

Hurricanes Swim Team

Andover/North Andover YMCA

Parent Handbook

2009-2010

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Hurricanes Swim Team

Merrimack Valley YMCA
Andover/North Andover Branch

Welcome to the Hurricanes Swim team! Hurricanes Swimming, a volunteer-driven organization, is dedicated to creating an environment that strengthens the spirits, minds and bodies of its members through competitive swimming. We maintain a very high level of competition while simultaneously keeping a congenial and energetic team atmosphere. We are a nationally-ranked YMCA team where swimmers can achieve their goals through commitment to hard work, while maintaining a balanced lifestyle both in and out of the pool. More than half of the team will compete in a championship meet at the end of the season, while every swimmer will contribute to the success and the spirit of the team. Swimmers are encouraged to adopt the YMCA core values of caring, honesty, respect, and responsibility. The Hurricanes Swim Team is a part of the Merrimack Valley YMCA and incorporates all YMCA values into its operating philosophy.

Merrimack Valley YMCA

Mission Statement: The Merrimack Valley YMCA, a community-based organization governed by its members, is dedicated to putting Christian principles into practice through programs, membership opportunities, and community services that strengthen spirit, mind, and body for all.

Vision Statement: The Merrimack Valley YMCA is a force for positive change, taking a leadership role in enhancing the quality of life in the Merrimack Valley region.

Core Values: The Merrimack Valley YMCA welcomes all people regardless of age, race, gender, religious affiliation, or socioeconomic background. The organization identifies and responds to community needs in areas including recreation, aquatics-based programming, housing for the homeless and near homeless population, child-care, outdoor and camping opportunities, arts and humanities programming, teen development, community development, and community health and wellness.

Registration Process

All forms must be completed and returned to the front desk and payments submitted by September 1st. Forms and payments must be returned by that date to guarantee your child's spot on the team. After that date, your child's spot in the team could be forfeited as spots are offered to new swimmers on the waiting list.

Forms to be returned include: team registration form, payment information form, medical information form, and a CORI background check form. Since volunteer commitments from all parents are integral to the team's success, all parents are required to return the CORI form to register as volunteers of the team.

Swim Team Fees

Families pay several different fees to swim with the Hurricanes Swim Team. These fees are the Andover/North Andover YMCA membership fee and the Hurricanes program fee. Additionally, swim team members who compete in USA Swimming groups (Monsoons, Juniors, Seniors, and Nationals) are required to pay the USA Swimming fee. These fees are described in detail below.

YMCA Membership Fee:

Swimmers must be a Family or General Member of the Andover/North Andover YMCA. Swimmers must maintain their membership to participate on the team. Please contact the Member Services Desk at the YMCA about membership rates.

Hurricanes Program Fee:

Fees owed are based on the swimmer's practice group assignments. Program fees cover pool time, meet entry fees, coaches' salaries, and the administrative and operating costs of the swim team. The fee schedule for the current year is found in the Registration Packet.

Initial monthly payments or payment in full must be received by September 1st to ensure your spot on the team. Fees may be paid in full at the time of registration. Full-Year team members have the option to pay monthly by credit or debit card. Swimmers are committed to the full team fee for the season, regardless of payment plan. All fees in arrears from the previous season must be paid before a swimmer can register for the next season. We accept Credit Card payments through Visa, Mastercard and American Express.

Swim Teams Fees (continued)

USA Swimming Fees:

Swimmers in the USA Swimming Practice groups (Monsoons, Juniors, Seniors, and Nationals) pay a \$200 USA Meet Fee at the time of registration. This fee covers annual registration in USA Swimming, as well as meet entry fees for USA swimming meets. If, at the conclusion of the swim season, a swimmer has not used all of the fee, the remaining portion of the original \$200 fee will be returned to the family in the form of an account credit. Conversely, if a swimmer attended many USA meets and swam in many events with the result that the cost of those entries exceeds the original \$200 fee, they will be required to pay that difference at the end of the season. Families of USA swimmers may obtain their account balance by contacting Sue Grant (sgrant@mvyymca.org).

Financial Assistance:

It is the goal of the Merrimack Valley YMCA to provide services for individuals and families who wish to participate in activities and programs of the YMCA regardless of their ability to pay. Our application process is easy, and most importantly, completely confidential. Families who need financial assistance to participate on the Hurricanes Swim Team should contact Bobbi Williams, Associate Executive Director, at (978) 685-3541.

Team Organization

Coaches: The Hurricanes Swim Team is coached by both full-time and part-time professional coaches, who work for the Andover/North Andover YMCA.

Parent Advisory Board: The team is supported by the Hurricanes parents through the Hurricanes Parent Advisory Board. The parent group runs swim meets, chaperones swimmers on travel meets, raises funds, and organizes social events for the swimmers.

Parents: In many respects, the Hurricane Swim Team is a family sport. The swimmers and coaches put in countless hours in practice and at meets. But the success of this swim program also depends heavily on the participation of parents - not just to drop their children off for practice - but also to take an active role in the business of the team. All parents are actively encouraged to participate in the team's activities and are required to volunteer their time during every meet and event. Parents are expected to read and follow the guidelines presented in the article, "Getting Parents on the Team," by Alan Goldberg.

Getting Parents on the Team - *by Dr. Alan Goldberg*

A successful swimming experience depends on parents being proactively trained to play the right role on the parent-swimmer-coach team.

- 1) **DON'T COACH.** Leave coaching to coaches. This includes pre-race psyching, motivation, after-race critiquing, setting goals, enforcing additional cross-training, etc.
- 2) **SUPPORT THE COACH.** Your coach is the expert. They need your support for everyone to "win."
- 3) **SUPPORT THE PROGRAM.** Get involved. Volunteer. Help out at meets, fund-raisers, etc.
- 4) **BE YOUR CHILD'S BEST FAN.** Support your swimmer unconditionally. Do not withdraw love when your swimmer performs poorly. Your swimmer should **never** have to perform to win your love.
- 5) **SUPPORT AND ROOT FOR ALL SWIMMERS ON THE TEAM.** Foster teamwork. Your swimmer's teammates are **not** the enemy. When they go faster than your swimmer, your swimmer has a wonderful opportunity to improve.
- 6) **DO NOT BRIBE OR OFFER INCENTIVES.** Your job is **not** to motivate. Leave this to the coaching staff. Bribes will distract your swimmer from proper race concentration.
- 7) **TAKE YOUR CONCERNS AND PROBLEMS DIRECTLY TO THE COACH.** If you have a problem with your child's coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coach's back will not get you what you want.
- 8) **UNDERSTAND AND DISPLAY APPROPRIATE MEET BEHAVIOR.** Remember your swimmer's self-esteem and race performance are at stake. Be supportive, cheer, be appropriate.
- 9) **MONITOR YOUR CHILD'S STRESS LEVEL AT HOME.** Keep an eye on your swimmer to make sure he or she is handling stress effectively from the various activities in their lives.
- 10) **MONITOR EATING AND SLEEPING HABITS.** Be sure your swimmer is eating the proper foods and getting adequate rest.
- 11) **HELP YOUR CHILDREN KEEP THEIR PRIORITIES STRAIGHT.** Help your swimmer maintain a focus on school work, relationships and other important things in life besides swimming. Also, if your swimmer has made a commitment to swimming, help him or her keep the priorities around this in mind.
- 12) **'REALITY TEST' FOR YOUR CHILD.** If your swimmer comes out of the pool with a personal best time and a last-place finish, help them understand that this is a "win." Help them keep things in their proper perspective, including losses and disappointments.
- 13) **KEEP SWIMMING IN ITS PROPER PERSPECTIVE.** Swimming should not be larger than life for you. If your swimmer's performance elicits strong emotions, keep these away from them. Remember, your relationship with your children will continue **long after** their competitive swimming days are over. Keep **your** goals and needs out of the pool.
- 14) **BE AN APPROPRIATE LIAISON TO THE COACH.** Keep the coach informed as to how your swimmer is responding to the experience (when appropriate). If your swimmer is having trouble with something that happened in the pool, or with something the coach said, help them deal with it, and if necessary, speak directly with the coach.

Communications

Good communication is essential to any organization. We have established a variety of channels of communication to facilitate information gathering, clarification and problem solving as they relate to the program. It is the responsibility of the parent to be aware of the information centers.

Hurricanes Website <http://www.anahurricanes.com>: The team web site is a valuable resource for the Hurricanes YMCA and USA swimming programs. You'll find the ANA Hurricanes at the team website (<http://www.anahurricanes.com>). The website lists practice schedules, YMCA and USA meet schedules, directions to pools, meet results, and contact information for coaches and Parent Advisory Board members. Links to the National YMCA Swimming and Diving, Eastern Massachusetts YMCA District, USA Swimming and New England Swimming web sites are also posted. Signups for all Hurricanes meets and events also takes place through the website. Families must sign in to the website using their assigned password to access the full members-only content of the website, such as sign-ups for swim meets. With a couple of clicks of the mouse, families have a valuable resource available to them 24/7.

The Hurricane Watch Newsletter: The team has an electronic newsletter, *The Hurricane Watch*, distributed via e-mail three to four times each month. The newsletter provides information about the team, including a calendar, schedules, team activities, recognition of performance and important announcements.

Direct Contact with Coaches: During practice sessions, parents are not allowed on the pool deck. However, if you do need to speak with your child's coach, please do so after practice. Additionally, all coaches can be reached via email; email addresses are available through the team website. Please note: Your first point of contact about your swimmer MUST BE his or her practice group coach, NOT the head coach. Your child's coach knows your child best and is in the best position to answer questions about practice, training and other swimming issues.

Parent Liaisons: We encourage families to use the members of the Parent Advisory Board, and specifically the Parent Liaison assigned to your swimmer's practice group, as a resource for other issues, such as volunteering for meets, swim meet logistics, and other general team information. Their phone numbers and e-mail addresses are listed in this handbook and also on the team website. To clutter coaches' time with non-swimming issues takes them away from what they are here to do—coach the swimmers. The Parent Liaisons are ready and able to answer those questions for you and look forward to hearing from you.

Parent Advisory Board

The Hurricanes Parent Advisory Board supports the Hurricanes swim team by staffing Hurricanes-sponsored meets and events, fundraising for the team, coordinating social activities for the swimmers, orienting new swim team families, and providing input and support to the coaching staff. It is made up of parent volunteers and welcomes the involvement of all swim team parents. If you would like to contribute in any way, please feel free to tell a board member of your interest. The Parent Advisory Board, Head Coach and any interested parents meet monthly at the Andover/North Andover YMCA. All are welcome to attend meetings and participate.

Parent Liaisons

Part of the job of Parent Advisory Board is to offer support and orientation to new swim team families. Each practice group will have an assigned Parent Liaison. This parent will be a point of contact for all the parents in that particular practice group. While specific questions about your swimmer's swim progress and development should be addressed to your child's coach, all other questions can and should be answered by your Parent Liaison. The Parent Liaison can answer questions about meets, uniforms, volunteering, website, etc. They are an invaluable resource for both new and returning swim families on the ins and outs of life on the Hurricanes Swim team. Seeking support and answers from your Parent Liaison first allows your swimmer's coach to focus on their most important job, coaching your swimmers. Contact information for the Parent Liaisons is available on the website.

Parent Liaisons

Tidal Waves & Typhoons

Christina Curtin-Orsmond
curtinorsmond@verizon.net
978-470-1689

Bronze & Silver

Beth D'Entrement
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Monsoons

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Juniors & Gold

Paula Quinlan
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978-475-7362

Seniors & Nationals

Jim Frey
anapab@freyfamily.cc
978-475-3734

Practice Groups

The team is organized into practice groups based on age and swimming level. Group placement decisions are made by the coaching staff and are in the best interest of the swimmer and their long-term development. All group promotions are done with consideration of the athlete's age, achievement, work ethic, commitment, and maturity.

NATIONAL – Swimmers have made or are working to make YMCA Short Course National qualifying standards and demonstrate the ability and desire to train at the highest level. Swimmers must maintain daily attendance to remain in this group. USA Swimming participation is required for this group.

SENIOR – Advanced swimmers (ages 13 and over) have met or are working to attain New England Championship qualifying standards, High School State/ Sectional cuts and YMCA Summer National times. Swimmers are expected to set goals and maintain excellence in the areas of attitude, effort and attendance. USA Swimming participation is required for this group.

JUNIOR – Advanced swimmers (ages 11 and over) have met or are working to attain New England Championship qualifying standards. Swimmers are expected to set goals and maintain excellence in the areas of attitude, effort and attendance. USA Swimming participation is required for this group.

MONSOON – Advanced swimmers (ages 9-12) have met or are working to attain New England Championship qualifying standards. Swimmers are expected to try new things and to maintain excellence in the areas of attitude, effort and attendance. USA Swimming participation is required for this group.

GOLD – Swimmers (ages 13 and over) are working to attain YMCA District Championship Standards or High School Sectional Standards. Swimmers are expected to set goals, to work hard and to keep a positive attitude. These swimmers will compete in YMCA meets only.

SILVER – Novice or intermediate swimmers (ages 11-14) who are working to attain YMCA District Championship Standards. Swimmers are expected to set goals, to work hard and to keep a positive attitude. These swimmers will compete in YMCA meets only.

BRONZE – Novice or intermediate swimmers (ages 9-12) are expected to try new things and to keep a positive attitude. These swimmers will compete in YMCA meets only.

TYPHOON – First or second year swimmers (ages 10 and under) are expected to try new things and to keep a positive attitude. These swimmers will compete in YMCA meets only.

TIDAL WAVE – First or second year swimmers (ages 8 and under) are expected to try new things and to keep a positive attitude. These swimmers will compete in YMCA meets only.

Swim Meets

The Hurricanes Swim team is both a "YMCA" team and a "USA Swimming" team. We compete in local, regional and National meets with other YMCA teams as well as teams who are not affiliated with a YMCA, but are members of USA Swimming. All practice groups will attend the local YMCA meets. Only swimmers in Monsoons, Junior, Senior, and National practice groups will register as members of USA swimming and attend USA meets. This effectively doubles the number of competitions and opportunities for these groups.

Age determination: Competitions are divided by age and gender. For most YMCA meets, a swimmer's age as of December 1, 2009 will determine the swimmer's division for the entire YMCA season. For USA meets, the swimmer's age on the first day of the swim meet is their age for the whole meet.

Regular Season: The regular season is composed primarily of dual meets, one team competing against another team. Occasionally, there will be three swim teams at one meet, which is called a tri-meet or more than three teams which is called an "Invitational" meet. The Hurricanes host an invitational swim meet, called the Hurricane Invitational, each fall. Everyone is eligible to swim in the regular season.

Championship Season: The championship season is held after the regular season. A swimmer must compete in three (3) regular season YMCA meets and achieve qualifying time standards to compete in the YMCA championship season. YMCA Championship meets include Eastern Massachusetts YMCA Districts, YMCA New England Championships, and YMCA Nationals. To be eligible to swim in any USA championship meet, you must be a registered member of USA Swimming and have achieved the event qualifying time standard within the qualifying period (usually one year prior to the meet start date). USA Championship meets include New England Regionals, New England Age Group Championships, and Zone/ Sectional Championships.

Attendance: All swimmers are expected to attend all YMCA dual meets as scheduled throughout the season. Swimmers must stay on deck or in a designated area at all YMCA meets until the entire meet is over. This means that if your swimmer swims in the first few events, they are still required to stay for the duration of the meet. Please do not ask to leave early or to arrive late. The first and last events are relay events and changes have a domino effect on the rest of the lineup. Substitutions are sometimes allowed on the day of the meet, but they make the relay or the swimmer "unofficial" and ineligible to score points for the team. If a swimmer must leave early, your child's coach needs a written note explaining the situation prior to meet day.

Swim Meets (continued)

Sickness: If at any time a swimmer cannot compete in a meet, the parent is required to notify that swimmer's coach in writing at least one day prior to the meet. If a swimmer is sick on the day of the meet, please call the YMCA as soon as possible and leave a message at extension 108. Also, as meet days are quite hectic, please e-mail your swimmer's coach and the head coach to inform of an absence. This will enable the coaches to adjust the seeding of the meet to benefit the team.

Events: The coaching staff will decide in which events a swimmer will compete to benefit both the team and the growth of the athlete. All swimmers will swim all events assigned.

Transportation: Transportation to and from dual meets is provided by the YMCA. Swimmers are expected to use the team bus to enhance team spirit and to enable the coaches to check attendance for the meet. Parents are responsible for providing transportation to USA meets and championship meets.

Packing for a Swim Meet: A typical swim meets lasts approximately 4-5 hours. It is important that your swimmer is adequately prepared for the meet. Making sure that the following items are in your swimmer's bag will allow them to enjoy the meet.

- Team Suit
- Team Cap
- Goggles (and a spare pair of goggles)
- Extra Clothing to wear in between events:
 - Socks, sweats/warmups tops and bottoms
- Towels (at least two)
- Plenty of liquids (water and/or Gatorade)
- Healthy snacks
- Blanket and/or chairs to sit in
- Recreational activities (playing cards, books, video games, etc.)*

* Please note that swimmers are responsible for their own belongings at a meet.

Volunteering at Swim Meets

Approximately 50 parent volunteers are required to run any session of a swim meet, and more than twice that to run an Invitational swim meet. All parents of swimmers competing in a swim meet are required to volunteer for that meet. Sign-ups for volunteer positions are done via our team website. The following section outlines the jobs that are necessary to run a meet, including a brief description of what the job entails.

Meet Job Descriptions

Meet Director: Organizes the meet, identifies and coordinates meet volunteers, assists the Meet Referee on the day of the meet to ensure set up of computers and the timing system, and sees that everything runs smoothly and efficiently.

Referee: Responsible for running the meet once the warm-up session has started. Gives instructions to other officials working the meet. Must be a certified YMCA and/or USA official, depending on the meet.

Officials Stroke & Turn: Reports to Referee. Ensures that strokes and turns are done legally. Illegal strokes/turns are reported to the Referee and the swimmer is disqualified (DQ'd). Must be a certified YMCA and/or USA official, depending on the meet.

Computer Room Lead: The Computer Room Lead role oversees the staffing of the computer room positions, arranges for training for new volunteers, insures that all computer room equipment is in working order, acquires necessary supplies. Responsible for running the swim meet computer program. Includes, scratches, heat lane assignments and retrieving results from the Colorado system and printing event results.

Computer Assistant: Assist as required including sorting papers, checking results, etc. Uses our Hy-Tek Meet Manager software to pull results from the Colorado Timing System, adjust times/results if necessary, print results sheets, and print award labels.

Timer: Responsible for operating the stopwatch to record a swimmer's time on the timer sheet. These times are used as a back-up time in case the touch pads of the Colorado Timing system do not function properly. There are 2 timers per lane. In addition to operating the stopwatch, one timer records the stopwatch times on the timer sheet and the other operates the back-up button of the Colorado Timing system.

Runner: Responsible for posting information for swimmers and parents, and for distributing information to the meet staff.

Awards: Responsible for getting the award labels from the computer person, placing them on the ribbons, and sorting them for distribution to each team.

Locker Room Monitor: Responsible for the safety and cleanliness of the locker rooms. The monitor must inspect the locker room regularly during the meet to insure appropriate athlete behavior and maintain supplies and cleanliness.

Concessions: Work in Concession Area preparing, stocking and selling food and drinks.

Clean Up Crew: Help clean-up and put away everything after the meet. The Meet Director will direct you to assist in one or more of the following areas: pool, spectator areas, locker rooms, concessions areas, etc. Help keep area clean during the meet

Becoming a Timer

Most parents discover that they have a lot of fun if they work as timers. As a timer, you get to be as close as possible to the action in the pool! Timers have something to do during every heat and they have a fantastic view of their own children's races. The duties are very simple and training will be provided at each meet. No prior timing experience is required; new timers will be paired with experienced timers for on-the-job training. Timing is one of the most fun and rewarding jobs at a meet. Additionally, our team is required to provide timers for every meet we attend, even the "away" meets, so volunteering as a timer offers an invaluable service to our team.

Becoming an Official

Volunteering to become a Meet Official (YMCA and USA) is a great way to become involved on the Hurricanes swim team. Officials are parent volunteers who have undergone some simple training in the technical rules for swimming. Several clinics are held each year. As a meet official, you will be responsible for helping insure the integrity of the sport of swimming while filling a vital role in our organization. Your expertise is critical in giving the team the ability to host sanctioned meets.

YMCA Official: To become a YMCA Meet Official, you must be familiar with YMCA meet processes, attend the annual Officials training course (typically held in November) and pass the Officials test. Officials Certification is valid for three years. To renew certification, you must attend the annual course and pass the officials test.

USA Swimming Official: To become a USA Swimming Official (Starter, Stroke & Turn, or Referee), you must 1) attend a clinic, 2) take an online test, and 3) apprentice four meet sessions. If you are interested in becoming an official, more information is available online at <http://www.usaswimming.org/officials>.

Behavior Expectation and Disciplinary Policies

YMCA Code of Conduct

At the Merrimack Valley YMCA, we expect members, staff and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others.

At the Merrimack Valley YMCA, we demonstrate RESPECT, RESPONSIBILITY, CARING and HONESTY by: speaking in respectful tones; refraining from the use of vulgar or derogatory language; resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures; respecting the property of others; and never engaging in theft or destruction. Adherence to the YMCA Code of Conduct is essential.

Non-compliance may result in suspension or termination of YMCA membership privileges.

Andover/North Andover Branch Competitive Sports Policy

Values in education are an integral part of the National YMCA programs. These values of fair play are strongly emphasized, along with respect for oneself, for the opponent and for official game rules. These fair play values contribute to an attitude toward sports that keeps the winning perspective: That is only one goal among other important goals.

YMCA sports emphasize broad participation rather than specialization. Appropriately, a YMCA motto is: "Everyone swims, everyone wins!" Competition is acknowledged to be important in the development of self-esteem, team effort and a sense of belonging.

Central themes in the YMCA sport philosophy are: teaching fundamental skills, encouraging lifetime involvement in physical activity, strengthening the values of fitness, health, self-respect and respect for others and the thrill and challenge of competition.

The purpose of the ANA YMCA sports programs is to use competition as a tool for learning the lifelong values of goal-setting and hard work for reward. The participant should learn to accept winning with humility and defeat with dignity and strive to try harder.

Hurricanes Drug and Alcohol Policy

The Hurricanes Swim Team strives to instill in its swimmers a commitment to abstain from the use of all illegal drugs, alcoholic beverages, tobacco products, and performance enhancing drugs. The team will maintain a wholesome and safe environment in which the swimmers can develop their athletic potential and grow into mature young adults.

Helping the swimmers is our first priority. If a swimmer is concerned about their own use of or involvement with drugs or alcohol, or that of another swimmer, the swimmer is encouraged to talk confidentially with a coach. A swimmer who voluntarily discloses to a coach their own involvement with drugs or alcohol will be given favorable consideration when it comes to any disciplinary actions. In addition, the team will seek to assist the athlete in any counseling or rehabilitation necessary.

The Hurricanes Swim Team recognizes the need for sensitivity in dealing with these matters and will make every effort to ensure that confidentiality and the privacy of those involved are maintained and respected. The commitment to confidentiality will not, however, prevent the leadership of the team from notifying affected parents or appropriate civil authorities where there is a danger to the health or safety of team members.

The Hurricanes Swim Team further recognizes that parents are the primary teachers of their own children. It is the Hurricanes Swim Team's view, however, that any behavior that tends to bring discredit on the club or poses a threat to the health and/or safety of team members is a legitimate cause for concern and falls within the purview of team review. The Hurricanes Swim Team reserves the right to address any such behavior through its Disciplinary Policy.

Drug, Alcohol and Tobacco Education will be provided. From time to time, the Hurricanes Swim Team may sponsor programs designed to educate swimmers and coaching staff about the dangers of drugs, alcohol, tobacco products, and performance enhancing drugs.

Hurricanes Disciplinary Policy

The Hurricanes Swim Team is a high-quality, competitive youth swimming organization committed to excellence at all levels. The team sees any behavior that threatens the ability of other team members to pursue their athletic potential as unacceptable. To these ends, the club has adopted the following policy:

1. Any Hurricane Swim Team swimmer found in possession of, or under the influence of, alcohol or illegal drugs while on YMCA property or during any Hurricane Swim Team event – including swim meets, travel trips, or any

additional Hurricane Swim Team-sanctioned event – *will* be suspended or dismissed from the team.

2. Any Hurricane Swim Team swimmer charged and/or convicted with the possession of, or illegal use of, alcohol or drugs *may be* suspended or dismissed from the team.
3. Any Hurricane Swim Team swimmer convicted of a felony *will* be suspended or dismissed from the team.
4. Any Hurricane Swim Team swimmer whom the Head Coach reasonably suspects is engaged in alcohol or illegal drug use *may be* subject to the penalties or consequences listed below.
5. Any Hurricane Swim Team swimmer illegally using tobacco products *may* be subject to the penalties or consequences listed below.
6. Any Hurricane Swim Team swimmer illegally using performance enhancing drugs, as defined by the US anti-doping agency, *may be* subject to the penalties or consequences listed below.
7. Any Hurricane Swim Team swimmer engaging in any behavior that brings discredit on the club, is harmful to, or poses a risk to the health and/or safety of any other member of the Hurricane Swim Team, as determined by the Head Coach, *may be* subject to the penalties or consequences listed below.

Any disciplinary action that results from the violation of any of these policies will be imposed at the discretion of a Disciplinary Committee assembled and appointed by the Head Coach.

Disciplinary penalties or consequences may include, but are not limited to, one or more of the following:

1. Dismissal from the team*;
2. Suspension from the team*;
3. Probation with the team;
4. Loss of privileges – including restriction from team trips, events, and/or swim meets*;
5. Community service;
6. Counseling

* There will be no refund of registration or other fees for the period of dismissal or suspension

All Hurricane Swim Team swimmers and parents must sign a form acknowledging and accepting the Drug and Alcohol and Disciplinary Policies.

Glossary of Swimming Terms

Like any sport, swimming has its own language and terms. Familiarizing yourself with these swim terms will help you to begin to understand the world of competitive swimming.

Blocks: Platforms at one end of a pool on which a competitor stands for the start of a swimming race.

Bullpen: Place where swimmers report at meets, before their event, to receive their entry cards and to be arranged into their heat and lane assignments.

Consolation heat: The first, or slower, of two heats of finals at a championship meet.

Course: designated distance over which the competition is conducted. Long course (LCM) is 50 M and short course is 25 YDS (SCY) or 25 M (SCM).

DQ. Disqualification. A swimmer is usually disqualified when he performs a stroke, touch or turn incorrectly or when he enters the water before the start (false start).

False Start: When a swimmer enters the water before a race or moves during the start, he may be charged with a false start. This results in disqualification, since USA has a "no false start" rule.

Dual Meet: Meets conducted between two teams, usually with a limitation on the number of entrants from each team.

Finals. The session of a meet where qualifying rounds were held previously to determine the finalists. Usually there are 1-2 heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials-finals meets are on a championship level.

Heat: The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.

Heat sheets: Printed listings of swimmers heat and lane assignments for one or more events.

IM: Individual medley. The event where a swimmer swims butterfly, backstroke, breaststroke, and any other stroke in that order.

Lane: Any of several parallel courses on a track or swimming pool in which a competitor must stay during a race.

Glossary of Swimming Terms (continued)

Lap: Two lengths of the pool.

Length: One length of the pool.

Medley relay: Four swimmers on each team each swim one fourth of the total prescribed distance in the order: backstroke, breaststroke, butterfly, and freestyle.

OVC: Official Verification Card. Issued by meet officials to swimmers achieving a Junior National or Senior National time.

Prelims or Trials: In certain meets, the qualifying rounds for each event to determine the finalists.

Proof of time: A requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

Referee: The YMCA or USA official who has the final authority over all other officials at the meet. He/She makes all final decisions and sees to the efficient running of the meet.

Seed times: The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmer's heat and lane assignment in a meet.

Seeding: The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.

Split: The time a swimmer achieves in one or more laps of his race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yds in a 100 yd race is the swimmers 50-yd split.

Starter: The USA official responsible for starting each heat and calling the swimmers to the blocks.

Stroke and turn judge: A YMCA or USA official, who determines the legality of swimmers' strokes, turns and finishes and disqualifies those who do not conform to YMCA or USA rules.

Hurricanes Swim Team
Acknowledgement of Receipt of the Parent/ Swimmer Handbook

Swimmer's Name (please print): _____

Parents' Names: _____

By my signature below, I acknowledge that I have read, understand and agree to abide by the policies set forth in the Parent/ Swimmer Handbook including:

- The YMCA code of conduct
- The Hurricanes Drug and Alcohol Policy
- The Hurricanes Disciplinary Policy

Parent Signature _____ Date _____

Swimmer Signature _____ Date _____

Swimmer Signature _____ Date _____

Swimmer Signature _____ Date _____

Swimmer Signature _____ Date _____