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# HAGY GATORS SWIM TEAM

Summer 2022 season

## Abstract

Welcome to the HAGY Gators Swim Team. Our goal is to work with each swimmer to set and achieve goals that are individualized to each athlete, ranging from basic stroke technique to achieving National Qualifying Times.

Please address all questions to our Coaching Staff.  
[SwimTeam@YMCAHagerstown.org](mailto:SwimTeam@YMCAHagerstown.org)

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## II. 2022 Summer Season Summary

Welcome to the Hagerstown YMCA Gators Swim Team. We believe every child is an essential part of the team and each swimmer will have an opportunity to swim at the YMCA meets throughout the season. We adhere to an Athlete-centered philosophy, meaning that our coaches, parents and club leaders support our athletes first & focus their attention on understanding each swimmer's goals.

Team Goals:

1. Advance our athlete-centered philosophy – put our swimmers first by being aware of each athletes' abilities & goals for swimming
2. Develop & Improve technical & physical skills of swimmers
3. Provide a safe, fun & enjoyable environment for all participants
4. Provide personal & social development
5. Introduce young athletes to competition

We strive to make our team a positive and safe environment for everyone, and we use this atmosphere to develop a strong, healthy mind, body and spirit within our athletes. This will promote a lifetime of friendship and fitness in the spirit of teamwork and competition.

This year, our season includes:

- 4 weeks of Stroke Mechanics
- YMCA dual/tri meets
- Optional USA team

Our team consists of 5 levels: Bronze, Silver, Gold, Platinum & National. As swimmers advance through the levels, they will see increased practice time in the pool, intensity of practices & dry land conditioning. Each level has its own cost based on the total training time available to the swimmers in that level. Note: National Level swimmers practice with Platinum.

The Hagerstown YMCA Swim Team Parent's Committee, HAGY STPC, outlines the membership stipulations and other pertinent information concerning all aspects of swim team.

Lastly, in addition to our local YMCA league, we are a USA Swimming recognized team. The USA program is a year-long registration that is optional. This additional program enables your swimmer to supplement their YMCA schedule with additional meet opportunities throughout the team and provides the opportunity to compete in Long Course (LC) meets throughout the spring & summer months.

We are a YMCA team first, so we will always participate in YMCA organized dual/tri meets & championships throughout the season.

**\*Our season meet schedule is not finalized yet, but updates will be distributed through our Team Unify website as they become available.**

### III. Financials:

#### Fee Schedule:

Level	Full Payment (YMCA member)	Full Payment (YMCA Non-Member)	April 21 Payment (Member/Non-member)	May 31 Payment (Member/Non-member)
<b>BRONZE</b>	\$210	\$230	\$105/\$115	\$105/\$115
<b>SILVER</b>	\$300	\$330	\$150/\$165	\$150/\$165
<b>GOLD</b>	\$370	\$404	\$185/\$202	\$185/\$202
<b>PLATINUM</b>	\$425	\$461	\$121.50/\$230.50	\$121.50/\$230.50
<b>STROKE MECHANICS ONLY (MAY 2022)</b>				
<b>BRONZE</b>	\$85	\$110	N/A	N/A
<b>SILVER</b>	\$105	\$130	N/A	N/A
<b>GOLD</b>	\$125	\$150	N/A	N/A
<b>PLATINUM</b>	\$145	\$175	N/A	N/A

There is an installment option of two payments with no additional service fee for Swim Team only:

PAYMENT #	DATE	INSTALLMENT METHOD
<b>1</b>	Registration Date	Paid at YMCA Front Desk
<b>2</b>	May 31 <sup>st</sup>	Online @ <a href="http://www.ymcahagerstown.org">www.ymcahagerstown.org</a>

All balances, inclusive of the installment option, must be paid in full by May 31<sup>st</sup>. Any accounts past due will be placed on a financial hold. Swimmers will not be allowed to participate in practices or meets until the balance is paid in full.

**If a swimmer is moved up to the next level during the season (at coach's recommendation), there will be a level up fee of \$50.**

#### USA Swimming

Team registration fees for USA swimming are **\$250**, which must be paid in full at time of registration. This additional fee covers all USA Team Fees & travel expenses for coaches to attend the USA meets throughout the season. The initial fee is based on our team having at least 15 registered USA Swimmers. If participation in USA Swimming is less than 15 swimmers, an **additional fee/fundraising opportunities may be assessed throughout the season to cover USA team participants' costs.**

If a swimmer would like to join USA swimming for 2022, there will be an additional USA registration fee (once per year) of **\$93**. This fee goes directly to USA Swimming for their application fee.

**Note:** Swimmers must show proof of birthdate & legal spelling of name (Birth Certificate) to register for USA swimming. If you choose to join our USA team, Unattached, in order to keep your association with a High School team, you will still be required to pay the full \$250 in order to participate in USA meets with our team. All meet fees are the responsibility of the swimmers' family.

\*\* All registration fees are to be paid at the YMCA Front Desk, installment #2 may be paid online. \*\*

## IV. Registration Information

Begins April 1<sup>st</sup>, 2021

### Team Unify (Gator's website)

Once a swimmer is registered, all fees are paid, and all necessary paperwork is returned to the YMCA front desk, each family will need to complete the online registration on our website "HAGY-Gators.org" This is how you will receive updates throughout the season via email & text message and how you'll sign your swimmer up for swim meets & team events.

Additionally, your billing information needs to be recorded on the website, so your credit card information is on file for any swim meets that require entry fees. (These fees are disclosed in each meet prior to signing up online).

### USA Swimming Registration

If your swimmer is **new to USA swimming**, there is a separate application process for this registration. New swimmers will be charged a once/calendar year registration fee of **\$93**. Then follow the steps below:

- Pay \$93 to YMCA front desk
- Go to <https://www.teamunify.com/team/md/page/athlete-forms/athlete-registraton>
- Select "2022 Athlete Registration Form"
- Fill out completely & submit application
- Coaches will receive a report from Maryland Swimming detailing everyone who registered.

If your swimmer is **Transferring USA registration to our team**, please follow these steps:

- Pay \$50 transfer fee at YMCA front desk
- HAGY Coaches will fill out the online portion of your swimmer's registration

### Volunteering Registration

All Volunteers (family member(s) of each swimmer) must complete the YMCA Volunteer Packet & read the Parent Volunteer.

Volunteering is absolutely critical for our team to host meets at the YMCA and for our swimmers to participate in meets at other facilities. Each time you volunteer throughout the season, your family accumulates points. Every family needs to accumulate a total of 5 points by the end of the season (7 points if your family has more than 2 swimmers on the team), or **the team will assess a minimum \$250 charge** for your swimmer to participate in the championship meet at the end of the season.

Please read the Parent Volunteer Section below for more information on how to volunteer throughout the season.

## V. Schedules, Levels & Important Dates

### Registration

Begins April 1, 2021

Requirements:

- Swimmer must be between ages 5 – 18
- Swim at least 25 yards of both freestyle & backstroke with rotary breathing & without stopping
- Swimmer must also be a YMCA Member

### Evaluations

Returning Members – April 11 & 12<sup>th</sup>

New Members – April 18-20<sup>th</sup>

See April Miles ([AprilM@YMCAHagerstown.org](mailto:AprilM@YMCAHagerstown.org)) to sign up for a timeslot during this week

### Level Requirements

- Bronze:
  - 25 Freestyle with rotary breathing & no stopping/touching wall or lane line
  - 25 Backstroke without stopping or touching wall/lane line
- Silver:
  - 100 IM – Legal strokes
  - 50 Freestyle with a flip turn
  - 50 Backstroke with a turn (open turn or flip turn)
  - Legal dive off the blocks
- Gold:
  - 3 x 200 3:30 (1 needs to be IM, other 2 are choice)
  - 6 x 100 1:45 (choice stroke)
  - 8 x 50 :50 (choice stroke)
- Platinum:
  - 400 IM 6:00
  - 10 x 100 (6 @ 1:20 & 4 @ 1:30) No break between 6 & 4)

These are general guidelines for each level and require that all performed swims are legal (both strokes & turns). Final placement of swimmers is at the discretion of the coach based on performed technique and ability level of each athlete.

### Season Duration

Beginning: May 2, 2022

End: July 30, 2022

### Parents meeting & Suit Fitting

TBD



### Practice Schedule (May)

Level	MON	TUE	WED	THUR	FRI
Bronze	4:30-5:30		4:30-5:30		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	5:30-7:00	4:30-6:00	5:30-7:00	4:30-6:00	5:30-7:00
Platinum	5:30-7:30	*Dryland 4:30-5:30 Pool 5:30-7:00	5:30-7:30	*Drylands 4:30-5:30 Pool 5:30-7:00	5:30-7:30

\*Platinum Drylands will be both outside and in the Fitness Center, depending on weather.

### Practice Schedule (June & July)

Level	MON	TUE	WED	THUR	FRI
Bronze	4:30-5:30		4:30-5:30		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	5:30-7:00	4:30-6:00	5:30-7:00	4:30-6:00	<b>6:00-7:30</b>
Platinum	<b>6:00-7:30</b>	*Dryland 4:30-5:30 Pool 5:30-7:00	<b>6:00-7:30</b>	*Drylands 4:30-5:30 Pool 5:30-7:00	<b>6:00-7:30</b>

**Bold Practices will be held at Potterfield Pool.**

### Practice Equipment

Occasionally, we will use different equipment in practice. Please read through the equipment list below and contact your coach if you have any questions.

#### Mandatory Equipment for all swimmers:

1. Goggles
2. Water bottle

#### Suggested Equipment by level:

##### Bronze

Cap  
Fins

##### Silver

Cap  
Fins  
Kick board

##### Gold

Cap  
Fins  
Kick board  
Pull Buoy

##### Platinum

Cap  
Fins  
Kick board  
Pull Buoy  
Paddles  
Snorkel

### Meet Schedule

All meets will be updated on Team Unify as they become available.

## VI. Helpful information & FAQ's

### Swim Team Parent's Committee

Our swim team parents work together to become the Swim Team Parent's Committee (STPC). All positions are volunteer and are elected by swim team parents.

The STPC is responsible for organizing and operating our Home swim meets, which includes setting up/tearing down all equipment, operating the concession stand, supplying officials & timers for the entire meet and setting up the clerk of course as needed. The STPC is also accountable for supplying officials and timers for our Away swim meets.

### What should a swimmer bring to a meet?

1. Suit & Cap
  - We highly recommend purchasing a team suit & cap so our team looks uniform when competing together
  - No two-piece suits or swim trunks are to be worn during competition
2. Goggles
  - It's best to bring at least 2 pairs just in case one breaks
3. Towels
  - Swim parkas, multiple towels, sweatshirts, sweatpants, etc.
4. Flip flops or easily removed shoes
  - Often facilities require swimmers to have footwear in order to leave the pool deck
5. Healthy snacks & concession money
  - Often meets can last several hours. We recommend fresh fruit, vegetables, granola bars, etc. Often meets have a concession stand to purchase snacks as well.
6. Chair/blanket
  - The wait time between races have the potential to be lengthy, to its best to bring a chair or blanket so your swimmer can rest or stretch out prior to their next race.
7. Permanent marker
  - Swimmers use permanent markers to record their races on their arm. Usually, races are posted during warm up or soon after. Once the list is published, we recommend marking your swimmer's arm in this order:
    - i. Event   Heat   Lane   Stroke  
6        1        4        50 Free
8. Amusements
  - Meets can be multiple hours, especially invitationals. Swimmers should bring things to do like card games or books to read. Electronic devices are popular, but these are to be brought at your own discretion because there is always a possibility for loss or theft.

## What is a parent's role at a meet?

1. Sign up for each meet on Team Unify
  - a. Meet entries are all done online @ [www.hagy-gators.org](http://www.hagy-gators.org)
  - b. Some meets will require parents to select individual events for your swimmer & coaches will select events for some other meets
  - c. Please ask your coach if there are questions regarding signing up for any meets
2. Preparing your swimmer
  - a. The night before a meet, have your swimmer pack the items listed above in "What should a swimmer bring to a meet?"
  - b. Make sure your swimmer is well fed the night before the meet and morning of the competition
  - c. Please arrive at the pool early (usually 15 minutes prior to the stated warm up time)
  - d. Remind your swimmer that warmups are a crucial time for stretching, getting acquainted with the tool, testing your backstroke count, & familiarizing yourself with the blocks & walls.
3. Volunteering Opportunities
  - a. Every home meet (and most away meets) there are opportunities for parents to volunteer. Some of the normal positions are listed below.
    - i. **Meet Set Up** – The YMCA graciously allows our team to use a lot of the YMCA facility for things like gym seating, concession stand, and of course the setup in the pool. The set up for all of these areas is extremely important to our meet running smoothly
    - ii. **Timing** – This is a very fun way to get to know the other parents and swimmers on our team. There is a short meeting before each meet (both home & away meets) to acquaint the timers with their methods (touch pads, plungers, watches, etc.). Each lane usually has 2 timers (1 from each team), and a backup timer is needed to ensure a time if a timer has any issues during a race.
    - iii. **Concessions** – Our team raises funds through the concession stand at our home meets. Each meet, we will ask for donations for the stand and volunteers to set up/tear down, serve food, & serve as the cashier. Our Concessions Coordinator serves on our Swim Team Parent's Committee as well.
    - iv. **Officiating** – Learning to officiate is a great way to learn the finer parts of the meet and each stroke. Classes are available to certify you to become a Starter, Stroke-&-Turn Judge and more. The YMCA covers the cost of all of these classes.
    - v. **Scoring table** – In addition to officiating, someone with a general knowledge of swimming and meets can assist at the scoring table. This table is led by a team representative who also serves on the STPC.
    - vi. **Clerk-of Course** - This position keeps the meet running smoothly by calling out events and lining up swimmers prior to their races. The line-up occurs in a designated area and swimmers are seated/arranged by heat & lane.

## Swimming Terminology

- **Dual/Tri Meet** – a swim meet between 2 or more teams where each swimmer can race up to 4 events. Dual meets are included in the registration fees and participation is required. The coach will enter your swimmer into individual events & relays for this type of meet.
- **Invitational** – Large swim meet where multiple teams participate (sometimes over multiple days). Participation in this type of meet is optional and meet fees are in addition to your registration fees. Families must have a credit card on Team Unify in order to sign swimmers up for participation in these meets.
- **Virtual meet** – An event held at our home pool in conjunction with other teams. This meet is used to familiarize swimmers & parents with a swim meet and to establish a base “seed time” for first time swimmers. This is typically one of the first events of the winter season.
- **Seed Time** – The fastest time a swimmer has swum in event prior to the submission of entries for the meet.
- **Heat Sheet** – The paper packet that lists the events, heats and lane assignments of the swimmers.
- **Seeding** – The position a swimmer has in relation to the other swimmers in a particular event. This is based on a swimmers’ seed time for each event.
- **Individual Medley “IM”** – This race consists of all 4 strokes in this order: Butterfly, Backstroke, Breaststroke, & Freestyle
- **Medley relay** – Event consisting of 4 swimmers where each swimmer swims a different stroke in this order: Backstroke, Breaststroke, Butterfly & Freestyle.
- **Disqualification “D.Q.”** – Disqualified swim due to incorrect performance of a race. DQ’s are decided by the officials of the meet.

## VII. Policies & Forms

Every team member & parent/guardian is required to sign at the end of this section stating their agreeance to the following policies.

### 1. Code of Conduct - Athlete

The purpose of this code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing at the end of this document, I agree to the following statements:

1. I will respect and show courtesy to my teammates and coaches at all times
2. I will demonstrate good sportsmanship at all practices and meets
3. I will set a good example of behavior and work ethic
4. I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior could result in suspension from the team.
5. I will attend all team meetings and training sessions unless I am excused by my coach
6. I will maintain an appropriate level of effort for the level I am in. If my coach notices that my attendance or effort in practice drops significantly, I understand that I can be reevaluated for that level in at any point in the season.
7. I understand that I am expected to be in attendance at practice at least 50% of the time. If my attendance drops below 50%, I realize that I will be reevaluated for a different level.
8. I will show respect for all facilities & other property (including locker rooms) used during practices, competitions & team activities.
9. I will refrain from foul language, violence, and behavior deemed dishonest, offensive or illegal.
10. If I disagree with an official's call, I will talk with my coach and not approach the official directly.
11. I will obey all of USA Swimming's rules & Code of conduct
12. I will adhere to the USA Anti-bullying policy
13. I will be on time for practice each day
14. I will scan my YMCA membership card each time I enter the YMCA.
15. I will not use my cell phone in the locker room, on deck or at a dryland practice unless the coach allows me to use it for something swimming related.
16. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches, which may include expulsion from the team.

## 2. Code of Conduct – Parents

1. Set the right example for your children by showing respect and common courtesy at all times to your team members, coaches, competitors, officials, and parents.
2. Set the example to respect all equipment, facilities and property that are used during practice and competition.
3. Respect the integrity of swim officials by assuring decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification on rulings.
4. Understand that opposing teams, including their swimmers, coaches and fans, want the same positive experience for their swimmers as we do. Help HAGY achieve our goals by avoiding criticism either verbally, through gestures or through social media. Look for opportunities to build positive rapport with teams that we compete and work with.
5. Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do the same.
6. Support our team by living the fact that HAGY will win gracefully, lose graciously and congratulate their opponents either way.
7. Be an active participant in all fundraising events and other team activities.
8. Encourage and support your child by permitting them to be timely for practices and competitions
9. Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the coaching staff's instructions and advice. Your love and support before and after races will help them best.
10. Recognize that HAGY coaches are here to coach your child without interference during workouts and meets. We appreciate your support by not being present on deck during practices or competitions unless you are working at the meet.
11. Trust and support your swimmer's & coach's decisions around goal setting, training, commitments, swim meet entries and meet schedules. Do not impose your ambitions on your child.
12. If you have concerns, please address it with the appropriate coach in private.
13. Maintain open and honest communication with all members of the HAGY family. We reach our common goals by working together
14. Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful to others.
15. Ensure your swimmers under 10 years old are dropped off & picked up by a parent on the pool deck.
16. Ensure swimmers under 10 years old are supervised in the locker rooms and bathrooms by a parent/guardian.

### 3. Minor Athlete Abuse Prevention Policy (USA Swimming Safe Sport - MAAPP)

This policy is included in the Appendix. Please read in its entirety.

### 4. Action Plan to Address Bullying

The HAGY Gators follow a zero-tolerance policy for Bullying. Please read the Action Plan to address bullying in the Appendix.

By signing the last page of this packet, you agree to adhere to this **“Action Plan to Address Bullying.”**

### 5. Medications

We understand that swimmers sometimes need to bring medications to practices or meets.

As a member of this team, I agree to the following:

- Parents will notify coaches (in writing) with a list of medications you approve your swimmer to carry with them
- Swimmers will notify a coach if there is a need to take a medicine at a practice or meet
- Swimmers will NEVER share medications with other swimmers
- Coaches are NEVER allowed to provide medications to swimmers

### 6. Parent/Athlete Concussion Training

We require training for concussion awareness & signing that each athlete/parent has read the Concussion Information Sheet provided by the CDC & YMCA.

This sheet is included in the Appendix and must be turned in with the parent/athlete signature page.

### 7. Parent Participation Agreement

- It is the responsibility of the swimmer & their parent/guardian to contact the coaches if they will be absent from a scheduled meet. Notice shall be provided as far in advance as possible. If no contact is made at least 2 hours PRIOR to a meet, the absence will be considered unexcused.
- Swimmers are to arrive to a meet at least (30) thirty minutes prior to the station of the meet. Swimmers shall check in with the coach upon arrival. If a swimmer is not at a meet at least 30 minutes prior to the start of a meet, the swimmer may not be eligible to swim in relays at the discretion of the coach.
- If a swimmer, who was entered in a relay, fails to show up for a meet and no contact is made with the coach at least 2 hours PRIOR to the meet, that swimmer will not be entered into any more relays for the remainder of the season.
- Swimmers shall act in a safe manner at practices and meets. Swimmers shall follow the instructions and guidance of the coaches at all times during practices and meets.
- Swimmers and their parents/guardians will sign up PRIOR to the due dates for all meets.
- For invitational meets, entries and fees must be completed/paid through Team Unify. A Credit Card must be on file for the entire season.
- Parents/guardians of a swimmer will volunteer their time & effort to support the set up, timing & tear down of meets in accordance with the volunteering agreement.

## 8. Parent Volunteer Agreement

The HAGY Gators Swim Team needs your support!

Each home meet requires the help of at least 25-30 volunteers, and we are also required to provide timers/officials for away meets.

The volunteer positions are set up on a point system. Each volunteer position is identified with a certain number of points. Each family is expected to accumulate a total of 5 points for the first swimmer. Families with 2 or more swimmers will need to collect a total of 7 points.

All points must be accumulated by the end of July 2022. Failure to meet this requirement will result in a minimum \$250 penalty (based on quantity of volunteer & meet opportunities throughout the season), which will be charged to your credit card on file.

Please note the following:

- All volunteers are expected to “check in” with the Volunteer Coordinator prior to beginning your position.
- If a position is not filled by the day before a meet, a position may be assigned to you
- If you are unable to keep your volunteer position on the assigned day, it is your responsibility to find a replacement prior to the start of the meet.
- Points can be accumulated at home and away meets.

<b>Volunteer position</b>	<b># of points</b>
Awards table	2
Clerk of course	2
Computer table	2
Concession stand setup	1
Concession stand tear down	2
Concession stand worker	2
Gym/hallway setup	1
Gym/hallway tear down	2
Head timer	1
Set up pool deck	1
Tear down pool deck	2
Starter	2
Referee	2
Stroke & turn officials	2
Timers	1

Each parent is required to fill out the Hagerstown YMCA Volunteer Application included in the Appendix & take the online Presidium training courses PRIOR to volunteering at any swim meet.



## 9. Website Authorization

As part of the Hagerstown YMCA Swim Team, your child's name & age may be used on the Hagerstown YMCA Swim Team website & the C&P League website. The purpose of this includes, but is not limited to, team roster, psych sheets, swim meet results & top times.

Since it is not possible to remove individual names prior to posting these items to the websites, parental permission is required at the time of registration. By signing at the end of this, you agree that your child's name & age can be published on the above-mentioned websites.

## 10. Transportation Policy

Athletes are only to be transported to/from practice & meets by legal guardians.

It is understood that sometimes swimmers may need to be transported by another family, another athlete of legal driving age, or, in very rare cases, by a coach. All of these separate occasions need to be documented by both the parent of the swimmer & the individual responsible for safe transportation. This document is found in the Appendix.

On the Parent/Athlete Signature page, you must fill out the section listing names of legal guardians allowed to transport your athlete.

All other individuals who are going to be transporting athletes need to have a separate form filled out. This can be found in the Appendix.

## 11. Drylands Policy

Dryland training is an athletic training program which improves performance in the water and helps prevent injuries. These trainings are conducted by the coaches in a structured way that focuses on building/maintaining strength, balance, flexibility, coordination & speed.

All swimmers participating in Drylands will adhere to the following:

1. Swimmers will wear appropriate attire, sport comfortable clothing with running shoes. No jeans, flip-flops or any type of open toes shoes will be permitted.
2. If a swimmer is not wearing appropriate attire, they will be required to stay with the group, but cannot participate.
3. Outside Drylands will be kept on the YMCA property in the back of the building.
4. If a swimmer needs to return to the building for any reason, they will be accompanied by a "buddy" or extra coach if available.
5. Swimmers must meet with the coach in the YMCA main lobby and walk together to and from the designated dryland practice area.
6. Swimmers will shower after drylands before entering the pool.
7. Swimmers are not allowed to use their cell phones during drylands unless directed by the coach.
8. Swimmers will follow the direction of the coach without disruptions.
9. All other policies that are in effect during pool practice & meets also pertain to Drylands practice.

## 12. Practice Attendance Policy.

The HAGY Gators want to see each swimmer reach their potential in swimming, but we also realize that swimmers are sometimes involved in other sports and there are other activities that sometimes take precedence over swim team practice.

Coaches are responsible for taking attendance at each practice using the On Deck App. If a swimmer is going to miss a practice, it is the responsibility of the parent/swimmer to inform their coach, **in writing (email, text or written) prior to the practice**, so that swimmer can be marked “excused” for that practice.

It is very important that swimmers participate in the complete practice each day. If swimmers show up late and don’t get the proper warm up, they risk injuries because their body is not ready for practice. This also causes the other swimmers (who have already begun their practice) to get distracted. Therefore, we will adhere to the following table if a swimmer is more than 5 minutes late for practice:

OCCURRENCE #	IF A SWIMMER...	CONSEQUENCE
1	Is more than 5 minutes late for practice.	- Email will be sent to the swimmer’s parents
>3	Is more than 5 minutes late to practice after 3 separate occurrences	- Email will be sent to the swimmer’s parents - Coach can refuse to allow that swimmer to participate in that day’s practice

If a swimmer’s average practice attendance reaches 50% or less, the coaches reserve the right to move the swimmer to another level.

Excused absence examples: Homework, participation in other school related events, other sports practices/meets/games, sickness, scheduled doctor appointments, & family vacation.

## 13. Meet Attendance Policy

Swimmers are expected to attend as many meets as possible throughout the season. The League defines the quantity of meets a swimmer needs to attend in order to attend the championship meet. By signing below, I understand that my swimmer is required to attend the quantity of meets defined in the League handbook in order to attend the YMCA Championship meets.

There is no rule for a quantity of meets required for USA Swimming. Attendance at USA Championship meets is solely based on meeting the qualifying times at a sanctioned USA meet throughout the defined time period. Each meet is different.

A copy of this parent’s booklet can be found on our team’s website. (HAGY-Gators.org)

## VIII. Appendix – Forms to be signed

1. Volunteer Application
2. Parent/Athlete Concussion Information Sheet
3. Volunteer Presidium & Safe sport training links  
<https://www.usaswimming.org/safe-sport>
4. Participant Health/Emergency Information & Waiver
5. Cell Phone Policy
6. Hagerstown YMCA Social media Policy
7. Child abuse Prevention Code of Conduct
8. Transportation Documentation
  - Dual Relationship consent – Annual
  - Dual Relationship Consent – Specific Dates
  - Transportation by adult participant – Annual
  - Transportation by adult participant – Specific Dates
  - HAGY Gators transportation of minor athlete – Annual
  - HAGY Gators transportation of minor athlete – Specific Dates

All forms need signed & returned with the final page of this parent's packet. Forms can be found in the .ZIP folder on our website.

## IX. Appendix - Informational

1. Minor Athlete Abuse Prevention Policy (MAAPP)
2. Action Plan to Address Bullying
3. Medications & Anti-doping

<https://www.usaswimming.org/parents/popular-resources/anti-doping#medications>

<https://www.usada.org/spirit-of-sport/education/what-athletes-need-to-know-about-inhaled-medications/>

4. Concussion information – USA Swimming

[https://www.usaswimming.org/docs/default-source/eventsdocuments/guides/2019-tyr-pro-swim-series/tyr-pro-swim-series-at-fresno/concussion-info-sheet-for-parents-and-swimmers.pdf?sfvrsn=27662232\\_2](https://www.usaswimming.org/docs/default-source/eventsdocuments/guides/2019-tyr-pro-swim-series/tyr-pro-swim-series-at-fresno/concussion-info-sheet-for-parents-and-swimmers.pdf?sfvrsn=27662232_2)

## X. Parent/Athlete Signature

By signing this page, I agree to adhere to all of the information contained in Section VII "Policies & Forms." Each item is listed below.

1. Code of conduct – Athlete
2. Code of conduct – Parents
3. Minor Athlete Abuse Prevention Policy (USA Swimming Safe Sport)
4. Action Plan to address bullying
5. Medications
6. Parent/Athlete Concussion Training
7. Parent Participation Agreement
8. Parent Volunteer Agreement
9. Website Authorization
10. Transportation Policy
11. Drylands Policy
12. Practice Attendance Policy
13. Meet Attendance Policy

The following documents will be signed separately and turned in with this page:

1. Volunteer Application
2. Parent/Athlete Concussion Information sheet
3. Volunteer training certificate/Safe Sport certificate (parents & any athlete over 18y.o.)
4. Participant Health/Emergency Information & Waiver
5. Cell phone policy
6. Hagerstown YMCA Social Media Policy
7. Child Abuse Prevention Code of Conduct
8. Transportation Documentation

Parents/Legal Guardians approved to transport athlete listed below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Athlete Name (Printed)

Athlete Signature

Date

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Parent Name (Printed)

Parent Signature

Date

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