



2022-2023 SAY SWIM TEAM

GENERAL PRACTICE GUIDELINES

- Swimmers: Please **arrive early** for all practices. Remember that arriving late means missed warm up and injury prevention. We ask that all swimmers arrive 5-10 minutes prior to the start of their practice time and wait in the observation area above the Hurst Pool. Do not arrive earlier than 10 minutes before your practice time.
- No parents/guardians are allowed on deck during any practice. In all training groups except for our Senior group, parents/guardians are welcome to observe practices on **Sunday only** from the observation area providing there is no interaction between the swimmer and the parent. If you or your swimmer wish to talk to a coach, please wait until after the practice is concluded. An email beforehand always helps.
- Showers **must** be taken before entering the pool. This is a Y policy.
- BRING WATER! However, no gum or food is allowed in the pool area during practice.
- Please inform your coach via email if your swimmer will be missing practice if the absence is to be longer than two-three days. Please do this as soon as you are aware of the dates even if you have already mentioned it to us in passing or on deck. We will not remember.
- If you need to come late or leave early to practice, your training group coach needs to know and approve this at least 24 hours in advance in order for that practice to count towards your attendance. There will be no swimmer released early from practice unless there is an email from a parent.
- We encourage that in the Senior group, communication be handled by the swimmer themselves in order to foster personal accountability.
- As we did during the pandemic, all swimmers will be released out of the side-door onto Cedar Street for pick-up. Parents/guardians arrive early to ensure a prompt pick up.

ATTENDANCE POLICY

Swim practice is the **most important** part of our program. Swimmers must attend practice on a regular basis in order for the swimmer's personal goals and our program's goals to be achieved. Although competition is a test of a swimmer's ability, practice is where the potential and foundation for achievement is established. Schedules and expectations vary by group. For our Junior/Senior groups attendance will only be a requirement for those wishing to travel to Sunkissed or YMCA Nationals. Attendance percentages are a baseline minimum which take into account our multisport athletes, sickness/injury, as well as school/family/social/other conflicts. More about this will be discussed at the Parent meeting.

- Seal Pups should try to make all 3 practices per week.
- 8&U are not to attend all 5 practices, instead choose 3 or 4 that work best.
- 9-10s are expected to make 3-4 practices per week.
- Juniors: Attendance will be taken and swimmers are expected to attend 4-5 practices. ***If a swimmer qualifies to attend Sunkissed, attendance requirement is 50%.*** In addition, only one practice may be missed during the last weeks of training in March before the meet.
- Seniors: Attendance will be taken and swimmers are expected to make 5-6 practices per week. ***60% attendance requirement for Sunkissed, 75% attendance requirement for YNATS.*** If a swimmer wishes to attend one of these travel meets, only one practice may be missed during the last weeks of training in March.

Important changes to our SAY Swim Team policies:

- Attendance will now be cumulative from September to March AND April to July
- Any swimmer who falls below a yearly attendance rate of 40% will be asked to re-tryout for the team during the last week of July.
- Any swimmer, regardless of age, who does not meet the NJYMCA league minimum of 3 Closed YMCA meets (2 dual meets and 1 invite) and/or does not attend their YMCA championships, will be asked to re-tryout for the team during the last week of July
- Spring/Summer 11&Olders - Any swimmer who does not attend two (2) long course meets will be asked to re-tryout for the team during the last week of July.

- Any swimmer, regardless of age, who does not swim for us in the Spring/Summer will be asked to re-tryout for the team during the last week of July.
- NEW! 10&Unders will now complete their season at the end of June and must swim at "School's Out" (or similar meet) to avoid re-trying out for the team. Clearwater will no longer be a requirement for 10&Unders, new attendance and meet requirement only.
- July Clinic @ Clearwater – SAY swimmers will be given preference in this new *optional* clinic that will be open to all.
- SAY National Team – Swimmers who qualify for YMCA Nationals must attend both Short Course Championships AND Long Course Championships to be a member of our National Team. Short Course Championships requires a full week commitment, whereas we will give families more flexibility for the Long Course Championships in the summer. Only graduating seniors have the option to not attend the Long Course Championships in their senior year summer.

PHOTO ID FOR SWIM TEAM MEMBERS

All members of the SAY swim team are required to have their photo taken at the Membership desk.

SAY WAIVER

Prior to entering any YMCA facility for meetings, meets, pick up/drop off etc, all parents, swimmers, visitors must complete our waiver online at www.thesay.org/waiver. The waiver must be completed for each member in your unit. This only has to be completed once. www.thesay.org/waiver

FACILITY ACCESS CARDS

If you are not a member of the YMCA, Parents or Guardians entering the YMCA for programs will be issued an access card for drop-off and pick-up. All adults over the age of 18 must present a state or government issued photo ID to enter Summit Area YMCA facilities. Your photo ID will be scanned through our screening program prior to being given an access card. To receive your access ID card and take your photo, visit the membership desk of the Summit YMCA or Berkeley Heights YMCA:

Tuesday – Thursday from 10:00 AM-2:00 PM and 6:00-8:00 PM

Friday & Saturday from 9:00 AM-12:00 PM.

LOCKER ROOM ETIQUETTE

We ask that all our swimmers respect the facility and our locker rooms as we share the locker room with other members and their families from the Y. We are continuing to ask all our swimmers to come dressed ready to swim and to limit locker room usage.

SEVERE WEATHER POOL POLICY

In the event of severe weather, the SAY reserves the right to evacuate and close the pool for any designated amount of time. Severe weather is monitored by management and evacuation will be considered when one or more of the following occurs:

1. Lightning is seen.
2. Thunder is heard.
3. A severe thunderstorm or tornado warning has been issued in our local area.
4. Notifications are received from a lightning detection network and detected to be within or approaching our local area.

PARKING

Please allow for extra time as marking may be difficult during practice times. Street parking is available throughout the City of Summit. Time limits and fees are posted on meters. Metered parking generally costs \$.50 an hour and most time limits range from 15 minutes to 3 hours. Although each parking lot has different parking rules, all parking is free on Sundays and holidays (no permit required).

Pay for your parking using the Parkmobile app. All street meters and payment machines have either a sticker or sign with the Parking Zone number or QR code to scan so you can pay for your parking directly your smart phone and keep track of your receipts and expiration time.

<https://www.thesay.org/summit-ymca/Parking>