##

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## Hagerstown YMCA Gator Swim Team

Season Registration: August 19-31, must be a Y member

EVALUATIONS

Returning Gators:Monday, August 19 – Wednesday, August 21
New Swimmers:Thursday & Friday, August 22 & 23

Evaluation times: 4:30-7:00pm

##### \*Evaluations are conducted by coaches to determine what level your child will swim (bronze, silver, gold, platinum). This is a requirement, in order, to be a member of the swim team.

METRO TEAM SUIT FITTING/PARENTS MEETING

Thursday, September 12 at 4:30-7:30 pm\*

**\*this is a mandatory event if you wish your swimmer to be fitted for a team suit and/or cap**

##### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Please pay your swim team fees and YMCA membership at the front desk.

**IMPORTANT NOTICE:** Once your swimmer is paper-registered, all fees are paid,
and you have all the necessary paper work signed and returned at the front desk, you will need to proceed with the online registration on our team website(hagy\_gators.org).

This is a very important process. You will need to sign up your child on the team website to receive emails from us and participate at swim meets. Your billing information needs to be set up on the website, with a cc on file for any meets that require event entries to be paid. Signing up at the front desk is not the final process in joining the swim team.

All volunteers (family member(s) of each swimmer) must complete the YMCA Volunteer
Packet at the front desk in addition to the Team Volunteer Agreement Form.



**Winter Swim Season: August 26-April 10**

Welcome to the Hagerstown YMCA Gators Swim Team, Winter season 2019-2020. We are hoping this will be a great experience for your swimmers and your family. We believe every child is an essential part of the team and each child will get a chance to swim at all meets scheduled for this season. Your encouragement and support of the team will benefit everyone.

Our goal is to make our swim team a positive experience for everyone involved, to develop a strong healthy mind, body and spirit, as well to promote a lifetime of friendship, and fitness in the spirit of teamwork and competition.

This year, our winter season includes:

* Stroke mechanics for 4 weeks (August 26-September 20)
* Dual meets, Invitationals, and Championships. (some are qualifying meets)
* USA meets for those who are USA swimmers at additional cost, which includes Short Course and Long Course meets; some are qualifying.

The swim team consists of 5 levels: Bronze, Silver, Gold, Platinum, National. As a swimmer moves up in level they will see an increase in the amount of pool time, yards swam, and dry land opportunities. Each level will have its own fee based on the total pool time being made available to the swimmers.

Practice times are being assigned based on swimmers’ abilities. Having the swimmers in the pool as a group based on ability allows coaches to concentrate on drills and appropriate training on that specific group level.

We are a USA recognized swim team. We would like to remind everyone that we are a Y team first. We will participate as a team in all YMCA organized dual/tri meets throughout the season as well as Championship. The USA program is a yearlong registration that is optional. Joining will allow your swimmer to supplement their Y schedule with some additional meet opportunities throughout the year. It will also provide a unique opportunity during the spring/summer season to participate in long course meets.

##### FEES:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Level | YMCA Full Payment | YMCA 5 Monthly Payments\* | YMCA with USASwimming Full Payment | YMCA with USASwimming\* 5Monthly Payments |
| Bronze | $365 | $73.00 | N/A | N/A |
| Silver | $415 | $83.00 | $814 | $163 |
| Gold | $470 | $94.00 | $869 | $174 |
| Platinum | $515 | $103.00 | $914 | $183 |

\*The payments can be done in five equal installments. The first one is due at the time of registration, then schedule as follows: 09/20,10/20,11/20,12/20. All balances must be paid by December 20th. Any accounts past due will be placed on financial hold and swimmers won't be able to participate in any meets or practice until fees are being paid in full.

A $40.00 fee is included in the above price which off sets the Invitational costs by covering the coaching expenses for such meets, as well as the Team Unify technology fee. Any additional meet entry fees will be the responsibility of the swimmer’s family.

Swimmers will be re-evaluated by the coaching staff mid-year and if the swimmers progress warrants moving up a level, that opportunity will be given. This is not a mandatory process. It applies to only interested in moving up a level. If the parents and the swimmer decide to move up a level a prorated fee of $38.00 will be collected by the Y.

##### USA SWIMMING $399.00 for the year.

Registration is available at the front desk. Please fill out the form and return to the front desk. Before the swimmer can be officially registered with USA, we are required to verify each swimmer’s age and correct name. Please make sure, if you are a new USA swimmer, you must show the original birth certificate to our Head Coach Roxy Thurmond. We do not need or want a copy, but the team registrar, coach Roxy, must verify name age from an original birth certificate.

This rate includes all registration fees (team and individual swimmer to MD Swimming) and associated costs of having a coach on deck at the USA meets that we participate in. Any additional meet entry fees will be the responsibility of the swimmer’s family.

##### PRACTICE TIMES:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| Bronze |  |  | 5:30-6:30 |  | 5:30-6:30 | 4:30-5:30 |
| Silver |  | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 | 4:30-5:30 |
| Gold Drylands |  |  | 5:45-6:45 |  |   |  |
| Gold | 4:00-5:30\* | 5:30-7:00 | 4:30-5:30 | 5:30-7:00 | 4:30-5:30 | 5:30-7:00 |
| Platinum | 4:00-5:30\* | 4:30-7:00 | 5:30-7:00 | 4:30-7:00 | 5:30-7:00 | 5:30-7:00 |
| Platinum Dry |  |  | 4:30-5:30 |  | 4:30-5:30 |  |

*\**schedule can change according to pool availability

(no practice on Sundays if a meet is scheduled that day, USA or a YMCA meet)

For drylands, swimmers are required to wear proper athletic clothing (tennis shoes, no open toe shoes, no jeans; swimmers will be asking to sit aside if they are not wearing proper clothes). No cellphones allowed during dry-lands).

Dryland is an athletic training that improves the performance in the water and prevents injuries. It builds a better posture for the swimmers. Our focus is to build and maintain a strong core, improve balance and flexibility. Some drill wills be exercised to promote speed reaction and coordination.

Meet schedule will be posted on our website when becomes available! Stay tuned!

Head Coach:Roxy Thurmond

Assistant Coaches: Sofia Wright, Tina Mullins, Jason Paris, Shaun Martin

We appreciate the parent’s time and effort in getting the swimmers to practice on a regular basis and ask that swimmers be ready and on the pool deck to start practice on time. Attendance, punctuality, responsibility and respect are necessary to the success of each swimmer as well as the team.

Each swimmer along with their parents, will be required to read, sign and return to the front desk the attached forms listed below:

* YMCA Waiver (just parents)
* Parent and Swimmer Code of Conduct
* Swimmer/Parent responsibilities and Parent Participation Agreement
* Parent Volunteer agreement
* Cell phone and Bathroom policy
* Dryland policy (just parents)
* Fundraising (just parents)

**IMPORTANT:** Please read with your swimmer the SWIM TEAM POLICY available on our team website.

**NEW:** All parents/grandparents’ volunteers will need to complete the SAFE SPORT/PRAESIDIUM CERTIFICATION. This are available on our website under the Parent Info tab.

##### MEETS:

A meet schedule will be posted on the team website as soon as it becomes available. Parents must accept or decline participation.

 It is the parent’s responsibility to get their children to and from the swim meets. Swim meets are held both, away and at the Hagerstown YMCA. At each meet, the coach will make the entries for the events and a roster will be posted (also available on the “**on deck**” app). Find the events that your swimmers will be participating in and write that information in permanent marker on the swimmer's arm, so they can read it. ( It is best to do 4 columns across 4 numbers: The first for EVENT, the second for HEAT, the third for LANE, and the fourth for STROKE. Each event should be listed in order of the meet). Meets are separated into 5 age groups: 8 & under; 9-10; 11-12; 13-14; 15-18 and by gender. For winter season, a child's age is determined by December 1, 2019. Most children will swim three to four events (3 individual and 1 relay) at each swim meet.

During meets it is important that the area around the starting blocks be kept as quiet as possible at the start of each event. Feel free to cheer for the swimmers; they will be competing as a team as well as individuals.

Swimmers must have with them at the meets the following:

* Swim suit
* Cap/googles
* Towel
* Sharpie

We encourage your swimmer and your family to attend every meet posted for the winter (4 mandatory). If you know ahead of time that your swimmer will not be present for a meet, you need to notify the Head Coach, as far in advance as possible for those meets your child will not be attending. If on the morning of a meet a swimmer cannot attend, we ask that you contact the Head Coach at least two hours prior to the meet.

The swim team communication center is designated at the YMCA outside of the pool over the trophy case. We will post current information in bins on the wall. Parents need to take the responsibility to check this location frequently for information. We also provide information and/or reminders via email so be sure to give your current email address when signing your child up for the swim team. Make sure you proceed the online registration by creating an account on our website: <http://hagy-gators.org>.

We want to encourage team spirit and ask that you consider purchasing a team suit for your swimmer along with a cap. Male swimmer are encouraged to purchase a jammer suit or a regular racing swimsuit and not wear swim trunks for the meets or practice. Many parents have found it easier to keep the team suits only for the meets. Other items of apparel may be made available for purchase and may change from season to season.

##### Parent Involvement:

Our swim team parents become The Swim Team Parent’s Committee with volunteer members that were elected by swim team and we ask all to attend, become involved and be supportive of our swim team.

The Swim Team Parents Committee (STPC) is responsible for organizing and operating our At-Home swim meets which includes: setting up and tearing down of equipment needed, operating the concession stand and supplying officials and timers for the entire meet, setting up clerk of course when needed. The STPC is also accountable for supplying officials and timers for away swim meets.

All swimmers are required to scan their membership card at the front desk.

##### Swimmers 9 years old and under must be dropped and picked up by their parent/guardian on the pool deck, supervised in the locker room and bathrooms.

All parents are required to become involved during the swim meets and assist in making sure your child is not missing an event. Many volunteer opportunities exist, and parent participation will be monitored and tracked. Each family is required to have a volunteer. See volunteer agreement attached. Please sign and return.

If you have any concerns about your swimmer, our coaches are available for discussion however, not during practice or meets. Please, respect practice time and don't interfere on pool deck unless it’s an emergency.

We are delighted about your family participation in the Hagerstown YMCA Winter Swim Team 2019-2020. Feel free to reach out to veteran parents or seek out a member of the STPC member for any questions or to discuss any suggestions at any time through the season. Please attend the parent’s meetings which will always be posted on website and emails will be send out.

Sincerely,

Roxy Thurmond, Head Coach

roxyt@ymcahagerstown.org

The Swim Team Parents Committee 2019-2020:

President: Amanda Himmelwright

Vice President: Tricia Shatzer

Treasurer: Sherry Gagnon

Secretary: Angela Hanft

Volunteer coordinator: Anna Desclous

Fundraising coordinator: Noelle Todd

Team Rep and Meet Manager: Scott Needy