

PARENT TIPS

- **Practice:** Practice is offered M-F. It is not required to show up daily but as your swimmer progresses to higher levels it is preferred to commit to maximum attendance. Daily attendance is preferred at the highest levels with Coach Jensen.
- **Practice Gear:** Beginners need a suit, cap, and goggles. You'll see swimmers with snorkels, nose pieces, kick boards, and fins. The coach will make it known if you need to purchase these items. One piece suits are recommended due to all of the movement and starts. Swim Bags are not required but might be needed if your swimmer plans to stay long term. All available on Swim Outlet.
- **Meet Signup:** You can view and signup for meets on the Team Website under **Meets** tab. You do not need to pick your swimmers events. If you leave it blank the coach will choose the events. Suggesting your swimmers events is just that, a suggestion. The Coach may ultimately choose events to best suit your swimmer.
- **Sign Up Deadline:** Click the Meet title (in blue) and it will take you to another page where you can see the deadline and Meet Information.
- **Home Meets:** you will note an Edit Job Signup tab next to Attend/Decline. **Please sign up to volunteer.** Set up/tear down is always helpful and can be done by new parents who want to help but still be with their swimmers during the Meet. Timing and concession help are crucial to a successful meet.
- **MULTIPLE DAY MEETS:** You do not have to attend both/all days. Note in the "notes" section so the Coach is aware if you will only be going one day. Y
- **Meet Fees:** YMCA Meets are usually free. Non-Y meets have a fee to attend plus a per event fee. Fees are listed on the Meet Information sheets. Non-payment of fees in excess may result in your swimmer being unable to attend meets until you are paid in full. You will receive an email with meet fees.
- **BE EARLY** to meets. Spots fill up quickly. Some pools have more deck space, some less.
- **Pack** chairs, bleacher seats, coolers, snacks, extra suit, extra cap, extra goggles, sharpies, highlighters. You may not need all of these, but it's good to be prepared.
- **Take cash.** You will need a Heat Sheet which range from \$2 and up. Heat Sheets lists your swimmers events. Most meets have concessions.
- **Heat Sheet:** highlight events and get your swimmer sharpie marked. Mark your swimmers arm, thigh, or wherever they will see best with EHLS from left to right: E (Event #) H (Heat) L (Lane) S (Stroke). For E you will write each event #'s under that column, Heat # under the H column, and so on.
- The IM order is Fly, Back, Breast, Free. If it's a Medley Relay it's Back, Breast, Fly, Free. If they are in a Medley Relay you might write the stroke they swim next to IM, like Medley Relay: Fly.
- **Heat wins:** If your swimmer wins their heat, awesome!! This may not automatically equal a ribbon. There may be 5 heats of the same event, 6-8 swimmers per heat, and they must place in ribbon rankings. Either way, heat wins deserve lots of praise.
- **DQ's:** DQ's happen...to every swimmer. Each DQ gives them an opportunity to learn how to correctly swim their stroke. A DQ will result in no time for them on the results sheet. Even experienced swimmers DQ.

- **Meet Gear:** You have the option of purchasing a team suit when available. Black suits are recommended if not purchasing a team suit. Team caps are available (during open orders) or purchase silver or black caps.
- **Meet Mobile:** a great App available for your phone that gives you results of your swimmers events much faster than waiting for them to be posted. \$5 per year for the premium version. It is always handy as long as the host pool has wifi.
- **Team clothing:** We will put in orders periodically for team gear.
- **Swim Outlet** gives a portion of the sales to the team if you go from the Team Unify App to log in. You can buy Goggles at The YMCA front desk, Dicks, and Hibbets, if you need them in a hurry.
- **Elsmore Swim Shop** is usually who we have our team caps and suits through when orders are open. You can also buy gear from them. All options are easily accessible from the team website.
- **Team Website:** search YMCA Quicksilver Swim Team and choose the Team Unify site. Please save this website.
- **Midwestern Swimming:** access from Team Unify. This is a great place to learn about time standards. The standards are what a swimmer follows if they have a goal of making a Midwestern or other Championship Meet.
- **FACEBOOK:** Grand Island YMCA Quicksilver Swim Team. Please like this page. Practice cancellations will be posted here first if short notice. Email may not be sent for short notice cancellations.
- **Email:** When you register please use an email that you regularly check. The team does not send a lot of emails, only important ones that you would likely want to read.
- **YMCA Support:** Melanie H. is the Aquatics Director. The Y supports the Swim team in many ways including support of our coaching staff, expenses for coaching staff, our pool and all of its expenses (lifeguards, locker rooms, etc.), support for coaches to attend Meets, background checks for coaches, adherence to Safe Sport Guidelines, and ensuring the YMCA values of CARING, RESPECT, HONESTY, AND RESPONSIBILITY are at the forefront.
- **Parent Committee:** Parents with defined roles who volunteer to support our team. We would love to have more members on our committee! We are always willing to help you or guide you in the right direction if we can't answer your questions. Watch for Facebook invites to our meetings.
- Lastly...most importantly.... **HAVE FUN!!!** Let your swimmers enjoy the sport. Let their Coach be their Coach so you can enjoy watching them do what they love. ☺