

Fulton County YMCA Flying Fish Swim Team Handbook



INTRODUCTION

Dear Parents:

We would like to extend a warm welcome to you and your child (ren) as new members of the Fulton County YMCA Flying Fish Swim Team. This handbook is to inform you about the team and how you can invest in your child's development as a parent volunteer.

The anatomy of a successful swim team includes enthusiastic parent involvement. If we did not have parent volunteers, it would be necessary to hire personnel to perform all of the jobs it takes to have a successful swim team. In order to minimize costs and keep the fees reasonable, parents are responsible to perform small jobs for the Swim Team. Many of the jobs are fun and give you the opportunity to make new friends while assisting the team. By volunteering just a few hours each month, you will be actively supporting and investing in your child's development. We need timers, ribbon writers, scorekeepers, refreshment stand workers, fund raising solicitors, chairpersons of various committees, meet officials and Team Officers for the YMCA Flying Fish Swim Team.

A strong parent's organization will support the efforts of our coaching staff and help ensure that each swimmer reaches his or her full potential. All children want to be part of a successful team and your participation will help us realize this goal.

Thank you for your participation.
Fulton County YMCA Flying Fish
Board of Directors

YMCA Mission Statement

The YMCA is a community service association dedicated to building healthy spirit, mind, and body. Part of a worldwide movement, it puts Judeo-Christian principles into practice through programs that promote good health, strong families, leadership community development and international understanding. YMCA's are open to men, women and children of all ages, incomes, abilities, races, and religion.

Fair Play

Interpretation of the "Rules that govern YMCA Competitive sports" is based on the fair play concept. The YMCA believes that fair play is the very essence of competition. This fundamental virtue is a special attribute of sports. Competition should be marked by a spirit of truth and honesty, with strict observance of all rules, whether written or unwritten. Fair play implies respect for oneself, one's opponent and others involved in conducting the competition. Players, coaches, officials, and spectators share responsibility for fair play; fair play sets the competition above the prize.

Competition can provide an excellent means of developing a predisposition to play fairly. As this virtue develops, it can influence behavior in everyday life. It is for the development of such virtues that the YMCA promotes competitive sports.

Values education in YMCA sports

Values are basic beliefs about what is good, that actually serve as guidelines for decision making and action. Values education is the process of helping people develop values, becoming conscious of those values and using them to make decisions. A sports program incorporates certain values – in the way the programs are conducted and the interaction of the participants. YMCA programs are encouraged to include the values equal participation, family involvement, working toward individual goals, keeping winning in perspective, teaching fair play, and working with the whole person – body, mind, and spirit. YMCAs have a responsibility for training participants to be sensitive to the appropriate values, which may be developed through sport, and to create an environment conducive to value development.

YMCA Flying Fish Team Program

1) About the Program

- a. The Flying Fish is a volunteer team that works together with the goal of teaching the value of team and individual goal achievement.
- b. Swimmers receive instruction based on age and skill level allowing them to develop in all areas of the sport.
- c. Swimmers will swim 2,500 to 7,000 yards while learning proper stroke technique. Swimmers compete in meets at the Fulton County YMCA and across the Capital District.

2) Season Calendar

- a. Fall-Winter, Swim Team Program (September thru April)
- b. Summer, Swim Team Program (TBA Each Year)

YMCA Flying Fish Team Fees

1) Fees and Expenses

- a. The Swim Team Fee will cover the cost of the following expenses:
 - i. Instruction and coaching for all practice sessions, all YMCA Dual Meets, State YMCA Meet, YMCA Regionals, and YMCA Nationals entries.
 - ii. Team Web Page.
 - iii. Coaches training clinics.
 - iv. Hotel costs for coaches, when necessary for all away YMCA meets that require extended travel time.
 - v. General supplies for the pool and YMCA swim team expenses such as ribbons, stopwatches, and trophies.
 - vi. Pool time.
- b. Swim team fees are set according to the swim season.
- c. See the Aquatic Director or swim coach if you need to work out a different payment plan. Financial assistance forms are available at the front desk if assistance is needed.

2) YMCA Swim Program Fee Schedule

- a. The YMCA head coach will keep the Aquatic Director advised as to which swimmers are at practice and the frequency.
- b. Prompt payment of any and all fees is needed to ensure that your child is eligible to swim with the YMCA Flying Fish swim team.

Fulton County YMCA Regulations

The Fulton County YMCA Flying Fish swim team is a seasonal competitive age group swim team. It is sponsored by the Fulton County YMCA and uses the YMCA pool for practice and some swim meets. The YMCA provides pool time, and the opportunity to swim in the New York State and National YMCA Swimming Championships each year.

1) Pre-requisites to joining the Swim Team

- a. Age - The minimum and maximum age will be determined by the coach, but typically swimmers range in age from 6 to 18.
- b. Skill Level - A minimum skill level is required to be a member of the team. Swimmer must be able to show the ability to swim 25 yards nonstop for 8 years of age and under, and 50 yards for 9 years of age and older. The swimmer must be able to swim the freestyle and backstroke with competent ability. The Head Coach will make this determination.

2) Swim Team Membership Requirements

- a. YMCA Membership
 - i. YMCA Youth or Family Membership for the entire time of swim team membership is a pre-requisite.
 - ii. Annual Youth Membership entitles the member to participate in other
 - YMCA programs at a reduced fee and provides access to recreational

- Use of the YMCA facilities including the gymnasium, racquetball courts, swimming pool, weight room and exercise equipment (14 years old or older).
- b. Program Fee - Swim team program fees are set by the YMCA and are a requirement of becoming a member of the swim team.
- c. Scholarships - No swimmer will be turned away due to lack of financial means. Full and partial scholarships are given depending upon the need and with YMCA discretion.

3) Team Requirements

- a. General Requirements
 - i. Swimmers are required to attend practice 75% of the time.
 - ii. Parents will be required to sign their swimmers up for meets using the team web page. If a swimmer is not signed up, he/she will not be place in the meet.
 - iii. All swimmers are expected to participate in 75% of the team's dual meets.
- b. Invitational
 - i. Swimmers must meet the minimum practice requirements to be allowed to register for and/or swim in invitational meets.
- c. New York State YMCA Swimming Championships
 - i. A swimmer must meet all team requirements and be a member of the YMCA for a period of 90 days prior to the first day of the championship meet.
 - ii. Competing in three (3) YMCA dual meets is required to qualify for "Y" States.
 - iii. A qualifying time in each event must be met in order to swim in the "YMCA Swimming Championship" meet.
- d. Scratching
 - i. No swimmer will scratch or remove themself from a race without speaking to the coach first.

4) High School Swimmers

- a. Because of the desire of some high school age swimmers to compete for both their school and YMCA teams, special requirements have been devised so that they can remain a vital part of the YMCA Flying Fish Swim Team.
- b. The girl's high school season occurs at the same time as the first third of the YMCA season. According to the state high school ruling, girls swimming for their high school team may also compete for and/or with the YMCA Flying Fish Swim Team.
- c. The boy's high school season runs through the middle of the YMCA season. Just like the girls' team, boys swimming for their high school team may also compete for and/or with the YMCA Flying Fish Swim Team.

5) Communication

- a. Coach's Responsibility
 - i. It is the responsibility of the coach to relay all team information to the parents and swimmers.
 - ii. This may be accomplished by e-mail, web site or verbally when time is of the essence.
 - iii. Scheduling of pool time for practice and meets.
 - iv. Oversee all YMCA Flying Fish Swim Team fees due the Fulton County YMCA.

- b. Aquatic Director's Responsibility
 - i. Keep in communication with the Head Coach and the Flying Fish Board of Directors.
 - ii. Work with the Flying Fish team to coordinate a Summer League.

6) Conduct

- a. Swimmer Expectations
 - i. Respect coaches, fellow teammates, and parents.
 - ii. Be at practice on time and be prepared- Bring your own goggles, cap, towel, and a good attitude!
 - iii. Attendance: swimmers are encouraged to attend as many practices as possible. This is one of the best ways to progress in your skill and endurance.
 - iv. Swim the workout that is posted with an enthusiastic attitude.
 - v. Be courteous when coaches are helping other swimmers– your turn will come.
 - vi. Stay at practice and in the water until it is time to go or until you are otherwise dismissed.
 - vii. Always put forth your best effort during practice and at meets.
 - viii. Each swimmer should display good sportsmanship toward opposing teams, as well as their own.
 - ix. Follow all rules: pool rules, swim team rules and facility rules. The lifeguards and other YMCA staff have authority.
 - x. Encourage and support your fellow teammates; build each other up!
- b. Parent/Guardian Expectations
 - i. Leave the coaching to the coaches. Please be respectful by doing your part to forge a good relationship with each of them.
 - ii. Notify the Coach of any disability of a permanent or temporary nature. Any planned absence from practice or participation at swim meets.
 - iii. Attend scheduled parent meetings and sign swimmer up for attendance for upcoming swim meets.
 - iv. Parents are not allowed on the pool deck during practices, except in the event of an emergency.
 - v. Understand that proper nutrition is essential for all levels of swimmers. A balanced diet and hydration are needed to help the body perform at optimal levels.
 - vi. Pay the swimmer registration fee in full and by each payment deadline.
 - vii. Be courteous and respond to emails and deadline as requested.
 - viii. Please ensure swimmers arrive on time for meets and practices.
 - ix. Volunteer!! Involvement from all families is necessary in order to run a successful meet.
 - x. Stay up to date via our team Facebook page, website, and emails.

7) Violations and Penalties

- a. Violations - The following behaviors WILL NOT be tolerated:
 - i. Excessive horseplay or inappropriate language.
 - ii. Disrespect of coaches, teammates, competitors, meet supervisors, YMCA staff or members.
 - iii. Intentional damage of facility or equipment.
 - iv. Violent behavior

- v. Theft
- b. Penalties
 - i. In the event that a swimmer's conduct is deemed inappropriate a determination will be made as to whether or not a swimmer will be allowed to participate in swim practices or meets or if suspension is necessary.
 - ii. If a swimmer consistently misses scheduled practices or meets, a determination will be made as to whether or not the team will cover that swimmer's cost of year end banquet and team gift. In this event, the parent will be given the opportunity to purchase the same gift for presentation at the banquet.

All swimmers are expected to abide by YMCA Pool Rules and follow the core values of the YMCA while participating in any and all of the team functions. If the Coach determine a swimmer's conduct to not be within the guidelines of the YMCA he/she will be removed from the team function and will not be allowed to participate until the individual and the parents have met and talked to the Head Coach.

YMCA Swim Meet Descriptions

1) YMCA Dual Meets

- a. Dual meets are held at our YMCA facility or at the other team's home pool. These meets are an excellent way to introduce the swimmers to competition and for the parents to become involved.
- b. It is expected that all eligible members of the team will be at dual meets. Swimmers (with assistance from their parents, if needed) are responsible for signing up for swim meets on Team Unify and for selecting their events. Swimmers may also request that the coach determine the events that the swimmer will be entered into at a dual meets, consequently the coach must know who will be attending so that the correct entries are prepared for individual and relay events.
- c. The time of the meet will be posted on Team Unify. Typically, warmups begin 1 hour before the meet starts. Parents will be notified of last-minute changes by way of the phone call, web site or e-mail. Make sure that your information is correct on the team roster.

At home meets, work assignments will be posted on Team Unify for parents to work during the meet. All efforts will be made so that you will be able to see your child swim his/her event. Parent participation is tracked, and the Board will talk with and communicate with all parents if participation and support of home and away meets are not being met. This helps the team raise money for swim team needs.

2) YMCA North Country League Championships

- a. This is a meet that has qualifying times for every event; swimmers must have met these times for each event entered. In addition, the swimmer must have competed in at least three (3) YMCA Dual Meets. The coach will notify you if your swimmer qualifies.

- b. The meet is held once a year at a location within the Adirondack Region. The swimmer or coach will enter events for which the swimmer has qualified for.

3) YMCA State Championships

- a. This is a meet that has qualifying times for every event. Swimmers must have met the minimum qualifying times for each event entered. In addition, the swimmer must have competed in at least three (3) YMCA New York State Dual Meets. Check with the coach if you are not sure if your swimmer qualifies.
- b. The meet is held once a year at various locations throughout the state. The coach will enter your swimmer into the events they have qualified for, after you have informed the coach that your swimmer would like to participate at the state meet. In almost all cases. Motel/hotel reservations will be needed, so if your swimmer wishes to participate, contact the person handling the reservations as soon as possible.

4) YMCA National Championships

- a. Swimmers at this meet come from across the country to participate in the "Y Nationals", which is at the most competitive level.
- b. Participation in the National Meet requires that swimmers have met the qualifying times. These meets are held at various locations throughout the country.

Flying Fish Swim Board

The Flying Fish Swim Team is overseen by a Board that is made up of a President, Vice-President, Treasurer, and Secretary, as well as Parent Members. The duties of the Board are completely outlined in the Flying Fish By-laws, but some of the duties for which they are responsible, include the following:

- Oversight of Committees
- Selecting and organizing the purchasing of team suits and team apparel
- Designing of States T-Shirts
- Organization of meet volunteers, such as timers and officials.
- Oversight of Ribbons
- Coordination of Championship Meets
- Oversight of team website.