

## **SAY SWIM TEAM 2022-2023**

The **Summit Area YMCA swim team (SAY)** has a century of tradition of swimming excellence and success at the local, state, and national levels. Our year-round (10 month) competitive program offers training and practice groups for swimmers ages 6 to 18. Our philosophy is a cooperative effort of swimmers, coaches, professional YMCA staff, and parents. Each play an important role in maintaining and improving our swim team, for the benefit of all involved. As with all YMCA programs, our objectives are to promote Youth Development, Healthy Living, and Social Responsibility.

SAY competes in dual meets with other NJ YMCA's, and in YMCA and USA Swimming invitational and championship meets. SAY has continually represented at the YMCA Short Course and Long Course National Championships each year. On May 19th, 1923, the Summit Y was one of 9 YMCA associations to compete at the first ever YMCA National Championship at the Central Branch Y in Brooklyn, New York.

USA Swimming is the national governing body for swimming in the country. All swim team members must belong to USA Swimming and be members of the Summit YMCA. Most of our swimmers are family members. Team fees for the team include membership dues for both USA Swimming and YMCA swimming.

The Summit Area YMCA is one of the area's leading 501(c)(3) charitable organizations. Our pool address is 67 Maple Street, Summit, NJ 07901. Founded in 1886, the Summit Area YMCA has a history steeped in working side-by-side with our neighbors to ensure that everyone, regardless of age, income and background, has the opportunity to learn, grow and thrive. Each year, we serve over 15,000 individuals with our free and fee-based programs and services in an area spanning the communities of Berkeley Heights, Gillette, Millburn, New Providence, Short Hills, Springfield, Stirling and Summit in New Jersey. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need.

## **MISSION STATEMENT**

It is the goal of the Summit Area YMCA swim team to offer age specific training and focus on the long-term, progressive development of our athletes. The foundation of our program is comprised of teaching correct stroke technique at every level, offering a challenging training regimen, and to develop each individual to the best of THEIR abilities. Our coaching staff strives to enable our athletes to achieve their goals and to grow as individuals both in and out of the pool. We are committed to creating and maintaining a safe and inclusive space for all athletes to experience the sport of swimming.

## **COMMUNICATION**

Email is our primary means of communication. Communication between all parties is essential and encouraged. We expect that you will communicate with the coaching staff regarding anything that will affect your swimming – illness, injury, academics, swim camp, high school swimming, summer league swimming, private lessons, etc. Certain team events or important announcements will also be posted to our website or on Twitter.

## **SWIM TEAM WEBSITE - [www.sayswimteam.org](http://www.sayswimteam.org)**

Our team website (TeamUnify) provides the practice schedule, upcoming events, team functions, job signups, family account access, directions to meets, meet declination, etc.

## **SOCIAL MEDIA**

Please follow us @sayswimteam on Instagram and Twitter.

Also SAY Families may join our private Facebook Group "SAY Swim Team Families"

## **SAY WAIVER**

In an effort to keep our members and facilities safe, and in order to use the facilities, all members and guests 18+ years and a parent/guardian for minor participants under the age of 18 are required to agree and sign our Waiver and Release of Liability, Coronavirus/ COVID-19 Warning & Disclaimer, Billing Terms & Conditions and Member's Code of Conduct. The waiver must be completed for each member in your unit. This only has to be completed once. [www.thesay.org/waiver](http://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.

## **ONDECK APP**

This TeamUnify app allows you to access your swimmer's upcoming events, attendance rate, best times, etc. Most frequently viewed is Events. Select Events, then Events & Meet Entries. Locate the meet you'd like information on and select RUN. Listed are the events your swimmer is signed up for and what day. If there is nothing listed, your coach has not submitted entries yet or your child did not qualify for that meet.

## **MEET MOBILE**

Many meet hosts use this app for swim meets, as it provides real-time meet results and standings from anywhere, at any time. Requires a small annual fee paid through the app store.

## **YMCA BIRTHDAY RULE**

YMCA meets age everyone up to the 12/1/xx date. Therefore, even if your swimmer is 8 now, if their birthday is before 12/1 they will be swimming as a 9-year-old for the season. If they turn 9 on 12/2 or after, they will be an 8-year-old for the entire season – even in January and February!

## **SWIM PRACTICES**

*Please read the other document "SAY Practice Guidelines"*

## **SWIM MEETS**

*Please also read our other document "Attending Swim Meets"*

Competition gives you an opportunity to learn about yourself—not only in terms of physical accomplishment, but perhaps more importantly what

you are capable of in terms of will power, goal attainment and self-discipline. Competition is a healthy and necessary aspect of life in order to be productive. It is vitally important to develop the capacity to do better and to not settle for just being average. This type of motivation and desire can be applied as a tool to all aspects of life.

Each dual meet team has 4 meets in which some are home and some are away. All take place on Saturdays from late October through late January. A schedule will be provided with times. Home meets are 12:45 and 2:45 pm. They last about 2 ½ hours. Away dual meets could be morning or afternoon on Saturdays. **Dual Meets are a required part of being on our team.** *You must compete in 2 dual meets to be eligible for the Y Championship meets that take place at the end of our season.* In 2021-22 we had five Dual Meet teams – 3 girls teams and 2 boys teams. However, for all of our other meets, we are ONE TEAM!

There are other invitational meets throughout the season so swimmers can gain experience from more competition and to try new events. Invitational meets are larger meets in which several other swim teams compete, usually held in a larger venue. We also have YMCA Championship meets in February and early March that we require our swimmers to attend.

## **MEET DECLARATION/ENTRIES VIA TEAMUNIFY**

TeamUnify is our one-stop shop for meets and events. We assume that your swimmer(s) will attend ALL meets provided during the season. You still must however commit your swimmer but meet entries are selected by his/her coach. If your swimmer cannot attend: click events or locate the swim meet or event at the bottom of the SAY Team website, select *Edit Commitment* and then your child's name and decline **with an explanation**. Make sure your swimmer discusses this with their practice group coach as well.

## **PARENTS/GUARDIANS/SAY SWIM TEAM FAMILIES**

The SAY swim team strives to keep our parents involved, informed, and educated. Please however let the coaches do the coaching. Our experienced coaching staff knows age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits. In addition to physical development, children can develop greater intellectual competence by participating in a guided, goal oriented program of physical activity. Learning and using swimming skills engages the thinking processes. Lastly

we believe a happy swimmer is a fast swimmer! Both swimmer and coach are likely to have a list of performance criticisms for his/her performance, no matter how good it might have been, so all athlete needs from you is love and support! As they get older, the swimmers themselves need to establish their own goals and make their own progress towards them.

## **SUMMIT SEALS PARENT ORGANIZATION (SSPO)**

The SSPO is an organization comprised of all swimmers' parents, formed to help the coaches and swimmers in their endeavors. This group of dedicated and hardworking parents form the backbone of our program. The SSPO also tries to improve conditions for the team and is a resource for many of the team's outside activities: fundraising, apparel, social events, meet coordination, etc.

## **TIMING AT MEETS**

*We couldn't run swim meets without timers - your help is essential and appreciated - thank you!!!*

Timers are a significant resource at swim meets and play a very important role in the success of the swimmers and in the smooth operation of a meet. Most New Jersey host teams rely on parents from participating clubs to share the responsibility. On very few occasions, some host teams use their own members as timers or even bring in outside volunteers. Each family will be assigned a timing assignment for the meets their swimmers are attending.

A timing schedule will be emailed and posted to the web site. If your child is entered into a meet, please make sure you check the timing assignments to see if you have been selected as a timer. It will be **your responsibility** to find a replacement if you are not able to fulfill your obligation. Please notify our team admin in advance of any changes.

## **VOLUNTEERING**

When your child joins our team, so do you! Swim meets cannot happen without parent volunteers, whether we are hosting or traveling to a meet. There are many capacities in which you can volunteer such as operating the Colorado Timing or Meet Manager systems. Those jobs afford you time in a temperature controlled room with a great view of the pool. There are on deck jobs including officials, timers, and runners. There are also opportunities to help the team with hospitality, concessions and marshaling.

Some of these positions require training and we encourage everyone to learn at least one of these jobs to give you more options on how you can help.

Some meets we assign volunteers and others you will have an opportunity to sign up. We try to keep it as fair as possible when making assignments so no family is working more than another, but there are many factors that are considered when putting together a volunteer grid. For each meet our team is assigned jobs. Unlike other teams we only assign families that have swimmers attending the meet. Therefore, if your child swims at more meets you will likely be volunteering more. Additionally, if your child is swimming in the last event, please expect to be assigned the last timing slot. It is not fair to have a family whose child finished swimming early on in the meet to stay till the end.

Finally, we understand that life happens and sometimes you have to scratch a meet. If this happens before the volunteer grid is posted then you will not be assigned a job. However, if it is after the volunteer grid is posted then it is **your responsibility** to reach out to other families to find a substitute. You will find most families are happy to help!

## **OFFICIATING**

A big part of parental involvement comes from those who become certified to be swim officials. USA Swimming Certification qualifies one to officiate at any New Jersey Swimming (USA) meets, various levels of certifications are available, and courses are offered throughout the season. YMCA Certification qualifies one to officiate at YMCA dual meets and other Y sanctioned meets; various levels of certifications, courses are offered throughout the season.

Our officials' coordinator or an SSPO member can assist and direct interested parents appropriately. Information regarding upcoming officials' clinics will be posted on the SAY swim team website.