

PARENT HANDBOOK



SCAY Aqualions

2025-2026

Revised 10/2025

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SCAY AQUALIONS PARENT COMMITTEE MESSAGE

Welcome to the New Season with the State College Area YMCA (SCAY) Aqualions!

Whether you're returning or joining us for the first time, we're thrilled to welcome you and your family to the team. Competitive swimming is a deeply rewarding sport that thrives on commitment, teamwork, and mutual support—and we're here to guide you every step of the way.

As we dive into the season, please take a moment to carefully review the materials we've provided, especially the information regarding volunteer expectations. Your involvement is essential to the success of our team, and we truly appreciate your dedication.

If you have any questions, feel free to reach out to the Parent Committee at **scayaqualions@gmail.com**. We're looking forward to an exciting fun-filled season together!

GO SCAY!

SCAY Parent Committee

2025 - 2026 SCAY Aqualions Staff

SCAY Aquatic Director

Zach Smith
zsmith@ymcaocc.org

SCAY Aqualions Head Coach

Mike Blacksten
mblacksten@ymcaocc.org

SCAY Aqualions Assistant Coaches

Victoria "Tori" Pocius
Massimo "Mass" Catania
Ximena "Mena" Chavez Reyes
Marilou "Mari" Reinhardt
Ariana Bowser
Elizabeth "Lizzy" Johnson
Elijah "Eli" Mercier

SCAY Team Coordinator

Stephanie Hettinger
scayteamcoordinator@ymcaocc.org

TEAM COMMUNICATIONS

The team uses various methods to ensure swimmers and their families are kept up to date on events in and out of the pool. These methods include:

Team Website – <https://www.gomotionapp.com/team/ymca-5938/page/home>

The Aqualions website provides parents with important information, including the Parent Handbook, season schedule, meet results, directions to meet locations, district qualifying times, and links to USA Swimming and other related organizations.

Once your child is registered with the team, you will receive an email with instructions on creating and verifying your online account. Please contact the team coordinator if you have not received this verification email. Your SportsEngine account will allow you to receive future emails and notifications sent through the system. You will also use the SportsEngine website to register your swimmer(s) for upcoming meets and to volunteer at swim meets.

Team Email Notifications: For time-sensitive communications, families will receive important updates via SportsEngine. To stay informed, ensure your email address is on file.

Swimmer Folders: Each family has a file folder in the main YMCA lobby filing cabinet, they are organized by swimmer's last name. The folders hold ribbons, medals, certificates, or other race swag swimmers earn. Please remember to check your family folder periodically during the season but especially after any invitational or championship meets that your swimmer participates in.

SCAY Aqualions Bulletin Board: The bulletin board provides general information about meets and upcoming events, District qualifying times, and details about our coaching staff.

Social Media: The YMCA runs the official social media of the team in concert with the Committee's Social Media Coordinator.

TEAM CONDUCT

As a members of the SCAY Aqualions family, we take pride in our exceptional conduct and teamwork during meets and practices. Our actions not only represent ourselves but also the entire SCAY Aqualions team. Upholding the YMCA's core values of caring, honesty, respect, and responsibility is crucial for us. As members of the team, swimmers and their families should always strive to embody the highest ideals of the Aqualions program. This includes showing respect to teammates and equipment, using appropriate language around swimmers, and demonstrating good sportsmanship. These expectations also carry over to any discussions whether they are held in-person, on social media, or electronically.

Additionally, parents are **not** allowed on the pool **deck** or **bleachers** during practices except in certain circumstances. Parents can unintentionally cause distractions for the swimmers, coaches, and lifeguards. Exceptions can be made if your swimmer forgets equipment, water bottles, medicine, etc. and you can quickly drop it off with a coach. If you need to speak to Coach Mike, please email him at Mblacksten@ymcaocc.org to set up a time to meet, or touch base with him before or after practice but not during.

YMCA of State College Area YMCA SWIMMER Code of Conduct

As a member of the SCAY Aqualions, I understand that membership is a privilege. The honor of that privilege must be upheld by each swimmer's behavior. It is earned each day by adherence to the expectations as laid out in the team handbook and this code of conduct.

By signing this document I pledge that I am fully aware of the expectation that the team has placed before me. I am aware that in this document, it is not possible to cover every specific situation or scenario that I as a swimmer will encounter. I will use common sense, common courtesy and sensitivity to the rights of others and will respect all facilities which I may be using.

The SCAY Aqualions has adopted the core values of Caring, Honesty, Respect and Responsibility as our focal theme to which all programs should be conducted.

I will act in accordance with the core values of the YMCA

I will act in a responsible manner at all times

I will act in a manner worthy of respect

I will respect others and properties at all times

I will be honest at all times

I will be held accountable for my actions

I will comply with team and pool rules and policies

I will leave things the way I found them

I will act in a safe and intelligent manner at all times

I will be a positive role model and good teammate

I will conduct myself in a positive manner while representing:

a. Myself and my family

b. Team chaperones and coaches

c. The YMCA Swim League and United States Swimming

d. State College Area YMCA and the SCAY Aqualions

I will not cheat, steal or lie

I will not intimidate or engage in physical contact with others

I will not abuse or harass others

I will not use profanity or make derogatory statements

I will not put others in harm's way

I will not use or possess controlled or dangerous substances or items

I will not engage in illegal or immoral activities

I will do my best to proudly represent the SCAY Aqualions.

Aqualion Pride is vital to the success of the team. I understand that failure to comply with the above conditions in the code of conduct will result in disciplinary action. By signing below you are familiar with all policies referred to in this document.

Signature of Parent

Date

Signature of Swimmer

Date

YMCA of State College Area YMCA – Parent Code of Conduct

As a parent or guardian of a swimmer representing the SCAY Aqualions, I understand that participation in this program is a privilege. I also recognize that my conduct directly influences the experience of my swimmer, the coaches, officials, and fellow families. Therefore, I agree to uphold the principles of Caring, Honesty, Respect, and Responsibility as core values of the YMCA and the foundation of our team community.

By signing this document, I acknowledge and pledge to the following expectations:

I will act in accordance with the core values of the YMCA.

I will act in a supportive and respectful manner toward all swimmers, coaches, officials, and parents.

I will set a positive example of sportsmanship at all practices, meets, and events.

I will respect coaches' authority and trust their professional judgment regarding training, lineups, and performance decisions.

I will demonstrate encouragement and positivity toward my swimmer and all team members.

I will communicate concerns privately and respectfully with coaches or team leadership at appropriate times.

I will comply with YMCA and facility rules, promoting a safe and welcoming environment.

I will ensure my swimmer arrives on time, prepared, and ready to participate responsibly.

I will respect meet officials and volunteer staff, understanding that they are essential to the success of the program.

I will model honesty and integrity in all interactions related to the team.

I will support all swimmers equally and refrain from negative remarks about other athletes or teams.

I will represent myself, my family, and the SCAY Aqualions with pride and integrity at all times.

I will refrain from the use of profanity, harassment, or behavior that could be considered disruptive or disrespectful.

I will not coach my swimmer from the stands, interfere during practices or meets, or challenge officials' decisions in public settings.

I will not use or possess illegal or dangerous substances at any team-related event.

I will use social media responsibly, posting only positive and supportive content that reflects well on the team and YMCA mission.

I understand that participation in team events is a shared privilege built on trust, cooperation, and mutual respect among swimmers, families, coaches, and the YMCA. I acknowledge that violations of this Code of Conduct may result in disciplinary action, including conference with staff or possible suspension from team activities.

By signing below, I confirm that I have read, understand, and agree to abide by the SCAY Aqualions Parent Code of Conduct.

Signature: _____

Printed Name: _____

Date: _____

AGE-BASED SWIMMING GROUPS

Swimmers are organized into practice groups based on their ability and age. Each group practices during a designated time slot, and swimmers are placed into lanes with others of similar abilities. The age for groups and competitions is determined by the swimmer's age on December 1, 2025.

During the season, coaches will work with each swimmer to improve their strokes and techniques. Swimmers may be assigned to different lanes as needed. Swimmers should make sure to attend the time slot designated for their age group.

In some cases, coaches may ask a swimmer to practice in an older age group based on maturity and performance. Coaches will give swimmers and parents advance notice of these changes.

- Blue Lion HS Group: 13yrs+. swimming at SCASD
- Blue Lion Group: generally, 13yrs+
- White Lion Group: generally, 11yrs to 12yrs
- Pride Group: generally, 9 yrs to 10yrs.
- Cubs Group: generally, 8yrs. and under

REQUIRED SWIMMER EQUIPMENT

Please ensure you bring the following equipment to every practice session. Using the proper equipment will help you make the most of your practice and drills. If you have any questions about the equipment, please discuss them with your practice group Parent Rep.

Age Group	Required Personal Equipment
Cubs (8 and under)	Snorkel, long fins, kickboard, pull buoy
Pride (9 and 10)	Snorkel, long fins, kickboard, pull buoy
White (11 and 12)	Snorkel, long fins, kickboard, pull buoy, hand paddles
Blue/HS Blue (13+)	Snorkel, short fins, kickboard, pull buoy, hand paddles

TEAM UNIFORMS AND APPAREL

For the 2025 - 2026 swim season, each registered swimmer will receive a team swimsuit, two team swim caps, and two team t-shirts. Swimsuit try-ons will occur in September. It is preferable for swimmers to wear their SCAY Aquatics team swimsuit and cap for all swim meets. It is important that your swimmer has a training swimsuit for practices and a

competition swimsuit to wear at meets because suit material degrades over time with repeated use.

Tech Suits: High-performance "tech" suits can be worn by 13-year-olds and over SCAY swimmers for major championship meets. **Bonded Seam Tech suits are prohibited for swimmers 12 and under.** There are special swimsuits for swimmers 12 and under that have sewn seams and meet regulation guidelines, always check for the 12U tag or notification in the suit listing before buying. If you have any questions, it is best to touch base with Coach Mike or Coach Tori.

SWIM TEAM FEES

The fees remitted to the YMCA for enrollment in the SCAY Aquatics Swim Team are intended to bolster the program's overall operational expenditures, encompassing the remuneration of the coaching personnel. The fees for each practice group may vary.

The YMCA requires every swimmer to be a State College Area YMCA member. The YMCA offers a range of payment plans for youth and family memberships, making it easier for everyone to join.

To obtain a YMCA membership, please call 814-237-7717 or visit the State College YMCA website at <https://www.ymcaofcentrecounty.org/locations/state-college-branch/>.

TEAM AND SWIMMER AFFILIATIONS

YMCA SWIMMING

The SCAY Aquatics swim team is affiliated with **YMCA National**, which establishes rules and regulations for conducting YMCA competitions. All Aquatics swimmers are registered with the YMCA and are eligible to swim in all YMCA-sponsored swim meets within our CENKEY League, Central District, PA State, and at YMCA Nationals as part of the SCAY Aquatics team at no additional charge.

YMCA CENKEY SWIM LEAGUE

SCAY is a CENKEY YMCA Swim League member, which provides opportunities for competitive meets against other league teams throughout the region. Dual, tri, and quad meets are held on weekends, usually Saturdays, throughout the fall and winter, beginning in late October and running through February. A typical CENKEY season consists of approximately eight dual/tri meets. Swimmers are encouraged to compete in meets, particularly the home meets. Coaches will determine the line-up of swimmers registered/committed for meets to maximize the individuals' performance in their best events and the team's overall performance. Questions regarding meets and race events should be directed to the head coach. A league Championship (Champs) meet is held in February.

DISTRICT & STATE CHAMPIONSHIPS

SCAY is a member of the PA Central District, which hosts the Central District Championship “Districts” in early March. Swimmers qualify for Districts by achieving a qualifying time in each event they hope to swim and must have competed in THREE YMCA swim meets. Qualifying times vary by age and gender and can be found here:

https://www.wsyswim.org/23_24/yofpa/champmeets/dist/DistrictQTimes_Data.pdf

Swimmers qualify for the PA State Championship meet “States” based on their performance at Districts. The top six swimmers in an event from each of the three District Championship meets across PA advance to the PA State meet. In addition, the next fastest six swimmers from across the state competing at District meets advance to States for 24 swimmers in each event. The only exceptions to this are relays and distance events. Distance events (500 for 11-12 and 1000 & 1650 for 13 and up) take the top two from each district and the next two faster times in the state. Relays take the top four from each district and then the next four fastest times in the state.

YMCA NATIONAL CHAMPIONSHIPS

Swimmers may also compete in YMCA National Championships “Nationals.” Winter Nationals are held in April; summer Nationals are held in late July/early August and are typically hosted at the Greensboro Aquatic Center in Greensboro, NC. In order to participate in Nationals, swimmers must attain qualifying times in each event they hope to swim at the meet. Qualifying times vary by gender and type of pool - Short Course Yards (SCY, 25 yard pool), Short Course Meters (SCM, 25 meter pool), and Long Course Meters (LCM, 50 meter pool). Qualifying times are **not** age dependent - there are only **one set of qualifying times** which can be found here: 2026 [Meet Qualifying Time Standards](#)

For more information on **YMCA National**, please visit:

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

USA SWIMMING

SCAY swimmers can also opt to become members of USA Swimming. Participation in USA Swimming is optional and requires additional registration fees. The USA Swimming membership is renewed annually and consists of swimmers from the age group level up to the Olympic Team. SCAY swimmers that join USA Swimming will be part of the Mid-Atlantic region and tend to be those who possess advanced skills and motivation to compete at a higher level.

Parents/guardians will be responsible for paying USA meet entry fees for each event their swimmer participates in. These fees tend to range in price from \$5-\$15 per event depending on the meet host. Additionally, the team does not cover the cost of relay entries to USA meets.

There are USA meets throughout the season that are open only to USA registered swimmers. Swimmers must be registered with USA Swimming in order to participate in USA Swimming

exclusive meets. Some meets are both YMCA and USA sanctioned meets. Swimmers do not need to be USA Swimming members to participate in dual YMCA/USA sanctioned meets because they are already registered YMCA swimmers.

For additional information on USA Swimming or to register your child, please visit <https://www.usaswimming.org>

HOTEL ACCOMMODATIONS FOR SELECT AWAY MEETS

Some swim meets, such as invitationals and Championship meets, can be over an hour away from State College and span several days with multiple swimming sessions throughout a weekend. For these meets, the team may arrange for a block of discounted hotel rooms near the site of the meet. Rooms are offered on a first come-first-served basis and families are required to make room reservations themselves. Families are not required to stay in these hotels. Information on team hotel blocks will be distributed via email.

SWIMMING SEASONS

The SCAY Aquatics swimming program has two “seasons:”

- Fall/Winter: September to late March; Practices begin in early September and continue through late March. The first swim meets are held in mid to late October and continue almost weekly through February with Championship meets occurring in late February and March.
- Spring/Summer: April to mid-August: Practices with a few meets. Swimmers must be registered in USA Swimming to participate in meets.

The fall/winter season meet schedule includes league meets, invitational meets, and USA meets. Swimmers must qualify for postseason meets such as District Championships, State Championships, and National Championships.

FAMILY EXPECTATIONS

Engaged swimming families and volunteers are critical to the success of every swim meet and our team!

- Each family is expected to ***register for meets in a timely manner***. Deadlines for individual meet registration will be communicated by the Team Coordinator. Please see instructions at the end of this Parent Handbook for step-by-step instructions on how to register/commit your swimmer for swim meets.
- If your swimmer is registered for a meet, ***it is expected that your swimmer will participate in the events they are registered for***. Please avoid over-committing your

swimmers to avoid unnecessary “scratches” or swimmer no-shows. Relays rely heavily on everyone attending. If there is a chance of a no-show, please let your coach know as soon as possible.

- ***All swimmers and families are asked to show up on time for meets, be respectful of others, and clean-up after themselves.***
- If your swimmer is participating in a meet, you are asked to volunteer in some capacity. ***The team needs to provide volunteers for both home and away meets***, though we need the most volunteers for home meets. See below for a full list of volunteer opportunities at home meets.

VOLUNTEER EXPECTATIONS

Families are required to volunteer at meets. The Volunteer Coordinator will alert families when the volunteer slots are “open” in SportsEngine to sign up for each home and away meet. Instructions will be sent on how to sign-up. Other various volunteer opportunities will occur throughout the season and in these cases a sign-up genius will be sent.

After signing up for a volunteer position, it is your responsibility to fill that position or find a replacement and inform the Volunteer Coordinator of the change. Please do not remove yourself from a volunteer position the day before a meet without alerting anyone.

The volunteer requirement is as follows:

- 1 swimmer = 3 sessions
- 2+ swimmers = 5 sessions

Unmet hours will result in charges of \$50.00 per unmet session. Sessions will be tracked.

Volunteers **MUST** check in at the volunteer table at home meets upon arrival at swim meets for their service time to count. Volunteers for away meets should check in with a committee member who is attending the away meet.

Please see the attached list of volunteer positions.

VOLUNTEER POSITIONS REQUIRED FOR SWIM MEETS

Position	Description	Home	Away
Pre-meet Setup	Plan on arriving 30 min prior to warmups to help setup pool area, lobby and seeding in the gym	4	
Concession Stand Setup and First Half Shift	Arrive early to setup concession stand, work until the halfway point in the meet	5	
Timers	Needed for 1st and 2nd half of all meets	17	3-4
Seeding Swimmers	Organizes swimmers into heats	6	
Security/Whiteboard	Update event numbers on whiteboard in gym	1	

Concession Stand Second Half and Cleanup	Serve and sell food. Help take down concession stand after meet	5	
Pool Breakdown (Post-meet)	Plan on staying 45 min after meet ends to put away equipment and seeding area	5	
Meet Manager	Enters results into electronic meet file	1	
Daktronics	Runs the timing console	1	
Runner	Collect DQ slips and drop them at the scoring table	2	
Admin Official (AO)	Administration Official Certification required	1	
Stroke/Turn Judge	Level I Certification required	4	1-2
Referee	Level II Certification required	1	
Starter	Level II Certification required	1	
Announcer	Announce upcoming event and heat numbers during meet	1	

CONCESSIONS DONATION EXPECTATION

We are asking each family to contribute **\$20** towards our **Concessions Fund**. This contribution will replace the previous drink and fresh concessions items donations. It will help us purchase food and supplies to streamline the process of ensuring our concession stand is well-stocked and welcoming for all attendees. We appreciate your support and ask that this contribution be made **before the first home meet**. If you believe this will be a hardship for your family, please reach out to scayaqualions@gmail.com to discuss.

FUNDRAISING EXPECTATIONS

We ask that families also participate in fundraising activities. Fundraisers vary by year and will be communicated via email. There are items that the team needs or would like to have which are purchased by the Parent Committee (not the YMCA). Funds raised are used for:

1. Meet fees, for meets such as Champs, Districts, States, and Nationals
2. Equipment purchase or repair
3. Meet supplies
4. Officials training reimbursement
5. Team building activities (social events/parties)

6. T-shirts for District, State, and National qualifiers
7. End-of-Season Banquet/ Award Ceremony/Team gifts
8. Coaches End-of-Year gifts

FREQUENTLY ASKED QUESTIONS

General Meet Rules

- Parents are only allowed on the pool deck during meets if they are in a volunteering role that requires them to be on the deck, i.e., lane timer. All non-volunteering parents should remain in the bleachers or with their swimmer(s) in the designated seating or waiting area.
- Many YMCA pools (including SCAY) do not have enough seating space for your family to remain in the bleachers for the entire meet. To allow everyone to see their swimmer's event, we ask that you only stay in the swimming area until your child has swum their event. Once it is completed, please move from the bleachers to the team seating area until your swimmer's next event.
- Swimmers are expected to behave appropriately in locker rooms.

What Should I Bring To A Swim Meet?

- Swimmers should bring an extra suit, extra goggles, extra team cap, towels, comfy clothes, a change of dry clothes, snacks, drinks, money for the concession stand, and activities (cards, crayons, coloring books, etc).
- Families should bring fold-up chairs (including for their swimmer). Most YMCAs will provide a space, such as a gymnasium, where parents, siblings, and swimmers can set up for the duration of the meet. In some instances, gym seating may be limited.

How Should I Dress for the Swim Meets?

- Dress comfortably for warm, humid conditions. Pool areas are often quite warm regardless of the weather outside. Dress in layers that can be removed based on your comfort level at the pool. If you are volunteering on deck and will be around the pool area, consider wearing clothes and shoes (sandals, slides, or sneakers) that you don't mind getting wet!

When Should We Arrive for Meets?

- It is important for swimmers to be on time for meets. Swimmers must be on deck, ready to swim, 10-15 minutes before warm-ups. Meet warm-up times will be posted on the team website and sent via email a few days prior to the meet. Swimmers who arrive late and do not notify the coaches of their late arrival may be scratched from their events.

How Long are Meets?

- YMCA dual meets last approximately 4 hours depending on the number and sizes of the teams participating in the meet. Championship and invitational meets can last half a

day, all day or can take place over multiple days.

Can I Leave a Meet Early?

- You can leave a meet when your swimmer has completed swimming all their events to include relays. Please check with your coach before leaving a meet early to ensure your swimmer is not needed for end-of-meet relays.

Will There Be Food Available at the Meets?

- The Parent Committee operates a concession stand during home meets. Host teams are responsible for managing food availability at away meets, but there will generally be some type of concession stand available.

Where Should I Park for Home Meets?

- For home meets, drop off swimmers at the door and park in the YMCA or South Hills Business School parking lots. Do not create your own space or park on grassy areas around the YMCA. For away meets, any unique parking instructions will be communicated to parents prior to the meet.

How Can I Show Support for Swimmers and the Team?

- Be sure to exhibit your best sportsmanship and team spirit! Being a good teammate means cheering for all your teammates, not just your friends. Please encourage your swimmer to be respectful to other swimmers and coaches. It is also important to keep a positive attitude toward your swimmers following races - swimming is hard - focus on the things your swimmer did well and let them know you are proud of their efforts!

Who Should I Contact With Questions?

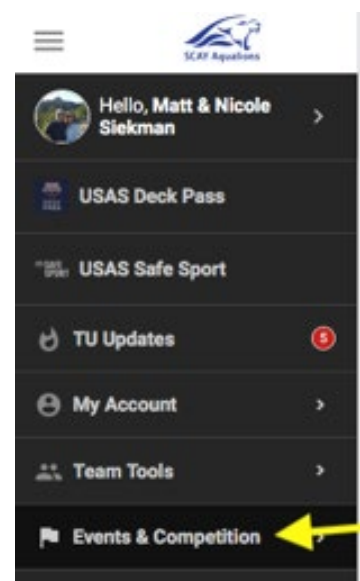
- Questions related to **Swim Practices** - please contact **Coach** – Mike Blacksten at Mblacksten@ymcaocc.org
- Questions related to **Meet Registration** - please contact the **Team Coordinator** - Stephanie Hettinger at - scayteamcoordinator@ymcaocc.org
- Questions related to **Volunteering** - please contact the **Volunteer Coordinator** – Jenn Werle at scayvolunteercoordinator@gmail.com
- Questions related to **Fundraising, Apparel, Team Events, or Other General Inquiries**, please reach out to the **Committee** at - scayaqualions@gmail.com

How to Sign-up Athlete for Meet / Commit to Events

1. Sign in to your **SportsEngine** account.

<https://www.teamunify.com/team/ymca-5938/page/home>

2. Go to your **Events & Competitions** page.
3. Under “**Meet Sign-ups**” the Events/Competitions will be listed out in chronological order. In the far right corner of each event, there will be a red button to “**Edit Commitment.**” Click on “**Edit Commitment.**”



Oct 29 2022	Y Meet - Bloomsburg YMCA Hallowsim Invitational Oct 29, 2022 Event Category: YMCA Invite After a two year hiatus due to circumstances beyond our control, the Bloomsburg Y is kicking kick off their fall/winter season with this competitive yet fun-themed event. The meet is open to all SCAY YMCA swimmers. Age group set by	Email Event	Edit Commitment
Oct 30 2022	Virtual Y Meet - YMCA Annual Tom Warrick Virtual Meet Oct 30, 2022 Event Category: YMCA Invite, Virtual Meet The YMCA Annual Tom W	Email Event	Edit Commitment
Nov 12 2022	Y Meet - 10th Annual Shark Tank Invitational Nov 12, 2022 Event Category: YMCA Invite This meet is open to any YMCA swimmer. Age group set by swimmer's age as of November 12, 2022.	Email Event	Edit Commitment

4. This will take you to the **Athlete Signup Page**. Here all your swimmers will be listed out in alphabetical order. All swimmers will automatically be listed as “**Undeclared**” until you opt them in/out of the event/competition. Click the name of the swimmer whom you want to attend/decline.
5. Click the “**Declaration**” dropdown and click **Yes, please sign [Swimmer Name] up for this event** or **No, thanks, [Swimmer Name] will NOT attend this event**, enter any Notes such as whether or not your swimmer can do relays or only wants to do individual events, etc.

*Declaration

✓ --SELECT--

Yes, please sign [Dylan] up for this event

No, thanks, [Dylan] will NOT attend this event

6. If you select **“Yes”** a list of events will appear at the bottom of the screen. Any events that your swimmer already has a time in will be indicated under **“Best Time.”** If your swimmer does not currently have a time on file for the event, it will appear as **“NT” = no time**. Red times indicate your athlete is not qualified to enter those events. Select the event/s that your swimmer wants to swim. Each competition has limitations on the total number of events and relays that a swimmer can swim. IE = individual events, Rel = Relays, and Comb = combined events (ie. the total sum of all events). SportsEngine will prompt you with an error message if you try to sign-up for too many events.
7. Relays will not appear for you to select. If your swimmer would like to swim a relay (or conversely is not available for a relay) please make note of these preferences in the Notes section. Additionally, please note which event your swimmer is willing to scratch to participate in a relay. Relays are at the Coach’s discretion and all events are subject to Coach’s approval.
8. When finished, click **Save Changes**. Repeat for all other athletes you may have and for each Event/Competition.

It is equally important for you to opt out your swimmer(s) for meets that they will not be able to participate in so that Coaches don’t have to track down your swimmer and double-check whether they will be attending or not.

**** Please keep an eye out for emails letting you know that registration is open. Most regular YMCA dual/tri/quad meets have a deadline the same week as the meet, however, invitationals, USA meet, and Championship meets can have deadlines weeks in advance. If you miss the registration deadline, your swimmer is not guaranteed a spot to swim.****