



## Welcome to the RIPTIDES 2025

- ✓ We are a competitive but recreational swim team. We have one swim meet monthly during the school year, one almost every weekend in June, and two meets in July.
- ✓ We require swimmers in the white group and above to participate in swim meets. Winter, spring, and summer Champs are required unless you seek a waiver from the head coach. Waivers can be given on a case-by-case basis. ALL SWIMMERS WHO QUALIFY FOR LONE STAR ARE REQUIRED TO SWIM.
- ✓ We do not require you to come to every practice. However, the more your swimmer comes to training, the better they will become. You do not need to inform me if your swimmer cannot attend practice.
- ✓ **Your swimmer must be registered with the YMCA by the first day after the trial week. The monthly draft is set for the 15<sup>th</sup> of each month. The yearly fee is divided into 12 equal drafts. If you do not wish to continue at any time, you can stop the draft with 30 days written notice.**
- ✓ **TEAM UNIFY: You will receive an email to activate your profile on TU. Once you do, please download the ON DECK APP, which is more user-friendly.**
- ✓ **Please search ROCKALL RIPTIDES on Facebook and join our page. REMIND class code @76f86b. Please join the class. This is how all last-minute updates, like weather or emergency closures, will go out. I will also try and follow those up with an email.**
- ✓ WEATHER: We CAN NOT swim in thunder or lightning within 6 miles of either location.
- ✓ Meet information will be sent via TEAM UNIFY. You can use the link in the email to DECLARE (sign up) or DECLINE each meet. Most swim fees are included in your monthly dues. LONE STAR FEES and LEAGUE CHAMPS FEES ARE NOT INCLUDED.

### **Required Equipment:**

- ✓ Girls and boys with long hair must wear a swim cap.
- ✓ All swimmers must swim in goggles. Swimmers must buy a pair of LONG FLOATING FINS, a kickboard, and a pull buoy for the orange group and above to bring to practice each day.
- ✓ You can purchase team gear from D&J Sports using this link <http://djsports.com/teams/j-e-r-chilton-ymca/>
- ✓ You may purchase through [www.swimoutlet.com/rockwallriptides](http://www.swimoutlet.com/rockwallriptides)
- ✓ Team Suits can be purchased <https://www.fikeswim.com/teamgear>
- ✓ Coach Alisha has swim caps for \$6 each, and team shirts and equipment can be bought through DJ Sports

If you have any questions, please email [riptides@ymcadallas.org](mailto:riptides@ymcadallas.org)

### League Registration Link

- ✓ New swimmers must pay a \$40 League Registration fee with their first month's dues.
- ✓ Returning swimmers must pay the \$40 league registration in January each year.

[LEAGUE REGISTRATION LINK](#)

### Registration Links

- ✓ Families are required to register online. Please choose the correct group for each swimmer. You must work with only one swimmer at a time. Use this link, sign into your YMCA account, select the participant, then correct the group.
- ✓ Email Coach Alisha if you are on financial assistance from the YMCA.

[MONTHLY DRAFT SIGN-UP LINK](#)

### Monthly Group Cost

2024 LEAGUE REGISTRATION FEE = \$40 PER ATHLETE (expires 12/31/2025, nonrefundable)

League Registration is due in January for all Swimmers. New Swimmers pay with the first month's dues.

| LEVEL               | Member Monthly Rate | Non-Member Monthly Rate | CANCELLATION POLICY  |
|---------------------|---------------------|-------------------------|--|
| Cub Swim            | \$100               | \$120                   | *30-day written notice to the Aquatics Director<br><br>\$25 cancellation fee |
| White Group         | \$80                | \$100                   |  |
| Red Group           | \$95                | \$115                   |  |
| Orange/Yellow Group | \$120               | \$140                   |  |
| Black Group         | \$130               | \$150                   |  |
| Gold                | \$140               | \$160                   |  |
| Home School         | \$90                | \$110                   |  |

| Summer 2025         | Monday         | Tuesday      | Wednesday    | Thursday     | Friday       |
|---------------------|----------------|--------------|--------------|--------------|--------------|
| <b>Cub Swim 1</b>   | 745 - 815 am   | OFF          | 745 - 815 am | OFF          | OFF          |
| <b>Cub Swim 2</b>   | 815 - 845 am   | OFF          | 815 - 845 am | OFF          | OFF          |
| <b>Cub Swim 3</b>   | OFF            | 745 - 815 am | OFF          | 745 - 815 am | OFF          |
| <b>Cub Swim 4</b>   | OFF            | 815 - 845 am | OFF          | 815 - 845 am | OFF          |
| <b>White</b>        | 730-830 am     | OFF          | 730-830 am   | OFF          | 830 - 915 AM |
| <b>White 2 PTAA</b> | OFF            | 8-845 AM     | OFF          | 8-845 AM     | 830 - 915 AM |
| <b>Red</b>          | OFF            | 730 - 830 AM | OFF          | 730 - 830 AM | 830 - 915 AM |
| <b>Red 2 PTAA</b>   | 8 - 9 AM       | OFF          | 8 - 9 AM     | OFF          | 830 - 915 AM |
| <b>Orange</b>       | 8 AM - 9 AM    | 730 - 830 AM | 8 AM - 9 AM  | 730 - 830 AM | 730 - 830 AM |
| <b>Yellow</b>       | 7-8 AM         | 7-8 AM       | 7-8 AM       | 7-8 AM       | 730 - 8AM    |
| <b>Black</b>        | 730 - 830 AM   | 8 AM - 9 AM  | 730 - 830 AM | 8 AM - 9 AM  | 730 - 830 AM |
| <b>Gold</b>         | 6-730 AM       | 6-730 AM     | 6-730 AM     | 6-730 AM     | 6-730 AM     |
| <b>Location</b>     | <b>Chilton</b> | <b>PTAA</b>  |              |              |              |



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Swimmer and Family Code of Conduct

|  |   |
|--|---|
| <b>Caring</b><br>Be kind – Be Compassionate and show you care - Express gratitude – Forgive others – Help people in need – Speak kindly – Encourage your teammates – Be humbled with victory - Be gracious in defeat. Focus - Remember that you are at practice to work and better yourself. | <b>Respect</b><br>Treat others with respect – Be tolerant of differences – Use good manners, not foul language – Be considerate of the feelings of others – Do not threaten, hit, or hurt anyone; keep your hands to yourself. Respect the facility – clean up after practice and remember locker rooms are not a playground. |
| <b>Honesty</b><br>Be Honest – Don't "deceive, cheat or steal – Be truthful in what you say and do - Have integrity, ensuring your actions match your values and values of the YMCA.  | <b>Responsibility</b><br>Do what you are supposed to do – Persevere: Keep on TRYING. Always do your best – Use self-control – Be self-disciplined – Think before you act and consider the consequences and risks to others– Be accountable for your choices.  |

The YMCA's mission statement is: "To put Christian values into practice through programs that build healthy spirit, mind, and body." To achieve this goal, each swimmer and parent must be willing to uphold this code of conduct.

If a swimmer does not demonstrate the 4 YMCA core values within one practice session, the following actions will occur:

1<sup>st</sup> Offense: Verbal warning and a reminder of YMCA core values

2<sup>nd</sup> Offense: 5-minute time out

3<sup>rd</sup> Offense: The child is sent home from practice, and the parent is notified of the problem and must talk with the coach before the child can return to the method. YMCA incident report will be filed.

Should the swimmer be found to purposefully cause physical harm to any swimmer, coach, or facility equipment, if a swimmer uses foul or offensive language or gestures toward another swimmer or coach, or if the swimmer is found to be using tobacco, alcohol, or illegal drugs, it will automatically be considered, a 3<sup>rd</sup> offense and the swimmer and parent must meet with the Head Coach and aquatics director before the swimmer can return to practice.

\*If a swimmer is sent home more than twice a month, the swimmer will be suspended pending a conference with the head coach and aquatics director. If a swimmer is suspended more than once, they will be removed from the program.

By completing your YMCA registration, you and your swimmer(s) affirm that you have read through this with your children and agree to comply with the above code of conduct.