



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of El Paso Swim Team Parent's Guidelines And Handbook 2017

YMCA Sports Program Pledge

Win or lose, I pledge before God to do my best, to be a team player, to respect my teammates, opponents and officials, and to improve myself in Spirit, Mind, and Body.

YMCA Competitive Swimming Prayer

Dear God,

We thank you for this time together.

As parents, we thank you for children who can run, play, swim and laugh, help them to learn and use their talents to the fullest and remain injury-free.

As kids, we thank you for parents who care about us, and who love us for who we are, not for how we perform.

Grant each team the grace to play their best,

To exercise good sportsmanship and fair play,

And to realize that win, lose, or tie we are all children of the same God. Amen

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Mission and Purpose

The mission of the YMCA of El Paso is to put Christian Principles into practice through programs that develop a healthy spirit, mind and body for all.

The purpose of YMCA of El Paso Swim Teams is to sponsor competitive and developmental swimming events and activities in the El Paso area; to develop in team members a love for the sport, advanced aquatic skills, teamwork and the character traits of Honesty, Caring, Respect, Responsibility, and Faith.

Letter from the CEO

Welcome to another season for the YMCA of El Paso Competitive Swim League, and hopefully its best yet. We have been fortunate to have dedicated coaches and staff in the past, and this year is no exception. We also have great parents that have been willing to donate their time and expertise. Although it can be tough to find time for everything, we must always keep in mind that we do this for all of the wonderful kids that are the Northeast, the Loya, and the Westside YMCAs.

YMCA Swim Teams are designed to teach character development, making it fun for young players to learn the fundamentals of competition and swimming while also learning the values of Honesty, Caring, Respect, Responsibility and Faith.

Through YMCA Swim Teams we want to help young people *develop* character, not *become* "characters". We want to help them learn to care about others, to be honest, to show respect, to be responsible, and to have faith in their futures. Of course, swimming doesn't teach these things to young people automatically. It does provide opportunities to learn about and develop these values when skillful leadership is provided by dedicated professionals, knowledgeable staff and involved adults like you.

Please note that we want to hear back from you about things we can do to improve the program. Your input is very valuable to the continued success of this program. We want to make sure you have as much information as possible to assist you in making this a fun and meaningful experience for the kids and for you.

Go Swimmers!!!

Bill Coon
YMCA of El Paso, CEO

The YMCA Philosophy of Competitive Swimming

YMCA Competitive Swimming is not just another sports program. We have a mission, and that mission is stated in our Seven Pillars of YMCA Competitive Swimming.

Pillar One—Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Competitive Swimming. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

Pillar Two—Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and they teach the sport as we've prescribed so that the skills taught are appropriate for athletes' developmental levels. And coaches constantly supervise their players and stop any unsafe activities.

Pillar Three—Fair Play. Fair play is about playing by the rules—and more. It's about coaches and players showing respect for all involved in YMCA Youth Super Sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.

Pillar Four—Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Competitive Swimming we want to help kids learn these lessons.

Pillar Five—Family Involvement. YMCA Competitive Swimming encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation. To help parents get involved appropriately, YMCA Competitive Swimming offers parent orientation programs.

Pillar Six—Sport for All. YMCA Competitive Swimming is an "inclusive" sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

Pillar Seven—Sport for Fun. Sports are naturally fun for most kids. Sometimes when adults become involved in children's sporting activities they over organize and dominate the activities to the point that it destroys kids' enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports.

The YMCA of El Paso Program Staff

The Program Directors of the YMCA of El Paso are responsible for the activities of the YMCA Swim Teams. Please address all concerns and comments to your Branch's Program Director, rather than the coaches. This allows the coaches to focus on training our swimmers.

Doug Long
Aquatics Director
Bowling Family YMCA
915.755.9622

Amber LaFountain
Aquatics Coordinator
Loya Family YMCA
915.590.9622

Sonia Amman
Aquatics Director
Westside Family YMCA
915.584.9622

In addition, the activities and facilities at each branch are the responsibility of the Branch Executive Directors.

Theresa Hendrix
Executive Director
Bowling Family YMCA
915.755.9622

Julie Berry
Executive Director
Loya Family YMCA
915.590.9622

Randy Wastradowski
Executive Director
Westside Family YMCA
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The YMCA of El Paso Swim League

The YMCA of El Paso Swim league is made up of teams from the three YMCA's with pools. Each team competes in four regular season meets, and one championship meet.

Parent and Swimmer Responsibilities

Parents are an important component of YMCA Swim Teams who must be involved at multiple levels, from helping and encouraging their children to contributing essential volunteer hours to the team. A **YMCA Parent's Code of Conduct** is included at the end of this handbook which must be signed and returned for your child to participate in YMCA Swim Team activities. It is also important to realize that the team relies heavily on parents to make it work.

One of the most important responsibilities for swimmers is to be **ON TIME** for meets, and to follow the check-in procedures. Swimmers must commit to practices and meets, and maintain a high level of sportsmanship and conduct at all times. Swimmers must participate in 2 swim meets before the championship. A **Swimmer's Code of Conduct** form must be read, agreed to, and signed by each swimmer prior to formal team membership.

Volunteering and Team Service

This season, we need your help. Parents are encouraged to volunteer. We have many jobs and tasks that need to be done so that our children can have a good season. There are multiple ways to contribute your time, and we will work to find something that fits within your schedule. There are three levels of service: no experience required, some experience required, and YMCA Swim Team training required. We will have designated area directors to help assign volunteers to specific tasks.

No/some experience required:

1) Timers – we usually need 8 - 12 timers for a meet. Each timer is provided a stop watch and swimmers' times are recorded on the entry cards. An experienced head timer will coordinate all timers and the runners.

- 2) Runners – 2-4 people per meet to run entry cards back and forth to the clerk of course.
- 3) Scorers – Record swimmers' finishing place and time, as well as disqualifications and scratches. Works closely with clerk of course. An experienced head scorer will coordinate all scoring.
- 4) Ribbon writers – we regularly fill out a couple of hundred ribbons per meet as rewards for swimmers' performance. Usually requires staying a little later at meets, but always in the shade. An experienced writer will oversee.
- 5) Bull Pen (Ready area) – to keep the meet flowing smoothly, 2-4 parents per meet must corral and organize swimmers before their races.
- 6) Heat announcer – 1 parent per meet roam the meet grounds announcing upcoming races with a bullhorn to get swimmers to the ready area.
- 7) Concessions – 5-10 parents work to coordinate food and drink donations from all parents, and to run the concession stand during the 2-3 home meets. This is an essential fundraising mechanism for the team and provides us funds for the Awards Party and trophies at the end of the year. A concessions coordinator will oversee all volunteers.
- 8) Setup and cleanup – at home meets, 5-10 parents are essential to prepare the pool for the races. This requires 1-2 hours the morning of the meet. It's nice to have a separate group of 5-10 parents to break everything down and clean up after the meet. Whenever possible, separate experienced coordinators for setup and cleanup will manage the volunteers.
- 9) Stroke Judge – at meets, 1-2 parents will to evaluate swimming stroke for proper technique.

YMCA Swim Team training required:

- 1) Clerk(s) of Course – Generally the facility Program Director or coach of the hosting pool.
- 2) Starter / Referee – calls swimmers to their blocks, starts each race, responsible for all decisions and rule interpretations. Usually the same person for every home meet.
- 3) Stroke and turn judge – 2 required per meet to ensure swimmers' strokes are in accordance with league rules. Communicate disqualifications to Clerk of Course.

Tryouts/Team Membership

Although we encourage all swimmers interested in competitive swimming, we hold tryouts FOR NEW MEMBERS ONLY to guarantee your swimmer is ready. Swimmers must be able to complete a 25 yard freestyle lap, on their own, to be eligible for competition. Your YMCA's Program Director and Swim Team Coaches will be happy to talk with parents regarding their child's skill level and options.

Registration and Fees

Registration fees this year will be \$20.00 for family membership; \$70.00 for youth memberships; and \$110.00 for non-members.

Swim Suits and Equipment

All swimmers are encouraged to purchase competition-grade swimsuits in the team colors, and wear them for all meets. Girls must wear a one-piece suit. Swim caps and goggle are highly recommended.

Practices

Practices are essential for training swimmers in stroke technique, form, and speed. Attendance at all practices is strongly suggested.

Practices will begin June 6, 2016 and run through the last week of July 2016. Practices are NOT cancelled on account of rain, but will be cancelled in the event of thunder or visible lightning.

Swim Meets and Competition

Swim meets are held on Saturday afternoons, and rotate among the different participating YMCA pools. These are big events, with up to 100 swimmers and sometimes again that number of associated family. Also, all the meets are held in the heat of summer. Punctuality and patience are the two most important requirements for the meets to work well. Meets typically start at 6pm and finish by 9pm. Swimmers will swim between 2-5 races, spread throughout the evening, thus resulting in LOTS of free time! We ask all parents to observe parking and other rules at away meets, and to contribute their time and energy to home meets.

When arriving, swimmers MUST check-in before 5:45pm to be eligible for that day's meet. After check-in, you will report to the ready area and coaching staff for your race assignments, given as numbers that will be written on the swimmer's arms. Swimmers are responsible for listening for their races to be called and getting to the staging areas promptly. A brief warm-up period before the meet begins is essential to loosen up before racing.

At away meets, parents should supervise their children and ensure that swimmers get where they need to be. At home meets, we all need to pitch in to help setup and take down the meet equipment, as well as clean up the pool area. We need to leave the pool and facility in as good condition, or better, as when we found it.

No food, drinks or coolers will be allowed at meets; concessions will be available.

Events

Swimmers compete within six different age groups, each separated by gender: 6 and under, 8 and under, 9/10, 11/12, 13/14 and 15-18. There are seven event types; five individual and two relay. Individual: freestyle, backstroke, breaststroke, butterfly and individual medley (IM). The two relays are freestyle and medley. Swimmers under 9 years of age do not swim IM, and 6 and under only swim freestyle, backstroke and freestyle relay (relays start in the water).

Swimmers are judged according to YMCA of the USA Swimming rules and regulations. The starter, stroke and turn judges, and meet referee all work together to evaluate swimmers. Swimmers may be disqualified in a given race for executing an illegal start, stroke or turn, or early takeoff in relays, at the discretion of the referees or starter. The referee may also disqualify swimmers for poor sportsmanship and conduct.

While it is unfortunate that swimmers are sometimes disqualified from a race, please remember that it is done with the desire to help the individual swimmers improve their form and technique, and not to unjustly punish them. If you have concerns or grievances about the running or scoring of a swim meet, please address them through your YMCA Program Director in an appropriate setting, and remember to treat all volunteer officials and staff with respect and courtesy.

Swim Meet Entries

The swimmer will be allowed to swim in three individual events and two relays at each meet. There can be a mixed relay of boys and girls, which would be on the odd numbered events.

Order of Events			
Schedule Subject to Change			
GIRLS			BOYS
EVENT #	EVENT NAME	AGE	EVENT #
1	100 yd Individual Medley	9 & 10	2
3	100 yd Individual Medley	11 & 12	4
5	100 yd Individual Medley	13 & 14	6
7	200 yd Individual Medley	15 - 18	8
9	100 yd Medley Relay	12 & under	10
11	200 yd Medley Relay	13 & over	12
13	25 yd Freestyle	8 & under	14
15	50 yd Freestyle	9 & 10	16
17	50 yd Freestyle	11 & 12	18
19	50 yd Freestyle	13 & 14	20
21	100 yd Freestyle	15-18	22
23	200 yd Freestyle	13 & over	24
25	25 yd Backstroke	8 & under	26
27	50 yd Backstroke	9 & 10	28
29	50 yd Backstroke	11 & 12	30
31	50 yd Backstroke	13 & 14	32
33	100 yd Backstroke	15 - 18	34
35	25 yd Breaststroke	8 & under	36
37	50 yd Breaststroke	9 & 10	38
39	50 yd Breaststroke	11 & 12	40
41	50 yd Breaststroke	13 & 14	42
43	100 yd Breaststroke	15 - 18	44
45	25 yd Butterfly	8 & under	46
47	50 yd Butterfly	9 & 10	48
49	50 yd Butterfly	11 & 12	50
51	50 yd Butterfly	13 & 14	52
53	100 yd Butterfly	15 - 18	54
55	100 yd Freestyle Relay	12 & under	56
57	100 yd Freestyle Relay	13 & over	58

Awards and Ribbons

Awards will be given to swimmers who place in first through sixth places, with the times on the back. Participation ribbons will be given to swimmers who competed without securing one of the place ribbons. The ribbons will be available for pickup by the coaches, by the next day.

2017 Meet Schedule

Swim meets will all start at 6pm.

June 17	Westside at Bowling
June 24	Bowling at Loya
July 1	Loya at Westside
July 8	Loya at Bowling
July 15	Bowling at Westside
July 22	Westside at Loya
July 29	Championship Meet at Bowling

Maps to Meet/Practice Pools

Bowling Family YMCA 5509 Will Ruth Road



From the Westside Family YMCA

Start at 7145 N Mesa St, El Paso, TX 79912-3650

Go East on TX-20 E (N Mesa St) 0.2 miles

Turn L onto N Resler Dr 5.7 miles

Turn R onto LOOP TX-375 (Woodrow Bean Transmountain Dr) 11.2 miles

Continue onto Woodrow Bean Transmountain Dr Frontage Rd 0.3 miles

Turn sharply R onto BUS US-54 S (Dyer St) 1.0 miles

Turn onto Will Ruth Av 0.3 miles

You are at 5509 Will Ruth Ave, El Paso, TX 79924-5433

From the Loya Family YMCA

Start at 2044 Trawood Dr, El Paso, TX 79935-3503

Go West on Trawood Dr 0.5 miles

Turn L onto N Yarbrough Dr 1.0 miles

Turn R onto Gateway Blvd W < 0.1 miles

Take I-10 W ramp on L 5.8 miles

Take Exit 22B (US-54, Patriot Frwy, Alamogordo, Juarez, Ft Bliss) on R 0.3 miles

Take US-54 E (Patriot Frwy, Alamogordo, Ft. Bliss) ramp on R 4.6 miles

Take Exit 26 (BUS US-54, Dyer St, and Hercules Av) on R 0.2 miles

Continue onto Gateway Blvd N 0.5 miles

Bear R onto BUS US-54 N (Dyer St) 2.7 miles

Turn R onto Will Ruth Av 0.3 miles

You are at 5509 Will Ruth Ave, El Paso, TX 79924-5433

Loya Family YMCA 2044 Trawood



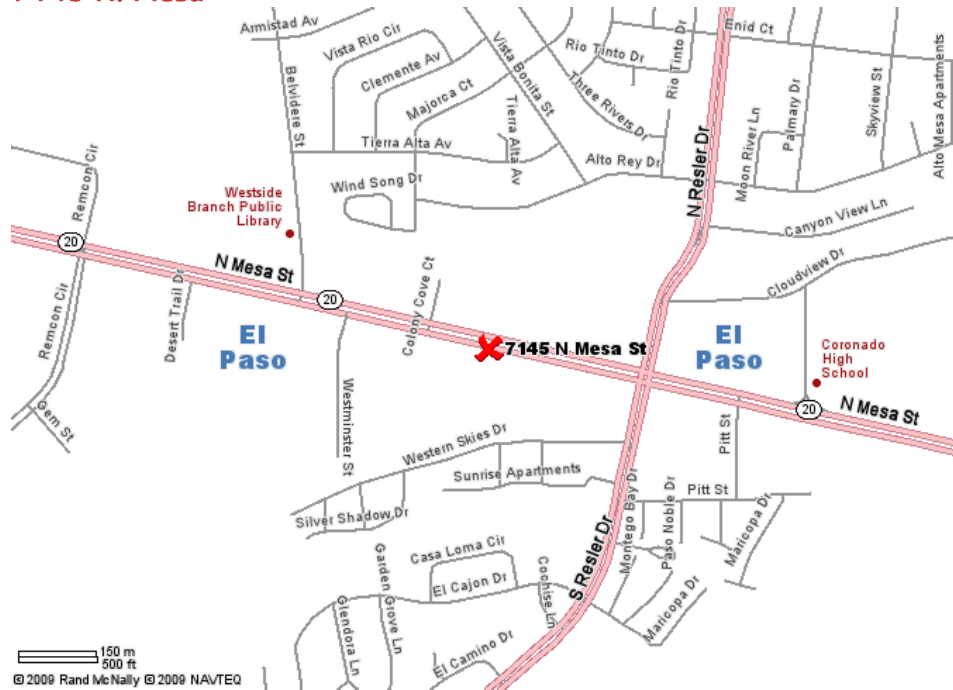
From the Westside Family YMCA

Start at 7145 N Mesa St, El Paso, TX 79912-3650
 Go East on TX-20 E (N Mesa St) 0.2 miles
 Turn R onto S Resler Drive 0.5 miles
 Take I-10 E ramp 16.8 miles
 Take Exit 28B (Yarbrough Dr) on R 0.1 miles
 Continue onto Gateway Blvd E 0.1 miles
 Turn L onto N Yarbrough Dr 1.0 miles
 Turn R onto Trawood Dr 0.5 miles
 You are at 2044 Trawood Dr, El Paso, TX 79935-3503

From the Bowling Family YMCA

Start at 5509 Will Ruth Ave, El Paso, TX 79924-5433
 Go Northwest on Will Ruth Av 0.3 miles
 Turn L onto BUS US-54 S (Dyer St) 2.8 miles
 Bear L onto Gateway Blvd S 0.4 miles
 Take US-54 W ramp on L 4.4 miles
 Take Exit 21A (I-10 E, US-180 E, Van Horn) on R 0.4 miles
 Take I-10 E (US-180 E) ramp 6.0 miles
 Take Exit 28B (Yarbrough Dr) on R 0.1 miles
 Continue onto Gateway Blvd E 0.1 miles
 Turn L onto N Yarbrough Dr 1.0 miles
 Turn R onto Trawood Dr 0.5 miles
 You are at 2044 Trawood Dr, El Paso, TX 79935-3503

Westside Family YMCA 7145 N. Mesa



From the Bowling Family YMCA

Start at 5509 Will Ruth Ave, El Paso, TX 79924-5433

Go Northwest on Will Ruth Av 0.3 miles

Turn onto BUS US-54 N (Dyer St) 1.0 miles

Turn sharply onto Woodrow Bean Transmountain Dr Frontage Rd; street becomes LOOP TX-375 W (Woodrow Bean Transmountain Dr) 12.5 miles

Turn onto S Desert Blvd 0.1 miles

Take I-10 E ramp on 4.4 miles

Take Exit 11 (TX-20, Mesa St) on 0.1 miles

Continue onto S Desert Blvd Frontage Rd 0.2 miles

Bear onto TX-20 E (N Mesa St) 1.1 miles

You are at 7145 N Mesa St, El Paso, TX 79912-3650

From the Loya Family YMCA

Starting at 2044 Trawood Dr, El Paso, TX 79935-3503

Go West on Trawood Dr 0.5 miles

Turn onto N Yarbrough Dr 1.0 miles

Turn onto Gateway Blvd W < 0.1 miles

Take I-10 W ramp onto I-10 17.5 miles

Take Exit 11 (TX-20, Mesa St) on 0.2 miles

Turn onto TX-20 E (N Mesa St) 0.9 miles

You are at 7145 N Mesa St, El Paso, TX 79912-3650

Tips for Becoming a Good Youth Sports Parent

- * Always treat others (coaches, parents, officials and players) the same way you would want your child to be treated. Set the example by showing respect, dignity, and sportsmanship at all times. Make only positive, encouraging comments.
- * Be responsible; Get your kids to practices and games on time. Make sure they have their uniform and sneakers and that they have had something to eat and drink. Let the coach know if your child will be missing a game or practice.
- * Focus on fun and participation rather than winning and losing.
- * Motivate through confidence by trying to identify a positive from every game and practice. Making mistakes is part of the learning process so don't criticize and try to avoid too much postgame analysis.
- * Act your age; youth sports are for kids. If you find yourself becoming too emotionally involved, take a step back and relax. Remember that your childhood is over. Give the young players a chance to enjoy theirs.
- * Be seen, not heard; nothing is better for a young player than having parents watch them play. However, nothing is worse for a player than to have a parent boo, taunt, or scream at officials, players or coaches.
- * Respect the officials. Even if you don't agree with a call, accept it and move on. It's not your job to officiate the game.
- * If you must talk to the coach, do it in private after the game or practice. Better yet, wait until the next day when the heat of the moment has passed. Never create a scene in front of the team.
- * Get interested in your child's sport and learn the rules.
- * Refrain from tobacco or alcohol use at all youth sports events.
- * Participate in team activities and volunteer to help.

YMCA PARENT'S CODE OF CONDUCT

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will support the implementation of the YMCA's character development values: caring, honesty, respect, responsibility and faith.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a swimming environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will remember that the game is for youth – not for adults.
- I will do the very best to make the youth swim team experience fun for my child.
- I will help my child enjoy the youth swim team experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will teach my child to treat other players, coaches, fans, officials with respect regardless of race, sex, creed, or ability.
- I will remember all coaches are volunteers, dedicating many hours to help children. I will treat them with respect. If I have suggestions or wish to discuss my child's progress with them, I will do so before or after practice or a game.
- I will try to have my child on time to practices and games and to be on time to pick my child up when practices / games are over.

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Conduct.

Tips for Becoming a Good Youth Sports Player

- Believe in yourself and your abilities. Learn from your mistakes.
- Practice the fundamentals and work hard on areas that need improvement.
- Listen to your coach.
- Be patient with your teammates and remember that everyone has strengths and weaknesses. In team sports, success only comes when the entire team plays well together.
- Give 100% in games and practices. It doesn't take special talent to hustle, but it could make all the difference in the game.
- Never question an official. They do not care who wins or loses and want nothing more than to have a game that is fair and safe. Make it easier by not talking back to them.
- Be a good sport and play fair. Put winning and losing in perspective. Remember the Golden Rule "Treat others as you would want to be treated"
- Include your parents in your sports world.
- Have fun and enjoy every moment playing.

PLAYERS CODE OF CONDUCT

- I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following the Players' Code of Ethics Pledge.
- I will treat each athlete, opposing coach, official, parent, and administrator with dignity, based on the YMCA Character Development values of caring, honesty, respect, and responsibility.
- I will uphold the authority of officials who are assigned to the contests in which I am participating, and I will assist them in every way to conduct fair and impartial competitive contests.
- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

Failure to adhere to the above stated code of ethics could result in suspension.

General YMCA Swim Team Questions

1. What is the YMCA Competitive Swim program and why would I want my child to participate? It's fun. It's great exercise. It builds confidence. It's a great way for your child to meet other kids in the neighborhood. It's a great way for you to meet other parents. It's a great way for your child to learn the values of Honesty, Caring, Respect, Responsibility and Faith.
2. Who can answer my questions about the swim team? Hopefully, most of your questions can be answered here. If not, contact one of our Program Director

Doug Long

Aquatics Director
Bowling Family YMCA
915.755.9622

Amber LaFountain

Aquatics Coordinator
Loya Family YMCA
915.590.9622

Sonia Amman

Aquatics Director
Westside Family YMCA
915.584.9622

3. What strokes do the swimmers use in competition?
Freestyle, backstroke, breaststroke, and butterfly.
4. What swimming strokes does my child need to know to join the team?
If your child is 5 to 18 and can swim a lap of the pool, then they should come to a swim team practice and have the coach evaluate them for the team. Younger children do not necessarily have to be proficient in the breast stroke or butterfly in order to participate.
5. I just want my child to learn how to swim better. Do they have to swim in competition?
You should discuss this with the Program Director.
6. I see that there are different age groups for the swimmers. How does that work?
The age groups are 8 & under, 9-10, 11-12, 13-14, 15-18. Every other year your child will have an "up" year when they are the oldest in their age group and a "down" year when they are the youngest in their age group. The system generally works well.
7. What is the date that will set the age set for the summer?
The age of the swimmer as of the first day of practice will be the age the swimmer will swim all summer.
8. What kind of pool does the YMCA use?
The length of all of the pools used for YMCA swim teams is 25 meters.
9. Can the coach be a swimmer for the team? No, the coach cannot swim for the team.

Practices

10. How often and when is practice? Practices are held Monday through Thursday.
11. Should I stay and watch a swim practice? You're welcome to watch. Please refrain from talking with the coach during practice. Practice is when the coach spends time with the swimmers. Please hold you questions for the coach until before or after practice.
12. What happens if we have a conflict and my child is not able to attend practice?
Please contact the Coaches, if possible.
13. Does a child have to swim in a particular number of practices during the week in order to swim in a meet? Please contact the Coaches regarding this question.
14. My child attends a summer day camp. Can s/he still participate? It may be possible so be sure to talk with the coaches about your schedule.

Meets

15. What is a dual meet and what other kinds of meets are there? A dual meet is held between two swim teams. One swim club is the host team and the other is the visiting team. Our teams will participate in four dual meets and one Championship Meet.
16. When are the meets? Meets are Saturday evenings. Swimmers need to check in with the Clerk of Course before 5:45pm, and the meet will start at 6pm.
17. How long does a meet last? Meets are usually 2.5 to 3 hours long.
18. How does a meet operate? Upon arriving, we set up our blankets and swim bags and begin to loosen up for the warm-ups. After the warm-ups are completed, the Pledge of Allegiance and Swimmer's Pledge will be recited, and the meet will begin with the Individual Medley, proceed to the Medley Relays, the freestyle events, backstroke events, breast stroke events, and butterfly events. The final events are the free relays.

For each event that the child swims, they will be given a card by one of our parents 10-15 minutes before the event begins. The card will tell the child which lane and what event (ex. - 8&U 25 Freestyle, Lane 4). In the case of the relay, the card will list all four names of the relay team. The swimmer then proceeds to the starting blocks of that lane and gives the card to the head timer in that lane (the one with the clipboard). For the 8&Us, if needed, we'll make sure that an older swimmer accompanies them in their first few races as the starting area can be somewhat crowded and confusing for the young-uns. In any case, the child takes their place in that lane and as each race is completed, moves up one spot in the line until their race. At that point, the referee blows their whistle, the starter tells the swimmers to step up. When all of the swimmers are on the starting blocks, the starter will tell them to take their marks, and then the starting buzzer will sound and the race will begin. Repeat 64 times and that's your meet.

19. Where can I find directions to the swim club we are visiting? Directions for all meets are found in this handbook.
20. What can I do to help prepare my child for a meet? Have your swimmer eat a healthy diet, get plenty of sleep, bring a water bottle to the meet, and get them to the meet on time. Advise them to listen to the coach and to have fun! Cheer them on too!
21. What are the events in a meet? There are 58 events in a meet.
22. What is a "heat"? An event may be divided into multiple "heats." Usually a dual meet will only have one heat in each event with 2 to 6 swimmers depending on the number of swimmers and the size of the pool. The championship meet often has multiple heats of each event to accommodate the large number of swimmers.
23. What is a relay? And what stroke(s) do the swimmers use? Relays consist of four "legs" with a different child swimming each leg. The distance varies with the age group from 100 meters (four lengths of the pool) for the younger age groups to 200 meters for the older age groups. You can review the full list of events to get a feel for where the relays occur in the meet.

There are two types of relays: medley and freestyle. The medley relay has four different legs: backstroke, breaststroke, butterfly, freestyle. The freestyle relay has four legs of freestyle.
24. How is it determined what swimmers will be on a relay? The coach makes this decision. There are a variety of factors involved.
25. What does DQ mean? Disqualification - this can happen for a variety of reasons including starting early (false start), leaving the diving block early in a relay, performing an illegal

stroke, performing an illegal turn, not touching the wall with two hands during a breaststroke turn, etc.

26. Are kids DQed a lot? No. The younger swimmers, especially the 8 & under age group tend to have more problems early in the season, but you'll see a DQ from time to time in every age group. Also, the officials tend to be lenient with the younger swimmers. That is certainly the case with dual meets. In the championship meets, the officials are much stricter.

If your child is disqualified, try not to get upset about it. Your swimmer will be unhappy enough about it without having your emotions adding to the situation. If you think there was an error made, then discuss it calmly with the coach. Do NOT discuss it with the officials. Let the coach do that if it is appropriate.

27. What does it mean when my child is "swimming up"? The coach may determine that the team (and perhaps the swimmer) can best be served by having your child swim in an older age bracket. This is a complement to the swimmer because it shows the coach feels that the he or she can swim effectively and will make a significant contribution to the team. Once the child swims up, they can't swim down in that event.
28. Does my child have to participate in every meet? What happens if my child has a conflict for a meet? Without consistent participation, the team will have a poor season but conflicts do happen. Let the coach know as soon as possible if your swimmer will not be able to attend a meet. Swimmers must participate in three dual meets to be eligible to swim in the Championship Meet.
29. What is the YMCA Championship Meet? When and where is it? The Championship Meet is the championship meet between the two YMCA branches. It will be held at the Bowling Family YMCA.
30. How are the results of the Championship Meet posted? The team results will be announced at the end of the meet and team
31. How can I best help the team? Support your child by bringing them to practice, preparing them for the meet and cheering for them and the team at the meets.
- Volunteer to help out at a swim meet or with other swim team duties. It's an all volunteer effort and there is always something more that can be done.
- Consider becoming a stroke & turn judge, starter or referee. The officiating is all volunteer and it always helps to have more people trained to step in when others have scheduling conflicts for a meet. You may also enjoy the meet more when you know the rules well.

Swim Meet Officials

32. How is a meet officiated and who are the officials? A swim meet will have a referee who runs the meet, a starter who announces the event and starts the swimmers, multiple stroke and turn judges, a head timer and multiple timers for each lane. You'll get the hang of the flow of events at a meet very quickly. The pace is rapid since there are 64 events.
33. I see some parents timing the events. Can I do that too?
Sure. At meets, there are two timers required on each lane. See the head timer if you are interested in timing. If there are already sufficient timers the head timer may take your name to have you as an alternate if someone has to leave or take a bathroom break.
34. Why do the timers have to go to the other end of the pool for some events?

The 6 & under and 8 & under groups have some 25 yard events. They dive off the blocks (or start from the wall for backstroke) and swim one length of the pool. The timers have to see them touch the wall so they are located at the opposite end of the pool from the starting blocks.

By the way, it is legal to start from the side of the pool instead of a starting block. You may see this with some of the younger swimmers who are not comfortable diving yet.

The 9-10 year-olds and older events have 50 or 100 meter events. They start and end on the same edge of the pool by the starting blocks.

35. Being an official looks like fun and/or I want to help the team by being an official. How do I find out more? There are free clinics to teach you the rules at the YMCA at the beginning of the summer. Check with your Program Director for more information.
36. Hey, my kid was just DQed! What can I do about it? Talk to your coach. Do NOT talk to the officials.
37. I'm sure that kid just did an illegal turn on his backstroke, but he wasn't called for it. Who do I complain to? It's not really a parent's place to find fault with the officiating. If you feel strongly that there is a problem with the officiating then you should talk with your coach or Program Director. They can best decide how to proceed, but the officiating is really under the direction of the hosting YMCA's referee.

Coaches, Parents, Kids

38. How can I best help the coach help my child? Bring them to practices regularly, prepared and on time. Be supportive and let them enjoy the sport. Let the coaches do the coaching.
39. How do I let a coach know when we can't attend practice? or be at a meet? Please let the coach know as soon as possible. It's helpful to put it in writing since the coaches are trying to coordinate many swimmers on the team and a verbal notice is more likely to be forgotten.
40. What if I have an important message to tell the coach during a swim meet? Wait until the coach is not busy and then briefly tell them your message. The coaching staff is focused on supporting the swimmers during the meet so please leave them free to do that as much as possible.
41. It looks like there is a lot to do to run a swim team. Can I help? Yes! Contact your Program Director and see if there are any openings that need to be filled. Finally, talk to you friends and neighbors and bring them out to join the team!
42. I can't be at the swim meets. Can I help in other ways? Yes! See your Program Director.

Winter Swimming

43. What options are available if my child wants to continue swimming in the winter? There are competitive swim lessons available before and after the season, and available year-round at the Bowling and Westside Family YMCAs.

Please sign and turn into the YMCA

YMCA PARENT'S CODE OF CONDUCT

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will support the implementation of the YMCA's character development values: caring, honesty, respect, responsibility and faith.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will remember that the game is for youth – not for adults.
- I will do the very best to make the youth sports experience fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will teach my child to treat other players, coaches, fans, officials with respect regardless of race, sex, creed, or ability.
- I will remember all coaches are volunteers, dedicating many hours to help children. I will treat them with respect. If I have suggestions or wish to discuss my child's progress with them, I will do so before or after practice or a game.
- I will try to have my child on time to practices and games and to be on time to pick my child up when practices / games are over.

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Conduct.

Parent/Guardian Signature

Date

PLAYERS CODE OF CONDUCT

- I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following the Players' Code of Ethics Pledge.
- I will treat each athlete, opposing coach, official, parent, and administrator with dignity, based on the YMCA Character Development values of caring, honesty, respect, and responsibility.
- I will uphold the authority of officials who are assigned to the contests in which I am participating, and I will assist them in every way to conduct fair and impartial competitive contests.
- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

Failure to adhere to the above stated code of ethics could result in suspension.

Swimmer's Signature

Date