



One Team

Four Locations

Freehold, Old Bridge,
Red Bank & Wall

2019-20
Swim Team Handbook



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Goals & Objectives

- **To develop** each swimmer from their current level to become the best they can be
- **To learn** the values of commitment and hard work, and their relationship to achieving worthwhile goals
- **To encourage** in our athletes the ability to make responsible decisions regarding an increasing commitment to whatever worthwhile goals they choose to pursue both in and out of the sport
- **To enjoy** their achievements as well as those of their teammates
- **To promote** good sportsmanship and conduct among the members of the entire YMCA of Greater Monmouth County Swim Team
- **To develop** swimming as a lifetime skill and health habit
- **To strive** to be New Jersey's best swimming program and to continue to be successful at all levels of competition

Who We Are

The Greater Monmouth YMCA Team is a competitive swim team that competes in the National YMCA Swimming and Diving, and the USA swimming organizations. Our swim team consists of approximately 580 swimmers between 6-18 years old, practicing in four locations—Freehold, Old Bridge, Red Bank and Wall. We have a variety of practice levels from the novices in Green to the nationally ranked swimmers in Senior. The team is staffed by full- and part-time professional coaches who are supported by the Swim Team Parent Association. Our goal is to develop each swimmer to be the best they can be!

Commitment to Excellence

We represent one of the most competitive swimming programs in the country. Therefore, we expect a high level of commitment from all involved parties: the coaching staff, the swimmers and the parents. Our high goals and expectations teach swimmers the value of hard work, dedication and teamwork. The team is committed to developing mature, responsible individuals of high character who possess an outstanding work ethic and who exemplify leadership, commitment and responsibility.

Team Philosophy

- Respect for yourself
- Take responsibility for your own behavior and learning
- Respect your teammates
- Work to become a team member who unselfishly contributes to the good of the whole team
- Respect your fellow competitors
- Show consideration of other swimmers as essential partners in competition
- Respect your coaches and parents
- Set personal goals to reach your potential

Team Credo

“This team shall be known for its great enthusiasm, pride and comradeship, tempered by graciousness and respect for others. Let our team members speak well of each other and of their competitors and always encourage each other. Let them learn to accept praise and victory with modesty and humility, and to accept defeat with dignity. Let our team so conduct itself with outstanding behavior that officials, parents and meet sponsors are glad to have the Greater Monmouth swimmers participating.”

Mission Statement

To provide a positive team environment that promotes respect, integrity, perseverance and accountability which enables optimal health and athletic development through swim training, instruction and competition.

Practice Levels

The placement of each individual swimmer is made by the entire coaching staff and is in the best interest of the swimmer and their long term development. Much time and effort is spent ensuring each athlete is in the training level most beneficial to their success as a person and an athlete. The following criteria are used to consider placement:

- Consistently makes choices that demonstrate a willingness to make the commitment expected of the swimmers at that training level
- Meets attendance expectations
- Maintains a strong work ethic and consistently trains at the standard expected of swimmers at that level
- Has mastered stroke, training intervals, and skills expected of the level and maintains the right attitude and approach to the sport
- Exhibits maturity and responsibility typical of swimmers in that level
- Fits the age and skill parameters for that level

Remember that all practice level assignments will remain in place for the first six weeks of the season, and only at that time will we discuss any possible schedule changes for your swimmers.

Please note that the head coach must approve all changes in practice level assignments. This would be based upon careful consideration and recommendation from the coaching staff.

Age Group Program

- Emphasis on Stroke Technique and Skill Acquisition
- 4 levels are offered in this program
- The goal is simple - Matching the Swimmer's Desire & Commitment with Coaching Excellence to Achieve Results

Green Level - Ages 8 and under - This level is designed to allow swimmers to develop correct stroke technique and kick for all 4 competitive strokes. They will learn streamline and diving skills. The criterion for entry is the ability to swim 25 yards of freestyle and backstroke legally along with a basic understanding of butterfly and breaststroke. Swimmers must be capable of listening and following directions so they may try to complete their coach's tasks. Green Level swimmers will swim in age appropriate invitational meets such as mini meet as well as Dual Meets. The Green Level is encouraged to practice 3 times per week.

Blue Level- Ages 8 and under - This level continues to develop correct stroke technique and kick for all 4 competitive strokes. At the Blue level, the swimmer should be able to swim 50 yards of freestyle and 25 yards of breaststroke, backstroke and butterfly. Swimmers will learn flip turns, open turns, race starts streamlines and pullouts. They must be capable of listening and following instructions to complete the tasks set forth by the coaches. Blue level will participate in age appropriate invitational meets as well as dual meets. The Blue Level is encouraged to practice 3 times per week.

White Level Ages 9-10- This level continues to teach the training disciplines while emphasizing correct stroke technique and kick. At the White Level swimmers should be able to swim 200 yards freestyle and 50 yards of the other 3 strokes legally and with good form. They should also be able to execute an effective streamline.

Goals for this level include:

- Begin to learn race strategy and aerobic training
- Begin to develop a basic understanding of intervals
- Begin using the time clock for pacing
- Continue to develop their race starts and turns

Swimmers at the White Level will participate in age appropriate invitational meets, dual meets and are expected to attend championship meets for which they qualify. The White Level is encouraged to practice 4-5 times per week.

Red Level- Ages 9-10- At the Red Level, the swimmer should be able to swim 300 freestyle and at least 50 yards of the other 3 competitive strokes legally and with good form. They must also consistently execute streamlines, starts and turns effectively while training.

Goals for this level include:

- Begin to focus on developing endurance and a more advanced aerobic level
- Begin to develop endurance in all 4 strokes
- Begin to develop race strategies that will prepare swimmers to move ahead with their competitive goals
- Begin to participate in races of varying distances

Swimmers at the Red Level will swim in dual meets and invitational meets, and are expected to attend championship meets for which they qualify. The Red Level is encouraged to practice 4-5 times per week.

Junior Program

- [Emphasis on Stroke Technique Improvement & Physical Conditioning](#)
- [2 different levels are offered in this program](#)
- [The goal is simple - Matching the Swimmer's Desire & Commitment with Coaching Excellence to Achieve Results](#)

Junior 2- Ages 11-12 - This level has significant focus on the ability of the swimmer to train and workout performance. In addition, Junior 2 is focused on the continued development of correct strokes, skills and race strategies. The Junior 2 Group will practice 4-5 times per week. As a general statement swimmers must be able to train at a pace of 1:30 to 1:35 per hundred for the workout. Junior 2 practices 5-6 days per week. Junior swimmers are required to attend 75% of practice per month.

Junior 1- Ages 11-12- This level focuses the development of correct strokes, skills and race strategies that will ready the swimmer for the next level of training. Swimmers at this level are expected but not required to commit to a year round training regimen. The Junior 1 Group will practice 5-6 times per week. As a general statement swimmers must be able to train at a pace of 1:25 to 1:30 per hundred for the workout. Junior swimmers are required to attend 75% of practices per month.

Senior Program

- Emphasis on Stroke Technique Mastery, Competition Performance, & Physical Conditioning
- 4 different levels are offered in this program:
- The goal is simple - Matching the Swimmer's Desire & Commitment with Coaching Excellence to Achieve Results

Senior 2B- Ages 13-15—This level focuses the development of correct strokes, skills and race strategies that will ready the swimmer for the next level of training. Swimmers in Senior 2B/2BW are expected but not required to commit to a year round training regimen. The Senior 2B/2BW Group will practice 5-6 times per week with additional dryland and strength training. As a general statement swimmers must be able to train at a pace of 1:20 to 1:25 per hundred for the workout. Senior 2B is required to attend 80% of practice per month.

Senior 2- Ages 13-14 —This level focuses the development of correct strokes, skills and race strategies that will ready the swimmer for the next level of training. Swimmers in Senior 2 and 2W are expected but not required to commit to a year round training regimen. The Senior 2/2W Group will practice 5-6 times per week with additional dryland and strength training. As a general statement swimmers must be able to train at a pace of 1:15 to 1:25 per hundred for the workout and meet 13/14 NJ YMCA State qualifying standards. Senior 2 is required to attend 80% of practice per month..

Senior 1 White — Ages 15-18 – This level is designed for athletes whose goal is to attain multiple 15-18 NJ YMCA Silver Championship qualifying times. Senior 1 White swimmers are expected but not required to commit to a year round training regimen. Senior 1 White swimmers will participate in YMCA sanctioned events as their primary activity with non-sanctioned YMCA championship events and meets second. Swimmers must exemplify high standards and be representative of the YMCA values and believe in and support the team philosophy. The Senior 1 White Group will practice 5-7 times a week and are required to attend additional dryland, core strength and weight trainings. As a general guideline, swimmers must be able to train at a pace of 1:20—1:30 per hundred for the workout. Swimmers are required to attend 80% of practice per month..

Senior 1 Red — Ages 15-18 – This level is designed for athletes whose goal is to attain multiple 15-18 NJ YMCA Silver and State Championship qualifying times. Senior 1 Red swimmers are expected but not required to commit to a year round training regimen. Senior 1 Red swimmers will participate in YMCA sanctioned events as their primary activity with non-sanctioned YMCA championship events and meets second. Swimmers must exemplify high standards and be representative of the YMCA values and believe in and support the team philosophy. The Senior 1 Red Group will practice 5-7 times a week and are required to attend additional dryland, core strength and weight trainings. As a general guideline, swimmers must be able to train at a pace of 1:15—1:25 per hundred for the workout and meet 15-18 YMCA Silver qualifying standards, and/or consistently show the ability and commitment to train at a Silver or higher level. Swimmers are required to attend 80% of practice per month..

Senior 1 Blue — Ages 15-18 – This level is designed for athletes whose goal is to attain multiple 15-18 NJ YMCA State Championship and YMCA National qualifying times. Senior 1 Blue swimmers are required to commit to a year round training regimen. Senior 1 Blue swimmers will participate in YMCA sanctioned events as their primary activity with nonsanctioned YMCA championship events and meets second. Swimmers must exemplify high standards and be representative of the YMCA values and believe in and support the team philosophy. The Senior 1 Blue Group will practice 5-7 times a week and are required to attend additional dryland, core strength and weight trainings. As a general guideline,

swimmers must be able to train at a pace of 1:10–1:20 per hundred for the workout and meet 15-18 YMCA Silver or State qualifying standards, and/or consistently show the ability and commitment to train at a State or higher level. Swimmers are required to attend 80% of practice per month..

Senior 1B—Ages 15-18– This level is designed for athletes whose goal is to attain multiple 15-18 NJ YMCA State Championship and YMCA National qualifying times. Senior 1B/1BW are encouraged, but not required to commit to a year round training regimen. Senior swimmers will participate in YMCA sanctioned events as their primary activity with non-sanctioned YMCA championship events and meets second. Swimmers must exemplify high standards and be representative of the YMCA values and believe in and support the team philosophy. The Senior 1B/1BW Group will practice 5-7 times a week and required to attend additional dryland, core strength and weight trainings. As a general guideline, swimmers must be able to train at a pace of 1:15–1:25 per hundred for the workout and attend 85% of the practices. Senior 1B is required to attend 80% of practices per month.

Senior 1 -Ages 14-18- Swimmers must have YMCA State Championship qualifying times at the 15-18 age group level and may have one or two Long Course YMCA National times or be invited by the coaching staff. The primary goal for this group is to work towards and attain a YMCA National Short Course or Long Course time standard and score at YMCA NJ State Championships. Swimmers in this group must commit to swimming on a year-round basis. At times, twice daily practices along with dry-land are a requirement for this group. Senior swimmers will participate in YMCA sanctioned events as their primary activity with non-sanctioned YMCA championship events and meets second. Swimmers must exemplify high standards and be representative of the YMCA values and believe in and support the team philosophy. The Senior 1W Level will practice 5-7 times per week. As a general guideline, swimmers must be able to train at a pace of 1:10 to 1:20 per hundred for the workout and attend 90% of the practices. Swimmers at the Senior 1 level who have qualified are expected to attend BOTH YMCA Nationals.

Senior—Ages 14-18- This level is the most competitive and demanding level of The Community YMCA Swim Team programs. Swimmers must have YMCA National Short Course and Long Course time standard or be invited by the coaching staff. Swimmers must have the ability and skill set needed to train at this level. The primary goal is to excel and score at YMCA Nationals (Short Course & Long Course). Swimmers must commit to swimming on a year-round basis. At times, twice daily practices along with dry-land are a requirement for this group. Core strength programs, spinning, and weight training are also required. Senior swimmers will participate in YMCA sanctioned events as their primary activity with non-sanctioned YMCA championship events and meets second. Swimmers must exemplify high standards and be representative of the YMCA values and believe in and support the team philosophy. The Senior Level will practice 5-7 times per week. As a general guideline, swimmers must be able to train at a pace of 1:05 to 1:10 per hundred for the workout and attend 90% of the practices. All swimmers at the Senior level are expected to attend BOTH YMCA Nationals.

****Halfway through the season, swimmer attendance records will be reviewed by the coaching staff. Parents will be contacted if they have not met the expectations of their practice group and could result in a change in placement for the remainder of the season and for the following season.

Reevaluation of Swimmers 7

Reevaluation of a Swimmer's Placement

The coaching staff exercises the right to make appropriate placement changes during the course of the season. Each Swimmer's training needs are constantly re-evaluated by their coaches. Swimmers are placed in training levels based on their history, ability to complete workouts, commitment and maturity. It is not a swimmer's racing speed, but rather their ability to handle the physical and mental aspect of a certain training level that determines their placement.

Swimmers may be moved to a higher or lower level of training based on several factors. Poor attendance, behavior problems, negative attitudes, and inability to complete sets can result in a swimmer being reassigned to a lower training group. Conversely, a swimmer who meets attendance requirements, has the appropriate ability to maintain certain intervals and who has attained consistent success in the pool may be considered as a candidate to begin training at the next level if room is available. Other considerations for placement may include an injury where rehabilitation at a less strenuous level is necessary or strong commitments to other sports.

Remember that all practice level assignments will remain in place for the first six weeks of the season, and **only** at that time will we discuss any possible schedule changes for your swimmers.

Please note that the head coach must approve all changes in practice level assignments. This would be based upon careful consideration and recommendation from the coaching staff. Only those swimmers turning 9 in the spring may be moved up for spring training. All others will be moved only if space exists.

Strict guidelines are necessary for a swim program to succeed and for swimmers to gain the full benefit of practice. The coaching staff takes pride in its program and works to provide a well-organized, disciplined regimen that keeps swimmers abreast of practice objectives. To that end, the following rules will be strictly enforced:

Attendance - 13 and over swimmers please see attendance requirements under your practice level description as attendance is mandatory. For all swimmers please notify coaches regarding any extended absences due to injury or illness.

Punctuality is mandatory-All swimmers should arrive on deck 10 minutes before the scheduled practice time. Lateness is inexcusable and can result in swimmers missing important information.

Having proper equipment is crucial to doing practice drills correctly. Swimmers should have a proper suit, fins, practice cap, goggles, water bottle and a towel. Also, certain practice levels require additional equipment as outlined here:

- White, Red, Junior 1 and Junior 2 — paddles
- Senior 2 and 2B—Paddles and snorkels
- Senior 1 and 1B—paddles, snorkels, and tempo trainers
- All boys 13 & over are required to practice in a speedo brief and drag suit

All items should be clearly labeled with your child's name. Sports Spot has the details on the type of fins, paddles, that are required for our team. Check <http://www.thesportspotnj.com> for store info.

Staying the entire practice-The last part of practice is just as important as the beginning. The coach must be told ahead of time if a swimmer needs to leave early.

Attend practice prior to meet-all swimmers are required to attend their own practice the night before a meet. If they do not attend their practice they may be dropped from the meet.

Following the YMCA's policy regarding locker room usage and behavior. All items should be stored in a locker using a combination lock. The YMCA and the Swim Team will not be responsible for lost or stolen items.

Presenting membership cards at the Service Desk before entering the facility is for your protection and mandatory. Barcoded membership tags are swept through a scanner, which activates an entry pass to use the facility.

On deck etiquette Swimmers should never leave the pool area without a coach's permission, enter the water only when instructed to do so, return all equipment to its proper place and exit the pool immediately at the end of practice. Disruptive behavior or lack of attention will prompt disciplinary action. Disrespect toward other swimmers or the coaching staff, lying, stealing, vandalism, or willful destruction of property will not be tolerated.

Swim Team Costs are assessed based on the practice group assigned as well as the age of the swimmer. Each swimmer pays up to five different fees:

1. YMCA Membership Fees: You must be a current full-privilege member of the YMCA to represent the YMCA of Greater Monmouth Swim Team. Families are responsible for maintaining a yearly membership for each swimmer. This fee is separate from any Practice Level fees and is paid at the Welcome Desk.

2. Program Fees: All families are required to have their payments automatically drafted from a credit card or checking account.

3. USA Swimming Registration Fee: All Greater Monmouth YMCA swimmers age 9 and over must be registered with USA Swimming, the national governing body for amateur swimming competition in the United States. This enables our swimmers to compete in USA Swimming sanctioned Invitational Meets. The fee is \$70.00.

4. Meet Fee Account: Each family maintains a meet account from which the team administrator draws funds to pay for invitational meet entry fees. A minimum of \$100 is required to open the account (\$50 for 8/U.) You are responsible for checking your meet fee account throughout the season. When your account balance draws low, your account will be auto-replenished using your credit card or bank account on file.

5. Apparel & Equipment: Each swim team member is required to purchase a new team suit each year. In addition, each swimmer must have a practice cap, a meet cap, and team-sanctioned apparel, i.e. t-shirts/sweatshirt, etc. Swimmers must wear team suits to all dual/tri meets, and Greater Monmouth apparel at every meet. No other team attire is allowed. Swimmers are not allowed to wear apparel purchased elsewhere. Each member of the team will receive a team t-shirt and sweatshirt free of charge. Junior and Senior level swimmers may be required to purchase additional training equipment and technical suits upon their coach's request. Only Speedo black tech suits be worn. The coaches will determine a proper tech suit policy for each level. This policy will be communicated once the season begins.

Parent and Swimmer Communication

Our team has several channels of communication in place to offer swimmers and parents continually updated information. Parents should be proactive in checking our many sources of information on a daily basis.

Web Site (www.ygreatermonmouthswimteam.com)– Updated on a regular basis, our website is the most valuable source of information for reminders, news, schedule changes, timing assignments and meet information. It also has important links to other sites regarding meets, USA Swimming, YMCA Swimming and Diving, and contact information. Information confirming work assignments is also posted. The coaches' contact information is also listed. Head Coach Jack Caucino can be contacted at jcaucino@ymcanj.org

PLR'S (Practice Level Representatives)–As your second line of communication, each practice level location has a parent representative chosen by the Head Coach. Each representative will reach out to their level at the beginning of the season to introduce themselves . Your swimmer's practice level representative is your line of communication and should be your first source for questions and concerns.

Team Bulletin Board–Located in the pool viewing area and contains sign-up and meet information, flyers, schedules, team functions, and calendars.

Family File Folders–Located in the pool viewing area, these should be checked each practice. Awards, pictures, flyers, financial statements, correspondence and updates are placed there regularly.

Voice and Text Messaging Service–An urgent messaging service used for last-minute schedule changes, updates and cancellations, and important reminders. (Please make sure your account on team unify has the most up to date cell phone numbers and emails.)

Announcements by Coaches at Practice– Often, coaches will make announcements about changes, reminders and upcoming events at the end of practice. It is important that your child listens carefully and tells you the information as soon as they leave practice.

Greater Monmouth YMCA Parent Committee– The team's Executive Committee of parent volunteers advises and assists the head coach with team administration. The committee is a liaison between the parents and the coaching staff, can answer administration questions, and welcomes your suggestions.

Weekly Splash– A weekly email sent to every team member with team information, updates and achievements, and functions.

2019-2020 Greater Monmouth YMCA Parent Committee

President	Michele Foreback	zani4back@gmail.com
Vice President		
Corresponding Secretary	Kerry Michaelson	kerryamichaelson@yahoo.com
Recording Secretary	Tracy Hill	tracy.cmj@gmail.com
Treasurer	Paula Lachance	paulalachance@comcast.net
National Parent	Meg Shaughnessy	bshags01@aol.com
Social Chair	Christine Heyt	chrisheyt@comcast.net
Head Official	Adam Yee	adam.g.yee@gmail.com
Head Meet Director	Colleen Doogan	colleen473@verizon.net
Member at Large	Karen Mahoney	kmahoney-1@comcast.net
Member at Large	Jeannine Barlotta	nene2972@gmail.com
Member at Large	Danielle Gianfrancesco	kayleighsmom@msn.com
Member at Large	Jessica Li	jessicawli@yahoo.com

Freehold/Old Bridge Practice Location

Red Bank Practice Location Representatives

Green

Blue

White

Red

Susan Marjama

TEET119@hotmail.com

Jr1/Jr2

Angela Noll

noll.kluwin@gmail.com

Parent and Swimmer Communication

Freehold/Old Bridge Practice Location

Red Bank Practice Location Representatives

Green

Blue

White

Red

Susan Marjama

TEET119@hotmail.com

Jr1/Jr2

Angela Noll

noll.kluwin@gmail.com

WALL Practice Location Representatives

Blue

White

Red

JR1 / JR2

Senior Practice Location Representatives

SR 2B/ 2BW

SR 2/2W

Sr 1B/1BW

Sr/Sr 1/Sr 1W

Amy Perez

Types of Meets

The YMCA Greater Monmouth Swim Team competes in a variety of meets throughout the season. A swimmer's age for any YMCA Meet (for the entire season) is his/her age as of Dec 1st of the current swim season. A swimmer's age for any USA Swimming meets is determined by the swimmer's age on the first day of the meet.

- Dual Meets—all levels
- Tri Meets—All Levels
- Denis Zilinski Memorial— all 9 & Overs
- Harvest Haunt—all 9 & Overs
- Holiday Mini Meet—all 10 & Unders
- Strong Kids all 9 & Overs
- Winter Splash—all 9 & Overs
- Y States-13 & Over

Greater Monmouth Hosted Meets All swimmers are REQUIRED to attend ALL Greater Monmouth hosted meets that their swimmer is eligible to attend, and all families are expected to work at all RBY hosted meets. These include:

Dual Meets Our team will swim against another YMCA swim team in our conference on Saturdays October through December. Our team is broken down into a number of various dual meet teams. Placement on these teams is determined by the coaching staff. Attendance is mandatory and team suits/caps must be worn. Coaches must be notified three days in advance if a swimmer cannot attend a dual meet. There are five age groups: 8 and under, 9-10, 11-12, 13-14, and 15-18. All four strokes, the IM, and relays are swum. Swimmers usually swim two individual events and a relay, which are determined by the coaching staff. Swimmers and coaches are transported by bus to away meets. All swimmers must ride the bus to the meet as part of building team unity. Written permission is needed if a swimmer will be returning home with their parents. There is no additional fee for these meets. All levels except Green and Black participate in Dual meets.

USA Swimming Invitational Meets These meets are sponsored by teams sanctioned by the USA Swimming and the New Jersey Swimming Association and are often meets that require the swimmer to meet a time standard. These meets are for swimmers ages 9 and over. Eligibility Reports will be posted on Team Unify by the coaching staff. Please take notice of whether the coaching staff will be signing up your child or whether it is your responsibility. It is important that parents take notice of meet entry due dates and the session times for your swimmer. These meets are often 2-3 day meets and may require travel. Participation in these meets is very important and is a requirement for swimmers that qualify for USA Swimming Zones. All levels except Green, Black and Blue can participate.

USA Swimming Junior Olympics A mandatory three-day meet held in March. Swimmers 9 & over who meet or surpass USA Gold time standards can participate. The coaching staff will determine what events the swimmers compete in.

USA Swimming Eastern Zone Championships New Jersey will send its top swimmers by event/age group/gender to represent the state in this regional competition. In general, qualifiers from New Jersey practice as a team for this meet, which requires an additional expense. Qualifiers must seek permission from the Head Coach to attend. Check www.easternzoneswimming.org for more information.

Mini-Meets These meets are YMCA Invitational Meets sponsored by the local YMCAs. Some of the meets invite 9-10 year old swimmers while others only include 8 & unders. These meets are designed to provide an opportunity for our younger swimmers to develop their competition and racing techniques and swim other strokes

and distances. Swimmers choose what events they would like to compete in and transportation is not provided by the team. Though participation is optional, the coaching staff encourages the swimmers to participate as a way to gain experience. All swimmers ages 10 & under in all levels can participate.

YMCA Invitational Meets These meets are sponsored by teams that are members of the YMCA Swimming and Diving Organization. These meets often do not require a time standard. These meets afford your child the opportunity to swim other events and distances that they normally would not do. Participation is optional but encouraged.

YMCA Championships Every swimmer is expected to attend the highest level championship meet they qualify for or their spot on the team may be jeopardized.

YMCA Bronze Championships This meet usually held in February, is for all 9 & over swimmers who have achieved Bronze time standards, but fewer than 4 Silver or State times. Times attained time from this meet can be used to qualify for the next championship level. This meet is held over a 2-3 day period and will require some travel. If your child has both Bronze and Silver times, they may only swim the events that they have the Bronze qualifying times for in the Bronze Meet.

YMCA Silver Championships This meet, usually held in February, is for all 9 & over swimmers who have achieved Silver time standards, but fewer than 4 State times. This meet is held over a three-day period and some travel and hotel lodging will be required. State times earned at this meet may be used to for the YMCA State Championship meet in March. If your child has both Silver and State times, they may only swim the events that they have the Silver qualifying times for in the Silver Meet.

YMCA State Championships A mandatory three-day meet held in March requires travel and possibly hotel lodging. Swimmers must meet State qualifying times to be eligible. The coaching staff will determine the events and relays for each swimmer. There are two YMCA State meets: one for 12 & under swimmers and another for 13 & overs.

YMCA Short Course Nationals Attendance at this meet is a major goal of our swimmers. Each April, swimmers from YMCAs across the country travel to North Carolina compete on a National level. To qualify, a swimmer must:

- Be at least 12 years of age
- Meet YMCA membership and eligibility requirements
- Meet National qualifying time standards for at least one individual event
- Attend at least 90% of regular season practices and 100% of practices in the period between the YMCA State Meet and Short Course Nationals
- Sign and adhere to the policies in the Athlete Code of Conduct and the Travel Code of Conduct
- Have all swim team fees paid in full
- Travel and lodge as a team

Long Course Training and Meets

Meets held during the summer as well as beach training (for 13 overs) will only be available to swimmers enrolled in long course training.

When the short course and championship season are over it does not mean that a parent's volunteer responsibility ends. During the summer there are several meets as well as long course championship meets. If your child is swimming during the summer there will be an expectation that his/her parent will volunteer accordingly.

How to Enter a Meet

Completing meet entries on Team Unify in a timely manner is crucial. Please check the due date and time. Failure to return the form by the required date will forfeit your child's opportunity to swim that meet. No exceptions will be made. Remember: you must log on to our website to commit to a meet.

Meets with no Time Standard

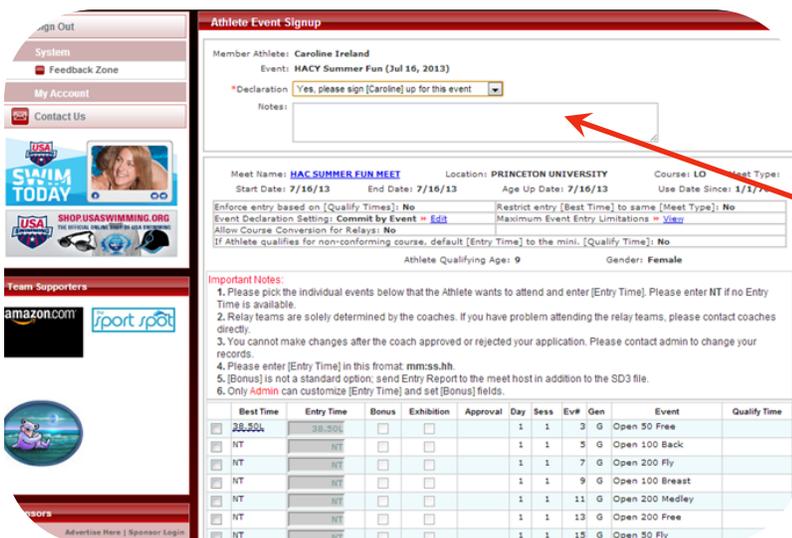
1. Select a meet from the online announcement.
2. Check the due date!
3. Complete the meet entry form online.
4. Check the meet entry report online when posted for verification.
5. Save your changes.
4. Check the meet entry report when posted online for verification.
5. Save your changes.

Meets with a Minimum Time Standard

1. Select a meet from the online announcement or meet eligibility report.
2. Check the due date!
3. Complete the entry form online. Check that you have entered only events the swimmer is eligible for (which are in black) and that you have not exceeded the maximum number of events allowed per swimmer per day/per meet.
2. It will be marked if the coaching staff will be entering swimmers parents do not need to complete the meet entry form.
3. Check the meet entry report online when posted for verification.
4. Due to the increasing number of NJ swimmers, the coaching staff may ask for a meet commitment form 3-4 months ahead of time, so they

Meets entered by the Coaching Staff

Meet Fees are non-refundable. Once a swimmer commits to a meet, we send the entries and fees to the host team. Meets have a limited number swimmers they can accept, so each swimmer occupies a space that could have gone to another swimmer. As a result, host teams do not refund any meet fees for any reason, even in the unlikely event a meet is postponed or cancelled.



Notes Box: When you commit your swimmer to a meet, you can type any notes for the coach here. Examples include letting a coach know your swimmer can only attend one day of a multi-day meet, or why your swimmer declined to attend a meet, or to request a particular stroke, when appropriate.

Code of Ethics

This code of ethics is offered as a guide for swimmers and parents to ensure the promotion of good sportsmanship and conduct among the entire Community YMCA Swim Team. At this time there is a committee in place to create a Social Media Policy. During the season you will be given this additional policy for your review and signature.

Members of the Community YMCA Swim Team should:

- Conduct themselves in a manner that will protect and respect the rights and welfare of the athletes, parents, officials, and coaches.
- Be a goodwill ambassador for the YMCA Organization and promote the many benefits of swimming at all levels.
- Offer congratulations—win or lose—within the team and with the opposing team.
- Cultivate such virtues as patience, courage, dedication, responsibility, commitment and good sportsmanship.
- Proceed with care and sensitivity regarding such issues as group changes, disciplinary actions, etc.
- Encourage each other to strive to be the best they can be.
- Keep swimming in the proper perspective: have fun, enjoy the sport, be proud of your commitment and accomplishments, value your newfound friendships, and respect the achievements of others.
- Comply fully with the rules and regulations handed down by the YMCA Swimming and Diving Organization.
- Community YMCA swimmers and parents are expected to behave in an orderly, courteous and sportsmanlike manner during all meets, team functions, and practices.
- Swimmers should sit with the team in their designated area at meets at all times. Support your teammates by cheering, offering congratulations and support, and maintaining a positive image. Show respect for meet officials as well as other teams and coaches.
- Be responsible for yourself and accountable for your actions.
- The use of drugs, alcohol, vaping products or tobacco is strictly prohibited.
- You represent the Community YMCA Swim Team. Handle yourself with pride and dignity!

Parental Commitment

Without the help and support of our parents, our team could not exist. We consider the parents to be partners with the coaches in developing a positive athletic experience for our young people. Just as there are clear expectations of swimmers, there are also clear expectations for the parents.

Support Your Child

One of the biggest obstacles parents experience is allowing your child to fail. Swimming is a place where young athletes have the opportunity to learn from the difficulties associated with sports and in turn, life. Failure is as good a teacher as is success, helping athletes become stronger and move on to greater achievements—ones that they may not have been able to reach without having faced challenges and difficulties. Athletes should be taught to view failure as a “temporary setback” that can be used toward reaching future goals.

Support the Coaches

It is important that parents are models of good behavior by showing support for the coaching staff. The coaches are experts on technique, race strategy, and all aspects of the sport. A swimmer can become confused when a parent interferes with the coaching, instruction, or drills. Going against what the coach says is the worst possible thing for a child, because it undermines their confidence in their coach. At times, parents will not always agree with the decisions of their child’s coach. These decisions are based on what the coaches feel is in the best interest of the child and the program. At times of disagreement, loyalty is of the utmost importance. The best parents are those who can honestly tell their child to listen to their coach, trust their coach, and believe in their coach. Additionally, you can help our coaches focus on our swimmers by remaining off deck during practice and by directing your questions to the PLR’s.

Support the Program

With the expense of pools and a professional coaching staff, the Community YMCA Swim Team relies heavily on the volunteer efforts of its parents to help raise the additional funds needed to run the program. Parents who take an active role in the team are helping to teach their children the importance of a positive attitude, team spirit and the benefits of volunteering and community service.

TeamUnify:

The Greater Monmouth Swim Team utilizes the Job Sign up feature in Team Unify to staff swim team events, organize volunteers and track points. Team Unify will track a family's volunteer history for the season which runs from September to April.

To access the Job Sign up, please log onto the team website www.ygreatermonmouthswimteam.com and sign in. Under Meets and Events there will be listing of upcoming swim team events. Next to each event there is a Job Sign Up button for jobs. Once the Volunteer Administrator opens the sign up, click this button and it will bring you into the jobs available for this event.

Below are the detailed instructions:

How to signup Event jobs:

Step 1: Find the empty slots shown as "-----".

Step 2: Click on the checkbox in front of the empty slot that you want to sign up for.

Step 3: Select [Signup] button to signup for the slots that you selected.

Note: If your Account name is printed right after the checkbox, you've signed up for that job. You do NOT have to "Signup" again. You, however, can use the "Remove Signup" button to remove the signup if you no longer want to work on that job.

If someone else's name is printed, that job slot is not available for you to sign up (this is a first-come-first-serve system). You can only sign up for the empty slots shown as "-----".

Below are some rules/guidelines to use when signing up to volunteer:

Only families that have paid the \$200 deposit for the next season can access Team Unify

At the start of the season, the Volunteer Administrator will set the points for each family in Team Unify based on their assigned practice levels.

In most cases, events will open 10 to 14 days prior to the event. The Volunteer Administrator will send an email notifying the team when the job sign-ups will open. It will also be posted in the Weekly Splash.

Basic job descriptions and point allocations can be found on the team website under Parent Info/Documents.

Team Unify will unlock in the evening between 6-8pm on the date indicated by the Volunteer Administrator.

Initial sign up is limited to one position per family per event. If an event has more than one session, families will need to wait 48 hours before signing up for additional work. After the Forty-eight hours, families are welcome to sign up for one additional position. If you sign up for more than one position at the initial sign up, the Volunteer Administrator will remove you from the additional position(s) at the Administrator's choice, without notice.

Extra points may be given if a meet goes beyond a reasonable amount of time. The Head Coach will determine what a reasonable time is.

Timing assignments for away Invitational meets (Holiday Classic etc.) will be assigned and posted on the website within 48 hours of the event. Families will not receive an email notification of a timing assignment. All are required to check the website as the meet is approaching to see if they have been assigned. **If you are unable to time, you are responsible for finding a replacement. If you do not find a replacement and fail to show up, you will be fined \$250.00 unless there are extenuating circumstances.**

If a meet or team function is cancelled, you do not receive points for the positions you were scheduled to work.

Meet jobs are reserved for families who have children competing in that age group (i.e. 13/over parent should not sign up to work a 9/under meet until 9/under parents have a full opportunity to sign up). Forty-eight hours after the initial opening of an event, families of non-competing swimmers can sign up to work the events.

Since all Dual Meets may open for sign ups at the same time, families are only permitted to sign up for one Dual Meet at the initial sign up. After 48 hours from the time Dual Meets are opened you may sign up for additional Dual Meets.

Prior to the lock date, if you cannot work an event you signed up to volunteer, you can go into the Team Unify Job Sign up and remove yourself from the position(s).

After an Event has passed the lock date, it is your responsibility to find your replacement. Do not email the Volunteer Administrator to find you a replacement. In addition, make sure you contact the Event Coordinator with the name of your replacement.

The season runs from September to April, all points need to be completed prior to the end of the season to avoid penalties.

Volunteer & Points Tracking System

The purpose of this system is to ensure all families become involved with The Greater Monmouth Swim Team programs. During the short course season the Greater Monmouth Swim Team averages 1,000 volunteer hours a month. Our hosted meets require an average of 106 volunteers. The volunteer tracking system helps to ensure the Greater Monmouth Swim Team can continue to successfully give our swimmers both competitive and social opportunities allowing them to grow as an athlete.

Some of our volunteer roles involve slightly more time than others. These roles are known as Level 2 roles. Each season the Swim Team Parent Committee asks families to complete or shadow (depending on age of oldest swimmer) one level 2 volunteering role and a minimum number of points to be earned by each level 1 position completed. However, once a family completes their minimum amount of points, it should not be viewed as a reason to no longer volunteer your time to help The Greater Monmouth Swim Team programs. *Meeting the minimum point requirement doesn't exempt a family from having to volunteer in swim meets or swim team functions in which their child(ren) is (are) participating.* Failure to volunteer when requested may jeopardize your child's participation in that event or future Greater Monmouth Swim Team activities. **It should be noted all families whose children are swimming during championship meets are to expect to work upon request, regardless of point status.**

When the short course and championship season is over it does not mean that a parent's volunteer responsibility ends. During the summer, there are several meets as well as long course championship meets. **Even though points are not earned for summer meets, if your child is swimming during the summer there will be an expectation that his/her parent will volunteer accordingly.**

How the points system works:

Points are to be earned during our short course season (September–April). Points are earned on a per job basis. The Parents Committee has determined the point amount to be given to each volunteer position.

Volunteer Responsibilities:

- Each member is expected to understand the responsibilities and fulfill any job requirements you register to work. If a family does not understand the responsibilities of a job, it is their responsibility to reach out to another Greater Monmouth Swim Team Family with experience and learn the job prior to the event date.
- All obligations of volunteer positions must be met or the points you receive for that position will be reduced or not counted. (ex. Not working the entire time period, not completing all responsibilities of the job, not showing up at all).
- If you sign-up to take a leadership (level 2) role for an event, you must take full responsibility for the position. If you are unable to fulfill your responsibilities, the level 2 commitment allocated to you will not be counted.
- A volunteer must sign-in with the event leader or risk losing the points assigned to that position.
- A volunteer must find a replacement for positions they have signed up for after the lock date on Team Unify has passed (lock date is when families can no longer change positions and is different for each event).
- Meets cannot run without timers. All families should be expected to be assigned timing roles for meets outside our facilities. Families who are unable to meet a timing assignment must find a replacement or be fined \$250 for failure to show up.
- Families are responsible for tracking their points through Team Unify.

Level 2 Positions & Point Requirements:

Each Greater Monmouth Swim Team Family in their first year or whose oldest swimmer is 8 & under will be required earn a designated amount of points through level 1 volunteer positions.

Each Greater Monmouth Swim Team family whose oldest swimmer is 9 –10 will be required to shadow one level 2 volunteer role and earn a designated amount of points through level 1 volunteer positions.

Each Greater Monmouth Swim Team family whose oldest swimmer is 11—18 will be required to complete one level 2 volunteer role and earn a designated amount of points through level 1 volunteer positions.

Below is the point requirement for each practice level for the 2019/ 2020 winter swim season:

Green Level 5 points

Blue R & W Levels 5 points

White R & W Levels 7 points

Red R & W Levels 7 points

Junior Levels 8 points

Senior Levels 9 points

***NOTE: With our most recent change in the team dynamic points will not go up, but may go down as the season progresses.

Important note: Families with 2 or more swimmers will be required to earn an extra 3 points.

- Points cannot be transferred.
- Points cannot be carried over to another season, unless specified by the Head Coach.
- Points are not credited for time spent on fundraising for the National Team.
- No points will be granted for donating food, timing Championship meets, timing finals at any meet or working the 13/over State meet in Lancaster, PA. We need all families to participate to the fullest possible extent to run a good meet.

Penalties:

Families not meeting their point requirement during the short course season will be assessed a penalty of \$50 per point.

Families not meeting their level 2 volunteer requirement during the short course season will be assessed a penalty of \$250

CHECKING POINTS

Parents (non admin) See All of The Jobs they Have Signed Up For

[← Job/Service Hours Admin](#)

SwimOffice Admin - Non Admin (for admin you can use the Admin Only - Job Signup Admin Report to Excel in the same tab)

1. Sign into team's website
2. Head to the MY Account >My Invoices/Payments section
3. Click on the Service Hours Tab
4. You'll see your hourly/points obligation and balance on the far-right of that screen. You may need to scroll over to see this, which can be done using arrow keys on your keyboard.

When you have completed a level 2 role a confirmation email will be sent to you from the board member assigning these roles. Please keep for your records.

I Thou shall not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II Thou shall be supportive no matter what.

There is only one question to ask your child after a practice or a competition: "Did you have fun?" If meets and practices are no longer fun, your child should not be forced to participate.

III Thou shall not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy.

IV Thou shalt only have positive things to say at a swim meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same thing as "cheering for."

V Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready.

VI Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely volunteer positions.

VII Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII Thou shalt be loyal and supportive of thy team.

It is not wise for parents to compare teams. The water isn't necessary "bluer" in another team's pool.

IX Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning.

X Thou shall not expect thy child to become an Olympian.

There are over 250,000 athletes in USA Swimming. There are only 52 spots available on the Olympic team. Your child's odds of becoming an Olympic athlete are about .0002%.

And Remember....Being a swim team parent means telling your child it is "OK" when you have just traveled halfway across the state and they've had a false start for their one and only race. It means being proud of them regardless of where they finish in their event. It means you cheer every personal best time and comfort them when they did not have a good swim. Finally.., remember that it is their sport, not

1. Greater Monmouth parents are encouraged to appropriately support their children's swimming experience.
2. All swimming practices are open to observation by parents at all locations.
3. The YMCA of Greater Monmouth practices are two-deep Leadership: One coach member and at least one other adult who is not in the water will be present at all practices and other sanctioned club activities whenever at least one athlete is present. The coaching staff and parent board evaluate their seasonal plans and map out how to best accomplish this strongly recommended guideline.
4. All locations are Open and Observable Environments: An open and observable environment is maintained for all interactions between adults and athletes. Private, or one-on-one situations, are avoided unless they are open and observable. Common sense will be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
5. Greater Monmouth coaches will not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
6. During Greater Monmouth team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments will be maintained.
7. Greater Monmouth athletes will not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
8. During overnight travel with our National Team, our athletes are paired with other athletes they shall be of the same gender and will be a similar age. There will be floors designated for male athletes and separate floors designated for female athletes with same gender coaches.
9. When only one athlete and one coach travel to a competition, at the competition the coach and athlete will attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
10. Communications between non-athlete adult members and athletes will not include any topic or language that is sexual or inappropriate in nature.
11. Non-athlete adult members will respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.
12. The YMCA of Greater Monmouth will not tolerate relationships of a peer-to-peer nature with any athletes. For example, coaches should avoid sharing their own personal problems with athletes.
13. Coaches and other non-athlete adult members will avoid horseplay and roughhousing with athletes.
14. When a coach touches an athlete as part of instruction, the coach will do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes

16. Coaches will not engage in sexual intimacies with a former athlete for at least two years after the cessation or termination of professional services. Because sexual intimacies with a former athlete are frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches should not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:

1. The amount of time that has passed since the coach-athlete relationship terminated;
 2. The circumstances of termination;
 3. The athlete's personal history;
 4. The athlete's current mental status;
 5. The likelihood of adverse impact on the athlete and others; and
 6. Any statements or actions made by the coach during the course of the athlete-coach relationship suggesting or inviting the possibility of a post-termination sexual or romantic relationship with the athlete or coach.
7. Both the athlete and the coach must be 18 years of age or older.

GREATER MONMOUTH SWIM TEAM ATHLETE GENERAL CODE OF CONDUCT

Expected Behavior as a Greater Monmouth Swim Team Athlete:

- I will conduct myself in a manner consistent with the character, welfare, best interests and policies of The Community YMCA.
- I will act and conduct myself with dignity and respect for others and the property of others.
- I will show respect for coaches, parents, officials, volunteers, spectators and fellow athletes at all times.
- I will promote a positive attitude in practice and always exhibit good sportsmanship.
- I will promote positive team spirit and morale.
- I will support my peers and encourage them in a positive manner during practice, meets, on social media and everywhere we go.
- I will serve as a role model and mentor to young athletes in our program and others.
- Win or lose, I will offer congratulations to my opponents and support my teammates.
- I will represent myself, my family, and The Community YMCA in an exemplary manner.
- I will be a goodwill ambassador for our team and the sport of Swimming.

Prohibited Behavior at Team Events:

- Use of alcoholic beverages.
- Use of illegal drugs or improper use of prescription medications.
- Vaping, Smoking or other use of vaping or tobacco products.
- Destructive behavior.
- Inappropriate or unruly behavior, including failure to adhere to team standards and the Greater Monmouth Swim Team Member Code of Conduct.

Possible Consequences for Violation(s) of this Code of Conduct:

- An athlete may be removed from an event or swimming session for a violation of the Code of Conduct without refund of event fees.
- Temporary or permanent dismissal from the swim team without refund of fees associated with membership on the Greater Monmouth Swim Team.
- Possible dismissal from the Community YMCA premises and possible revocation of membership and/or usage privileges.

I have read the Greater Monmouth Swim Team Athlete Code of Conduct and agree to abide by its provisions.

Signature of Athlete

Date

Signature of Parent/Legal Guardian

Date

YMCA Rules for Swim Team Members 2019-2020

In addition to the Code of Conduct received from the swim team, there are YMCA rules that need to be adhered to while at the facility. These rules have been established to ensure safety for all members of the YMCA. We trust that all Greater Monmouth Swim Team members will act maturely, responsibly and respectful and all times. We are asking all parents to spend time reviewing the team's Code of Conduct and the below rules with your children, so they understand the proper behavior that must be exhibited while at the YMCA.

All swimmers 9 and under may not enter the YMCA facility without adult supervision. Since full supervision is not provided until 5 minutes before practice is to begin, swimmers are not allowed to enter the pool deck until that time. Parents are responsible for the whereabouts of their children from the time they enter the building until they are under a coach's supervision. The same holds true for after practice. The coaches are NOT responsible for the swimmers before the on deck time or the after practice. This responsibility is of each and every parent.

Summary of YMCA Rules and Practices

- All swimmers must scan in at the welcome center when entering the facility.
- All swimmers and 9 and younger must be accompanied by an adult when they enter the facility.
- All Green, Blue, White & Red level swimmers must be under the supervision of an adult until the time their practice is scheduled to begin and immediately after practice finishes.
- The YMCA does not supply towels for the swim team.
- Drivers cannot drop off in front of the YMCA entrance door. All drop offs must be done in the area provided.
- The bar area is provided as a courtesy all parents & swimmers that use that area must clean up.
- No swimmers are allowed to change on the adult side of the locker room and should remain on the child designated side at all times.
- Running, skipping, pushing, or any type of horse play in the pool area and locker room is prohibited. No running or bouncing balls in the hallways or lobby.
- You must be fully clothed (including shirts and shoes) when not in the pool & locker room areas.
- Showers are required before entering the pool and must be turned off when finished.
- There is NO PARKING in the fire zone at either practice location.

Finally, let it be clearly understood that the swim team will not tolerate any conduct that is inappropriate, threatening or hazardous and we reserve the right to deny privileges, suspend or even terminate a membership for failure to comply with the Greater Monmouth Swim Team Code of Conduct or YMCA rules and practices.

Signature of Parent

Date

Signature of Swimmer

Printed Last Name

FAMILY LAST NAME: _____ PRACTICE LEVEL: _____

GREATER MONMOUTH SWIM TEAM PARENT CODE OF CONDUCT

Initial (by both parents)

_____ I have read the 2019-2020 YMCA of Greater Monmouth swim team handbook.

_____ I understand volunteer points needed are a MIINIMUM and acknowledge that if my child is swimming in a championship meet I WILL be expected to work.

_____ I understand that if I am assigned a timing position and fail to show I will be fined \$250 for not showing up. In order to help prevent a fine, I will do everything in my power to find a replacement.

_____ I understand that only coaches and swimmers are allowed on pool deck during practice. Parents are not allowed on deck during practice.

_____ I understand it is my responsibility to read the requirements on Team Unify when signing my swimmer to a meet. I will not sign up my swimmer in a meet they are not qualified for.

_____ If I have a question for my swimmer's coach I will reach out to my PLR. I will not text or call my coach directly.

_____ I understand that I cannot move my swimmer to another practice than the one he/she is assigned to. Failure to stay in the assigned practice may result in removal from the swim team.

Signature of Parent/Legal Guardian (1)

Date

Signature of Parent/Legal Guardian (2)

Date

FAMILY LAST NAME: _____

PRACTICE LEVEL: _____

GREATER MONMOUTH SWIM TEAM ANTI BULLYING POLICY

Bullying of any kind is unacceptable on the Greater Monmouth Swim Team and will not be tolerated. Bullying is counterproductive to the team spirit and can be devastating to a victim. The Greater Monmouth Swim Team is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that the incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete.

The Greater Monmouth Swim Team takes bullying seriously and you as parents and swimmers can be assured that you will be supported when bullying is reported.

The USA swimming Code of Conduct defines bullying as “The severe or repeated use by one or more USA swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- Causing physical or emotional harm to the other member or damage to the other member’s property.
- Placing the other member in reasonable fear of harm to themselves or of damage to their property—creating a hostile environment for the other member at any USA Swimming activity.
- Infringing on the rights of the other member at any USA Swimming activity
- Materially and substantially disrupting training process or the orderly operation of any USA Swimming activity, i.e. practices, workouts, and other events of a member club or LSC

I have read the Greater Monmouth Anti-Bullying Policy and agree to abide by its provisions.

Signature of the athlete

Date

Signature of Parent/Legal Guardian

Date



PHOTO AND VIDEO/AUDIO RECORDING RELEASE
The YMCA of Greater Monmouth County

I _____ represent that I am eighteen years of age or older, and if not, then my Mother/Father/
Legal Guardian has also signed below under my signature.

For my participation in activities sponsored by or related to _____, I hereby give my
permission and consent, now and for all time (without any further compensation, claim or demand by me) to the
National Council of Young Men's Christian Associations of the United States of America ("YMCA of the USA"), and to
any YMCA of the USA Association, advertising agency, entities and third parties collaborating with YMCA of the USA
and their representative, if any (the "Organizations") to make, reproduce, edit, broadcast or rebroadcast any video
film, footage and other sound track recordings, or photo reproductions of me, and my narrative account of my expe-
rience with YMCA activities ("Materials") for publication, display, sale or exhibition thereof in promotions, advertising
and legitimate business uses without any further compensation to me. I may or may not be identified in such repro-
duction, however I shall not be stated by name to have endorsed any particular commercial products or commercial
services.

I further agree to the following:

Any Materials that I authorize pursuant to this Release shall belong to YMCA of the USA as its property, with
full right of disposition of them;

The Materials will not be subject to any obligation of confidentiality and may be shared with and used by the
Organizations, as well as with any third parties as YMCA of the USA may elect.

YMCA of the USA shall not be liable for any use or disclosure to a third party of any of the Materials.

YMCA of the USA shall exclusively own all known or later existing rights to the Materials worldwide and shall
be entitled to the unrestricted use of the Materials for any purpose without compensation to the provider of
Materials.

I agree that my consent and this release is irrevocable. I hereby release and discharge the Organizations and their
representatives from any and all claims in connection with the uses and reproductions of my image and voice and
my narrative account as described herein.

Printed Name: _____ Signature: _____

Age: _____ Address: _____

I am the Mother/Father/Legal Guardian of _____ (print name). For the consideration con-
tained herein, I hereby consent to the foregoing on behalf of my minor child.

Signature of Mother/Father/Legal Guardian: _____

Date: _____

