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INDIAN VALLEY FAMILY YMCA BREAKERS SWIM TEAM

Fall '18 / Winter '19 GUIDE

www.ivyswimteam.com
INSTAGRAM: @ivy_breakers

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WELCOME LETTER

Dear Swimmers and Families,

Welcome to the Indian Valley Family YMCA Breakers! Welcome back to all of our returning swimmers, and hello to all new ones. We are very excited to have you all.

Please review this handbook. It contains important information regarding this season, including practices, swim meets, and volunteering obligations and expectations. We have made several changes designed to improve our swimmer's competitive swimming experience. If you have any questions regarding any information in this packet, please ask!

Also, please remember that it takes coaches, swimmers, and families working together to make a team run smoothly. Our team can only be as successful as the effort we all put in. Swim on!

- Your Coaching & Aquatic Staff



INTRODUCTION

The Breakers is a year-round competitive swim team with two distinct seasons- fall/winter and spring/summer. We offer both training and competition through the year. The Breakers Swim Team's Fall/Winter season **begins Monday, September 10th, 2018** and continues until the end of competition, usually at the end of March. There will be a mandatory parent's meeting on **Friday, September 14th**.

The Breakers Swim Team participates in the National YMCA Competitive Swimming and Diving program and, locally, in the **YMCA Yankee Cluster Swim League**, a league composed of YMCA swim teams throughout the State of Connecticut. The Yankee Cluster offers a series of dual meets (head-to-head competitions with other YMCA teams) and culminates in a league championship attended by all teams in the league. Through the national program, Breakers swimmers have the opportunity to compete in regional and national YMCA competitions.

The team is also a member of **USA Swimming**, the national governing body of competitive swimming in the country. In addition to swimming in YMCA competitions, our more experienced athletes (those in our higher-level competition groups) compete in USA Swimming sanctioned meets, both in Connecticut and throughout the country.

COACHING STAFF

Head Coach:

Amber Albe

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Phone: (203) 892-4569

Assistant Coaches:

Heather Avery

Heather Gill

Jeremy St. Laurent

Aileen Archambault

We will be bringing on additional assistant coaches, instructors, and experienced volunteers as the season progresses.

COMMUNICATION

There are several ways that families and swimmers will receive communications regarding the swim team. They are as follows:

Team Website

The team website (www.ivyswimteam.com) is updated with all current meets, events, and important news almost daily. Every family should log into the website regularly as this will be our main source of communication.

Email

The head coach will send out regular "Weekly Update" emails with important information regarding meets, team events, training, and other team-related matters. Please check your email regularly so you do not miss important information.

Text Messaging

We will be using a service offered by our website host (Team Unify) to send out text message alerts for urgent mass communications, such as for last minute meet changes and practice cancellations. To receive these alerts, you must provide us with a cellular telephone number.

Communicating with Coaches

We believe communication between our coaching staff, swimmers, and parents is extremely important. ***All team-related questions or comments should be directed to the head coach.*** (The other coaches will likely be unable to answer your questions and are not expected to do so.) The best method to contact the head coach is via email, although feel free to telephone the head coach as well.

If you would prefer to talk in person, please do so **before** or **after** practice. To provide your child or children with the best possible experience, ***please do not interact with the coaches during practice.*** The best way to meet with the head coach and associate head coach is to set up a meeting at a mutually convenient time.

PRACTICES

Practices are designed by the coaches to teach and enhance swimming technique, endurance, and speed. Training aids such as kickboards, pullbuoys, hand paddles and fins may be used. Sets of drills that involve kicking, swimming, and pulling in all four strokes are taught. The coaches try to make each workout both interesting and challenging, and they use every opportunity to respond to each individual's ability and effort with reinforcement and praise.

Training Groups

Our athletes are assigned to groups based on their unique ability levels. When athletes are assessed before the season, they will be asked to execute a variety of skills that will help determine their placement in a training group. One of the requirements for our competition groups will be the timed completion of both a 100 freestyle and a 100 or 200 Individual Medley at the time of the try-out. This allows our coaches to individualize and specialize the placement of our swimmers, all at the coach's discretion. There are two classes of training groups—developmental and competition.

The focus of our developmental group is ensuring the athletes have the skills they need to fully participate in swimming competitions—four legal strokes and proper starts and turns. Athletes in these groups will compete in all YMCA swim meets (dual/tri meets, championships, and any invitationals that the team attends). They will be allowed to compete in USA Swimming (USAS) meets on the basis they have a legal freestyle and backstroke.

Waves: Transition, Development, and Refinement

This developmental program is designed to introduce athletes to the sport of swimming and to provide a transition to the sport from swimming lessons. It is expected that swimmers will be able to swim proper freestyle and backstroke and have rudimentary skills in breaststroke and butterfly kicking. The focus of this program will be on butterfly, breaststroke and swim practice etiquette, moving toward improving stroke technique in all four strokes and teaching proper starts and turns.

Practices: Tuesday and Thursday (1 hour each)

Prerequisites: Ability to swim 25 yards (1 lap) each of proper freestyle with lateral (i.e., rotary) breathing and backstroke plus 25 yards of proper butterfly and breaststroke kick**

Athletes in the competition groups have the skills to fully compete in swim meets and, in addition to attending YMCA meets, will attend USA Swimming sanctioned meets.

Breakers 1: Beginning Competition Program

This group is the Breakers' beginning competition group.

Swimmers must be able to comply with the technical requirements of all four strokes plus perform starts from the "blocks" properly and safely. The focus in this group is on improving technique while training the various energy systems to improve speed and endurance. Athletes in this group will be exposed to the use of a pace clock as a training tool.

Practices: Monday through Friday (1.0 hour each)

Prerequisites: Ability to swim 100 yards (4 laps) of freestyle and 50 yards (2 laps) each of "legal" butterfly, backstroke and breaststroke.

Breakers 2: Intermediate Competition Program

Swimmers in this group have developed strong fundamental skills, demonstrated a desire to reach their competitive potential, and are ready to develop a more extensive training base. Individual medley and distance events are encouraged to develop versatility. Skills include advanced stroke technique, racing starts and turns, and race strategies. Solid practice habits are reinforced and more complex training sets are introduced.

Practices: Monday through Friday (1.00-1.25 hours each)

Prerequisites: Ability to perform 200 yards (8 laps) of freestyle with flip turns, 100 yards (4 laps) each of backstroke and the individual medley, and 50 yards (2 laps) each of butterfly and breaststroke.

Breakers 3: Advanced Competition Program

Swimmers in this group have developed a strong foundation in all four competitive strokes. Training is geared towards progression to the senior group while improving the skills, training habits, and personal goals that they have developed.

Practices: Monday through Friday (1.25-1.50 hours each) plus Sunday morning (2.0 hours).

Prerequisites: Ability to perform the 200-yard individual medley plus 100 yards each of butterfly, backstroke and breaststroke.

Seniors: Elite Competition Program

This group is for swimmers who have made a serious commitment to swimming. While technique will continue to be stressed, the training will be focused on developing core components of strength, power, and speed. In addition, this group's training may be enhanced by "dryland" training (out-of-pool strength training sessions).

Practices: Sunday morning and Monday through Friday evening (1.25-2.0 hours each).

Prerequisites: Ability to compete in all swimming events

Evaluations and Group Assignments

Swimmers new to the Breakers Swim Team must attend an evaluation session so the head coach can determine the appropriate training group for them. Evaluations for new swimmers will be conducted from 4:30p-6:30p on August 23rd and 24th, as well as September 5th. If your child is unavailable for the scheduled sessions, please contact the head coach.

Current Breakers swimmers

All current swimmers wishing to reserve a spot on the team must indicate their intent to continue. A reservation feature is available on the team's website, to be declared no later the August 2nd.

All swimmers must be registered before the first practice on 9/10.

Athletes not registered will not be allowed to practice until they have done so.

Please note:

The head coach reserves the right to modify the requirements for each group and to construct them as he sees fit to accommodate such factors as a swimmer's age and group sizes. Factors considered in assigning swimmers to each group include not only the pre-requisites noted above but also the maturity level and commitment of each athlete.

Breakers Swim Team Fee Structure

The Breakers Swim Team program will run for 11 months, from September to July, and provide a break in the month of August. This schedule bridges the gap between short-course and long-course seasons.

Swimming the entirety of the 11-month season is optional, and with 30 days written notice, a participant may cancel at any time. Draft charges end in July. Registration will occur again August for the following season.

Registration

Registering for the swim team is done using a team registration form, include at the end of this document, as well as the EFT Registration and Change Form, available under . Swimmers are encouraged to register for the start of the September season but may join the team at any time. The EFT Registration and Change form is used for new sign-ups, changes in level, updating account information, as well as holds and cancelling.

IMPORTANT: As stated in the EFT form, cancellations require a minimum of 30 days written notice. Drafting takes place on the first of the month. If a cancellation occurs with less than 30 days notice, one more draft will occur. The swimmer may continue to participate through this period. Any portion of unused practice time during this period is non-refundable.

For the **2018-19 Season**, fees will be charged on the following schedule:

- Fall/winter tuition will be charged in four (4) equal payments occurring September through December.
- There will be no installments due in January or February.
- We will begin drafting monthly installments in March.
- March through July will be charged month-to-month on the 1st of each month.
- A one-time USA Swimming registration fee of \$70.00 will be optional upon registering. Swimmers interested in USA Swimming must register on the EFT form at the beginning of the season.

	Fall/Winter	Sept. - Dec. (4 Equal Payments)	March - July (Monthly Draft)
Waves	\$456.00	\$114.00	\$76.00
Breakers One	\$564.00	\$141.00	\$94.00
Breakers Two	\$591.00	\$147.75	\$98.50
Breakers Three	\$708.00	\$177.00	\$118.00
Seniors	\$762.00	\$190.50	\$127.00
High School	\$381.00	Girls: Dec-Feb 3 installments of \$127.00	Boys: 3 installments of \$127.00

Holds and Cancellations

Participation on swim team is not a contract. As with YMCA membership, team may be cancelled at any time with 30 days written notice using the same EFT form. Also like membership, families may put participation on hold for 1-3 months. Please remember that membership hold/cancels are processed separately at our member service desk.

Refunds

Withdrawal of membership or programs due to medical reasons receives a full credit/refund for the unused portion with a doctor’s note required. Refunds are not provided for any other schedule or travel conflicts.

Sibling Discount

We will be offering a 5% discount for families enrolling two or more children on the team. Each swimmer after highest level will receive the sibling discount. Siblings must be on the team in concurrent months.

Scholarship Assistance

All children deserve the opportunity to experience the YMCA and become a part of the Breakers. If you are in need of our programs but experiencing financial hardship, you may qualify for scholarship assistance. This assistance is funded by our Annual Campaign and is awarded on a sliding scale based on need. For more information and an application, please visit our front desk.

Training Schedule

The fall/winter training season ***begins Monday, September 10th, 2018, and continues*** to approximately the beginning of March ***and beyond for those qualifying for higher-level championship meets in March and April.***

The group training schedules are as follows:

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Waves			4:30-5:30p		4:30-5:30p	
Breakers 1		4:30-5:30P	5:30-6:30P	4:30-5:30P	5:30-6:30p	4:30-5:30p
Breakers 2		6:00-7:15p	5:30-6:30p	6:00-7:15p	5:30-6:30p	6:00-7:15p
Breakers 3	7:00-9:00A	4:30p-6:00p	6:30-7:45p	4:30-6:00P	6:30-7:45p	4:30-6:00p
Seniors	7:00-9:00A	5:30-7:30p	6:30p-7:45p	5:30-7:30p	6:30-7:45p	5:30-7:30p

COMMON QUESTIONS & ANSWERS

Q: Why does the revenue brought in from September – December not carry into March with the season?

A: The YMCA operates on a fiscal year that closes Dec. 31st. A new budget begins Jan 1.

Q: What if we do not spend all the budgeted concession funds by December 31st?

A: The funds do not carry over to the next year and are counted toward the total branch operation costs.

Q: What if the team wants to purchase X item and it costs \$200?

A: At the Aquatic Director's discretion we may: 1) Determine first if it is a reasonable need and benefit to the team; if Yes, 2) Raise \$200 above the budgeted concessions and purchase prior to Dec. 31st; OR 3) Raise our budgeted concessions and reduce budgeted expenses by \$200 to accommodate.

Q: We already volunteered and raised money this season, can we request the Y purchase X?

A: There are budgeted and planned expenses for budgeted concession revenue. If we exceed our revenue budget enough to consider the purchase, the Aquatic Director will make that determination.

Q: Can any other factors affect the spending of concession and fundraiser revenue?

A: Yes! The swim team budget is one of many parts to an aquatic department budget, branch budget, and

ultimately a YMCA association budget. As such, spending plans may be impacted by other factors in and outside of the aquatics dept.

Attendance & Punctuality

The Breakers has a practice attendance expectation. In the past, we have implemented a requirement. This fall/winter season will not have any requirement or penalties, but:

Our Expectation

Athletes are expected to attend a **minimum of 75 percent** of all practices offered and arrive **on time**, be ready to swim at the designated times for practices, and complete each practice.

We will be taking attendance at each practice, and it will be noted who is fulfilling this expectation.



The Breakers is not a fitness program but a competitive team that follows a detailed curriculum, in which each step in the training progression builds upon prior steps; the more practices an athlete misses, the further behind he/she will fall (just like in school).

The YMCA affords the Breakers generous pool time and space, more than most teams in the area receive; failure of athletes to attend practices regularly communicates that we don't need as much pool time, and can negatively impact our pool space.

Swimmers who fail to abide by these expectations will not improve and advance up the group hierarchy. Moreover, poor attendance and punctuality are disruptive to other swimmers and coaches. Please inform a coach via email or phone if a swimmer is expected to have a prolonged absence. Your cooperation is appreciated.

Required Equipment

Swimmers must own some of their own training equipment. Each athlete must provide the following equipment, all of which is available on our team's store at **www.swimoutlet.com/IVBreakers**:

- Goggles (including at least one back-up pair)
- Caps for swimmers with long hair (all swimmers with long hair must wear a cap at practices and must have back-up caps)
- Form-fitting swimsuit (board or surf shorts or similar suits will not be permitted)
- Fins (the required model is denoted on our team's store)
- Equipment bag (the required model is denoted on our team's store)
- Hand paddles. (Only required for Breakers 3 and Seniors group swimmers. The preferred model is available on our team's store. No swimmer should purchase a large size. Swimmers under 13 or with small hands should contact the head coach regarding the possible need for an alternative paddle.)
- Center-mount snorkel and nose plug. (Only required for Seniors group swimmers. The required model is available on our team's store.)

All training equipment must be kept in the required equipment bag and brought to each swimmer's training lane for every practice. All equipment bags and fins must be labeled with the swimmer's name, and swimmers are encouraged to label all other equipment to the extent possible.

Athletes will not be permitted to train using other gear, including rash guards or swim shirt. Athletes may not divert from the above requirements without first consulting with and obtaining permission from the head coach. In addition to the above, athletes will utilize kickboards and pull buoys during training, which are available for use at the facility. (Swim meet equipment is discussed in the next section.)

Practice Cancellations

On occasion, practices need to be cancelled due to scheduling conflicts (e.g., for swim meets) or other reasons. The team and the YMCA do not offer refunds or make-ups for cancellations.

SWIM MEETS

Beginning with our developmental program (i.e., the Waves) and continuing throughout our competition program (i.e., the Breakers 1-3 and Seniors groups), the team's goal is to prepare swimmers for competition. Starting with Waves, our program offers our athletes access to competitions suitable for their ages and ability levels—from mock (intramural) meets to national-level swimming competitions. Given that focus, participation in meets is a vital part of the program.

YMCA Swimming

The swim team participates in the National YMCA Competitive Swimming and Diving program and, locally, in the **YMCA Yankee Cluster Swim League**, a league composed of YMCA swim teams throughout the State of Connecticut. Through the national program, Breakers swimmers have the opportunity to compete in regional and national YMCA competitions. Below are just some of the YMCA meets the Breakers attends.

YMCA Dual/Tri Meets & Invitationals

Through the Yankee Cluster Swim League, the Breakers competes in 'Y' dual and/or tri meets, which are head-to-head competitions between two or three teams. The Breakers hosts meets as well as travels as a visiting team to away meets against other YMCA teams. These meets typically last about three hours.

In dual/tri meets, as in most swim meets, swimmers are separated by age and gender when competing. Events are organized by stroke and distance. At each meet, swimmers typically compete in no more than 5 events: 3 individual events and 2 relays (if there are enough swimmers in the gender and age group to form a relay team). The coaches will determine what and how many events each athlete will swim.

In addition to YMCA dual/tri meets, the Yankee Cluster Swim League offers "invitational" meets throughout the season. These are meets open to, and may be attended by, all teams in the league.

Yankee Cluster Championship

The end of the YMCA spring/summer season culminates in the Yankee Cluster Championship in mid-July. The meet occurs over two or three days, and may have one or more separate sessions devoted to different age groups each day.

The Yankee Cluster Championship is very important because it determines our team's overall ranking in the league for the season. This meet is scored, with **awards going to the top teams.**

Eligibility: To be eligible for the championship meet, swimmers must have competed in two (2) YMCA meets and been YMCA facility members for a minimum of 90 days.

USA Swimming Meets

The team is also a member of **USA Swimming**, the national governing body of competitive swimming in the country. In addition to swimming in YMCA competitions, our athletes compete in USA Swimming sanctioned meets, both in Connecticut and throughout the country. USA Swimming meets in this state are sanctioned by Connecticut Swimming, Inc. (CSI). Below are just some of the meets available to Breakers swimmers within the USA Swimming universe.



CSI Regular (Pre-Championship) Season Meets

Each year, swimmers attend CSI sanctioned meets hosted by other teams throughout Connecticut. The team attends at least four per season. These meets may be single day or multi-day meets.

CSI Championship Meets

In July, CSI hosts a series of championship meets, consisting of the following in order of competitive difficulty: Regional Championship, Age Group Championship, and Senior Championship.

Eligibility: These championship meets have different eligibility requirements. They are, generally, as follows:



CSI Regional Championship: Must attend one prior CSI sanctioned meet in the same season, and may not swim any event at the championship meet for the first time that season. Swimmers who qualify in an event for a higher-level meet (e.g., CSI Senior or Age Group Championship) may not swim that event at this meet.

CSI Age Group Championship: (1) Must be 14 years or younger on the first day of the meet; (2) must attend one prior CSI sanctioned meet in the same season; and (3) must have met or exceeded a qualifying time in an event to swim it at this meet. (The qualifying times will be posted on our website once available.)

CSI Senior Championship: Must have met or exceeded a qualifying time in an event to swim it at this meet. (The qualifying times will be posted on our website once available.)

Meet Attendance Requirements

Just as it would not be acceptable to join a soccer or baseball team simply to practice and not to compete, it is likewise not acceptable on this team. Breakers are required to participate in **at least** two (2) YMCA swimming meets over the course of the fall/winter season. Yankee Cluster Championships is our only required meet, which will occur in late February. If you have any foreseeable conflicts, please let the head coach know.

The team expects athletes to compete in any higher-level YMCA and USA Swimming regional and national meet for which they qualify unless excused by the head coach (New England Championships, Age Group Championships, etc.).

Swim Meet Arrival & Departure

The Breakers is a team. Being on a team means supporting and cheering for your teammates. Accordingly, it would be preferable for your child to remain with the team until the end of all events at **YMCA dual/tri meets** and in his or her session of **the Yankee Cluster Championship** even if he or she is done competing. While that was a requirement in the past, it is **only an expectation** going forward as we understand that, on occasion, families have unavoidable conflicts that prevent this. However, we ask that families plan their schedules to permit their children to remain until the end of their sessions at these meets. **All athletes must communicate with and get the permission of the head coach (or other coach on duty) before leaving a meet early** to ensure they do not have additional events to swim.

Additionally, occasionally YMCA meet sessions run longer than anticipated or a particular facility lacks adequate deck space for all of our swimmers. In such cases, the head coach may release swimmers and even ask swimmers to depart when they are done swimming.

At **USA Swimming** competitions, athletes are **free to leave** those meets upon the completion of their particular swimming events. Athletes are also required to **arrive** at meets **at least 15 minutes** before the warm-up session begins. That time will be communicated to

families in advance. The head coach reserves the right to designate an alternative arrival time where he deems it in the athletes' best interest.

Sanctions

Your child may lose the privilege of competing in meets and even of continuing on the team, under certain circumstances, including the following:

- The failure to attend a meet to which he or she committed without a valid excuse (such as an injury or illness) communicated to the head coach by his or her parent or guardian.
- Choosing not to compete in an event in which he or she has been entered without the head coach's approval.
- Arriving late to meets without the head coach's approval.

We understand that mistakes happen. These sanctions are reserved only for egregious violations (such as but not limited to repeat violations), at the discretion of the head coach (in consultation with the aquatics director). The head coach shall determine the validity of an excuse. Families will not be entitled to refunds of the team fees in response to the imposition of any sanctions.

Notification of all unexpected late arrivals and absences must be communicated to the head coach in writing (preferably via email) as early as possible to the extent practicable.

Role of Parents

Parents should allow their children as much autonomy as possible at swim meets. Except for young, new swimmers, parents should not escort their children to the coaching area at a swim meet. Experienced swimmers should report independently to the coach before warm-up and before and after each race. Please wait until after the swim meet is over to talk to the coaches. You are encouraged to sit with other parents from the Breakers Swim Team and to support all swimmers. Unless volunteering to assist in the operation of the meet (e.g., as a timer or official), parents should remain in the designated seating area. The pool area is for swimmers, coaches, and meet officials only.

Meet Entries and Fees

Parents will sign their children up for meets on our website. The guidelines for doing so are listed below.

Under most circumstances, there is a cost for meets. **YMCA dual/tri meets** do not have entry fees; they are **free** for our swimmers.

However, **all other meets**, including the Yankee Cluster Championship, charge a **fee for each of the events** in which the swimmers compete (\$3 or more).

A meet host may also charge a per meet or per session surcharge (although those are rare). Additionally, the Breakers charges a **\$5 administration fee** for each session in which an athlete competes (except for dual/tri meets, which as noted, are free). This fee is required to help offset the labor costs of coaches attending meets.

Below are some examples of the typical costs of meets:

- USA Swimming Meet (two days): \$52 for six events over two sessions, comprised of \$7 per event with two \$5 per session administration fees.
- USA Swimming Meet (one day): \$26 for three events over one session, comprised of \$7 per event with a single \$5 per session administration fee.
- YMCA Invitational or Championship Meet (one day): \$20 for five events (three individual events and two relays), comprised of \$3 per event with a single \$5 per session administration fee.

All fees will be communicated to families before they are asked to commit their child to compete.

Each family's responsibility for the fees is triggered once the entries are submitted to the host team.

Guidelines for meet entries:

- Each meet will have its own page on the team's website containing pertinent information, such as dates, times, locations and deadlines (see the Swim Meets tab in the Events window on our homepage for a list of meets and links to their pages).
- Beginning at a designated time (and until a designated registration deadline), parents will be asked to go to the page for a meet and indicate whether their child/children will or will not attend. The head coach will then submit our team entries to the host team.
- When committing a child, you may denote events that he/she wants to swim in the "Notes" window, but the ultimate decision belongs to the coaching staff.
- For multi-day meets, if there is a day your child cannot attend, you must note that in the "Notes" window when committing your child.
- For meets that require entry fees, you may limit the number of events your child will swim by denoting so in the "Notes" window (except for championship meets in which the team is competing for points).
- As a courtesy, the head coach may distribute meet entries to families before submitting them to the host team for the families' input. However, he cannot guarantee that process for every meet, so please make sure to denote any special needs or requests when committing swimmers.
- If you must amend a commitment, please do so online before the posted registration deadline for that meet. Any amendments after the registration deadline must be emailed to the head coach. However, he may be unable to accommodate such changes depending upon the meet.
- **If you have committed to a meet and entries have been sent to the host team, your family will be responsible for any entry fees regardless of attendance. There are no refunds!**
- The YMCA will charge entry fees to the credit card on file for your family.
- Swimmers who did not register for a meet using these procedures and who show up to a meet will not be able to compete.

Meet Equipment

All athletes must wear **approved team swimsuits and swim caps** at all meets. Swimmers without them will not be permitted to compete, with one exception noted below.

Our **team suits** shall be **solid navy blue** Lycra or other performance material. The team has selected suitable suits of high quality and made them available for purchase from our team store at www.swimoutlet.com/IVBreakers.

Alternatively, a family may purchase any make and model solid navy blue swimsuit from any vendor. **Swimsuits with colored or white trim will not be permitted.**

The team has discontinued suits bearing our team's logo. However, if your child has one in navy blue, he or she may continue to use it if it is in good condition.

(The team reserves the right to amend the team suit policies at the beginning of the season to mandate a specific brand and model of swimsuit.)

Swimmers who are 11 years old or older are permitted to wear **technical suits** (i.e., special suits designed for high-level competition) at championship meets in lieu of the team suit. The head coach reserves the right, at his discretion, to permit athletes 9 to 10 years old to wear technical suits at high-level meets, such as the CSI Age Group Championship.

Swimmers should not wear their team suits at practices. The repeated exposure to the water and chemicals therein will cause the suits to deteriorate quickly. Team suits should be in good condition for meets. If a child's team suit is in poor condition, the head coach may require you to replace it.

In addition, each child must have **a team cap**. It is solid navy blue with "IVY" on both sides and is sold by the Y. Please find the order form at the end of this document. A team cap must be worn by all athletes,

regardless of gender or hair length, while swimming at meets.

Swimmers may wear other caps beneath the team cap but not over it. The team issues championship caps (white with navy and green writing) to those qualifying for March and April championship meets.

Recommended items for meets

- Goggles (plus a spare pair)
- Two towels
- Warm-up suit or other sports clothing to keep warm between races
- Clothes to change into after the meet
- Suitable swim bag to carry and protect all items
- Team t-shirt and other team apparel
- Something to keep busy with between races (e.g., book, games)
- Folding chair to sit on
- Sharpie or other permanent marker for denoting events and heats on one's hand or arm

CODES OF CONDUCT

Swimmers' Code of Conduct

Below is the code of conduct for swimmers that applies to both practices and meets. The failure to comply with it may result in financial restitution for any damages, being asked to leave practice, being sent home from a meet, as well as suspension and/or dismissal from the team.

General Conduct/Practice Conduct

- Arrive to practice on time and be ready to swim at the designated practice time with the proper equipment.
- Show respect to and follow the directions of the coaching staff.
- For older swimmers, act as a role model for other athletes in all actions, words, and through appropriate conversations.
- Listen attentively during the coaches' explanations of all sets and demonstrations.
- Put equipment back in its place at the end of each practice.
- Follow pool rules at all times in all facilities.
- Use of proper language at all times when representing the team on the deck as well as in the locker room.
- Display good sportsmanship to fellow teammates and competitors.
- Complement those around you and be aware of their efforts.
- Do not possess or use alcohol, tobacco, or any non-prescribed drug.

Meet Conduct

- Notify the head coach as soon as is practicable of an expected absence.
- Arrive 15 minutes prior to the meet warm-up.
- Wear designated team clothing including a team cap and suit.
- Support the coach by helping wherever possible. Cheer on teammates during races and support them.

- Keep track of and safely store any electronic devices or other personal property brought to a meet.
- Show proper respect towards coaches, officials, fellow competitors, and the public.
- Compete in all events in which entered.
- Get permission from a coach to visit parents in the stands.
- Seek the head coach's approval as early as practicable to arrive at a meet late or leave a meet early.

Parents' Code of Conduct

Below is the code of conduct for parents that applies to both practices and meets. The failure to comply with it may result in financial restitution for any damages, being asked to leave practice, being sent home from a meet, as well as suspension and/or dismissal from the team.

- Get your swimmer to practices on time (early enough so that he/she can be ready to swim at the designated practice time) and pick him/her up no later than 15 minutes after practice has ended.
- Get your swimmer to swim meets at least 15 minutes prior to the scheduled warm-up time or other arrival time designated by the head coach.
- Support the values of discipline, loyalty, commitment and hard work, which will set a great example for the swimmers and others.
- Avoid assuming any role other than parent -- swimmers swim, coaches coach, officials officiate, and parents parent.
- Refrain from criticizing, calling names, and using abusive language or gestures toward the coaches, officials, or any swimmer, family member, or spectator.
- Stay off the pool deck at meets unless volunteering as a meet worker.
- Keep informed by reading all communications from the head coach, such as emails, and by regularly monitoring the team's website.
- Check pool deck mailboxes regularly.

- Volunteer your time at swim meets as a timer or in other roles and at other team functions.
- Sit In the designated spectator areas if you choose to watch practices.
- Monitor the behavior of any of your young children using the warm-water pool during practices.
- Avoid communicating with your child during practices except in the case of an emergency.
- Provide support for your swimmer as well as the other swimmers on the team by cheering during meets.
- Support the coaches and the team with a positive attitude.
- Ensure your swimmer gets the proper rest and maintains a well-balanced diet.
- Direct all concerns or questions to the head coach first and only thereafter to the aquatics director and then, if necessary, the executive director.

Coaches' Code of Conduct

- We will provide an environment for your swimmer that is safe from physical and emotional harm.
- We will treat each swimmer as an individual, keeping in mind the wide range of physical and emotional development within the same age group.
- We will place the emotional and physical well-being of the team ahead of any personal or parental desires to win.
- We will lead by example, demonstrating fair play and sportsmanship in all on-deck and off-deck activities
- We will abide by the YMCA's code of conduct.
- We will not subject any child to neglect or to mental, verbal, physical, or sexual abuse and will not leave any child unsupervised.
- We will not be alone with any child where we cannot be observed by others and will not transport any child in a coach's personal vehicle.
- We will not give any child gifts or special favors.
- We will treat all children equally without respect to gender, race,

religion, culture, or ability.

- We will be positive role models by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity.
- We will utilize positive guidance techniques.
- We will refrain from profanity, inappropriate jokes, and sharing of intimate details of our personal lives.
- We will use coaching techniques that are appropriate for all the ages and skill levels present.
- We will seek and encourage parental participation at swim meets and other special activities.
- We will respectfully control the behavior of swimmers and parents by asking them to leave the deck or facility should they become unruly or create an atmosphere that is not appropriate for the development of good sportsmanship.

VOLUNTEER OBLIGATION

Every team is different with regard to work commitments. As our team continues to grow, our obligation to provide volunteer timers at away meets and the great number of positions necessary at home meets, requires that all families are active volunteers in these events.

Please read these expectations carefully. No family is exempt from providing volunteers at Breakers events.

- Part of the responsibility of registering your child for a meet checking the job sign-up of that meet. To do so, you go to the "Event" tab on Team-Unify, find the said meet, and click on "Job Signup".
- Please pay attention to e-mail communication as events approach; there will likely be important information about volunteering in those e-mails.
- One willing parent will be assigned "Volunteer Coordinator" at each meet, home or away, that requires volunteers. All parents must check in with the Volunteer Coordinator
 - The Volunteer Coordinator will assist parents to their positions and/or provide a brief explanation of the job position, if needed. Volunteer Coordinator will be responsible for finding replacement volunteers in the event a crucial position is left unfilled.
- Home meets will require parents in various other coordinating positions: Meet Coordinator, Official/Timer Coordinator, Concession Coordinator. Team events will require Event Coordinator. These positions will be assigned within two weeks of the meet/event.
- A parent will work the entire duration that the role requires. If you are uncertain about what a role requires, please read the job description or contact the Volunteer Coordinator.
- Volunteer positions and quantity needed are determined by the work assignments required by the meet host. Connecticut Swimming rules and host expectations change regularly. The Volunteer Coordinator will adjust as needed to ensure a situation as close to equitable as possible.
- Families are **expected** to volunteer at least two of our three home meets during the fall/winter (10/13, 11/17, and 1/12).
- Families are **expected** to volunteer for at least 50% of the meets their swimmer participates in.
- We will be adding "Level Representatives" to also serve as volunteer voices and recruiters. One willing parent will be chosen from each practice group to represent that group.

INCLEMENT WEATHER PROTOCOL

At times during the season, we may have to close the pool or cancel practice/meets for various reasons.

Thunderstorms

A thunderstorm will force the YMCA to close both the small pool and the lap pool. The pools remain closed from the moment lightning is spotted or thunder is heard until 30 minutes after the lightning/thunder has passed. This is for the swimmers' safety as well as for the safety of those on the pool deck.



If the pool closes, the coaches will ask all swimmers, spectators and other individuals to leave the pool area.

In response to a pool closure, the staff will attempt to predict (based on weather reports) how long the closure will last. At the head coach's discretion, a practice or meet may be either delayed (during which athletes may participate in a short dryland training session under coach supervision) or cancelled.

Winter Weather

Snow and ice can force the YMCA to close. If the YMCA is closed, there will be no swim team practice. There are occasions when the YMCA will remain open but programming will be cancelled. If practice is cancelled, you will receive an email and text message alerting you as early as practicable.

Meets

Should a meet need to be cancelled, the head coach and aquatics director will notify families via email and text message as early as practicable before the start of the scheduled warm-up session.

"IVY" Breakers Cap Order Form

If you intend to order caps for the fall/winter swim season, please fill out this form and turn it in with your registration form.

Notes:

Please remember that IVY caps are part of our required uniform. Generic IVY caps are typically available through the season, but this will be the only opportunity for personalized name caps.

The distributor is requiring us to order a minimum of two personalized caps per name order, at \$10.00 a cap. If you order personalized caps, you will be receiving two of the same cap for \$20.00.

NAME: _____

Generic "IVY" Cap (\$8.00/cap)

QUANTITY: _____

Personalized "IVY" Cap (\$20.00 for two caps)

NAME TO APPEAR ON CAP: _____

(typically either last name or first initial with last name)

FALL/WINTER REGISTRATION FORM

Swimmer Information

Name (First MI Last): _____

Date of Birth ____/____/____ Age: _____ Gender: M F

Name (First MI Last): _____

Date of Birth ____/____/____ Age: _____ Gender: M F

Name (First MI Last): _____

Date of Birth ____/____/____ Age: _____ Gender: M F

Parent/Guardian Information

Name (First MI Last): _____

Name (First MI Last): _____

Address: _____

1st Email: _____ (Used for website user ID)

2nd Email: _____

Cellular Telephone: _____ (Used for text alerts)

Home Telephone: _____

PLEASE INITIAL NEXT TO EACH EXPECTATION TO CONFIRM YOUR UNDERSTANDING AND ACCEPTANCE.

Parent Involvement

Parent involvement is a requirement of the Breakers. **All parents are expected to assist with the operation of swim meets (both home and away) and other team events.**

INITIAL: _____

Meet and Practice Attendance Policy

Athletes are expected to attend a **minimum of 75 percent** of all practices offered. Attendance will be taken.

Athletes are expected to arrive **on time** and be ready to swim at the designated times for meets and practices. All athletes are required to compete in a minimum of **two YMCA dual meets** and the **Yankee Cluster Championships** as well as any higher level regional and national YMCA meet for which they qualify unless excused by the head coach. All athletes in the competition groups are also required to compete in **two USA Swimming meets**, one of which is CSI Regional Championship (if eligible), and any higher level USA Swimming meet for which they qualify unless excused by the head coach.

INITIAL: _____

Meet Fees

Families are considered responsible for meet fees as soon as they register for an event, may it be a USA or YMCA sanctioned event. Please be aware that all USA meets have meet fees. Scratches with circumstance can usually be accommodated two weeks prior to the meet to avoid charges.

INITIAL: _____

Team Suits/Caps

All athletes must wear approved team swimsuits and swim caps at all meets. Swimmers without them will not be permitted to compete. More information is available on this policy in the team handbook

INITIAL: _____

I have read, understood, and accept the above rules for the Fall 2019/Winter 2018 season.

Parent/Guardian Signature _____ Date _____