



South Shore YMCA Strypers

Short Course 2009-2010 Registration Pack

September 2009

South Shore YMCA – Mill Pond
75 Mill Street
Hanover, MA 02339
(781) 829-8585 x242

South Shore YMCA – Quincy
79 Coddington Street
Quincy, MA 02169
(617) 479-8500

www.ssystrypers.com

Updated 9/8/2009



Dear Prospective Strypers Parents:

Thank you for your interest in the South Shore YMCA Strypers. Please read through the Team Handbook for 2009-2010 to get an understanding of what is expected in being part of this team.

We have a dynamic coaching staff and we are looking forward to working with your child(ren) in this exciting Short Course 2009-2010 season.

Please note that returning Strypers will have priority of placement in registration. All new and/or potential Strypers will be given placement on a first-come-first-serve basis after returning Strypers are pre-registered. Due to the size of our program and confines of lane space, there may be an instance where all groups become filled and a swimmer is not placed as a Strypers member this season. Pre-registration is critical.

Evaluations: The Head Coach will be responsible for placing all athletes into training groups. This will be done primarily based on the needs of the swimmer.

Fall 2009 Dates and Times are:

8/31 Mon - 9/2 Weds 5:00p- 7:00p both in Quincy and Mill Pond.

No appointment necessary. Simply see any STRYPER coach for an evaluation.

Pre-Registration

Pre-registration is required for new swimmers. This is to ensure that your place can be secured and our registration night can move as quickly and smoothly as possible.

Please fill out all of the required forms and submit in an envelope to the front desk at either the Mill Pond or Quincy locations as soon as possible.

1. USA swimming registration (if new to the USS team). *Optional for Mini and Gold Groups
2. SSYS Swimmer Information Form.
3. Assumption of Risk and Release Form.
4. Strypers Team Travel Code of Conduct.
5. Swimmer Code of Conduct.
6. Parent Code of Conduct.
7. Credit Card Payment Plan Form. *if doing monthly payments

Registration:

Registration will take place at Millpond (Hanover) on Tuesday September 8 or at Quincy Thursday September 10 from 5:30-7:30pm. A General Informational Meeting for all Stryper Parents will be held at 7:30pm following registration times (on 9/8 at Millpond and on 9/10 at Quincy). If you have pre-registered (meaning that you have returned your packet), registration will simply consist of organizing payment and getting equipment as needed.

All members of the South Shore YMCA Strypers must be full YMCA members. Joining fees are as follows:

- *Children aged 0-9 may join for "swim team only" which limits membership to swim team activities. This price is \$16 a month.*
- *For Children 0-9 to have full membership they must join with an adult - \$78 per month.*
- *Juniors aged 10-22 may join the YMCA for \$21 per month.*
- *Household (up to 5 people) full membership- \$101 per month.*

The South Shore YMCA does offer a scholarship assistance program through our Strong Kids Campaign. Contact the business office for more information.

Payment Options:

Team prices are calculated on a (7) monthly basis for your convenience or you may pay in full at the beginning of the season. Please note that some months have fewer weeks than others, but your payments will remain the same. The first payment will be due **by Thursday September 10th 2009**. The second will be on October 1, third November 1, fourth December 1, fifth January 2 and sixth payment due on February 1 and the final payment will be due on March 1. **If choosing the installments, please request to keep your credit card details on computer file as it will make further processing much easier. If you do not use a credit card for these payments, it is your responsibility to pay on or before the monthly deadline.** Once payment is processed, a print out of remaining balance will be mailed to be used as a reminder for the following month.

Group	Millpond	Quincy	Total	Installments
Mini	MMST01F9	MMST02F9	\$610.00	\$87.15
Gold	MGOL01F9	MGOL02F9	\$800.00	\$114.29
Age Group II	MAGE03F9		\$800.00	\$114.29
Age Group Jr		MAGE04F9	\$800.00	\$114.29
Age Group I	MAGE01F9	MAGE02F9	\$1,230.00	\$175.72
Senior II	MSRB01F9	MSRB02F9	\$1,300.00	\$185.72
Senior I	MSRA01F9	MSRA02F9	\$1,300.00	\$185.72
Nationals	MNAT01F9	MNAT02F9	\$1,440.00	\$250.72
Fundraising	MFUN01F9		\$100	
Escrow Yinvite	MESR01F9	MESR02F9	\$100	
Escrow USA*	MESR03F9	MESR04F9	\$250	

*includes USA swimming enrollment fee (so \$185 will be held in escrow account for meet fees)

Meet ESCROW payments:

- **Mini & Gold Strypers:** \$100 will be held in escrow to pay for meet fees incurred for Y Invitational meets. This payment is due with the first payment on September 8, 2009. Y Invitational meets usually have meet fees involved with them ranging from \$4-10 for entering the meet plus \$4-8 per event (sometimes allowed 5 events a day). Y Invite meets can be up to three days long but you don't have to go to all sessions or days. These fees are paid when a meet is entered, whether or not the swimmer actually participates in the meet. These fees will be charged against the account holding escrow. Once your swimmer participates/accrues in more meet events that what is held, a bill for the difference will be mailed out. If you would like us to apply these fees to this credit card after notifying you of the charges, please indicate on the CC form. If you would like to participate in USA swimming meets please see Age-National information below.
- **Age through National Swimmers:** \$250 will be held in escrow for short course. This will be added to the first installment due on September 8, 2009. The \$250 includes \$65 for the USA swimming registration plus \$185 that will be held on account for meet fees. Age/Senior/National swimmers are required to participate in both Y Invitational and USA

swimming meets. **Meet fees are paid when a meet is entered, whether or not the swimmer actually participates in the meet.** These fees will be charged against the account holding escrow. Once your swimmer participates/accrues in more meet events that what is held, a bill for the difference will be mailed out. If you would like us to apply these fees to this credit card after notifying you of the charges, please indicate on the CC form.

Meet Entry Procedure/Using Team Website:

This summer we launched a new team website, www.ssystrypers.com . Once you are a registered swimmer, you will be emailed a password to log into the website to get all team information **except** for billing information. Website Training sessions will be held in September. Please check the web for more information.

Season Begins:

Swimmers training with the National, Senior I, and Senior II groups will begin practice on September 1st through April 2, 2010.

All swimmers in Age I, Age II, Gold and Mini groups will officially begin on September 14th, swimming through April 2, 2010.

Pool Deck Practice Policy

The South Shore YMCA Strypers swim team does not allow practice to be observed from the pool deck or bleachers. We will schedule times (yet to be determined) for Open Practice and Parent Education, when you will be invited to be on deck to watch practice and will be asked to participate by helping count laps or time your swimmer. Upon request to the Head Coach, parents will be able to view practice on a selective basis.

YMCA Holiday Closings:

There will be no practices because the YMCA is closed on the following days:

Labor Day Monday September 7, 2009
Thanksgiving Thursday November 26, 2009
Christmas Friday December 25, 2009
New Year's Day Friday January 1, 2010

Practice Schedule & Meet Schedule are still pending. Please check the web for updates. The practice schedule will be finalized by September 1. For planning purposes, most practice groups will continue a similar schedule as last year.

Email questions to strypers@ssymca.org (please add to safe senders or uncheck spam filter) or call 781-829-8585 ext. 242.

Practice Cancellation Policy:

In addition to the above dates, practices may be cancelled due to bad weather or meet attendance. In the case of a snow emergency, please call the YMCA emergency line to see if the Y is closed.

I look forward to working with all parties of the South Shore YMCA Strypers swim team and wish everyone the best of luck this coming season.

Yours Sincerely,

Terri Phinney
Head Coach. South Shore YMCA Strypers.



Credit Card Payment Form SSYS Short Course 2009/2010

Customer Information

Credit Card Holder Name: _____

Address _____ Phone Number _____

Swimmer's Name _____

Pool/Practice Group: _____ Total Amount Due: _____

Payment 1: _____ Payment 2-7: _____

Credit Card Type _____ **Number:** _____

Expiration Date _____ *Please note that if this expires before the last date of payment, it is your responsibility to fill out a new form or get the new numbers to us before the next payment date.

Security Code: _____

Card Holder

Signature _____ **Date** _____

Payments 2-7 will be automatically charged on the first of each month from October through March. Team prices have been calculated by month for your convenience. Some months have fewer weeks than others, but your payments will remain the same.

Meet Escrow Payments:

Money will be held in escrow for short course meets. If your swimmer accrues more meet fees than what is on account, a bill for the difference will be mailed out. If you would like us to apply these fees to this credit card after notifying you of the charges, please sign here:

Please note that if there is any unused escrow left at the end of the season, it will be forwarded to the following season's escrow.

Payment #/ Date	#1/ Sept 10	#2/ Oct 1	#3/ Nov 1	#4/ Dec 1
Amount Charged				
Payment #/ Date	#5/ Jan 2	#6/ Feb 1	#7/ Mar 1	Escrow/ Sept 8
Amount Charged				

Office Use Only:

Swimmer USA Registration No: _____ Practice Group/Pool: _____

South Shore YMCA Strypers Swimmer Information

First Name Middle Name Last Name Gender Birth Date

Street Address Town State Zip Code Home Phone

Guardian 1 First and Last Name Cell Phone E-mail Address

Guardian 2 First and Last Name Cell Phone E-mail Address

Health History

Allergies: (check if applicable)

Hay Fever
Asthma
Ivy, Oak, etc.

Insect Sting
Drugs (specify)
Foods (specify)

Earaches
 Sinus
 Heart
 Epilepsy
 Diabetes

Chronic/Recurring Illness: (check if applicable)

Throat Problems
 Infections
 Stomach
 Rheumatic Fever
 Other

Physician's Name

Telephone Number

Details relating to above:

Medications being taken (name and explain):

Operations, injuries, special restrictions (explain):

Additional information:

Permission Slip

I hereby authorize my child _____ to travel with the South Shore YMCA on all team trips scheduled during the SC 2009-2010 season.

Medical Release

I hereby give permission for the above-named athlete to be medically administered to in case of emergency; and, I will be responsible for any and all charges incurred for prompt medical treatment

Parent/Guardian Name

Signature

Date



Assumption of Risk and Release

In agreeing to use the South Shore YMCA facilities, I affirm that my general health is good and that I am not adversely affected by exercise, and that I am capable of engaging in activities of vigorous nature. I am aware of the possibility of accidental or other physical injury during the use of the South Shore YMCA facilities and/or participation in programs conducted at the center by the South Shore YMCA Strypers Swim Team and co-sponsored programs with other agencies.

In consideration of participating at the South Shore YMCA, I do hereby agree to assume all risks of such injury and will hold harmless from any and all liability, actions, causes of action, claims and demands of every kind and nature whatsoever which I now have or which may arise of or in connection with my participation in activities or use of facilities owned by the South Shore YMCA, its employees and staff. The terms hereof shall serve as a release and assumption of risk for my heirs, executors, administrators for all members of my family, including minors.

The South Shore YMCA and South Shore YMCA Strypers Swim Team reserve the right to photograph program participants for publicity, in print or electronic media.

I have read this agreement and understand the activity in which I will be engaged. I have agreed to the conditions stated above.

Name

Address

City, State, Zip Code

Parent Signature

Date



South Shore YMCA Stryper Team Travel Code of Conduct

The South Shore YMCA Strypers Swim Team (athletes, coaches, and parents) are proud representatives of the YMCA and USA Swimming Organizations. Proper behavior has a positive influence on individual and team performance and projects a positive image for all to recognize and respect.

As a swimmer/athlete member of SSYS, I agree to abide by the SSYS Code of Conduct and Team Travel Standards of Conduct outlined below during the time I am participating with SSYS as a member of travel team throughout the swimming year.

1. All swimmers will display proper respect and sportsmanship towards coaches, chaperones, officials, administrators, fellow swimmers, and the public.
2. All swimmers and staff members are required to attend all team meetings unless excused by the designated lead coach.
3. No athlete will travel when any illness is evident to the parents or coaching staff.
4. Curfews established by the coaches and chaperones will be adhered to. Curfew means swimmers will be in their assigned rooms with the lights out, television, radio, and cell phones off.
5. No male swimmers in female swimmer rooms and no female swimmers in male swimmer rooms unless permission is given by the lead coach and/or chaperone and the designated room door remains open at all times for chaperone check-ins.
6. Any outward show of romantic affection is deemed inappropriate. In other words, swim meets are not to be construed as "Date Night at the Pool."
7. "No Touch Rule" – No swimmer will interact with another swimmer in a manner which they would not be willing to use with any teammate, of either gender.
8. No ordering of Pay-per-view movies or video games from the hotel television without consent of the lead coach and/ or chaperone.
9. No prank phone calls.
10. Swimmers will be held liable for damage done to property at any time during the trip including hotel, bus, vans, pool, restaurants, etc.
11. Swimmers must travel in groups consisting of a minimum of two same gender swimmers at all times.
12. Once at the hotel, venue, or designated location, swimmers may not leave that area.
13. Swimmers are prohibited from possession and use of illegal substances and/or use of tobacco and alcohol. Likewise, swimmers will not abuse prescription or non-prescription drugs.
14. Be on time to all team functions including meetings and when the bus is scheduled to depart.
15. If for any reason during the trip you have a problem, emergency, etc., contact a chaperone or coach immediately.
16. Follow all rules given during the trip by coaches and chaperones.
17. Anyone who, in the opinion of the lead coach attending the trip, acts in a manner that would interfere with the objectives of the trip, will be subject to immediate return home, at the swimmer's expense, and restriction from attending future out-of-town meets with YMCA Strypers Swimming.

Swimmer's Name: _____

Parent's Name: _____

Swimmer's Signature: _____

Parent's Signature: _____

Date



South Shore YMCA Strypers Swimmer Code of Conduct

As a member of the South Shore YMCA Strypers swim team, I promise that I will follow the Rules and Code of Conduct as outlined below to represent the South Shore YMCA Strypers and the YMCA/USA Swimming communities.

1. I will follow all facility rules to ensure my safety and the safety of other members and guests at practice and competition facilities:
 - a. No running on the pool deck or in the locker rooms
 - b. No hanging / sitting / pulling on the lane lines
 - c. No diving, unless supervised by coaches in the designated diving areas
 - d. No food or gum in the pool or on deck
 - e. No inappropriate use of equipment or facility structures (i.e. no swinging on railings, no throwing kickboards, etc.)

2. I will adhere to the following conduct and behavioral policies:
 - a. Interact with others displaying caring, honesty, respect, and responsibility
 - b. Respect of yourself shown through your dress and behavior
 - c. Respect of your peers shown through your interaction and consideration for others
 - d. Respect of your Coaches shown through your interaction and attentiveness
 - e. Respect of Strypers parents that may help remind you of rules and conduct you agreed to follow
 - f. Do not participate in creating or sustaining rumors or negativity
 - g. Do not participate in illegal activities (i.e. stealing, assault, use/possession/distribution of illegal drugs and/or alcohol)
 - h. Do not participate in any acts of hazing or physical or mental abuse towards past, current, or future team mates for any reason
 - i. Do not pursue any unwanted physical contact
 - j. Do not participate in any unsafe activities that may cause harm to yourself or others
 - k. Do not participate in activities that can be detrimental to the image or reputation of the Strypers, YMCA Swimming, or USA Swimming
 - l. Use common sense when making decisions; when in doubt, do not do it.

If you violate any of the above, you will be subject to consequences that will be dealt with on an individual basis left to the discretion of the Head Coach, YMCA Management, YMCA/USA Swimming, and Local Authorities.

I hereby agree to comply with the South Shore YMCA Strypers code of conduct.

Swimmer's Signature

Date

Parent's Signature

Date



South Shore YMCA Strypers Parent Code of Conduct

I will be supportive.

Both the swimmer and coach are likely to have a list of criticisms for performance, no matter how good it might have been, so what the swimmer needs is love and support. On the other hand, don't try to provide excuses for poor performances. As mentioned above, most athletes try to give their best performances in every competition, but sometimes the results are disappointing. When that happens, the less said, the better. The old adage, "If you can't say anything nice, don't say anything at all," would probably be a good one to follow. A swimmer is generally quite perceptive about performances, and is, after all, the only one who really knows how much effort went into it. The parent and the coach only know what it looked like.

I will be supportive of all Strypers swimmers and their goals and will refrain from passing judgment or comment in derogatory ways.

I will avoid pressuring the swimmer.

The swimmer already has enough to think about: trying to go fast, keep the start, stroke and turns legal; execute proper technique; impress teammates, friends and/or other competitors; place; improve a time; score points; please the coach; please himself/herself and so on. Additional pressure may cause stress. Most athletes at all levels are already trying to reach their best performances in every competition.

I will avoid criticism of the coach in front of the swimmer.

The role of the coach is to provide a progressive training situation in which the swimmer can develop skills and speed. Placing the obstacle of criticism between coach and swimmer creates an additional pressure on the swimmer, which can further impair performances. The swimmer needs to trust the coach in order to get the most benefit. If you are concerned about what the coach is doing, make an appointment to discuss the situation.

I will let the coach coach.

Regardless of how much the parent may know about swimming, the coach is employed to coach the child. Parents are paying someone else to do it, so let the coach do it. Please refrain from approaching coaching staff during practice as their whole attention must be with the athletes at all times.

I will remember that swimming should be fun.

As long as a swimmer enjoys swimming, he/she will have a healthy, productive activity in which to be involved. When swimming becomes a negative experience, the swimmer is likely to want to stop. All athletes need motivation to attain their ultimate goals. When a swimmer fails to reach a goal, encourage him/her to keep on trying, rather than get discouraged by being shown a parent's disappointment. When a goal is achieved, let him/her know how proud you are and stress the fun aspect of the sport.

I will remember who the goals belong to.

The swimmer's performance is not a reflection on the parents. (Manners may be, but not swimming.) Don't let ego be caught up in the reaction to the child's swims. If the swimmer eventually reaches national or international prominence, it will be because of hard work, not because parents wanted the vicarious success.

I will be enthusiastic and supportive.

Remember that the child is the swimmer. Children need to establish their own goals, and make their own progress. Be careful not to impose standards and goals. Do not over burden the child with winning or achieving best times. The most important part of the child's swimming experience is to learn about himself/herself while enjoying the sport. This healthy environment encourages learning and fun that will develop a positive self-image within the child. In the meantime, while the swimmers are working toward goals, be encouraging to reach out and to strive toward excellence, and be sure to let them know you think they are pretty terrific!

Parent/Guardian 1 Name

Parent/Guardian 1 Signature

Date

Parent/Guardian 2 Name

Parent/Guardian 2 Signature

Date