to see each young beginner athlete achieve their full potential. The red team will have 3-4 one-hour practices offered weekly. As ability increases, and interest and dedication grow, swimmers become eligible for, and are encouraged to join, the upper level programs.

WHITE TEAM

The intermediate level program is designed for those swimmers who, through their efforts, desire more challenge and an increasing level of competition. The white team members will have 5 one hour to an hour and a half practices offered weekly. Goal setting will be introduced early in the season and athletes will be challenged to meet their goals throughout the year. Swimmers are encouraged to extend themselves and put themselves out of their comfort zone.

BLUE TEAM

The most advanced and intensely dedicated swimmers will comprise the blue team. They will receive the most demanding training in the program. Goal setting is introduced on opening night. Blue team have 6, one hour and a half practices offered weekly. Team members are taught the correlation between practice effort and race performance, and will be pushed at workouts. Blue team members want to excel and reach their absolute maximum performance, and have made the decision to concentrate the majority of their time and effort to achieve their goals in swimming.

Code of Conduct:

The Flying Fish swim team has a Code of Conduct that all Parents and Swimmers must follow. If a swimmer is to violate the Code of Conduct the following disciplinary actions will take place;

1st offense- verbal warning and call home to parent.

2nd offense- sit out of practice and call home to parent.

3rd offense- sit down meeting with parents, coaches, and YMCA Leadership staff to determine suspension, or removal from the program.

FLYING FISH CODE OF CONDUCT: PARENTS

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- ☐ I will 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.
- ☐ I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- ☐ I will refrain from coaching my child from the stands during practices or meets.
- ☐ I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- ☐ I will respect the integrity of the officials.
- ☐ I will direct my concerns first to Carli Ryan; then, if not satisfied, to the appropriate supervisor.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Signature(s)

Date

FLYING FISH CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- ☐ I will respect and show courtesy to my teammates and coaches at all times.
- ☐ I will demonstrate good sportsmanship at all practices and meets.
- ☐ I will set a good example of behavior and work ethic for my younger teammates.
- ☐ I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- ☐ I will attend all team meetings and training sessions, unless I am excused by my coach.
- ☐ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ☐ I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- ☐ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ☐ I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors. Disciplinary action will involve our three strike system; strike one- verbal warning, strike two- will sit out the next meet, strike three- will be removed from the team effective immediately.

Swimmer's signature

Date

Parent signature

Date

