



SWIMMING TO SUCCESS

YMCA OF GREATER OMAHA

Swim Team Parent Handbook

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YMCA of Greater Omaha Swim Team

Swim Team Program Focus and YMCA Philosophy

The YMCA swim team staff is dedicated to give families involved in swim team a great experience while providing fitness and fun to children of all ages. We will strive to help each child develop a healthy, spirit, mind and body.

We will help your children to gain self confidence, goal setting abilities, physical fitness, and character.

The following are our goals:

We will help children reach their full potential as a swimmer.

We will help children learn good sportsmanship and the purpose of being on a team.

We will promote lifelong fitness.

We will teach children the character development with Honesty, Caring, Respect and Responsibility.

Participation on Swim Team teaches life lessons in how members of teams work together as individuals to become one unit. With everyone working and supporting each other as a team, we are sure this season will be successful.

The YMCA mission is: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Swimmer Requirements

All swimmers of the YMCA of Greater Omaha swim team

- must be a member of the YMCA of Greater Omaha to be on the Swim team.

Swimmers that would like to be on the swim team should be able to comfortably swim one length of the pool (25 yards) of freestyle and backstroke and respond to coach's instructions.

Swimmers will be taught drills to improve strokes technique and will work on endurance throughout the season.

The Code of Conduct must be signed prior to the swimmer participating.

Parent Involvement

Family Involvement

We are often looking for Parent Volunteers. Your help makes things run smoother and makes events great successes. Please plan on volunteering at one swim meet. The following are areas we may also need help with.

Social Activities

If you like to plan parties, please join us in this fun volunteering experience. We will be having a Mock Meet and many other events for you to help with to celebrate Swim Team with the swimmers.

Swim Meets

Timers, writing events on swimmer's hands, clean-up helpers, runners, etc. It takes a lot of people to help the children get ready. Any helpers we can get, we will sure use. We will need a minimum two timers for every meet.

Communication

We will have a newsletter called the Chlorine Times going out to parents about swim team updates and fun happenings at the YMCA. Get involved with the newsletter and help us all have a good communication line.

Parent Expectations

Parents Code of Ethics must be signed and submitted before the swimmer is permitted to swim.

Communicate to coaches about

- Meet attendance
- Illnesses and injuries of swimmers
- Concerns. These need to be addressed at appropriate times in appropriate manners.

Respect all coaches decisions about the events children are entered in during meets.

- Swimmers are expected to swim in events coaches decide.
- At times, swimmers may need to swim extra events, or swim up ages groups, other than those entered to help the team due to unforeseen circumstances.
- Insubordination of coaches, team members and parents, opposing teams, lifeguards officials and staff will not be tolerated and may result in banishment from the team and venue.

Respect other parents and swimmers.

Pay all dues on time.

Encourage all swimmers at meets and practice.

Encourage swimmers to practice on own time.

Deadlines are important.

No foul language will be tolerated.

Swim Team Practices

Practice Days and Times

Swimmers are allowed to practice at any branch if you cannot make it to the practice at the branch you registered at. Please call ahead.

Practice will be on the following days, times and locations.

Armbrust Family YMCA

Tuesday	4:30-6:00 pm	6:30-8:00 pm
Thursday	4:30-6:00 pm	6:30-8:00 pm
Saturday	11:30 am-1:30 pm	

Downtown YMCA

Wednesday	6:30-7:30 pm	
Friday	6:30-7:30 pm	
Saturday	11:30 am-1:30 pm	

Maple Street YMCA

Monday	5:00-6:15 pm	
Tuesday	6:00-7:30pm	
Friday	6:00-7:30 pm	
Saturday	11:30 am-1:30 pm @ Downtown or Armbrust YMCA	

Sarpy YMCA

Monday	4:30-6:00 pm	
Tuesday	5:30-6:30 pm	
Thursday	5:30-6:30 pm	
Friday	4:30-6:00 pm	
Saturday	11:30 am-1:30 pm @ Downtown or Armbrust YMCA	

Southwest YMCA

Monday	Ages 10 and Under: 6:00-7:00 pm	
	Ages 11 and Up: 7:00-8:00 pm	
Thursday	Ages 10 and Under: 6:30-7:30 pm	
Friday	Ages 11 and Up: 6:00-7:00 pm	
Saturday	11:30 am-1:30 pm @ Downtown or Armbrust YMCA	

Twin Rivers

Tuesday	6:00-8:00 pm	
Thursday	6:00-8:00 pm	
Saturday	11:30 am-1:30 pm @ Downtown or Armbrust YMCA	

There will be no practices when local school districts dismiss early or cancel classes because of inclement weather. Please check with your local YMCA before coming to practice if you are unsure. Parents will be notified for weekend, holiday, or other interruptions to the normal practice schedule. Conflicts may arise due to unforeseen circumstances such as construction, maintenance, or pool issues. There will be no make-up practices scheduled due to school cancellations, holidays, etc. No refunds or credits will be issued because of cancelled practices.

Swim Team Practices (cont.)

Call the YMCA if you are unsure if practice will be held.

Armbrust YMCA	896-4200	
Downtown YMCA	341-1600	(to contact coach call Southwest YMCA)
Maple Street YMCA	393-3700	
Sarpy YMCA	339-9861	
Southwest YMCA	334-8487	
Twin Rivers	359-9622	

What to Bring to Practice

Children will need to be *Responsible* during practice. They will need to bring the following with them to all practices:

- YMCA Membership Card to scan when you come to the YMCA.

- Goggles (an extra pair is always good too)

- Swim Cap

- Water Bottle

We encourage the children to remember these and not to rely on their parents to bring the items to practice for them.

How to Act

The YMCA philosophies guide the direction of this program. Swimmers need to come ready to swim and listen to coaches. Swimmers need to be *Respectful* towards other swimmers, towards other members in the pool area and in the locker rooms. Lifeguards are here for your protection, so swimmers are also expected to *Respect* them. Please always show up ready to do the best you can.

YMCA Facility Access, Registration and Fees

Building Access

Swimmers and parents going into YMCA buildings will need to bring their membership cards to practice with them. They will need to have the front desk scan their cards each time they are let through the doors.

Going Above and Beyond

Swim team participants are welcome to swim during lap swim times to practice and reinforce skills they learn in swim team. Look for a pool schedule near the front desk for lap swim times. ***A swim test will be required for children who are under the age of 18.***

YMCA Locker Room Etiquette

It is important to remember that the locker rooms are used by all members of the YMCA and it is VERY IMPORTANT that all swimmers be RESPECTFUL while using the YMCA facility. This means to self, each other, the facility, other members, and staff.

All swimmers should have shoes on when they are outside of the pool area. Swimmers should not be in hallways when dripping wet. Swimmers need to clean up after themselves in hallways and locker rooms.

Registration

Swimmers for the 2010/2011 season must be registered by the beginning of the program. Payment plans are available. Please call the Aquatics Director at the location you will be registering for to get more information.

Additional Fees

There may be additional fees for meets. We will notify participants of any additional fees and respective deadlines. State Championship and Regional qualifiers will be mandated to pay all entry fees for competition.

There are also additional fees for swim suits, apparel and caps.

- All swimmers will need to wear the YMCA of Greater Omaha swim cap during all meets. Caps can be purchased for \$5 (latex) or \$10 (silicone).

Block Practices - We have additional block practices to work on racing starts. These practices will be an additional charge. These practices are held off-site and will be an additional charge as we are renting a pool for the practices.

Rules and Expectations of Swimmers

The coaching staff wants to set ground rules for practices to maintain a POSITIVE learning and practice environment. It is intended to help, not rule.

- Have equipment available and adjusted before every practice. Always have an extra set of goggles with you at every practice.
- Begin sequences of drills on time and finish by touching the wall (do NOT stand up before touching the wall).
- MAINTAIN proper spacing between swimmers as drills start. A good method to use is to wait until the person in front of you is at the flags before you start.
- All swimmers will listen and follow directions from coaches. All drills should be performed as instructed. If you do not understand how a drill is done, do not be afraid to ask for clarification.
- Please refrain from talking during drill instruction.
- Do not hang on the lane lines.
- Always display proper sportsmanship.
- Swimmers will treat others with respect and will not interfere with other swimmers as they are completing their workout.
- No horseplay during practice.
- **Swimmers will uphold the YMCA mission statement, philosophy, and character values.**
- If the coaches feel you child is not progressing past the minimum level of stroke development after a reasonable amount of time on swim team, the coaches may recommend OR require that your child take additional swim lessons for more one-on-one help.
- Maintain proper eating, sleeping and studying habits.
- Be a leader and HAVE FUN!
- Wear YMCA of Greater Omaha team swim cap during meets.

Discipline Policy

To ensure the safety of all swimmers, the following progressive discipline steps will be taken for those swimmers who disregard pool/safety rules, and/or display disrespect for the coaches, teammates, and/or lifeguards:

1. Verbal warning to the swimmer.
2. Swimmer sits out for 5 – 10 minutes.
3. Swimmer will be asked to leave the activity or event for the day. Parents will be notified and an incident report will be filed.
4. If the behavior continues, parental attendance will be required at practice until the Aquatic Program Executive deems the situation under control.
5. **If the situation does not improve, the swimmer will be asked not to participate for an extended period in team activities. This action will be communicated by the Aquatics Director to the parent and swimmer.**

Swim Meet Overview

Season League Information

Fall /Winter League

- Meets will be held on Saturdays at pools in Nebraska YMCAs.
- A swimmer must swim in 3 meets to compete in the State Meet.
- The age of the participant on December 1st will determine his/her age for the season.
- Swimmers can be entered in 4 individual events and 2 relays at each regular season meet.
- For cases of bad weather a meet may not be cancelled. It is up to the parent's discretion to go to the meet even if coaches will not be in attendance. The meet host makes the final decision if a meet will run as scheduled or be cancelled.

Summer League

- Dual meets are held on Wednesdays at pools in Omaha.
- A swimmer must swim in 2 dual meets to compete in Preliminaries and Finals.
- The age of participant on June 1st will determine his/her age for the season.
- Swimmers can be entered in 2 individual events. Swimmers may only swim one Medley relay and one Free relay during each meet.
- Dual meet format governs that each team is only allowed 3 swimmers in the scoring heat of each event. Exhibition heats may be added for swimmers to receive a time, but the swimmer will not score points. Children may be placed in another aged group for a change to score points and earn an award.
- In the Finals, each team is allowed a maximum of 4 swimmers in each event. No exhibition heats are allowed. One relay team per event.

If a swimmer has signed up for a meet and an unexpected illness or emergency arises and he/she no longer is able to attend the swim meet, please notify a coach ASAP! Adjustments have to be made to the computer, at the Clerk of Course, and relays may need to be rearranged.

What to Bring

Goggles (2 pairs in case one breaks)
Towels (more than one is good)
Healthy Snacks and Water Bottles
Swim Cap
Extra Clothes
Folding Chairs
Dress appropriately – remember indoor pools are hot during the winter season. Layers are best.

Swim Meets (continued)

Warm-ups

It is required that all swimmers warm-up at swim meets. Warm-ups give swimmers the chance to not only loosen and warm-up their bodies, it also gives them the opportunity to get familiar with a “new” pool. It is important to practice starts off the blocks, practice turns, and count from the flags if doing backstroke. Not all pools are the same, so we highly recommend ALL swimmers arrive early for warm-ups.

- All swimmers must warm up at our assigned team time.
- Please arrive at meet sites at least 15 minutes prior to warm-ups to get settled in and begin stretching.
- Prior to the beginning of each meet, swimmers are to check in with the coach (attendance will be taken).

General Meet Information

Meets can take anywhere from 3 hours to 5 hours (or longer), depending on the number of swimmers present and how efficiently the meet is ran. The home sponsor of each meet sets the schedule for their meet, so starting times will vary.

- It is the responsibility of each swimmer to be at the clerk of course at the proper times.
- Swimmers are ALWAYS required to be wearing shoes/sandals between events. It is also important to have warm clothing to wear between events. Temperatures vary and waiting areas often times will be cool.
- Bring at least 2 towels. Use one during the meet and save the other so you will have a dry one AFTER the meet.
- Bring nourishing snacks for your swimmer to eat at the meet. Most pools usually have a concession stand as well. Some snack suggestions include fruit, cookies, granola bars, sweet cereals, candy bars, and sports drinks or water.
- It is expected that swimmers engage in restful activities or cheer on their teammates between events.

Meet Transportation

Parents are responsible for driving their swimmer. Carpooling is encouraged, **but not facilitated by the YMCA. Coaches are not permitted to be involved in transportation due to YMCA insurance limitations.**

Relays

- Relays will be determined by the Coaches at the swim meet.
- Relays will be based on individual times, attendance at practice, and swimmers' attitude.
- Split times will NOT be used to determine relays.

Swim Meets (continued)

Regional meet in Minneapolis, MN A swimmer must meet qualifying times standards set for this meet during the season. Information regarding this meet, entry fee costs, and qualifying times will be given out during the season. Only a certain number of coaches from the YMCA of Greater Omaha coaching staff are permitted to go to the Regional meet. Please plan on attending a Regional practice to get to know your coaches more.

Swimmers are expected to swim the events they are registered for at the Regional meet if they qualify and are attending.

Communication

How to Contact Us

Armbrust YMCA	896-4200
Downtown YMCA	341-1600
Maple Street YMCA	393-3700
Sarpy YMCA	339-9861
Southwest YMCA	334-8487
Twin Rivers	359-9622
Website:	www.metroymca.org

Coaches:

Armbrust:	Sarah Weik
Downtown:	Mary Robinson
Maple Street:	Ali Petersen and Jake Kruger
Sarpy:	Renee Montemayor
Southwest:	Hiliary McCarthy
Twin Rivers:	Taylor Kannawin

Newsletter

You will receive a monthly newsletter about swim team updates. Please complete the attached parent contact sheet.

Email List

We have an email list! This is a great way to mass communicate.

Website

The YMCA of Greater Omaha Website (www.metroymca.org) has a swim team page. Please refer to this for updates on events, practices, and meets.

Swim Team Participant Information

Please tear this sheet off and return it to your aquatics director or coach.

Children's Names: _____

Parents Names: _____

Phone best to reach you at: _____

Email Address: _____

Best way to contact you: _____

Picture Permission: Yes, you may take pictures of my child.
 Yes, you may post them on the YMCA website.
 No, you may not post them on the YMCA website.
 No, you may not take pictures of my child.
Date: _____ Parent Initials: _____

Help us make the Program Better!!

How can we make this an enjoyable experience for you: _____

What does your child enjoy about swim team? _____

Are interested in volunteering? If so, let us know what things you are interested in volunteering with. _____

YMCA Parent's Code of Ethics

This Code of Ethics must be signed prior to your swimmer participating.

- 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 understand that consequences are involved for insubordination of coaches, director, team members, officials and all other personnel involved in the program.
- 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 four character development values, caring, honesty, respect and responsibility.
- 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 hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics.

Parent/Guardian Signature

Date

Child(ren) Name(s)

YMCA Branch