##

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FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

## Hagerstown YMCA Gator Swim Team

**SEASON REGISTRATION**
**Returning member**s: August 24-31, must be a Y member

**New members:** August 26-27, must be Y member

EVALUATIONS

**New Swimmers only: Wednesday and Thursday, August 26 & 27 from 6-8pm**

##### (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. Please know space is limited this year due to current COVID situation).

**Practice starts August 31st**

METRO TEAM SUIT FITTING-online option TBD

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

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 31-March 26**

Welcome to the Hagerstown YMCA Gators Swim Team, Winter season 2020-2021. 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 (when available). Your encouragement and support of the team will benefit everyone.

Our goal is to make our swim team a positive and safe 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. We are following all the regulations that are necessary in order to keep our kids safe through the current pandemic situation.

This year, our winter season includes:

* Stroke mechanics for 4 weeks
* Virtual Swim meets during the Covid-19 restrictions
* USA team optional (Must be an experienced swimmer and at least 10 years old. Please discuss this option with our Head Coach Roxy Thurmond)

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 conditioning. 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.

**NEW: Due to current situation we had to divide our levels into two groups in order to maintain social distancing.**

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.

**NEW: Meets are not available at this point due to current situation. We are working on a plan to offer Virtual meets and intra-squad meets (swimmers from our team will compete against each other on age groups).**

##### FEES:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Level | YMCA Full Payment | YMCA 5 Monthly Payments\* | YMCA with USASwimming Full Payment | YMCA with USASwimming\* 5Monthly Payments |
| Bronze | $340 | $68.00 | N/A | N/A |
| Silver | $385 | $77.00 | $495 | N/A |
| Gold | $435 | $87.00 | $545 | N/A |
| Platinum | $475 | $95.00 | $585 | N/A |

\*The payments can be done in five equal installments. The first one is due at the time of registration, then schedule as follows: 09/15,10/15,11/15,12/15. All balances must be paid by December 15th. 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.

**If a swimmer moves up a level during the season, at the coach’s recommendation, there will be a level up fee of $38.00 that needs to be paid at the front desk.**

##### USA SWIMMING $110 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 and age from an original birth certificate.

This rate includes all registration fees (team and individual swimmer to MD Swimming). Additional costs will be added, if meets resume to normal, to cover the expense for travel as well the hours of the coaches on deck. Any additional meet entry fees will be the responsibility of the swimmer’s family.

NOTE: USA fees must be paid in full at registration.

**Practice schedule (subject to change)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Level** | **MON** | **TUE** | **WED** | **THUR** | **FRI** |
| Bronze A |  | 4:30-5:15 |  | 4:30-5:15 |  |
| Bronze B |  | 5:15-6:00 |  | 5:15-6:00 |  |
| Silver A | 4:30-5:30 |  | 4:30-5:30 |  | 4:30-5:30 |
| Silver B | 5:30-6:30 |  | 5:30-6:30 |  | 5:30-6:30 |
| Gold A | 4:30-5:30 | 4:30-5:30A/B alternate | 4:30-5:30 | Drylands 4:00-5:00 A/B alternate | 4:30-5:30 |
| Gold B | 5:30-6:30 | 4:30-5:30 A/B alternate | 5:30-6:30 | Drylands 4:00-5:00 A/B alternate | 5:30-6:30 |
| Platinum | 6:30-8:00 | Drylands 5:00-6:006:00-7:30 water | 6:30-8:00 | Drylands 5:00-6:006:00-7:30 water | 6:30-8:00 |

***Weekend practice for Gold and Platinum TBD (1-1.5-hour practice)***

***\**schedule can change according to pool availability**

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

**Coaches will determine groups, stay tuned!**

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!**

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)
* NEW: Minor participation waiver, release, indemnification of all claims and covenant not to sue (COVID related)

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

All parents/grandparents’ volunteers will need to complete the SAFE SPORT/PRAESIDIUM CERTIFICATION. This are available on our website under the Parent Info tab. No one can volunteer without completing this certification.

##### MEETS:

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

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, 2020. 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:

* Swimsuit/Cap and 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 swimmers 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.

All parents are required to become involved during the swim meets (when available) 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 2020-2021. 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.

##### COVID-19 Regulations:

##### Swimmers 9 years old and under must be dropped and picked up by their parent/guardian on the pool deck. Please be on time! No swimmer under the age of 9 will be released until we see the parent/guardian on deck. No parents can wait on deck or at the viewing area behind the window due to Covid-19 restrictions.

##### All other swimmers will be dropped and picked up at the main door from the lobby Coaches will guide them to their assign lanes. Swimmers will exit the practice at the deep end and once the other group is already at the shallow end, they can leave the pool again through the family locker room.

##### In conjunction with Covid-19 guidelines the following protocols are in effect:

##### MASKS ARE REQUIRED THROUGHOUT THE BUILDING EXCEPT IN THE SWIMMING POOL

##### HIGHLY RECOMMEND HAND SANTIZE WHEN ENTERING BUILDING

##### SELF TEMERPATURE CHECK IS REQUIRED WHEN ENTERING THE BUILDING

##### SWIMMERS SHOULD WEAR SWIMSUITS SINCE BOYS/GIRLS LOCKER ROOM NOT AVAILABLE

##### SWIMMERS WILL ENTER THROUGH FAMILY LOCKER ROOM AND USE CHANGING AREAS IF AVAILABLE THEN USE SHOWER ON POOL DECK

##### NO STREET SHOES ALLOWED ON THE POOL DUE TO COVID-19 REGULATIONS

##### This is a great time to purchase your own kickboard, flippers, pull buoys; snorkels for Gold & Platinum. We will disinfect all the equipment between groups as well.

Sincerely,

Roxy Thurmond, Head Coach

roxyt@ymcahagerstown.org

The Swim Team Parents Committee 2020-2021:

President: Amanda Himmelwright

Vice President: TBD

Treasurer: Sherry Gagnon

Secretary: Leia Wood

Volunteer coordinator: TBD

Fundraising coordinator: TBD

Team Rep and Meet Manager: Angela Hanft