



JER Chilton YMCA at Rockwall RIPTIDES - PTAA Swim Groups Practice Schedule 2023-2024

Level	Days	Time	\$60 per month Once per year \$35 League Registration Fee Cancellation requires 30 days written notice to riptides@ymcadallas.org
Middle/Elementary	Monday/Tuesday/Thursday	3:50 – 4:50	
High School Competitive	Monday/Tuesday/Thursday	3:50 – 4:50	

League Registration and Monthly Fee: All swimmers must register with the YMCA through their online registration platform and pay the August fee before September 1. Parents must pay the once-a-year swim league registration fee (\$35) and set up a monthly draft of \$60. The draft date is the 15th of each month, August – July. All PTAA swimmers are invited to swim in the summer and will be combined in the traditional riptides swim groups. This reduced fee is only open to students enrolled at the PTAA Fate campus.

Expectations: This YMCA program is being offered in partnership with PTAA and coached and lifeguarded by YMCA staff. These swimmers are participants of the Rockwall YMCA Riptides Swim Team and the Dallas YMCA Swim League. Swimmers are expected to compete in at least one monthly swim meet per semester (fee included) and League Champs. (December/April, \$25 per day fee not included)

Students 9 and under must be picked up by a parent or guardian after school and accompanied to swim practice. Students 10 and over are welcome to go to the gym to get ready, then wait for the YMCA staff to arrive. Swimmers are prohibited on the pool deck without YMCA swim coaches and lifeguards.

All participants must adhere to our code of conduct while in our program. You can find that information on the next page. Parents are required to set up a YMCA CORE account for YMCA payments; after this is complete, Coach Alisha will activate a TEAM UNIFY account. Team Unify is the system for swim team communication, swim meet entries, and announcements.

We will teach the skills needed to participate in high school swimming and YMCA swimming. We will start with essential swim endurance, stroke technique, diving into deep water, and turns.

Equipment: Swimmers must swim in team-style suits, long floating fins, and a kickboard. These can be purchased at any swim vendor.

D&J sports using this link <http://djsports.com/teams/j-e-r-chilton-ymca/>
Swimoutlet.com www.swimoutlet.com/rockwallriptides

League Registration Link: This fee must be paid before your swimmer starts practice.
[2023-2024 Registration Link](#)

- ✓ Once you use the link, you will pay the following.
 - League Registration Fee (\$35) [LEAGUE FEE LINK](#)
 - Riptides Swim Team at PTAA Fate (\$60)

✓ ***Financial Assistance is available and made possible through contributions made to our annual campaign. The financial aid application can be found here.** [Financial Assistance | YMCA of Metropolitan Dallas \(ymcadallas.org\)](#)

Questions can be directed to Alisha Garrett at riptides@ymcadallas.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swimmer and Family Code of Conduct

<p>Caring</p> <p>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.</p>	<p>Respect</p> <p>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.</p>
<p>Honesty</p> <p>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.</p>	<p>Responsibility</p> <p>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.</p>

The YMCA mission statement is: "To put Christian values into practice through programs that build healthy spirit, mind, and body." In order 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:

1st Offense: Verbal warning and a reminder of YMCA core values

2nd Offense: 5-minute time out

3rd 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 practice. 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 3rd offense. 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.