

## Reading YMCA Swim Team Information

### Practice Schedule for the 2025-2026 Season

Monday – 15SEP2024 Practice begins

8 and under - Monday-Thursday 5:00-6:00 max of 3 days a week

Bronze - Monday-Friday 5:00-6:00 max of 4 days a week

Silver - Monday-Thursday 6:00-7:15, Friday 6-7:30, Saturday 8:00-9:30 am

Gold/HS- Monday-Thursday 7:15-9:00, Friday 6:00-8:00, Saturday 8:00-10:00

### Parking

**Please allow time for this process, be patient, and mindful that there are a lot of swimmers walking to and from cars in the RY lot. Their SAFETY is our number one priority!**

You have three legal parking options:

1. You may park in the RY parking lot behind the building. (see red circle)
2. You may park on a public adjacent or surrounding street of the RY.
3. You may park in the Popular & Walnut Parking Garage. (#1 on the diagram)
4. Reading Parking Authority parking garages – used when we host swim meets (#2, 3, 4)

The Penn State St. Joes medical lot is not a legal option as you may be ticketed.

**Carpooling is a fantastic idea!!!**



[QR Code for Parking Garage](#)

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QR code is for Popular and Walnut parking garage which is located on Popular Street which is across the railroad tracks from our building. Also, the QR code can be used multiple times, however, you will need to scan it each time you park. You can find this information on our website under “Docs”, and “RY Guest Parking Validation”.

### Drop Off Procedure

If you are not staying to view practice from the Observation Room, please pull into the alley behind the Y and let your swimmers out to walk to the swimmer entrance (located off the parking lot at the back of the Y). This is the entrance farthest from the RR track and the door will be open for the first week of practice. **If you are not staying, please do not pull into the parking lot.** After letting your kids out of the car, exit through the medical center parking lot onto Walnut Street.

### Entering the RY Building

The RY backdoor will be open the first week of practice prior to the start of each practice group only. All families will receive their back door security cards at practice. Each swimmer will receive 1 door card; additional cards can be purchased with a fee.

### Staying to watch practice

On the first night of practice, parents of new swimmers are encouraged to walk their child onto the pool deck and introduce themselves and their swimmer(s) to the coach on deck. After the introduction process, please have your swimmer sit with the others and proceed to the Observation Room. This room can be accessed from the staircase at the turn end of the pool. No parents will be allowed to remain on the deck. This includes the bench by the back door and the bleachers. This room will have seating for first come first served. If it is warm/hot outside, it will be the same up there so please dress accordingly.

### Equipment Required

8 and Under Development	9 & 10 Bronze	11 & 12 Silver	13 and Over/Gold
Team suit with logo	Team suit with logo	Team suit with logo	Team suit with logo
Team cap	Team cap	Team cap	Team cap
kickboard	kickboard	kickboard	kickboard
Long fins without a strap	Long fins without a strap	Long fins without a strap	Long fins without a strap
	Pull Buoy	Pull Buoy	Pull Buoy
		Hand Paddles	Hand Paddles
			Snorkel
			Short fins

### Restrooms and Changing Areas for Swimmers

There are 2 bathrooms on deck for swimmers to use to change if necessary. Most swimmers wear their suits to and from practice.

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### Restrooms for parents

There are restrooms by the front desk for parents who are staying to observe practice.

### Team Website

Please visit and make yourself familiar with our webpage. You will be using this to sign-up for meets, and reference important information throughout the season.

### Team Facebook Page- Reading YMCA Swim Team

If you are on Facebook, take a moment to request to be a member of our closed group page Reading YMCA Swim Team. We use this page as an additional form of communication. As a member you may share photos of your swimmers and our team, traffic alerts, and anything positive!

### Team YouTube Page - Reading YMCA Swimming

We plan to continue to live stream our home swim meets this year. Share this page with your family and friends that can't come to the meets.

### Team Handbook

Every parent, whether returning or new, is asked to read the handbook on the website. The handbook explains procedures, rules, and expectations for swimmers and parents. The handbook is attached to the email for your reference. Each family must sign and return the last page as proof of understanding.

### PennDel Swimming Website

<https://www.teamunify.com/team/penndelymca/page/home>

Please visit and make yourself familiar with our League webpage. You will find a lot of important information on this website throughout the season.

### Toad Hollow Athletics

- The RY Swim Team is a Toad Team! Our team exclusively uses Toad Hollow Athletics as our apparel and equipment vendor!
- Store is located at 1590 E Lancaster Avenue Paoli, Pennsylvania 19301. They can be reached at 1-800-322-TOAD or at <http://toadhollowathletics.com/index.php>
- Amy Donovan is our Team Representative.
- Toad Hollow has created us our own team website page that will offer everything your swimmer will need. All the prices on our team page reflect our **25% off team price**. If you visit and shop at their store, you will receive the 25% off RY team price. Parents, you will need to speak up and let Toad Hollow Athletics know you are a RY team member if you visit their store.
- We are also an exclusive SPEEDO sponsored and contracted team. The more SPEEDO apparel and equipment you/we purchase from Toad Hollow Athletics the more SPEEDO

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will give back to our team and coaches. All the apparel and equipment on our team page will be SPEEDO only.

- Link: <https://www.toadhollowathletics.com/index.ph>
- Type "Reading" in the search field box in the top middle of the page.
- You will be automatically redirected to our team store. You may now shop!
- If you order a SPEEDO parka jacket from Toad Hollow, they come in plain. FiP Creative will customize and personalize your parka jacket for your swimmer. See directions below
  - Order and pay for your SPEEDO parka jacket on the Toad Hollow RY team page.
  - Order and pay for your custom/personalization embroidery on the RY Spirit Wear webpage link here.
    - [Login Required – FiP creative](#)
    - PASSWORD: **RY2025**
  - Toad Hollow will ship your item/s directly to FiP Creative to be embroidered.
  - FiP Creative will deliver your purchase to the RY for pick up.

### Swim Caps

Swim Caps are order due via Google form link below by September 17<sup>th</sup>

- Cap order amount will be billed to Team Unify.
  - [Reading YMCA Swim Team Caps](#)

### RY Spirit Wear Store 2025

- Kristi Fisher with FiP Creative and her team have once again come up with a huge selection of RY team apparel. Please see attached flyer.
  - The order process is very simple and convenient! Please follow the steps and details below: ○ [Login Required – FiP creative](#) ○ PASSWORD: **RY2024**
- All orders will be taken using this link and password
- NO hard copies or checks will be accepted.
- The last day for ALL orders is **September 28th**. No exceptions.
- These optional items are available to purchase for your swimmer, yourself, and your entire family. All swimmers will be receiving a free team t-shirt to be worn at meets throughout the season as a uniform.
- You may share this link with grandparents or extended family and friends. If they order items on their own, please ask them to fill out the swimmer's name in the "First and Last Name fields" and their name in the "School/Organization field" at checkout. This way their order will go home with the correct swimmer/family.
- If you would like items given to only you and not your swimmer for gift giving at the upcoming holidays, please make a note of that in the School/Organization field.
- All orders will be delivered to the RY approximately 2-3 weeks from the due date. Please be aware that sometimes an item could be backordered and will arrive after the due date.
- If you order a SPEEDO parka jacket from Toad Hollow they come in plain. FiP Creative will customize and personalize your parka jacket for your swimmer. This is the process:

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FiP Creative will deliver your purchase to the RY for pick up.

**Team Shirts:** All swimmers will be provided a team shirt, to be handed out during practice. This shirt should be worn at all swim meets.

### **RY Team Hotel Information**

Blocks of rooms will be available for SPY, Districts, States and Nationals in on our team website.

### **RY National Team Information**

All current National Team members, as well as swimmers who hope to qualify during the season, must attend a minimum of one hour of practice each week starting September 15, 2025, to attend Nationals and receive support from the RY PAC.

More Information to come!

### **Penn Del Swimming Officials**

We are in immediate need of Penn Del Swimming Officials. If you are interested in learning more or becoming an Official, please contact Jaime Trupp or Frank DiMartini ASAP as we would like to get this process started. Officials have the BEST seat in the house. You get to watch all races and be a part of the action. Please know that we cannot run any dual or invitational meets if we do not have enough certified volunteers and help. The RY PAC covers the cost of each course and also gives you a custom white shirt. Please consider helping with this important need!

### **Meet Volunteers**

- You will be available to sign-up in a few weeks online using SignUP Genius • Please look for an email with directions soon.
- It is mandatory that all parents/families are required to volunteer at dual meets and hosted invitationals. There are also invitational, and championship meets where we will need to supply volunteers.

### **RY Raffle**

- Please contact Ron Strieb at [ronstrieb@comcast.net](mailto:ronstrieb@comcast.net) with any questions or concerns you may have.
- Raffle date – 09NOV2024 at 7pm via Virtual.

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### **RY Halloween Candy Drive**

- The Reading and Berks YMCA every year holds a community safe Trick or Treat night.
- We will be doing a candy drive to help support this fun event!
- More information will be emailed out soon.

### **Marsh Madness**

Coach Kim will send an email with more information about this important Y fundraiser.

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### Frequently Asked Questions

#### **Why are there two registrations?**

You must register to be on the swim team through the YMCA site. You must also register with PAC through the ryswimming.org site to receive team communications and sign up for meets.

#### **Which payments go to the YMCA and which go to PAC?**

Registration money to join a practice group, goes directly to the YMCA through their website. The YMCA has a payment plan option.

Payments to PAC are for the concession fee, the team raffle, and any expense that you may incur during the season (event fees for invitationals, spirit wear, caps, etc.) These balances will be due the first of each month.

USA registration and payment will be the responsibility of the individual.

#### **Are there payment plans?**

Most YMCA swim teams require payment up front. The Reading YMCA registration however has a 5-month payment plan option.

#### **How can I pay PAC for the raffle, concession fees, invitational fees, etc?**

##### **1. You can place your money in the PAC drop box.**

The PAC has a drop box in the guard room (pictured below) that you can place a check in. Please make sure you put your check in an envelope marked with your name and what the payment is for.



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### 2. You can also mail a check to

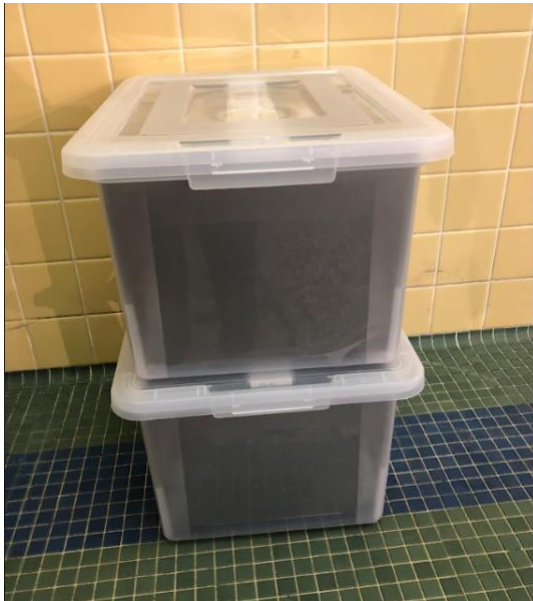
RY PAC  
303 Herington Dr  
Sinking Spring PA19608

### 3. Payments are also accepted via Venmo

@ReadingYMCA-PAC

### What is placed in the swimmer's mailbox and where are they located?

Each family will have a file folder within the swimmer mailboxes. Paperwork not emailed and awards will be placed in the swimmer/family's folder. Swimmers should check these boxes regularly. The mailboxes are kept on deck near the coach's table.



### What is USA swimming and how do I register?

USA Swimming is the National Governing Body for the sport of swimming in the United States. They promote the culture of swimming by creating safe and healthy opportunities for athletes and coaches of all backgrounds to participate and advance in the sport through clubs, events and education. Their membership is comprised of swimmers of every age and ability, all the way up to the Olympic Team, as well as coaches, officials and volunteers.

By becoming a member, your swimmers' times will be stored in a national database that you and others can view as well as the swimmers will be able to participate in USA swimming meets.

If you sign up for a USA Swimming Membership, you can create a link to your membership record and have access to many additional features.

- Personalized information on the My Deck Pass page



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- Free access to member portions of the site
- Member discounts at the online store (when offered)

You can sign your swimmer up for a membership at

<https://omr.usaswimming.org/omr/welcome/5585989014B847>

This will take you directly to our team site to renew or register with us for the first time. If you are coming from another team where you held the USA membership, please also complete the transfer form on the USA site prior to the first meet.

For current USA swimmers, you will have to renew before the end of the year, please make sure you link your account to your current account.

**\*\*This membership is for swimmers 9 and older who wish to compete in additional meets with more of a variety of events. Highly recommended for 3rd year swimmers planning to continue in the sport.**

### Important message from USA for swimmers 17 and older

*To: USA Swimming Members 17 years and older, LSC General Chairs, LSC Administrative Vice-Chairs, LSC Offices, LSC Staff, LSC Safe Sport Chairs, LSC Registration Chairs, Club Contacts, Club Presidents and Club Head Coaches.*

Since 2019, USA Swimming adult athlete members have been required to complete Athlete Protection Training (APT) as a requirement of membership. In 2019, USA Swimming built in an administrative grace period to give athletes 30 days after their 18<sup>th</sup> birthday to complete the requirement. **Effective September 1, 2022, there will no longer be a 30-day administrative grace period.** Going forward, any 17-year-old athlete who has not completed the APT requirement by their 18th birthday will not be a USA Swimming member in good standing unless or until the APT requirement is completed. This includes eligibility to compete in USA Swimming sanctioned meets, club practices and all other related activities. Athletes will continue to receive an email notification reminder of the APT requirement 30 days prior to their 18<sup>th</sup> birthday as well as a reminder on their 18<sup>th</sup> birthday.

All USA Swimming members aged 18 years old and older are required to complete APT annually. This is the individual's responsibility and includes both athlete and non-athlete members.

### **Information about Dual meets, Invitationals and Championship Meets?**

We have 3 dual meets this season, one home meets and 2 away meet. For dual meets we swim separate girl and boy meets. Girl meets typically start at 10:00am and boy meets typically start at 2:00. Coach Kim will pick the swimmers events. These meets are mandatory and there is no cost to attend these meets. (Schedule and time are subject to change. Please read your email from coach Kim)

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For invitational meets, we swim as one team (boys and girls) and generally these meets are swum based upon the age group of the swimmers. Time and locations are based upon the hosting pool. Coach Kim will send information about these meets when they are available, and families can pick their swimmers events on Team Unify. There is an additional cost, which is set by the host team to attend these meets. Payment of these fees are due to PAC.

These meets are encouraged but optional.

There will be a few meets that are only for USA members. Please read the parent handbook for more details about meets.