



YMCA of Metro North
TRITONS

DIVING

Lynn YMCA
20 Neptune Blvd
Lynn, MA 01902
781 581-3105

Melrose Family YMCA
497 Main Street
Melrose, MA 02176
781 665-4360

Torigian YMCA
259 Lynnfield Street
Peabody, MA 01960
978 977-9622

METRO NORTH CONTACTS

Benjamin Allis
Association Aquatics Advisor
781 665-4360
ballis@metronorthymca.org

Vicky L Brienza
Team Manager
vbrienza@metronorthymca.org

Andrew Lamson
Aquatics Director Peabody
978 977-9622
alamson@metronorthymca.org

Drew Sidell
Aquatics Director Lynn
781 581-3105
dsidell@metronorthymca.org

Membership Information contacts:

Lynn YMCA
Rosa Robles
Welcome Center Supervisor
781 581-3105
rrobles@metronorthymca.org

Melrose YMCA
Kelly Curtis
Membership Director
781 665-4360
kcurtis@metronorthymca.org

Torigian YMCA
Jessica Kent
Membership Coordinator
978 977-9622
jkent@metronorthymca.org

MISSION STATEMENT

Metro North YMCA Mission Statement:

The YMCA of Metro North builds strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.



Metro North Triton Swim & Dive Team - - Mission Statement:

The Metro North Triton swimming & diving team is dedicated to help swimmers and divers improve their times, form and achieve their goals while instilling in them the core values of the YMCA. The Team teaches that swimming and diving can not only help you physically, but will also be your teammate in life giving you the motivation and dedication to tackle any obstacle in your path.

COMMUNICATION

1. Regularly visit our Triton WEBSITE TeamUnify at <http://bit.ly/YMNTritonsSwim> The website is constantly updated with the new information that we receive & will be the best source of information for you. **Please reference it first before questions come to the pool as most of them can be answered by the site!**
2. If you are new to the Metro North Triton Swimming & Diving, you will need to create a user name and password to access the full website. If you are a returning member, please review your information for accuracy. It is important that we have an accurate email address for you as much team communication is done via email. In addition you may wish to “enable SMS” on your account in order to receive text messages in the event of an emergency.
3. While you cannot speak to the coaches during practice, feel free to come before or after practice.
4. For other information, concerns or general questions you can email YMNTritons@metronorthymca.org
5. If you have any concerns regarding our swim and dive program please contact Association Aquatics Advisor, Benjamin Allis at Ballis@metronorthymca.org.
6. Questions regarding memberships, operating hours and all things YMCA can generally be answered at the Welcome Center in the YMCA Lobby. If you need confidential assistance please contact the Membership Director at your respective location.
7. Please “like us” on Facebook!
8. There are a couple of great apps for swimming and diving that you may want to add to your smartphone including “on deck for parent” and “meet mobile.” On deck for parent is available for download via the home page of our website. To logon use the user name and password you use to access our team website. The team code is “nesmymcas”.



Diving LEAGUES

We participate in **three** leagues: YMCA Diving, AAU, and USA Diving as YMNT. Divers may registration for either USA Diving or AAU. A diver may register for both leagues if they prefer. Age group rules are determined by FINA, the International Federation recognized by the International Olympic Committee for administering international competition in water sports.

As a competitive diving program, Metro North supports YMCA diving, Amateur Athletic Union, and United States Diving. The focus of Metro North is on providing opportunities for all of our athletes to showcase their hard work and dedication. As such, divers are encouraged to compete in the meets which they are eligible and the meets that are determined by the coaching staff of Metro North. All of our divers are eligible for all meets sanctioned by the YMCA leagues and USA/AAU (if registered).

Understanding Dive Numbers Basic Dive Group, the First Digit in the Dive Number: The first digit indicates the basic dive type, specified by a number from 1 to 6. These basic dive types are: Forward (1); Back (2); Reverse (3); Inward (4); Twisting (5); Armstand (6).

The first four dive groups all use three-digit numbers, which have specific meanings. Somersault or Flying, the Second Digit of the dive number will always be 0 or 1. This indicates that the dive is either a normal somersault (0), or is a "flying dive" (1), which is rarely seen in competition. Half Somersaults, the third digit in the dive number is of more interest, as it indicates how many half-revolutions the diver is making. A dive labeled a 204, in other words, is a back dive with two full somersaults.

Dive Position, the Final Letter, dive number will end in the letter A, B, C, or D, which refers to the dive position — straight, pike, tuck, or free. A: Straight position dive with no bend at the knees or hips (considered the hardest of the four). B: Pike position dive with knees straight but a tight bend at the hips (considered to be of medium difficulty). C: Tuck position dive, where the body is folded up in a ball (considered to be the easiest position). D: A "free" dive, which is a twisting dive where the position changes during the dive.

Group 5 Dives Twisting dives all are identified with four-digit numbers. The first digit, 5, identifies the dive as one from the twisting dive group. The second digit indicates the group (1–4) of the underlying movement. In other words, this number shows whether the dive is from the forward, back, reverse, or inward position. The third digit indicates the number of half-somersaults, and the fourth indicates the number of half-twists in the dive. For example, in a dive identified as 5337D, the first number (5) identifies it as a twisting dive. The second digit (3) indicates that the dive is from the reverse position. The third digit (3) indicates one and a half somersaults. The last digit (7) indicates that the dive has three and a half twists. The final letter (D) identifies the dive as being a free dive.

Parents and divers should not openly criticize scores or judges. Errors are addressed by the coach.

Ever since YMCAs began offering competitive swimming and diving in the early 1920's, these sports have proved to be excellent opportunities for putting into action the YMCA's mission. Over 1,000 YMCAs offer competitive swimming and/or diving with over 50,000 youth participating. Over 1,400 YMCA swimmers and divers annually compete at the YMCA National Championships, making it the largest youth swim meet in the country. YMCA competitive diving programs are for the beginning diver to the most competitive and skilled diver and helps to train individuals of all ages to compete in League, State, Area and National Championships.

Our primary national meet is YMCA Nationals held in April.

Athletes who attend YMCA Nationals 1) must be a current YMCA member, 2) must hold an Amateur Status, and 3) must meet the Degree of Difficulty (DD) requirements. Degree of Difficulty requirements may be achieved in YMCA, High School, USA Diving, or AAU competition. Divers must show their score sheet to prove the minimum DD and the minimum score requirements. Diving sheets are to be brought to the meet and must be checked during registration. Registration must be completed ONLINE before the designated meet entry deadline.

The Diving Referee reserves the right to dismiss any diver, coach, and/or spectator from the competition due to inappropriate conduct.



United States Diving is the governing body for all types of competitions involving American Divers. All teams for all international meets, including the Olympic Games, are selected by United States Diving. As such qualifying time standards are often more rigorous than YMCA qualifying scores and they provide an excellent pathway for athlete, coach, and program goal setting.

USA Diving meets are sanctioned by the United States Diving Organization. Competition is divided by age and gender. USA meets provide divers with a unique opportunity to compete in an environment similar to a championship style format, quality of opposition, and intensity. To be eligible for an USA Championships meet, a diver must be a member of USA Diving and have achieved the event's qualifying standard within one year prior to the meet start date.

Divers will compete in specific age groups:

11 & under

12- 13

14-15

16-18

Open (Open means that events offered in this category do not have age restrictions - anyone can participate)

FINA determines "age group" by the age your child will be on December 31 of the year they compete. That means, if your child is 15 years old now but has a birthday before December 31 and turns 16, then they would compete in the 16-18 age group for the entire year. If an athlete is trying to qualify for a meet the following year, they must qualify within the age group that they will be competing in at the meet.

Please note that:

- Registration fee \$75.
- New Divers to USA need to provide birth certificate.
- Divers can choose which events they will compete in.

Registration and renewals take place in the Fall and are good for twelve months.



The Amateur Athletic Union (AAU) has been raising champions for more than a century. Since its inception in 1888, the AAU has set the standard for amateur sports in the United States with one goal in mind: *“Sports For All, Forever.”* It is more than a motto – it has been the focus and drive of AAU for 130 years and counting for sports in the United States and throughout the world. One of **the** largest, non-profit, volunteer, multi-sport event organizations in the world, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs.

AAU MEETS

AAU Diving is conducted under the AAU Code, AAU Aquatics Handbook and the competition rules of FINA as modified by the AAU National Aquatics Committee.

Age Groups for National Competition

9 and Under Boys and Girls (Group E)

10 to 11 Boys and Girls (Group D)

12 to 13 Boys and Girls (Group C)

14 to 15 Boys and Girls (Group B)

16 to 18 Boys and Girls (Group A)

FINA determines “age group” by the age your child will be on December 31 of the year they compete. That means, if your child is 15 years old now but has a birthday before December 31 and turns 16, then they would compete in the 16-18 age group for the entire year. If an athlete is trying to qualify for a meet the following year, they must qualify within the age group that they will be competing in at the meet.

Please note that:

- Registration fee \$16.
- New Divers to AAU need to complete the application process.
- Divers can choose which events they will compete in

Registration and renewals take place in the Fall and are good for twelve months.

TEAM APPAREL & EQUIPMENT

We are pleased to partner with Varsity Swim Shop in North Reading, MA and Speedo to provide team apparel and equipment this season. All items can be ordered from Varsity Swim via their on-line store by following the instructions below.

To order from Varsity Swim Shop:

In order to access your Team Page, your computer must have JavaScript enabled. For help in enabling JavaScript please go to this link: [JavaScript enable link](#)

Access your Team Page through the Team Gateway at varsityswim.com.

Your team login is: **MetroNorth** (case sensitive)

Your team password is: **Tritons** (case sensitive)

The login will direct you to a page where you **must** create a personal login and password. Because you initially reached this page through the Team Gateway using your team password, you will always be linked to your team. Do **not** use your **team** login name (**MetroNorth**) as your **personal** login.

Once you have created your own personal login and password continue to fill out the personal information and click the Submit button on the lower right hand corner of the page. You will then be automatically directed to your team store.

When returning to our website simply enter your **personal** login and password at the Team Gateway and that will take you to your personal account information (at which you can edit this information). At this point, click again on the Team Gateway and that will take you to your team store.

When on your Team Page please only order items on that page, do not browse the website and order other non-team items. If you wish to purchase items outside the Team Page please log out of the Team Gateway.

If you have any questions or problems, please email us at: info@varsityswim.com.

PRACTICES

Safety remains our No. 1 priority. Tritons will stay in accordance with all YMCA, state, and local health guidelines. Practice capacity and duration will remain limited for all groups, and social distancing – staying six feet apart at all times – will be strictly enforced.

Coaches will wear face masks on deck except when all divers are in the water. In order to comply with Y policies as well as Covid-19 regulations, we ask that all divers act in accordance with the following locker room updates.

1. Divers should continue to come to practice already wearing their bathing suits under their clothing
2. Divers arriving for practice will walk directly onto the pool deck before getting ready to dive
3. After practice, divers will wait on the pool deck while they towel dry
4. The coach will assign the divers to a specific locker room
5. Divers are NOT allowed to shower after practice
6. Divers MUST keep their mask on in all public areas of the facility, including the locker room

Please encourage your divers to change as quickly as possible in order to minimize their time in the locker rooms.

Repercussions from violations of the COVID-19 Policy and procedures will be at the discretion of the coaching staff and YMCA of Metro North. Repercussions could include, but are not limited to, the removal of the diver from the premises for one practice, for one week of practice, or for the remainder of the season. No refunds will be provided.

Drinking fountains will also be unavailable.

We expect all Triton divers, coaches, and parents to practice social distancing both at and away from the pool. By doing this, it shows that you respect your teammates, their families, the coaches, and the YMCA. If we feel anyone is consistently not adhering to social distancing guidelines (staying six feet away from others, avoiding large gatherings), that diver may be temporarily suspended from Triton practices. The Triton coaching staff and the YMCA also reserves the right to discontinue practices at any time should we feel safety expectations are not being met.

What to bring: Water bottle, shami

Practice Schedule can be found online at <http://bit.ly/YMNTritonsSwim> They are listed by pool location. Please be on time and ready to dive!

IMPORTANT NOTE – THERE IS NO PRACTICE IN ANY METRO NORTH POOL IF THERE IS THUNDER & LIGHTNING

-PRACTICE GROUPS Diving-

Red: Pre-Team (Novice-Getting ready for competition)

Skills working on:

Hurdle, Front and back jumps, Line-ups and entries, forward and back dives, progressing to forward 1 SS and inward dive.

Orange: Team 1(Basic list of Dives)

Skills working on:

Must have basic competitive list 3-5 voluntary dives and 3-5 optionals (may or may not have reverse dive yet, but working towards it). Competitive lists vary with age. *Participates in local meets

Yellow: Competitive Team

This group has competitive full lists for their respective age group.

*Participates in local and national qualifying meets

ARRIVAL to PRACTICE

All divers should arrive at the pool in their swimsuit with a full water bottle and an empty bladder.

Do not bring any items other than those necessary for practice and should not arrive more than ten (10) minutes before the start of their scheduled practice time. If a diver (with or without parents) arrives more than 10 minutes before their scheduled practice time, they must wait in their cars until it is time to be admitted. Social gatherings in the parking lots before or after practice is prohibited.

Peabody Pool: ALL divers must enter through the Pool entrance, staying six feet (6') apart at all times. No parents will be allowed in the building before, during, or after practice, to avoid more bodies in the vicinity than necessary. Parents will be expected to practice social distancing when waiting for their diver.

Vicky Brienza Team Manager

Ashley Phoenix Director of Competitive Aquatics

Stephanie Forte Head Dive Coach

Katie Glennon Coach

CODE OF CONDUCT

Rules of Practice: It is important that you attend practice only during your group's scheduled times. Due to varying training schedules, safety reasons and other important factors we cannot allow athletes who show up at the wrong practice to participate. You will bring all your equipment to each practice. You will RESPECT all coaches and divers in the pool.

➤ Be Responsible:

- Get to practice early and get in the pool when you are suppose to. If practice starts at 6, arrive a few minutes early and get ready. Be on time.
- Have all your equipment and water bottles (filled) prepared prior to the start of warm-ups. Use the bathroom before practice, not during.

➤ Be Respectful:

- Allow your team mates to pass when necessary.
- Make sure everyone is out of the water before your approach.
- Listen when your coaches are speaking. Eyes watching and ears above the water.

➤ Be Caring:

- Encourage your team mates.
- Put away all personal and YMCA equipment after practice.
- Treat others the way you would want to be treated.

➤ Be Honest:

- Don't skip dives. You may think no one notices, but in reality, everyone notices.
- You are accountable for your actions. What you do now will decide if you get a best score, qualify for District's, Regional's, New England's, or National's.
- Always try your Best.

❖ Rules of Dry Lands:

- You must be dressed appropriately to participate in dry lands. Must wear laced shoes. Divers not dressed properly will sit out. You may wear your bathing under your dry land clothes but they may not be your dry land clothes.
 - Following items are not allowed for any reason at dry land:
 - Cell phones
 - Ipods or any type of electronic devices

- Divers using the weight room or other YMCA facilities, if your coach or trainer is not immediately present:
 - Respect other members of the YMCA using that space.
 - Do not monopolize an area. Share it.
 - Speak with each other and be aware of your surroundings. You represent the Sharks Swim Team.
 - Follow the rules of the YMCA.
 - Use all spaces, machines and equipment properly and respectfully. This is your home. Clean up your space, discard your trash, treat it like your own.
 - When in doubt, find a coach.

Rules for Swim/Dive Meets: You should be ready to dive in whatever event you are put in. It is expected that you be positive and supportive of your teammates and your coaches. You will not ask to scratch an event unless you are injured. You will bring water to the meet and be properly nourished.

- All swimmers & divers are expected to follow the core values of the YMCA and Team Code of Conduct while representing the Metro North Triton Swimming & Diving Team at any function.
 - Be respectful of other teams, coaches, athletes and facilities.
 - Be caring by showing good sportsmanship on and off the pool deck (i.e. shaking hands with other competitors).
 - Be responsible with yourself and your coaches by trying your hardest in every race.
 - Always represent your team. Team suit, t-shirts, colors and PRIDE!
 - Encourage and congratulate all of your team mates.
 - Have fun!
- ❖ There is a zero tolerance on the Metro North Triton Swimming & Diving Team for the following:
 - Inappropriate language or gestures.
 - Damage to property or belongings.
 - Disrespect towards team mates, coaches, other YMCA employees, and YMCA property.
 - Verbal and/or physical abuse.
 - The use of alcohol, drugs, or tobacco.
 - Any other questionable activity that reflects poorly on you, the Y, and the Tritons.

Failure to comply with the rules of the Triton Swimming & Diving Team will result in immediate disciplinary actions including but not limited to:

- Being asked to leave or sit out of practice.
- Meeting with parents.
- Missing meets and other team events.
- Suspension or expulsion from the team.

Parents Code of Conduct:

❖ Practices:

- Your child should be on time to practice every day.
- If you are going to be late, please let a coach know via email or text.
- If you are going to be more than 10 minutes late without notice, please do NOT come to practice. It is disruptive to those already swimming that were on time.
- **Reminder:** practice are closed to parents. We ask that parents wait outside for their swimmers.
- Respect the sport. Respect the coaches. Respect other parents and swimmers.

❖ Meets:

- Your involvement with the team is very important. Please be prepared to help if needed.
- Do not coach your child! Let the coaches coach, focus on supporting your athlete.
- Emphasize the fun of the sport, the benefits of training and of competition. Do not emphasize winning or beating another athlete. Teach and practice good sportsmanship.
- Please be sure to pack a water for your diver and two towels are recommended.
- You are not allowed to go on deck during a dive meet. Please email the coach with any questions, before or after the meet, do not attempt to speak with the coach during the meet, as it is a very hectic time and hard to get full answers.

❖ Coach contact:

- It is appreciated and expected that you not talk to a coach on deck at practice. It is their time with the divers. Please contact the Head Coach via email.

COVID GUIDLINES

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, (which includes family and friends) 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. Divers 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 diving, we ask our divers to please practice responsible social distancing (staying 6' away from others, avoiding large gatherings) when they are away from the pool as well.

If your divers has experienced any of the following symptoms you are required to stay home and/or visit your primary doctor:

- Cough (unrelated to seasonal allergies)
- Difficulty breathing or shortness of breath
- Sore throat
- Severe fatigue
- Nasal congestion (unrelated to seasonal allergies)
- Loss of sense of smell or taste
- Chills
- Loose stools

PLEASE NOTE: It will be assumed that your swimmer or diver has no symptoms if at practice. Admitted swimmers or divers will enter the pool area, 6' apart, and will leave their backpacks and street clothes on the assigned area and go to their assigned area, wearing their face mask until they enter the water.

POSITIVE TEST PROCEDURE

In the event that a swimmer, diver, or a coach tests positive, the following steps will be taken:

1. The person must let the coaches know immediately.
2. If the person testing positive is a diver, his or her practice mates are required to self-isolate for 14 days unless at least 5 days after exposure a negative test result can be shown.
3. If a non-symptomatic diver has been in close contact with a person who later is known to have COVID-19, we respectfully ask that diver to remain away from the pool after possible exposure for 10 days with a negative test or 14 days from exposure.
4. If someone in a swimmers or divers household has symptoms or tests positive for COVID-19, we respectfully ask that swimmer or diver to remain away from the pool after possible exposure for 10 days with a negative test or 14 days from exposure.

SAFETY PROCEDURES VIOLATIONS

Repercussions from violations of the COVID-19 Policy and procedures will be at the discretion of the coaching staff and YMCA of Metro North. Repercussions could include but are not limited to the removal of the swimmer or diver from the premises for one practice, one week of practice, or for the remaining part of the season. No refunds will be provided.

Please email YMNTritons@metronorthymca.org, if you have any questions.

TEAM FEES

Our swim & dive program will be considered YEARROUND. You will have the opportunity to sign up for the entire year or by session. Each session will be 7-8 weeks long. Registration must be completed prior to the start of the session to hold your spot. Due to our new guidelines we have very limited spots for divers.

There are different fees you may need to pay depending on your divers level of participation:

- A. **YMCA member fee.** All divers must be a member of the YMCA in good standing. This fee is paid directly to the YMCA and processed by the front desk.
- B. **Program fee.** All swimmers and divers must pay this to the YMCA to cover pool time, coaches' salaries and administrative expenses. The amount will vary depending upon the age of the diver and can be found online. Two payment options: Pay in full or Pay by Session.
- C. **Meet fees** will vary. These payments are processed by TeamUnify.
- D. **USA swimming fee** of \$75 and processed through TeamUnify
- E. **AAU fee** of \$16 and processed through TeamUnify

One of our goals at the YMCA is not to turn anyone away because of an inability to pay. We offer financial assistance to individuals and families so that YMCA programs are accessible to every person in our community regardless of age, gender, religion, ethnicity or income level. In some circumstances a payment plan may be offered. Please contact the Membership Director at your respective YMCA.

Pay in Full:

Paid in Full. (Returning member). Full Year programs consist of the short course and long course seasons. Dates are: September 14, 2020- July 30, 2021.

There will be NO refunds regarding any full year program tuition registration.

By agreeing to this program you understand there will be NO refunds regarding tuition registration. Once you register, nothing entitles you to terminate this agreement without paying the total fees due or expect a refund of any kind.

Session Payment Plan Option:

After initial online registration, session payments renew automatically per session. Payments will be done via credit card on file with the YMCA. Credit cards will be charged the first day of the new session. Session dates are posted on the website. It is the parent's responsibility to know the dates of each session. There will be NO refunds regarding session tuition registration. Once you register, nothing entitles you to terminate this agreement without paying the total fees due or expect a refund of any kind.

Dates	Weeks
Session 1: September 21, 2020 – November 1, 2020	6
Session 2: November 2, 2020 - December 23, 2020	7
No practice November 26 & 27, 2020	
No practice December 24, 2020 – January 3, 2021	
Session 3: January 4, 2021 - February 28, 2021	8
Session 4: March 1, 2021 - April 25, 2021	8
Session 5: April 26, 2021 - June 13, 2021	7
Session 6: June 14, 2021 - July 30, 2021	7

Withdrawing from Session Registration:

If you choose to withdraw from the Tritons, you must do so before the next session begins, in writing to the club administrator via email. Once a session begins, you will be responsible for that session payment. Payments will be paid via credit card on file with the YMCA. Credit cards will be charged the first day of the new session.

DELINQUENT ACCOUNT POLICY

The purpose of this statement is to formally establish our policy with regards to the handling of delinquent accounts. Members who have outstanding balances inevitably undermine the success of our team. We hope that we will always be able to resolve any **problems regarding a member's payment obligations through communication.**

Your timely payments contribute to our overall financial well-being and our ability to enter dive meets and cover all related team matters. We are more than accommodating and understanding that people will and do fall behind in their payments from time to time but we must adhere to the following established procedures:

1. A Delinquent Account Notice will be sent to you notifying you of your account status.
2. After receipt of a Delinquent Account Notice a member will have fifteen days to pay their account in full. In the event of extraordinary circumstances which have been communicated to us, we will work with the delinquent member to establish an acceptable formal payment.
3. If we have not heard from the delinquent member by the end of the fifteen days, or if an acceptable formal payment plan is not established and maintained, the accounts diver(s) will no longer be entered in any swim meets, or attend swim team social events.
4. Accounts which continue to be delinquent and where no established payment plan is in effect and maintained will be declined for renewal registration for the next season and the accounts diver(s) will not be allowed to practice with the team.
5. All payments plans must be paid in full by the end of each swim/dive season.

We do not want an overdue account balance to force us to deny any diver from practicing and/or a place on our team. We have every intention of working with our families to avoid penalties due to delinquencies and assist with acceptable payment programs where they are truly necessary. Communication, however, is the key to our ability to do so.

FACILITY USAGE POLICY

Our ability to run successful dive program is 100% reliant on good relations with our facility. Any in- fractures of these policies could result in swimmers and/or families, removal from the facility or removal from the team. The following policies are in effect and should be abided by at all times:

1. Divers must scan their YMCA membership card each and every time they enter the building for practice.
2. Every diver is expected to conduct themselves in a responsible manner, and refrain from loud outburst, horseplay, etc. on the pool deck or in the locker room.
3. Parents are not permitted on the pool deck, during practice or meets.
4. Parents refrain from talking to the coaches during practice. This is disruptive and distracting to the divers. We suggest scheduling a meeting either via phone or email with the coaches.
5. All water bottles, trash and debris are the responsibility of the divers and shall be picked up and disposed of by the diver at the end of practice.
6. Locker rooms are to be left clean of debris, trash, etc.
7. After practice divers may shower (rinse off) quickly but need to be respectful of other YMCA members and not overtake the entire shower area.

PARENT VOLUNTEERS

The Metro North YMCA Triton Swimming & Dive team has a strong tradition of parent involvement. We depend on our volunteers to host social events and lend a hand where needed. The team simply cannot run without this help.

Remember that without your help we cannot run a meet, a fundraiser or a social event so please look for ways to get involved and help out. It is a great way to meet fellow dive parents and to learn more about the sport. Volunteer opportunities will be posted throughout the season via emails and on the website!

Parent Volunteering Responsibilities;

Every meet we host needs parent volunteers. Job signups will be posted on the website under that individual event. Descriptions of the jobs are listed at the end of this document. Please be sure to review and be familiar with the different jobs. Once voluntary signups are closed, jobs will be assigned to parents who did not have a chance to sign up. PLEASE REMEMBER you are required to work each time you attend a meet. If your athlete(s) are there all three days you will be required to volunteer all three days. Every volunteer is responsible to work the ENTIRE session so please be sure to plan accordingly. The times are always approximate, and can vary meet to meet.

***If the meet is Trials / Finals, you will be expected to help if your diver qualifies for the evening finals. ***
Roles CAN be changed that day depending on need and staffing of critical roles. If you have extenuating circumstances please email the Head Coach BEFORE THE SIGN UP DEADLINE if possible.

Job descriptions

Admissions desk:

This task involves being at the meet an hour before first warm ups. You will be setting up for the meet/sessions Set up admissions desk, hang signs at restricted/designated areas. Then be AT the admissions table prior to the start of the first warm-up (not necessarily OUR warm up). You will be greeting people the door, collecting money for admission, sell heat sheets just prior to the start of the meet and other meet related activities as needed. You will mark each person's hand with a marker to indicate a paid admission. You will be provided with the necessary supplies and start up money. Please never leave the money unattended

Time involved: 4-5 hours

Back up Timer:

1 hour prior to the start of meet to check and with head timer and volunteer coordinator. Attend timer meeting. They will time each event using a stopwatch. They will relieve timers as needed for breaks throughout the session. You may be moved into a timer lane if needed.

Time involved 4-5 hours

Clean up:

The responsibility of the clean up crew involves arriving at the meet at the end of the last session (although, you may be called in earlier). Each session runs for 4 hrs. You will collect trash from the deck and locker rooms, cleaning up hospitality, putting all leftover belongings in a "lost and found" site, positioning chairs, hosing the deck, vacuuming carpets and/or sweeping floors.

Food concession:

Help sell snacks and food at concession table in the gym.

Time involved: 4-5 hours

Gymnasium helper:

Arrive 30 minutes prior to start of session. Oversee swimmers go to coaches for line up, keep order, clean up trash, keep floors free from puddles.

Time involved 5 hours

Safety Marshal:

Arrive prior to the start of THE FIRST WARM UP! Sit at door on deck to be come onto pool deck, keep kids safe, ie no running. Maintains order. Stands behind starting officials to stop people from walking past starters during a start.

Time involved approx. 5 hours

Head timer:

This person will arrive one hour prior to start of meet. Check in all timers. Check stop watches to be sure all are working. Organize timers into lanes. Hold timer meeting explaining what the timers responsibilities and job duties entail. Supervise timers, relief timers and back up timers, and meet runners. Uses a watch to function as an additional back up timer. Assures relief timers relieve timers as needed. Just need timers experience to do this job.

Time involved: approx. 5 hrs.

Timers:

These people will arrive 30 minutes prior to start of meet. Attend timers meeting, will be shown how to use stop watch. Will be getting wet – as you must be pool side looking over when swimmer touches the wall at finish. Record all exact earned times. Watch fails – raise your hand and the Head timer will assist.

Hospitality:

This person will assist in keeping the hospitality room well stocked with snacks and water throughout the session.

Time involved: 4 hours

Meet runner:

The meet runner will arrive to check in and be available to the meet director and the head timer to distribute paperwork to on-deck officials, coaches and timers. The runner responsibilities will be split between 2 people and will include: posting heat sheets at designated areas, collecting heat sheets at the end of each race, and post results in the pre-arranged area in a timely fashion.

Time involved: approx. 5 hrs

SWIM & DIVE PARENT Advisory Committee

The Parent Advisory consists of parents wishing to take a more active role in supporting the team and how its run. They will meet throughout the season. Meeting times will be announced and minutes will be posted to the team website. **All are welcome and encouraged to attend meetings and get involved!** It is a great way to get information about our team, as well as influence how we do things. Some items that will they group will be responsible for: organizing team bonding events, fundraising, concessions at meets and banquet at the end of the Season.

PHOTO RELEASE

I hereby give permission to the YMCA of Metro North, or its representative, to take, or allow to be taken, photographs of my swimmer.

For use by the YMCA in the YMCA web site, news media, its own publications, MMTV, for the purpose of YMCA art, advertising, education or promotion and for any other purposes consistent with the YMCA mission. I agree that the photograph becomes the exclusive property of the YMCA of Metro North and I waive all rights thereto. I waive all rights to inspect and/or approve any print matter that may be used in conjunction with the photograph and the use to which it may be applied.



YMCA of Metro North
TRITONS
