



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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2020-2021

Aquianas Synchronized Swimming Registration Information



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Welcome to another exciting season of artistic swimming at the New Canaan YMCA!

The New Canaan YMCA Aquianas was founded on the belief that synchronized swimming can be an expressive and creative outlet for young girls and boys within an athletic and competitive environment. The nationally ranked YMCA Aquianas are comprised of intermediate to elite level swimmers. The goal for all team members is have each one reach their potential while having fun. The nationally certified coaching staff strives to develop positive values and foster teamwork among athletes of every level. The YMCA Aquianas focus on developing winners both in and out of the water.

The 2019-2020 season started off really well. In the Fall we welcomed Dana and Mina, former Aquianas, as coaches. They made a great impact on the girls' skills. The 7 girls who attended National Team Trials in January all did very well and we had some of our best placements ever. February brought the 13-15 Zone High Point Trophy and the Juniors took back the Jr/Sr Zone High Point Trophy in March. Less than a week later, right before the 12&unders and Intermediates were to attend their first competition, Covid-19 caused us to shutdown.

The girls were absolutely amazing during the 14 weeks we were training virtually. They worked hard and had a little fun too. They tried ballet, 80s aerobics, rhythmic gymnastics flexibility and worked out with Sr National Team member (and former Aquiana) Emma Tchakmakjian among other things. They made cookies, designed suits and learned some international routines. And in what may have been the coolest opportunity that arose from the stay-at-home order, the girls were able to workout with teams near and far - Arizona, California, Canada and Spain - thanks to the technology of Zoom!

As well as the virtual workouts were going, everyone was happy to be back in the pool on June 22nd! The summer practices allowed the girls to get back in shape and see the teammates they were missing so much. The coaches were also re-energized being around the girls. Moving forward to the upcoming season we will continue to be flexible with our training options so we can adapt as new guidelines and regulations arise. Once we know about the competition schedule, we can make a plan to get the girls ready in a way that is effective and safe.

A big "thank you" to everyone for working as a team!

Jen Muzyk and the Aquianas Coaching Staff



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2020-2021 Aquianas Schedule

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jr Squad	4:30-7:30pm	6:30-8:30pm	4:30-7:30pm		6:30-8:30pm*	2:30-5:30pm
13-15 Squad	5:30-8:30pm		5:30-8:30pm	6:30-8:30pm		9:00-12:00pm
13&Over solos/duets	3:00-4:30pm 4:15-5:45pm 7:30-8:30pm	3:00-4:30pm 7:30-8:30pm	3:00-4:30pm 4:15-5:45pm 7:30-8:30pm	3:00-4:30pm 7:30-8:30pm	3:00-4:30pm 7:30-8:30pm	12:30-1:30pm 5:30-6:30pm
12&Under		4:30-7:30pm		4:30-7:30pm	4:30-7:30pm	
12&Under solos/duets	3:00-4:30pm	3:00-4:30pm 7:30-8:30pm	3:00-4:30pm	3:00-4:30pm 7:30-8:30pm	3:00-4:30pm 7:30-8:30pm	
11&Over Int		4:30-6:30pm		4:30-6:30pm		1:00-3:30pm
10&Under Int	5:00-7:00pm		5:00-7:00pm			1:00-3:30pm
Fish					5:00-6:15pm	

* optional for 4 man team

This is the full schedule which **will start on September 21st.**

Before that please consult the google calendar.



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YMCA Program Fees	
<u>Team</u>	<u>Fee</u>
Stars	\$2317
12&Under	\$3075
13&Over	\$3468
*Extra Routines	\$412

Aquiana Team Fees - paid by cash or check made out to "New Canaan Aquianas"		
<u>Fee</u>	<u>Age Group</u>	<u>Stars</u>
USSS Registration	\$125	\$125
Team Dues	\$125	\$125
Meet Fee DEPOSIT	\$250	\$100
Clothing Rental (Parka, sweat suit, and backpack)	\$100	\$35
Team Routine Swimsuit Rental (base, additional TBD)	\$125	\$50
Clinics and Choreography	\$150	n/a
Total-	\$875	\$435



Membership Agreement

All participants must have a valid membership throughout the season. I authorize the YMCA to automatically charge the payer's credit card or bank account on file at the YMCA for membership renewal.

Payment Agreement

All activity fees are due in full at time of registration, unless a payment plan has been accepted via on-line registration or a signed agreement is obtained at the YMCA. The payment plan schedule must be adhered to or the participant may be denied access to the activity until payments have been brought up to date. If payer accepted the payment plan option, the payer agrees to have the credit card on file charged or payment deducted from a bank account per the schedule on the receipt regardless if registered participant is or is not continuing to participate in the activity.

Refund Agreement

- 50% refund 2 weeks prior to season start date
- 25% refund 1 week prior to season start date
- 0% refund once season starts

Medical Refund:

Should the participant cancel due to medical reason pertaining to the activity, a pro-rated refund less a \$15 service charge will be issued provided the following is submitted to the YMCA team administrator and approved by Team Director.

1. Written notification stating date of injury and cause of injury.
2. Written verification by physician confirming cause of injury and date participant may be expected to return to activity, if appropriate.

I have read and agree to the above policies.

Parent/Guardian Name (Printed)

Date

Parent/Guardian Signature:

Date



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Aquianas Synchro Team Swimmer's Medical Profile

Name of Swimmer*: _____ Gender: _____ DOB: _____

Parent Name(s)*: _____

Parent Cell Phone(s)*: _____

Parent Email(s)*: _____

Swimmer Cell Phone (if applicable)*: _____

Address: _____

Emergency Contact: _____ Relationship: _____

Home phone: _____ Cell phone: _____

** Info will be shared on team roster.*

Health History

Allergies: (check if applicable)

Seasonal Allergies _____

Asthma _____

Insect Sting _____

Drugs (specify) _____

Foods (specify) _____

Chronic/Recurring Illness:

Earaches _____ Throat Problems _____

Sinus _____ Infections _____

Heart _____ Stomach _____

Epilepsy _____ Diabetes _____

Other _____

Details relating to above: _____

Medications being taken (name and explain): _____

Operations, injuries, special restrictions (explain): _____

Is there any further information you wish to add concerning your child's medical history?

Medical Release

I hereby give permission for the above named athlete to be medically administered to in case of emergency.

Signature (parent/guardian): _____ Date: _____



NURTURING THE POTENTIAL FOR EVERY CHILD AND TEEN

Program Information Sheet

Our Pick up Policy: is in conjunction with our **No Child Left Alone Policy** which states that no child under the age of 12 may be left alone at the YMCA and must be under the supervision of a caregiver, program leader, or coach. (Please note that this policy may also apply to older individuals if it is felt to be necessary for their or others safety while at the YMCA.) **Fill out the form attached and return it promptly to your child’s instructor:**

New Canaan Community YMCA Program
PICK-UP AUTHORIZATION

Participant’s Name: _____

Parent/Guardian: _____

Parent/Guardian: _____

I give permission for the parents/guardians listed above and the following people to pick up my child and respond to emergencies at any time during the program session.

1 _____ Home phone: _____

Relation to child: _____ Work/Cell phone: _____

2 _____ Home phone: _____

Relations to child: _____ Work/Cell phone: _____

3 _____ Home phone: _____

Relations to child: _____ Work/Cell phone: _____



CODE OF CONDUCT FOR OLDER YOUTH AND TEENS AND SOCIAL MEDIA COMMUNICATIONS – AQUATIC TEAMS

The New Canaan YMCA is a youth-serving, community-based membership organization dedicated to providing an environment which nurtures the potential of every child. Participation in the organization's programs is subject to the observance of the organization's rules and procedures. The activities outlined in the following list are strictly prohibited. Any program member, staff, or volunteer leader who violates this code is subject to discipline, up to and including removal from the program.

- Abusive language toward a staff leader, volunteer, or another program member
- Possession or use of alcoholic beverages or illegal drugs on New Canaan YMCA property or reporting to the program while under the influence of drugs or alcohol
- Bringing onto YMCA property dangerous or unauthorized materials such as explosives, firearms, weapons, or other similar items
- Discourtesy or rudeness to a fellow program member, staff leader, or volunteer
- Verbal, physical, or visual harassment of another program member, staff leader, or volunteer
- Actual or threatened violence toward any individual or group
- Conduct endangering the life, safety, health, or well-being of others
- Failure to follow any agency policy or procedure
- Bullying or taking unfair advantage of any program member
- Failing to cooperate with an adult supervisor, leader, or mentor
- Not demonstrating the YMCA values of honesty, caring, respect, and responsibility
- Participating in any social media behavior (i.e. texting, Facebook, Snap Chat, etc) or conduct which specifies negative actions or verbiage towards another program member, YMCA staff, or volunteer.
- Any harmful deportment, in or out of the New Canaan YMCA, which reflects on our organization or others associated with our organization.

(Continued on next page)



SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS WITH MINOR ATHLETES

I. Content - All electronic communication from all coaches to minor athletes must be professional in nature.

II. Open and Transparent - Absent emergency circumstances, if an Aquatic Team Coach with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete’s legal guardian must be copied. If a minor athlete communicates to the Aquatic Team Coach (with authority over the minor athlete) privately first, said Aquatic Team Coach must copy the minor athlete’s legal guardian on any electronic communication response to the minor athlete.

When an Aquatic Team Coach with authority over minor athletes communicates electronically to the entire team, said Aquatic Team Coach must copy another adult.

III. Requests to Discontinue - Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Aquatic Team Coach subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

IV. Hours - Text communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication - Aquatic Team Coaches with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Aquatic Team Coaches are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Aquatic Team Coach has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may “friend” the club and/or LSC’s official page.

Aquatic Team Coaches with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms nor should the minor athlete do the same to Aquatic Team Coaches.

I have read and I understand the New Canaan YMCA Code of Conduct for Youth and Teens. I agree to abide by the rules described above and understand that I may be removed as a participant if I violate any of these rules.

Youth’s Name (please print): _____

Youth’s Signature: _____ Date: _____

Parent/Guardian (please print): _____

Parent/Guardian Signature: _____ Date: _____



TEAM PLAYER CONTRACT

I agree to swim the routines to which I am assigned by the coaching staff.

I agree the team and combo routines are the most important and my commitment will be first and foremost to the team and/or combo routine.

I agree that I am not guaranteed a small routine.

I will disclose any regular practice conflicts (i.e. other competitive sports, extra curricular activities, religious commitments, etc.) prior to the announcement of routine assignments.

I will attend all competitions unless discussed in advance with the coaching staff.

Athlete's Name (please print): _____

Athlete's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



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GUIDELINES FOR ALL AQUIANA SWIMMERS

TEAM TRAVEL CONDUCT

1. All team members are reminded that when traveling with the team, you are representing yourself and NCY. Your behavior must positively reflect the high standards of NCY.
2. All swimmers traveling with the team will attend all team functions and are expected to know all travel/meeting schedules and strictly adhere to them.
3. Swimmers of opposite gender are not permitted in hotel rooms with each other unless supervised by a chaperone or coach.
4. Swimmers are to refrain from inappropriate physical contact.
5. When traveling, swimmers are expected to be quiet and respect the rights of teammates and other hotel guests.
6. While traveling, a swimmer may not leave the team at any time without permission from the coaching staff.

Failure to comply with any one of these standards will result in disciplinary action. Such action may include, but is not limited to:

- A. If traveling: dismissal and return home at the athlete's expense.
- B. Disqualification from one or more events.
- C. Suspension from the New Canaan YMCA Aquiana Synchro Team for a definite or indefinite period of time with or without the terms of probation.

I, as a member of the New Canaan YMCA Aquianas, fully understand and agree to abide by the conduct established by these standards.

Athlete's Name (Print): _____

Athlete's Signature: _____ Date: _____

Parent's Name (Print): _____

Parent's Signature: _____ Date: _____



New Canaan YMCA Aquianas Photo Release Form

The New Canaan YMCA Aquianas have permission to use photographs of my child for publicity of the New Canaan YMCA Aquianas Synchronized Swimming Team. These may include but are not limited to the New Canaan Aquianas' website, YMCA website, YMCA and team brochures, newspaper articles or publicity material.

Please note: On the website, no names will appear with the child's photograph.

Athlete's Name (please print): _____

Athlete's Signature: _____

Parent/Guardian Signature: _____

Date: _____