

“As a YMCA team, Greensboro Community Makos swimmers and parents will support the YMCA values of caring, honesty, respect and responsibility. All swimmers must display good sportsmanship while traveling, in practice, and in meets while representing the GCY Swim Team. Good sportsmanship includes behaving with grace and dignity in all outings and in both victory and defeat. Swimmers shall be supportive and respectful of their coaches, officials, parents, teammates, chaperones, drivers, hotel, and restaurant staff in addition to the property of their teammates and the facilities we use and all swimming opponents.”

Safety is our number one priority, we believe that steps below will allow for both a safe and fun trip while kids are not practicing. We will also not tolerate any inappropriate behavior or language, and will take appropriate action when needed.

Basic Rules:

1. On the bus ride down (9+ hours) and the bus ride back home (9+ hours), girls have to sit with girls, boys have to sit with boys – any other time (to and from practices etc) sit anywhere you like.
 2. All swimmers stay in groups of 2 or more, wherever they go, regardless of having a chaperone – no one’s left alone. In addition, for swimmers only, the boys stay with boys, and girls stay with girls, 2 or more, whenever traveling, eating, in rooms, etc. (So if you are a girl, there is always another girl with you, if you are a boy, there is always another boy with you). You may travel together as long as this rule is followed.
 3. Beach, Area Restaurants and Ron Jon Surf Shop: Swimmers ages 15&up, or in high school, may travel alone most do so in groups of 2 or more and check in/out with coaches before leaving/after returning the hotel property. Swimmers ages 14&below (all middle school) must have adult chaperone or coach, OR with a high school swimmer group of at least 2.
 4. Boys cannot visit inside a girls’ room, and girls cannot visit inside of a boys’ room – no exceptions. This is a new best practice guideline put in place by USA Swimming that we will need to follow, especially with the apartment style suites this year. Hanging around together is ok on common hotel property, beach, restaurants, practices, bus, etc – just not inside rooms.
 5. Lights Out – Swimmers will not be allowed to exit rooms AFTER lights out – tape method again will be applied this year, this will be done at final room check. Swimmers – We still may have random room checks AFTER lights out – IF you ever cannot get to sleep or something is occurring that makes you uncomfortable text Coach Brad and we will do a “random” room check (your contact will not be revealed).
 6. If at any time you see something you are not comfortable with, or you see a violation, please talk to a coach; we will “catch” violation at next opportunity or on normally scheduled/random room checks (your contact with us will not be revealed).
- Hotel/Beach: We will make sure that between practices we have coaches or chaperones at both beach and hotel – for departing/returning swimmers. All GCY swimmers will sit together in same area while on the beach.
 - Other rules and schedules will be talked about in greater detail with chaperones on departing from Bryan YMCA – any discipline issues that arise will be handled by the coaching staff and chaperones in a joint effort to address and stop problems and any concerns while proceeding with trip safely. Parents will be contacted if any disciplinary actions are taken.

PRACTICE GUIDELINES:

1. Buses will be ready for leaving at 15 minutes after the hour, and will depart promptly at or before 30 minutes after the hour.
2. You should leave meshbags on the bus and carry-on dry bags (towels, caps, goggles, etc.)
3. Everyone gets in together, and everyone needs to exit the pool together. Do not disappear for long bathroom trips – plan ahead, wake up earlier if you require long bathroom trips and take care of that in room, there is NOT EXTRA TIME BUILT IN for long bathroom trips when we arrive for practice.
4. Water bottles should be FILLED in your hotel room, and re-filled (if necessary) at the Cocoa YMCA. A full water bottle should be good for the entire practice, if you require more, bring 2 water bottles – we should not have to stop practice to refill water bottles!
5. Practices will typically be available for review on the bus ride over, expect you to complete the workout...this trip will challenge you, be ready!
6. Loosen up on deck/at YMCA will be available for 3-5 minutes before each practice – get your body ready to compete and swim – take arms/legs body through every range of movement before getting in pool!
7. Cool-down at end of practices and stretch MORE after than before.
8. Bathroom Trips (referring to #1's, hold #2's) - WE TRUST YOU... we expect you NOT to break that trust in an effort to avoid swimming – GO BEFORE PRACTICE quickly either in rooms OR at YMCA - if you need to go, GO with fast urgent walk to pool and back – WE EXPECT 0 bathroom trips for the week, if there is 1 for the week it's usually typical, if there are more than 1 for the week that is unusual, but we trust you...if you have to go each day, that is an issue. There is never a good time to go, you will miss something, we cannot wait for you. Never ask in a group setting when we are explaining something and getting ready to start.
9. Injured swimmers – WE TRUST YOU... we expect you NOT to break that trust in an effort to avoid swimming - do EVERYTHING, if you cannot, stretching on deck is unusual/not normal and cause for concern, it's cold outside typically and we need you to stay in the pool:
 - KNEES –
 - If breaststroke kick bothers you, do dolphin flutter drill during breaststroke (don't do this just bc you have a bad breast kick) – it will keep you in rhythm at same approximate speed.
 - Breast pull is equal speed if group is kicking w/out fins.
 - FR pull is equal speed if group is swimming or kicking w/ fins.
 - SHOULDER –
 - Kick w/ equal speed as swimming or pulling
 - Kicking suggested arms to side
 - Limited 1 arm swim also ok.
 - BACK –
 - Avoid using kickboard because sometimes it will put pressure on your arch
 - Wall stretches in water may be given.

Any swimmer who misses sets/times/etc due to injury is expected to TREAT injury with ICE after practice AND at night (coaches should see at lights out room check).