



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JETS

JOLIET YMCA SWIM TEAM



JETS Summer Swim Team

**“The summer we
took back!”**



- **2021 Tokyo Olympics – July 23-Aug 8th**
- **2021 US Olympic Trials (Swimming)**
 - **Wave 1: June 4-7**
 - **Wave 2: June 13-20**
- **Swim-a-thon Kickoff Party & Olympic Trials viewing**
- **LC Barracuda LC Meet – 11-13 June @ LCHS, Indiana**
- **Indiana Dunes Trip for Mach Groups (June 22, tentative)**
- **June 25-27th open weekend**
- **July 3-4th no practice – Independence Day**
- **July 11th Swim-a-thon @ Galowich YMCA**
- **July 16-18 Regionals (Illinois Swimming)**
- **July 23-25th LC Y State Meet @ LCHS (USA Theme)**
- **July 22-25th – LC Age Group State**
- **July 29-Aug 1st – LC Senior State**
- **End of Season Pool Party (TBD)**



JETS Coaching Staff

Head Coach: Ashleigh Thomas

Coaches: Alyssa Vallejo, Heather Barry, Jessie Crnich

Assistant Coaches: Rayna Harter & Alexa Van

ALL Coaches coach ALL Groups, again, this Season

BEST COACHES EVER!



What do we stand for?

- **We are the Y**
- **Follow Christian Principles – Youth Development, Healthy Living, Social Responsibility**
- **Character Values: Caring, Honest, Respect, Responsibility**
- **We're a Multi-Site Team**
 - **CW Avery Family YMCA**
 - **Galowich Family YMCA**
- **We're a dual-hatted team**
 - **YMCA Swim Team**
 - **USA Swimming Team**
- **JETS Mission Statement: To develop individuals to their highest potential as athletes and leaders in life.**



Safe Sport/MAAPP

- **Minor Athlete Abuse Protection Program**
- **Center for Safe Sport requires this of USA Swimming; USA Swimming requires this of all USA-S Club Teams**
- **To whom does this apply:**
 - **Coaches**
 - **Adult Athletes (18+ years old)**
 - **Officials**
 - **Club Leadership (JPAC)**
 - **Anyone else in close contact routinely with the swimmers**
- **At a meet/practice...**
 - **Remain off the deck unless performing a specific function**
 - **Remain out of athlete locker rooms at meets**
- **All families had to agree to this policy at registration**
 - **A copy of the MAAPP is on our website under Family Resources**



COVID Safety

- **Masks are required in our facilities unless you are fully vaccinated.**
 - Swimmers 11 & Under must continue wearing masks
 - Swimmers 12 & Over must wear masks unless they are fully vaccinated
- **Health Screening Questions Continue:**
 - 13 & Over can answer on their own
 - 12 & Under need an adult to come into the facility to answer the Health Screening questions every day.
- **USA Swimming COVID Waiver**
 - Each athlete and non-athlete member of USA Swimming should have received the COVID Waiver via email. This needs to be signed in order to compete. Email Barb Cunningham at Illinois Swimming so she can email you another waiver.



Summer Safety

- **Lightning**
 - Call it, evacuate pool, 30 minute rule, communication
- **Severe Weather**
 - Call it, evacuate pool, take shelter/accountability, communication
- **Code Brown**
 - When there is a poop accident in the pool
 - Evacuate pool for 30-45 min, communicate



Benefits of Membership

- **All YMCA Swimmers must maintain an active Y membership in order to participate on a YMCA Team.**
- **If you have not acquired a membership for your swimmer, you can do so online, and swimmers must have a membership for the first day of practice.**
- **<https://www.jolietymca.org/membership/join-the-y/select-your-branch/>**
 - **Free fitness classes**
 - **Use of Fitness Center**
 - **KidZone**
 - **Use of the Water Park**
 - **Use of all 3 YMCA branches**
 - **National Membership (Currently on hold)**



How We'll Communicate With You

Email

JETS Facebook Page:

facebook.com/jetsyswimteam.com

Website: www.jetsyswimteam.org

- **Calendar of events**
- **Meet information (schedule, entries, results)**
- **Team information (resources and links)**



Tools to Help Keep You Informed

Apps to Keep You Looped In

- **On Deck App (Download using Team Unify email & password)**
 - **Allows you to check your swimmers best times, register for meets, receive alerts/text message, and sign up for volunteering**
 - **To receive text alerts, you must have verified your phone numbers. This allows you to Opt In for text messages on your carrier's plan.**
 - **I will send you the request for SMS (Opt In) verification, right now.**

Tech-less Ways to Communicate

- **Swimmer folders will be at Avery Y in the Observation Room**



How to Communicate With Us

Start with your Coach at practice that day.

- **Practice Group coaches are there to help you have a GREAT JETS experience, so encourage your swimmer to ask questions if they don't understand or if they ever feel uncomfortable with anything.**
- **We ask that you send a note on deck with your athlete if you'd like to speak with a coach. The pool deck is for athletes and coaches only per Safe Sport Rules.**
- **If an situation is unresolved with the practice coach, bring the issue to Coach Ashleigh's attention.**



How to Communicate With Us

JETS Head Coach: Ashleigh Thomas

- **Ashleigh will be coaching all groups at both locations throughout each week this year!**
- **Please make an appointment before or after practice.**
- **Ashleigh does not generally check email during practice.**
- **Email is the best way to contact Ashleigh, expect responses to emails during office hours.**
- **Office Hours are Mon, Wed, Thur, Fri 12:00-2:30pm**



Swim Meets

- **Types of meets:**
 - **USA-S Meets**
 - **Dual Meets**
 - **Championship Meets**
- **There is no meet requirement to be eligible for LC Y Championship Meet**
- **You will register your swimmer and the coaches will assign events**
 - **You can make requests for events using the notes section of the meet registration.**
- **Registration deadlines are not flexible – Due to changes at USA Swimming, all meets must be scrubbed one week in advance to ensure all swimmers are compliant with USA Swimming COVID rules. There will be no late entries allowed.**
- **If you sign up for a meet and do not attend, you will still be responsible for any charges for your athlete's entries.**
- **Most facilities will not have unlimited capacity for spectators. Information on spectator allowances will be made by each meet host.**



Equipment

Equipment will be required for our swimmers this season. Equipment needs to be brought to practice Jun 1st.

- = Required
- = Recommended but not required
- P = Provided for use at the practice site
- X = Not required and not recommended

| | Goggles | Fins | Water Bottle | Kickboard | Pull Buoy | Snorkel | Hand Paddles |
|---------------------|---------|------|--------------|-----------|-----------|---------|--------------|
| Zeppelin | ● | ○ | ● | P | X | X | X |
| Glider | ● | ● | ● | P | P | X | X |
| Stunt Pilot | ● | ● | ● | ● | P | X | X |
| <u>Supercruiser</u> | ● | ● | ● | ● | ● | ● | ● |
| Moon Lander | ● | ● | ● | ● | ● | ● | ● |



Eich's Sports

- **Speedo Vendor – swim suits**
- **Apparel – for swimmers and families**
- **Custom Name Caps**
- **Equipment for practice**



Parents Role in Peak Performance

Communicate

- Stay up to date by reading emails and following our Facebook page
- Ask questions
- Communicate concerns privately with the coach
- Respect the pool deck, it's for coaches and athletes

Be Supportive

- We all do better with positive feedback
- Be patient and supportive, trust the process

Get Involved

- Volunteer to help at meets and throughout the season
- Join JPAC: It's fun, we promise! 😊



JETS Parent Advisory Council

Behind every successful team is a group of individuals who raise money, plan social events, and coordinate volunteers. We have the BEST in JPAC!

- **JPAC Member Introductions**
- **Please consider getting involved.**
- **Your voice can and will help strengthen our team.**

Many Ways to Help

- **Volunteer to lead elements at meets**
- **Lead a team fundraiser**
- **Become an official**

Get Involved

- **We meet monthly, on Thursday evenings.**
- **Join us, it's fun, we promise! 😊**



Friends of Swimming

Some time ago, a group of very insightful JETS parents encouraged the team to buy its own Colorado timing system. This equipment is expensive enough that few other teams have their own so, over the years, a group of JETS parents collectively known as Friends of Swimming (FOS) have volunteered their time to run the timing equipment for other teams who host meets throughout the Chicagoland area. The money FOS earns from running these meets comes back to the team in the form of [scholarships for graduating high school JETS swimmers](#), maintaining the timing equipment and purchasing new equipment, and donating things such as computer equipment and swimmer awards.



Officials



Swim Family Requirements

Volunteer Requirements

- **Hosting meets raises funds necessary to support the team**
- **Volunteer for 2 separate sessions at our hosted swim meets/events. You will be assessed a fee of \$50 for any unworked volunteer sessions.**
- **If you fail to show for a session you signed up for, you will be fined \$50 and that session will not count toward your 2 required sessions.**
- **What jobs are available?**
- **Signing up is easy 😊**



Swim Family Requirements

JETS fundraisers support the team

- **USA Swimming Swim-a-thon! Sunday, July 11th @ Galowich Y**
 - Food Truck, games, prizes, DJ
 - Coaches will swim!
 - Contact Lacie Pifko with questions: lacie@pifko.net
- **Sell Team Sponsorships**
 - Contact Coach Ashleigh with questions regarding Sponsorships
- **If you don't participate in the team fundraiser, you will be assessed a fee on July 20th of \$100 for 1 athlete families and \$200 for families with 2+ athletes.**



**Let's have a great
JETS 2021 Summer Season!**