



**Welcome...We aim to Guide, Inspire & Motivate using framework ofY CORE Values  
Caring/Honesty/Respect/Responsibility**

**SECTION I**

Coaching staff

- RED- Emily Maas /Kirsten Palmer/Megan Olsen/Lesli Washington(thurs)
- WHITE I – Emily Maas/Kathy Coffin-Sheard//Lesli Washington (tues)
- WHITE II -Chris Corrado/Kathy Coffin-Sheard
- BLUE I- Whitney Miller/Emily Maas (Thurs)
- BLUE II- Janina Timmer (tues/thurs)/Courtney Greening(mon/wed)
- SENIOR -Kathy Coffin-Sheard/Tom Ulatowski
- DRYLAND COACH – Jami Hirsch (works directly with Blue I, II and Senior and develops dryland regimen for WHITE I, II and Red)

Coaching Responsibilities...

**SECTION II USA SAFESPORT:**

Safe Sport requires that all USA Swimming member clubs have the following policies in place. Focus is prevention and education

**Hotel policy-discuss, doors ajar at ALL TIMES**

**Electronic Communication**

- No tech on deck at practice, swim meets (home or away), team functions, NOR and NEVER in locker rooms at any YMCA facility or any other facility.
- If your swimmer is caught using phones in the Locker rooms esp. taking photos they will be disciplined for this infraction. They can be suspended from practice & removed from swim meets and disqualified from the rest of the competition. This is a USA Swimming Safesport violation.

**Coaches and cell phone use:**

- All coaches will have to have a cell phone on deck at meets for emergency purposes.(sometimes we will take photos before meet begins and post of fb)
- In my opinion, there is no reason that any swimmer should have a coach's cell # or contact them for any reason outside of pool time.
- It will be highly frowned upon that a swimmer has private contact with a coach besides face to face, on deck at meets, team events or practice. There should always be a 3<sup>rd</sup> party present at all times. NEVER ONE ON ONE. It is a safesport violation for the **swimmers' parent not to be linked into text messages.**

## Anti-Bullying Plan

- **PURPOSE.** We are committed to providing a safe caring and friendly environment. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to contact their swimmers coach or Coach Kathy directly.
- **What is bullying?** Use of aggression whether intentional or not which hurts another person. It is the severe or repeated use of one or more USA members of oral, written, electronic or other technological expression, image sound data of any nature or a physical act or gesture of any combination thereof, directed at any other member.
- **Reporting** A swimmer can report a bullying incident to their parents or to one of the coaches directly; we will then develop a plan for how to fix the issue.

### Other team guidelines/policies:

Destruction of property... to a swimmer's property or damage to any YMCA facility will be taken very seriously. This will result in a parent meeting and loss of YMCA privileges.\*

*All incidences will be documented and will remain securely on file for the duration of the swimmer's time with Breakers.*

1. Warning, parent and swimmer/coach meeting, develop a plan
2. 3-day suspension from practice
3. Suspension tbd., that includes missing the next meet-this includes championship meets
4. Losing the opportunity to be a Breaker-indefinitely

\*In regards to some incidents, rare, but could happen, coaches overall discretion will be taken into account & COULD dictate an immediate expulsion from the team.

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(Kids go with coaches now...)

## SECTION III-Parent expectations

Parent Expectations: Patience/Support/Expectation/Trust/Support your swimmer/Stay informed/Model responsibility

### Communication Coaches to Families:

- Team Website **TCBREAKERS.COM**
- What if I cannot find the answer to my question?
- 231-346-4969/KATHY@GTBAYYMCA.ORG OR speak with your swimmers coach **after** practice.
- How do I talk with my swimmer's Coach?-please not do on deck while coaches are engaged
- What if we need to address a private issue? Open door policy

### Billing and Membership-

- What if my swimmer only swims thru March? Stops in April?
- Wants to take a break for skiing?
- What happens if we take a break and we want to come back?

## Section IV-Meets

- Inter-squad meet 10/3/2019
- How do I know my swimmer is ready for a meet? For a travel meet?
- What is Short Course? (25 yd. pool) Long Course? (50 Meters)
- Choosing Events? Sign up on tcbreakers.com Follow prompts- Away meet fees range vary- but the average is \$5 per **swim**.
- We do apply a meet surcharge of \$15/swimmer to cover some of our coaching travel costs & Championship meets this charge increases to \$20/swimmer
- Relays are determined by coaches and paid for by the Team-Big focus for this year
- **TEAM SPIRIT!** Parents please sit together, wear cool Breakers gear! SUPPORT your TEAM!

**Championship Meets**-every YMCA swimmer has an end of short course season opportunity to be on our 2020 BREAKERS Championship Team-this is what we work so hard for!!

Please refer to meet schedule

1. **8& under YMCA Champs , 9 & over YMCA District Champs** (both Feb 15 am/pm respectively) and **9& over YMCA State Champs** (Feb 22-23)
  - Swimmers must compete in a min of 3 race days of closed YMCA meets to be eligible for *any YMCA Championship meets* listed above.
  - Qualifying times are needed for 9&over YMCA states only
  - If your swimmer has qualified for even 1 individual state cut they will not be allowed to attend the YMCA district meet **AT ALL**
2. USA 12& under/13& over States/Sectionals- must meet time standard to attend meet/no meet minimum

## SECTION V Fundraising and Volunteering

- Fundraising- WE have one team fundraiser a year that benefits all our swimmers which is SWIM4FUNZ\$ on December 17<sup>th</sup>,2019 which helps support:
- Yearend party -including awards and other social events/meet awards/facility rental
- General shared (borrowed) training gear (kickboards, dryland equipment, mats, fins, pull buoys, larger paddles)
- Record boards (2018-19 season)UNVEILING OCT 3<sup>RD</sup>
- Goal for 2019-20-new block ledges for blocks (looks like a track start wedge), more dryland equipment/2-3 pull up/TRX stations on pool deck can be used by all swimmers

### Volunteering...

## **SECTION VI Team Gear/Suits/Suit Fitting/Apparel**-contract with **SPEEDO** until 2022

- Making Waves Shop 9/12/2019 4:30-6:30 pm@ West YMCA (RED swims at WEST this evening)
  - Team suit is NOT mandatory/BREAKER CAPS AND APPAREL TO BE WORN AT MEETS AND ON DECK
  - SWIM GEAR makingwavesusa.com /on website/ **use** gobreakers to enter
  - MORE APPAREL from threadscustomgear.com open 9/6/ thru 9/20
  - TOWELS TBD

**Shared Training Equipment is Provided**-kick boards, fins (some Seniors will be asked to purchase ARENA fins), Pull buoys & larger paddles

2019-2020	Gear bag	Snorkel	Parachute	ARENA fingertip Paddles	*Stick	Extra cap & goggles	Dryland Team shirt, ath shoes shorts/capris	Water bottle
SENIOR	X	X	X	X	X	X	X	X
BLUE II	X	X	X	X	X	X	X	X
BLUE I	X	X	X	X	X	X	X	X
WHITE II	OPTIONAL	OPTIONAL				x		X
WHITE						OPTIONAL		opt
RED						OPTIONAL		opt

**MISC & Q & A**-Pool closures, last minute changes, snow days/Vacations

- ALERTS gtby app, for unexpected shut downs
- WE DO NOT FOLLOW TCAPS closures for snow days. Always use your best judgment
- Check the google calendar for your group
- Red and White groups' typ. take a break at winter break.
- Blue I will have some over winter break training.
- Blue II and Senior will wish that break wasn't so long...
- Foresee all returning Jan 2 but Entire TCAPS break begins after Fri 20<sup>th</sup>-returns January 6<sup>th</sup> (will try to do am workouts on 2<sup>nd</sup> )

• **ALL GROUPS at Central due to Highschool Swim meets-Sept 19<sup>th</sup> & Sept 26<sup>th</sup>**

RED and WHITE I

4:45-5:30

BLUE I & ~~WHITE II~~

5:30-6:30

BLUE II & SENIOR

6:30-7:45

- Peak Performance clinic 9/21 WITH DR.G