FLINT YMCA FALCONS SWIM TEAM HANDBOOK

FLINT FALCONS MISSION

Flint YMCA Falcons aims to create a positive environment in which kids can learn the sport of competitive swimming, compete at a high level, build relationships, and become future ambassadors of the YMCA and YMCA Swimming. We incorporate the YMCA Vision in our mission: We build strong kids, strong families, strong communities

INTRODUCTION

The purpose of this handbook is two-fold: to explain to new members just what the Flint YMCA Falcons Swim Team is and familiarize them with our processes, and to outline various policies and procedures. Please read this handbook with your swimmer. Once finished, please sign the electronic acknowledgements in the registration system.

FLINT YMCA FALCON HISTORY

The Flint YMCA Falcons Swim Team was founded in the late 1960's under the name of "Flint YMCA Aquajets". The team was later renamed "The Flint YMCA Falcons". Flint Falcons has a history of success not only within Michigan YMCA Swimming, where recently they were the 2022 Michigan YMCA State Runner Up in both 8 & Under and 9 and Over, but also in the 5-State Great Lakes Zone, where the Falcons finished 3rd in 2021, 1st in 2013, and have had numerous other top 5 finishes as a team. Flint Falcons has also made themselves a regular presence at the YMCA National Championship and sent swimmers to the US Olympic Trials in 2016 and 2012. Flint Falcon swimmers have made an impact locally on their middle and high school teams, with many moving on to college swimming.

YMCA SWIMMING – USA SWIMMING – MICHIGAN SWIMMING

Flint Falcons is a YMCA and USA Swimming affiliated club.

YMCA affiliation allows the swimmers to participate in closed YMCA dual meets, YMCA invitationals, and the series of YMCA Championship meets. YMCA competitive aquatics has operated for over 100 years, with over 60,000 athletes, 2100 registered coaches, and 5100 trained officials.

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility, is an essential element of its sports program.

- Caring: To love others and be sensitive to the well-being of others involved in the sports program
- Honesty: To have integrity, making sure that one's actions match one's values through participation in sports
- Respect: To value the worth of every person, including oneself, one's teammates, opponents, and officials
- Responsibility: To be accountable for one's behavior and obligations

USA Swimming is the National Governing Body for the sport of swimming in the United States. USA Swimming is responsible for selecting and training teams for international competition, including the Olympic Games, and administering competitive swimming in accordance with the Ted Stevens Olympic & Amateur Sports Act. Membership is comprised of swimmers of every age and ability, all the way up to the Olympic Team, as well as coaches, officials and volunteers.

Michigan Swimming (MS) is one of 59 geographically defined Local Swim Committees (LSCs) within USA Swimming. MS administers and promotes USA Swimming programs at the local level. MS has jurisdiction over USA Swimming programs in the State of Michigan. The principal activities of MS are developing swim meet schedules, setting standards for and sanctioning swim meets.

Swimmers must hold an individual USA membership to participate in Michigan Swimming or USA Swimming sanctioned meets. YMCA meets only require an active YMCA membership. Flint Falcon swimmers that are 11 and over will hold USA Swimming Memberships. It is optional for 10 and Under swimmers. The Flint Falcons prioritize YMCA Championship meets over USA Swimming Championship meets when there is a conflict.

COACHING STAFF

Head Coach – Jim LaFave

Coach Jim has been the head coach of the Flint Falcons since 2018. He began his coaching career in 2012 as an assistant coach for the Forest Hills Swim Club Water Hogs. He then coached summers for the Pine Lake Country Club, where he led them to several undefeated seasons and finals championships. After graduating from college Jim spent two years as the assistant coach for the Women's team at DePauw University. Since moving to the Flint area and taking on the head coaching position at the Flint Falcons, Jim has continued to support the wider swimming community. He was instrumental in re-opening the pool at Atlas Valley Country Club and re-starting their competitive swim team in the Genesee County Interclub Association. Jim takes his love of swimming to the schools as well, where he has been assistant coach for the Birmingham Seaholm boys' team and the Davison girls' team. He will be the head coach for Davison girls in fall of 2021.

As a swimmer Jim competed for the Birmingham Blue Dolphins YMCA team, Seaholm High School and Grand Valley State University. His best events were the 100 & 200 Backstroke and the 100 Butterfly. Jim was a member of BBD's YMCA National Team, as well as a 2-time BBD team record holder. In high school he earned multiple All State Awards and was a part of the 2011 State Champion Seaholm Maples. Jim went on to make the All Time Top 10 List in the 200 backstroke for Grand Valley State University where he also earned his BS in Exercise Science in 2015.

Assistant Coaches-

- Devon Bryant
- Cydney Taylor
- Abbie Walker-Hackett

RESPONSIBILITIES

COACHES:

All Flint YMCA Falcon Coaches are employees of the YMCA of Greater Flint and follow established guidelines for YMCA employees and YMCA Competitive Swim Coaches, as well as those instituted by USA Swimming.

RESPONSIBILITIES

SWIMMERS:

- Attend practice regularly and be on time
- Communicate effectively and be respectful to the coaching staff
- Be respectful to all volunteers, other coaches, and officials at swim meets
- Demonstrate good sportsmanship to all swimmers and support his/her teammates
- Show respect for all facilities Falcons use for practice and meets, including the YMCA, by leaving the pool deck, locker rooms, and other facilities in the same or better condition than arrival
- Appreciate his/her parents
- Attend all meets in which he/she has been entered including 3 YMCA sessions
- Wear a Flint Falcons team suit and cap at meets and only wear "tech" suits when coach approved
- Attend the championship meets, including the highest level for which he/she qualifies
- Participate in fundraisers and team functions
- Remember to HAVE FUN with the entire swimming experience
- See Appendix 1 for a complete Code of Conduct

PARENTS:

- Provide transportation to swimmers to and from practice at the correct time
- Support the team through volunteer time
- View the Flint Falcons website and emails regularly to keep up to date with practice and meet schedules
- Sign your swimmer up for swim meets before deadlines, including 3 YMCA sessions and choose appropriate events
- Fulfill all financial obligations related to the team and YMCA in a timely manner
- Allow the coaching staff do the coaching
- Communicate with coaches in appropriate ways (email preferred) and at appropriate times (not during meets or practice)
- Follow the 24-hour rule for any complaints (wait 24 hours for a cooler head and more effective criticism)
- Follow any rules regarding health and safety at practice and meet facilities. This includes the USA Swimming ban on cell phone use behind starting blocks.
- Be supportive towards your swimmer(s) and encourage them to do their best while having fun. Be their biggest fan! Acknowledge their effort and their support of teammates.
- Model good sportsmanship during practices and meets
- Encourage your swimmer(s) to communicate directly with the coach instead of you

FINANCIAL OBLIGATIONS

The following are the components of fee associated with the Flint Falcons:

- Registration Fee
- YMCA Membership
- Training Fees
- USA Swimming Membership
- Meet Fees
- Fundraising

YMCA swimmers must have a current, full-season YMCA membership. The Flint YMCA Falcons has incorporated the YMCA membership into the total fees. There may be situations in which a family membership is a better choice than billing each swimmer separately in a family. There are also opportunities to apply for income-based financial assistance through the YMCA. Please contact the YMCA to discuss those options. Payment for the registration fee and YMCA membership is done at registration. USA Memberships will be paid individually, separately from our team registration beginning in 2022/23. More information on USA membership is forthcoming. Training fees may be paid either in a lump sum payment at registration (5% discount) or spread over 4 months (Sept, Oct, Nov, Dec). Training fees are based on number of hours each group practices and cover pool rental, coaches' salaries, and other administrative expenses through the YMCA State Meets, if qualified. Any swimmer qualifying for meets past the YMCA State Meets will pay a prorated fee for training in March (approximately 2 weeks for Zones and 4 weeks for Nationals. Meet fees are charged separately from all other charges. Swimmers pay a per-event fee for meets they register for, typically $4-$7 per event. There may be additional facility fees from the host team. Meet fees are paid to the host upon sending meet entries. Once a swimmer registers for a meet, those fees are not refundable.
To offset expenses not covered by training fees, Flint Falcons also hosts meets. Parent participation in running Falcon meets is vital to their success. Falcons is also reinstituting fundraising for the 2022 season. More details to follow.

PRACTICE AND GROUP PLACEMENT

The Flint Falcons coaches have the final say on group placement, but training groups are primarily determined by age in order to facilitate appropriate social development and team bonding. Within each age group, swimmers will train according to ability. The time commitment and type of training is developmentally appropriate for each group.
8 & Under: Practices are scheduled approximately 3 days per week for 1 hour. The focus for this group is learning proper technique and developing endurance. Swimmers will learn to enjoy practice and learn respect for teammates and coaches. Skills developed include learning the four competitive strokes, underwater skills, diving and flip turns. Dryland activities will be introduced at the beginning of practice and include stretching, balance, and agility exercises. Other activities outside of swim, such as gymnastics, dance and ball sports, are encouraged to develop a well-rounded athlete. Members of this group will compete in YMCA closed competitions. New swimmers are asked to attend at least 3 sessions of meets so they are eligible to participate in the Michigan YMCA 8 and Under Championship, where they compete against swimmers their own age (5, 6, 7, or 8).
9/10-year-olds: Practices are scheduled approximately 4 days per week for 1-1/4 hours. This group will continue working on swimming endurance along with learning about speed change and tempo. As they

become adept at all four strokes, the technical work and training increases. This group will also work on relay starts, correct competition starts and finishes, learning how to read a pace clock, and goal setting. This group should attempt to compete in approximately 1 YMCA meet per month and plan on competing in Michigan YMCA Championship meets.

11 yrs – 8th grade (Middle School): Practices are scheduled 5 days a week for 1-1/2 hours. Swimmers in this age group are expected to attend the number of practices appropriate for their age, but are encouraged to participate in school sports, including their middle school swim team, if they wish. They will be exposed to more practice hours, distance swimming, and higher levels of competition. Stroke drills, speed work, aerobic training and more complicated training sets are introduced. Athletes will also learn to plan their training and competition schedules in order to meet their goals. The meet expectations for this group are 1 meet per month, more if appropriate. A minimum of 3 YMCA closed sessions is required for the season. The goal is to achieve qualifying times for the highest-level meet that is reasonable for each individual swimmer's ability. For swimmers that are qualified and ready, there are opportunities for higher level competitions.

9th grade – 19yrs (High School): Practices are scheduled 6 days a week for 2 hours. Swimmers are encouraged to participate on their school swim teams in conjunction with the YMCA team. Training for these athletes begins to focus on each swimmer's primary strokes and distance. Endurance, strength and anaerobic training, along with fine-tuning smaller details are covered. Dryland will focus on core body strength, flexibility and agility. Weight-training will also be introduced. These swimmers are expected to work on self-motivation and race readiness. A minimum of 3 YMCA closed sessions is required. Both USA Swimming competitions and YMCA competitions will be on the schedule. This group will be competing in the Michigan YMCA Championship meets, including the 9 and over State meet. Many swimmers will also achieve Great Lakes Zone qualifying times and some will achieve YMCA National qualifying times. If a swimmer qualifies for USA Futures, Junior Nationals, or a higher-level meet, they are encouraged to participate. The expectation is to attend the highest meet for which they qualify. Please see Appendix 2 for special information on high school swimmers.

TRAINING SEASONS/AGE GROUPS

The Flint Falcons operate two seasons: Short Course and Long Course. Short course season refers to meets held in 25-yard pools and runs from September through February/March. Registration for short course season begins in August. The season ends after the last meet for which the individual qualifies. Long course season refers to meets held in 50-meter pools. Long course season runs from April-July. Long course registration gives several options for commitment: spring only, summer only, or both.

YMCA Swimming has a December 1st cutoff to determine an athlete's age for competition. Whatever age your swimmer is on December 1st is the age he/she will swim for all YMCA short course meets that season. USA Swimming does not have an age cutoff. Whatever age your swimmer is on the first day of a USA meet is the age they will swim for that meet.

EQUIPMENT, SPIRIT WEAR, TEAM SUITS & CAPS

Equipment lists for each group are listed on our website by training group. All items can be purchased through the Varsity Shop (our suit vendor). Spirit wear is sold in the fall and again before the holidays and is not required. Each swimmer will receive a team cap in fall and a championship team cap in February (included in the team fee). Additional caps can be purchased if needed. Swimmers will receive a team shirt in fall and a championship shirt in February.

12 and under swimmers are expected to purchase and wear a team suit at our meets. 13 and over swimmers are highly encouraged to wear the team suit. Tech suits are not mandatory and are only allowed at meets in which the coaches have approved their use. Younger swimmers should not feel pressured to purchase one.

SWIM MEETS

As mentioned previously, the expectation for meet participation is a minimum of 3 YMCA sessions. All Falcon swimmers are expected to participate in Falcon hosted meets and championship meets for which they qualify. Swimmers are also encouraged to participate in YMCA meets hosted by other teams, as our participation in their meets encourages other teams to come to our meets. As swimmers advance in skill and age, more meet attendance is encouraged. Racing gives coaches and swimmers an opportunity to measure progress and determine strengths and weaknesses of each individual swimmer.

Meet basics for new families:
Meet information and packets are posted on the Falcons webpage under "Events". There is a time frame for registering for meets, both when they open and close for entries. Expect meets to last approximately 4 hours per session. A typical invitational will have some age groups swim in a morning session and some age groups swim an afternoon session. There may be an additional session Friday night for distance swimming. When registering for meets, parents and swimmers choose which sessions they will attend and typically which events they prefer to swim. Swimmers can choose to only swim one session at a weekend meet (e.g., only Saturday or only Sunday). Always arrive at meets 15 minutes before the warm-up begins unless a coach instructs otherwise. Swimmers can typically leave after their last event but must talk to a coach first. Meets often end with relays that are not listed in the meet sign-up, so make sure your swimmer is not needed and is okayed to leave. Swimmers are expected to swim their race and go directly to the coach observing for a post-race conversation. Meet registration instructions are covered more completely in Appendix 3.
The meet schedule is published as soon as possible, with fall meets being confirmed in August or September. It's important for parents to follow the team webpage and open emails from Falcons to see when registration opens and closes for swim meets. Meets start in October and run through February for all swimmers and March for higher qualifiers.

YMCA Championship Meets:

- YMCA Eastern Cluster: Held in mid-February. No qualifying times. All swimmers participate.
- YMCA 8 and Under State Meet: Held in late February. No qualifying times. 8 and Unders compete against their own age (5, 6, 7, or 8). This is a highlight of the season and all 8 and Unders should attend
- YMCA District: Held the same weekend as 8 and Under State. This is a 9 & Over meet for non-state qualifiers to swim one last meet to attempt to qualify for State. *Please note this meet may not be held in 2023.
- Michigan YMCA 9 & Over State Meet: There are qualifying times for this meet that can be found on the Falcon webpage. These qualifying standards are achievable and a great guide for goal setting.
- YMCA Great Lakes Zone Meet: The zone meet includes 9 and over swimmers from a 5-state region (Michigan, Ohio, Indiana, Kentucky and West Virginia). This meet is held in mid-March at a different location each year. It is one step above the YMCA State meet with faster qualifying times. Swimmers may be asked to swim on a relay at the zone meet even if they have not qualified individually.

- YMCA Short Course Nationals: This is the highest-level YMCA meet in the country held in Greensboro, NC. Swimmers must be 12 years old by April 1st to compete and have qualifying times.

USA Meets:
USA Swimming invitationals: USA Swimming invitationals will be interspersed within the YMCA meets during the short course season and are the only meets offered during long course season. They may be larger meets and may be set up as prelims/finals (meaning top qualifiers from the morning session compete again in the evening). These meets offer the opportunity to swim against more teams and competitors than closed YMCA invitationals.

- Michigan Swimming State Championships: For short course season and long course season, there is a 14 and Under Michigan Swimming State Meet (MAGS) and the Michigan Ultra State Meet (open to any aged swimmer with a qualifying time). These are USA Swimming sanctioned events that require USA Swimming membership. If these meets do not conflict with a YMCA championship meet and if qualifying standards are met, Falcons may participate in the Michigan Swimming State Championships. Short course state meets are held in March. Long course state meets are held in late July. Qualifying times can be found on the Falcons webpage.
- USA Zones: USA Zone meets are for 14 and Under swimmers. Typically swimmers apply through Michigan Swimming to attend the winter meet and must meet qualifying standards.
- Sectionals, Futures, Junior Nationals and Nationals: These higher-level USA Swimming competitions have qualifying time standards. Time standards can be found on the USA Swimming webpage or Deck Pass app. The coaches will discuss swimming these meets with anyone who qualifies and wishes to attend.

APPENDIX 1

ATHLETE CODE OF CONDUCT

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

- ❑ I will respect and show courtesy to my teammates and coaches at all times.
- ❑ I will demonstrate good sportsmanship at all practices and meets.
- ❑ I will set a good example of behavior and work ethic for my younger teammates.
- ❑ I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- ❑ I will attend all team meetings and training sessions, unless I am excused by my coach.
- ❑ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ❑ I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- ❑ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ❑ I will obey all of YMCA Swimming, USA Swimming, and YMCA of Greater Flint rules and codes of conduct.

Violations at practices or meets may result in a warning, and/or asking the swimmer to sit out of practice temporarily.

Should the coach feel they need to ask the swimmer to leave a practice/competition or a temporarily suspension from team activities, a parent/guardian meeting will be arranged.

Egregious violations of the team code of conduct could result in dismissal from the team. A meeting with the swimmer and parent/guardian and head coach will be scheduled prior to dismissal.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

_____ _____

Swimmer's signature Date

_____ _____

Parent's signature Date

APPENDIX 2

HIGH SCHOOL GIRLS AND BOYS

All high school students swimming with their school team are charged according to expected practice and competition time with the Flint Falcons. If your swimmer does not compete with their high school team or chooses to practice primarily with the Falcons, the full age-group rate applies. Due to the timing of the seasons, high school girls can practice and compete more weeks for Falcons than high school boys; this is reflected in the rate difference. Swimmers must maintain their Y membership throughout the season, per the national YMCA rules.

Swimmers paying the High School Rate may swim with Falcons on holiday breaks, Saturdays, and any days their team does not have scheduled practice during the season. Check with the coach if there are any other Falcon practices the swimmer wishes to attend. Swimmers may also compete in limited meets with Falcons during the high school season per MHSAA rules.

High school girls competing with their school may begin practicing full time with Falcons in November, following their league meet. There is no discount for waiting to register until after the high school season ends, the rate already accounts for limited fall participation. In order to plan appropriately for pool space and coaching staff, the Falcons appreciate high school girls registering in August with the rest of the team even if they do not intend on attending any Falcon practices or meets until high school season is complete.

High school boys competing with their school may practice full time with Falcons until their school practices begin in December and again after the completion of their league meet in February.

MHSAA RULES REGARDING COMPETITION FOR NON-SCHOOL TEAMS

- Swimmers may compete in unlimited meets with Falcons until the STUDENT'S first school competition
- After the swimmer's first school competition, swimmers may compete in two meets with Falcons. One "meet" is considered an entire 1-, 2-, or 3-day meet, therefore swimmers may compete in as many sessions as they are eligible for over one weekend, and it is considered "one meet"

YMCA REQUIREMENTS FOR CHAMPIONSHIP MEETS

All swimmers must compete in 3 sessions of closed YMCA competitions ("closed" = YMCA only) in order to swim YMCA Clusters, YMCA Districts, 8U YMCA State, 9 & Over YMCA State, Great Lakes Zones, or YMCA Nationals. A session is one morning, afternoon, or evening - not the entire meet (e.g., 2-day meet = 2 sessions if swimming both days).

It is important, especially for high school boys, to plan and enter YMCA meets early so the 3-session requirement is met and they are eligible for Y championship meets. Once the meet schedule is finalized, please prioritize these meets for your high school swimmers.

TIMES EARNED AT HIGH SCHOOL MEETS

Times earned at sanctioned championship meets that appear in the SWIMS database can be used for all future meet entries. MHSAA State Championship meets and MISCA meets are typically sanctioned. Most other meets and invitationals are not sanctioned. If you achieve a time in a non-sanctioned meet and wish to use it as an "official" time, please get a copy of the meet results signed by the official. YMCA Championship meets typically accept these. Higher level USA Swimming competitions may not.

MIDDLE SCHOOL SWIMMERS

Due to the short season for middle school swim, there is not a price adjustment for those swimming with their school team. All other guidelines for high school swimmers apply to middle schoolers.

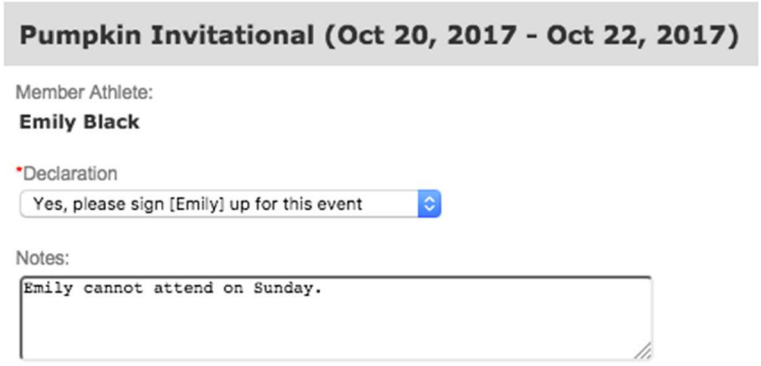
APPENDIX 3

MEET REGISTRATION INSTRUCTIONS

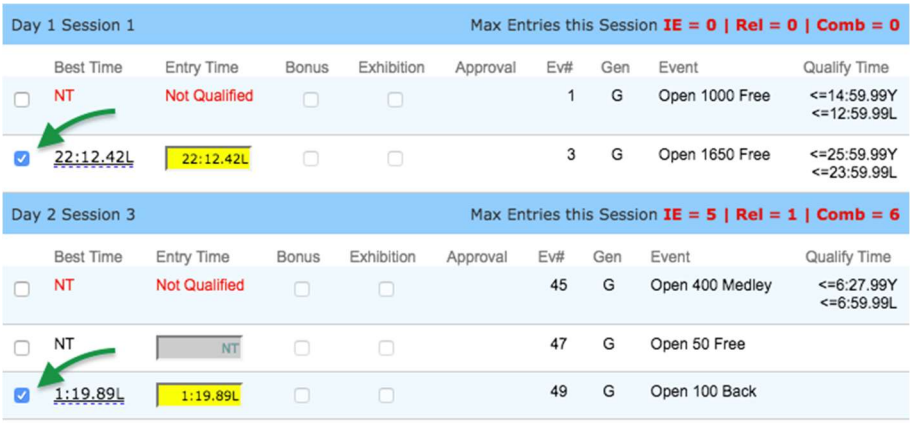
Parents: Sign up athlete for meet / Commit to events on the website

Note: See below if you are using the OnDeck app. You may commit to meets on the app or the website

- Sign into your team's TeamUnify website.
- Go to your Events page. In the side menu click **Events & Competition** > **Team Events**.
- Click your desired event's **Attend/Decline** (or **Edit Commitment**) button.
- Click the name of your athlete whom you want to attend.
- Click the *Declaration* dropdown and click **Yes, please sign [Name] up for this event** (or **No, thanks, [Name] will NOT attend this event**, enter any *Notes*, and then click **Save Changes**).

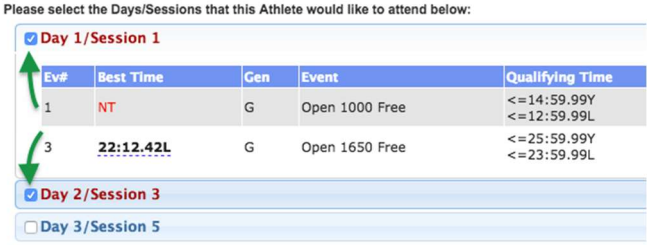


- Enter any *Notes* you want the coach to see.
- Falcons allows parents/swimmers to select their own events at most meets. Check the boxes of the events you want your athlete to enter.



Red times indicate your athlete is not qualified to enter those events. NT means there has not been a time recorded in that event for your swimmer.

- Occasionally Falcons coaches will pick events. Just choose the days/sessions your athlete will attend.



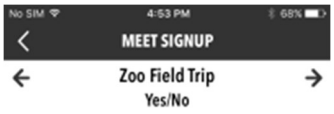
You may click a day/session button to see what events are scheduled.

- When finished, click **Save Changes**. Repeat for all other athletes you may have.

OnDeck: Declare/commit/sign up for upcoming meets on your phone through the app

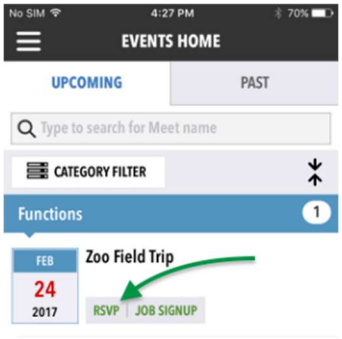
OnDeck allows you to sign up your athletes for upcoming meets and events. There are three kinds of events and the process is almost identical for each—select an athlete, select Yes or No if they will attend, enter any notes, and possibly select days/sessions or events in the meet.

To access any of these, tap **Menu** > **Events** > **Events & Meet Entries**. Once you tap **RSVP** or **DECLARE/EDIT COMMITMENT** for a meet, you can tell what kind of meet it is at the top:



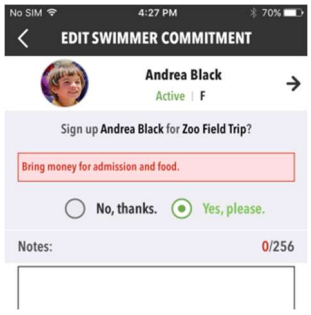
Yes/No Events

-Tap **RSVP** by event.



-Tap an athlete's name

-Select **No, thanks** or **Yes, please** if they will attend.

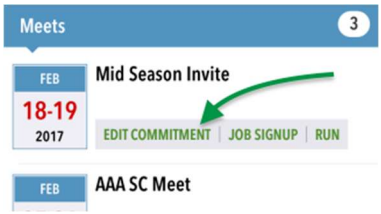


-Optionally enter any *Notes*.

-Tap **SAVE CHANGES** and then **OK**.

Commit by Session Meets

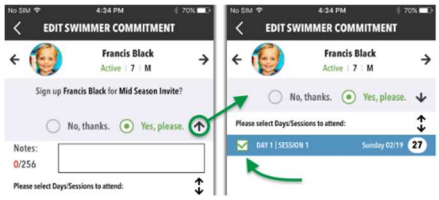
-Tap **DECLARE** or **EDIT COMMITMENT** by meet (it will say VIEW COMMITMENT if the registration deadline has passed, in which case you can view but not edit your commitments).



-Tap an athlete's name.

-Select **No, thanks** or **Yes, please** if they will attend. Optionally enter any *Notes*.

-You may tap the **up arrow** bythe *Yes/No* radio buttons to hide notes and make more room for days/sessions.



-Select Days/Sessions to attend.

-Tap a Day/Session blue bar to see all events for that session.

-Tap **SAVE CHANGES** and then **OK**.

Commit by Event Meets

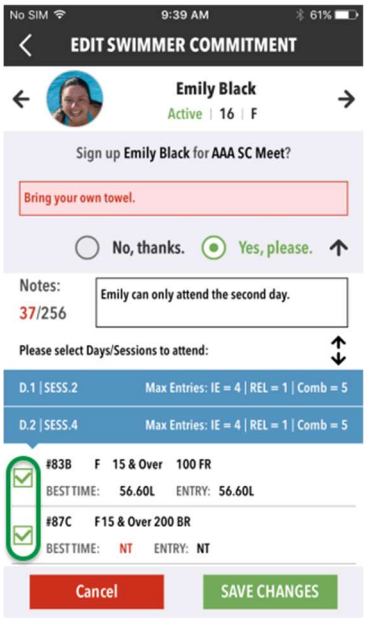
-Tap **EDIT COMMITMENT** by meet.

-Tap an athlete's name.

-Select **No, thanks** or **Yes, please** if they will attend. Optionally enter any *Notes*.

-You may tap the **up arrow** by the *Yes/No* radio buttons to hide notes and make more room for days/sessions.

-Tap a Day/Session blue bar to see all events for that session.



-Check the boxes by events you want them to attend. A coach will need to approve them.

-Tap **SAVE CHANGES** and **OK**

APPENDIX 4

HELPFUL TIPS

YMCA webpage: www.flintymca.org This site has previously been used for paying registration and meet fees. We are migrating ALL payments to our team page.

Falcons webpage: http://www.flint-falcons.org This is our main team page. Register for meets, find meet and practice schedules, time standards, spirit wear, records, and other important information. This site is hosted by Team Unify and has an app associated to it called "OnDeck". You can register for meets through the On Deck app, but not all information from our webpage is available in the app.

USA Swimming Webpage: National time standards and age group goals can be found here, as well as records of any USA swimming sanctioned meets. A plethora of other information is also available through their site https://www.usaswimming.org or the app "Deck Pass"

Michigan Swimming: The webpage for Michigan Swimming has information about USA sanctioned meets in Michigan, time standards for the Michigan Swimming State Meets and links to Team Michigan and the Central Zone (USA Swimming zone for our region) https://www.teamunify.com/Home.jsp?team=milsc

Meet Mobile: Meet Mobile is an app used at the vast majority of swim meets for instant results, meet lineups, heat sheets, etc. There is a $5 yearly subscription fee that most families find well worth the price.

Remind: Join the current Remind group for Falcons to receive last minute changes to practices or meets, quick announcements, and relay lineups. Due to the team size, we have 2 separate remind groups. Please join the appropriate group. If you have swimmers in both age groups, join both.

Remind code for 13 and over swimmers: @fly13over
Remind code for 12 and under swimmers: @fly12u

Kettering University Recreation Services

Assumption of Risk, Covenant Not to Sue and Release Form

I, _____, recognize that participating in Recreation Center activities present certain risks and dangers. These risks include personal injury, the loss or damage of personal property, and loss of life.

Therefore, it is agreed as follows:

That in consideration of being allowed to participate in various Recreation Services activities and receive educational and other benefits the undersigned herby voluntarily assumes all risk of accident or damage to his/her person or property and all risks of any kind sustained, whether caused by negligence of Kettering University, its officers, employees and agents, game officials, volunteers, and all participating sponsors (hereafter releasees). The releasees shall assume no responsibility or liability for me for accident, illness, or loss or damage of personal property, and I acknowledge and do herby assume all risks inherent in the use of Kettering University's recreational facilities and in connection with these activities, and for myself, heirs, executors, administrator and assigns do hereby expressly agree not to sue and release and discharge the releasees from all claims, demands, liability actions or judgments of any kinds whether caused by the negligence of said releasees or otherwise, which I now have, or may have in the future against any of the said releasees arising out of my recreational participation.

I also agree to abide by all policies and procedures of the recreational facilities and will follow instructions and requests of the releasees.

The undersigned by voluntarily signing this release hereby certifies to have read and fully understood the conditions herein provided.

Applicant's Signature: _____ Date: _____/_____/_____

If applicant is a minor:
Parent/Guardian Signature: _____ Date: _____/_____/_____

Witness Signature: _____ Date: _____/_____/_____