



## Parent Information 2018-2019

### Team YES! Board and Committees:

- President – Jerry Doyle
- Vice-President – Joe Roth
- Secretary – Victoria Bishop
- Treasurer – Jerry Doyle
- Registrar – Alicia Dixon
- Communications – Cheryl Doyle
- Member-at-Large – Dennis Gagne
- Member-at-Large - Jay Cook
- Meet Entries – In Transition
- Safety Coordinator – Andrew Bishop
- Gulf Representative – Joe Roth
- Webmaster – Stacy Cook
- Merchandise – **YOU?**
- Sponsorship Coordinator– **YOU?**
- Banquet Coordinator – **YOU?**

### State of the Team:

- 100+ swimmers
- 100% volunteer (parent) run organization
- Continued financial stability
- Stable and quality coaching staff

### We Need Your Help!:

- You will be expected to time at meets
- More parents to become officials for meets.
- Several committees need volunteers to head them up
- Will need help at swim-a-thon

### Swim-a-thon:

- Will be in early November.
- Swimmers will swim regular practice times.
- All swimmers participate except Beginner Group.
- Minimum fundraising requirement of \$100 per swimmer.
- Parents will be needed to count laps.
- We will provide the swimmers with pizza, Chick-fil-A, cookies and drinks after they swim.
- We will have prizes for top fundraisers.

### Bring a Friend Campaign:

- We want to continue to grow the club. Bring a friend to the team and receive a 50% discount on your fees for one month for one swimmer.



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### Pool Schedule:

- Pool Schedules for all groups are as follows:
  - Monday & Tuesday: Cy-Springs
  - Wednesday: Cy-Falls
  - Thursday & Friday: Cy-Springs
- Practices follow the schedules listed on our website for each group.

### Pool Usage Changes:

- Cy-Lakes, Cy-Park and Watkins are an occasional alternate if there are conflicts due to school activities.
- Conflicts arise, or problems with the pool, sometimes with little notice. Check the practice calendar on our website regularly to verify practice location.
- If a conflict does arise, email will be sent out and if on short notice, a Remind. Make sure your email address are up to date in your **Team YES!** account and you are signed up on Remind.

### Pool Change Communication:

- Known changes will be posted on the Calendar on our website, as well as sent by email.
- Remind:
  - This is a text messaging system that allows the team to communicate regarding pool location changes, unforeseen pool closures, swim meet reminders and other important messages.
  - Remind texts are 1-way texts and do not allow the swimmer or parent to respond back. Swimmers under the age of 13 years not allowed to join.
  - Text @allswimm to the number 81010. You will receive a welcome text from Remind. If you have trouble with 81010, try texting @allswimm to 951-260-0420.
- We also use our Facebook group for communication. Search for "**Team YES! Aquatics of Houston**" and request to join.
- **All of the communication we send requires that you not overlook Team YES! emails, phone calls or text messages.**

### Important Team Policies:

- Parents are not allowed on deck or lobby area during practice or lessons. At Cy-Springs, parents are not allowed in the lower bleachers. Please remain in the upstairs stands.
- If you need to speak to the coach, please do so before or after practice.
- For swimmers 8 years and under, parents (or a designated adult) are required to remain at the facility during practice.
- Make sure to pick up your swimmers on time after their practice has concluded.



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- Withdrawal requests must be sent by the 1<sup>st</sup> of the previous month in order to be effective on the 1<sup>st</sup> of the following month.
- Beginners group practices are only made up when **Team YES!** cancels practice. Practices cancelled by the school district are **NOT** made up.

### Team YES! Suit Policy:

- We have implemented a **Team YES!** suit policy that started in the 2016-2017 season.
- Swimmers are required to wear a current, branded **Team YES!** swimsuit and swim cap in order to participate in swim meets. Technical suits may be worn in place of the approved **Team YES!** swimsuit at Champs Meets only, as designated by the team coach(es).
- Arena is the team sponsor. We prefer, whenever possible, that you purchase Arena branded equipment
- A copy of the complete policy is on our website under the “**Documents**” section.
- Each swimmer will receive a swim cap as part of their registration.

### Safe Sport Program:

- Safe Sport is USA Swimming’s abuse prevention effort.
- USA Swimming is committed to fostering a fun, healthy, and safe environment for all its members.
- The Safe Sport program has a wealth of resources, policies, best practices, tools, and procedures to help empower us to create and maintain a healthy and safe environment for our athletes.

### Safe Program Core Areas:

- Policies and Guidelines:
  - Key USA Swimming policies:
    - USA Swimming Code of Conduct
    - USA Swimming Best Practice Guidelines
    - USA Swimming Privacy Policy
  - Key **Team YES!** policies:
    - **Team YES!** Travel Policy
    - **Team YES!** Anti-Bullying Policy
    - **Team YES!** Electronic Communication Policy



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- Screening and Selection:
  - Background checks required for:
    - Key Board members
    - Coaches
    - Officials
  - List of banned individuals is available on USA Swimming site
- Education and Training:
  - Athlete Protection Training:
    - Coaches – Required
    - Officials – Required
    - Other non-athlete members – Required
    - Parents – Highly Recommended
    - Swimmers – Highly Recommended
- Monitoring and Supervision:
  - Two-deep leadership at practices
  - Parents:
    - Observe practice
    - Help out at meets and other team events
- Recognizing, Responding and Reporting
  - Be familiar with standards and policies
  - Communication
    - Parent to swimmer
    - Parent to coaches
    - Parent to parent
  - Speak up and Report
- Safe Program Resources:
  - USA Swimming website
    - Safe Sport home page:  
<https://www.usaswimming.org/Home/safe-sport>
    - Safe Sport Athlete Protection Training:  
<https://www.usaswimming.org/articles-landing-page/2017/04/05/free-safe-sport-training-for-athletes>
  - Team YES! Safe Sport Resources:
    - [http://www.teamunify.com/TabGeneric.jsp?\\_tabid\\_=87998&team=gutyes](http://www.teamunify.com/TabGeneric.jsp?_tabid_=87998&team=gutyes)



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### Meet Information:

- Why Meets?
  - Measures improvement
  - Gives swimmers something to work towards
  - Builds self confidence
  - Additional coaching opportunity
  - Flexibility
  - No Bench
  - Fun
- Gulf Swim Meets:
  - Monthly Meets:
    - Gulf Sponsored Open Meets
    - Team Sponsored Meets
  - Mid-Season Champs Meets held in December:
    - Gulf Fall Champs (We need all qualified 12 and under)
    - Gulf Age Group Champs (Qualifying times for 14 and under)
    - Gulf Senior Champs (We need all qualified 13 and over)
    - Gulf Southern Senior Champs (Qualifying times)
  - End of S.C. Champs Meets in February/March:
    - Gulf Short Course 8&U Champs (We need all 8 and under)
    - Gulf Short Course 9-14 Champs (We need all qualified 9-14)
    - Gulf Short Course Senior Champs (We need all 15 and over)
    - TAGS/Sectionals

### Preparing to Attend a Meet:

- Meet Notification
  - Gulf website
  - **Team YES!** website
  - Meet emails
- Entry Deadline
  - Gulf deadline
  - **Team YES!** deadline
- Week of the Meet
  - Assigning timers
  - Email reminder
  - Ask questions
- During the Meet
  - Circle-in (distance events only or if required for all)
  - Meet warm-up
  - Swimmers talk to coaches before and after races
  - Keep track of timeline
  - Keep track of timing assignments
  - Have FUN



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### Meet Etiquette:

- Most Important: Cheer for your swimmer as loud as you can.
- Initial series of short whistles indicating swimmer to get ready.
- Long whistle: Take your positions on the blocks
  - No noise from the crowd
- Starter: Take your mark
  - Absolute silence
- Starting signal
  - Cheer hard and **LOUD**
- **NEVER** use flash photography from the stands at the start of a heat.
- No setup in the stands, for come and go viewing only.
- Be nice to the meet volunteers.
- Do not approach the officials to ask about a DQ, that is what coaches are for.
- **NEVER** go on deck unless you are a volunteer.
- No deck or stands changing.

### Team Communication:

- How we communicate with you:
  - Team website "News" section and Practice Calendar
  - Email
  - REMIND
  - Facebook
  - Face to Face
- How you can communicate with us:
  - In person at practice
  - Email

### Board Members and Information:

- swim@teamyas.net
- president@teamyas.net
- vicepresident@teamyas.net
- registrar@teamyas.net
- meetentry@teamyas.net
- shop@teamyas.net
- secretary@teamyas.net

### Coaches:

- coachdennis@teamyas.net
- coachkody@teamyas.net
- coachzac@teamyas.net



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**Notes:**