

TRITONS – FREQUENTLY ASKED QUESTIONS ABOUT THE TEAM

If you are asking yourself, “What did I just get myself into?”, you are not alone! Joining a new team can be overwhelming, with tryouts and registrations, equipment purchasing, and deciphering the meet schedule.

We are here to help!! Please read the following FAQ as well as the YMNT handbook. Please email us with any additional questions you may have.

What are the Covid-19 regulations?

Any athlete or coach experiencing any symptoms of fever, recent cough, unusual fatigue, headache, or who has had any exposure to someone who has any symptoms, should remain at home and seek medical treatment. Any athlete or coach with a fever or symptoms of illnesses may not attend practice until 14 days after the fever or symptoms has ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19. For us all to stay healthy and be able to keep practicing, we ask our athletes to please practice responsible social distancing (staying 6’ away from others, avoiding large gatherings) when they are away from the pool as well.

Will my child automatically join the team?

*Unfortunately, we have limited spaces available in each practice group. We are **NOT** able to accept every child who attends tryouts. You will be contacted by one of the coaches within 1 week of your tryout to let you know if your child is able to join our team or if they will be put on the waitlist.*

What if my child is on the waitlist?

We will keep a list of all athletes who attend tryouts and which practice group they are best suited for. If space does become available you will be contacted by one of the coaches. They will let you know which practice group your child will be in and how to register.

What is the commitment level for athletes?

Show up to practice positive and ready to work. Be Responsible and prepared for every practice. Be respectful of yourself, your teammates, and your

coaches. Be caring and treat everyone the way you would like to be treated. Be honest, you are the one accountable for your actions.

What is the commitment level for parents?

The Metro North YMCA Tritons Swimming & Dive team has a strong tradition of parent involvement. You are expected to arrange transportation for your swimmer to all scheduled practices as well as meets. Every meet requires parent volunteers.

What if I can't make every practice each week?

We believe attendance at practice is essential for success. You should make every effort to be at all practices. Should you have an emergency or appointment that necessitates missing a practice, try to let the coach know in advance.

What and where are meets?

As a competitive program, the Metro North Tritons support YMCA, AAU, and USA competitions. The focus of the Tritons is on providing opportunities for all of our athletes to showcase their hard work and dedication by competing against other athletes in their age group. Meets are held at a variety of locations throughout the New England area. It is expected that parents arrange transportation for their athletes to attend meets.

Who can answer my questions about the Tritons?

Send your email questions to ymntritons@metronorthymca.org and your questions will be answered or directed to the right person.