

Anderson Area YMCA Makos

Parent Handbook

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www.andersonmakos.com

Anderson Area YMCA

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Section 1. About the Anderson Area YMCA Makos

1.01 Makos Philosophy

As a part of the Anderson Area YMCA, the Makos embody the YMCA's four core values of:

- Caring
- Honesty
- Respect
- Responsibility

With these four values in mind, we develop the individual in a team atmosphere to be successful in swimming and life.

1.02 Vision

To provide our swim team and members an opportunity to develop, promote and lead the sport of swimming in Anderson County in a motivating and supportive environment.

1.03 Mission Statement

The Anderson Area YMCA Makos will:

- Advance the sport of swimming in the Anderson Community
- Provide a safe and supportive environment where every athlete can achieve their highest level of success.
- Use a structured age group and skill level progression program to meet the individual needs of each athlete.
- Use a three tiered approach of athlete, parent and coach to support and encourage every athlete to reach their highest potential.
- Encourage positive attitudes and mutual respect.

1.04 Philosophy of Competition

The Anderson Area YMCA is an organization founded on principles of personal development. As a competitive swimming program, all Mako swimmers will test themselves by participating in the highest level of competition they are eligible to compete in. Our coaches and staff support and challenge our swimmers' and families' commitment to the sport and our program.

1.05 Program Management Structure

The Anderson Area YMCA Makos program is overseen by the management of the Anderson Area YMCA and is directed by the Head Coach in conjunction with the Aquatics Director.

1.06 Team Staff

Head Coach – The Head Coach is responsible for directing competitive swimming programs at the Anderson Area YMCA. He/She is also responsible for managing the teams relationships with the YMCA, community and all swimming governing organizations.

Assistant Coaches –

1. Teach our team’s core values and mission to swimmers of all ages and abilities.
2. Seek to grow in their knowledge of competitive swimming
3. Maintain professional standards of integrity between athletes, parents and colleagues

1.07 Parent Expectations

Every parent plays a crucial role in the development of their child in athletic activities. The Anderson Area YMCA Makos recognizes the importance of the swimmer-coach-parent relationship to the overall success of each of the athletes. Below is a list of best practices as well as ways that you can help yourself become more knowledgeable about the sport.

(a) Be the Parent First

No matter what sport or level of competition your child is competing, remember that you are their parent. Athletes develop much stronger relationships with their parents, peers, and coaches if all groups understand roles and boundaries. Trust that the coach has the best interest of your child in mind and the primary role of constructively critiquing athlete performance both at practice and competition. If you have a concern, please approach the coach at a time when your child is not present and express your concerns in a constructive manner. Your role is to offer unconditional love and encouragement no matter the outcome or achievement. Remember we are teaching children to grow as athletes and people. Expect mistakes and disappointment as an important part of the process. We never lose...We win and we learn!

(b) Volunteering

The Anderson Area YMCA Makos is an organization founded on a team concept and the idea of creating a community of people together for a common cause. We are all members of the Makos and we all want to see the athletes succeed in a safe, positive and nurturing

environment. We cannot do this without parent volunteers. Every Mako parent is encouraged to volunteer their time and talents to help the team succeed.

(c) Becoming a Meet Official

Becoming a Meet Official (YMCA and USA) is a great way to become involved in our team and learn more about the sport of swimming. As a meet official, you will be responsible for helping insure the integrity of the sport of swimming while filling a vital role in our organization. Meets cannot be conducted without an adequate number of officials.

1. USA Swimming Official
 - a. To become a USA Swimming Official (Starter, Stroke & Turn, or Referee), you must 1) attend a clinic, 2) take an online rules test, and 3) apprentice four (4) meet sessions. If you are interested in becoming an official, more information is available online at www.usaswimming.org/officials
2. YMCA Official
 - a. To become a YMCA Official, you must be familiar with YMCA meet processes, attend a YMCA officials training course and pass the officials test (same test as USA Official). Officials certification is valid for 3 years.

Section 2. Season Structure and Governing Organizations

A typical competitive swimming year runs September thru August. The Makos compete in two seasons within this competitive year. Short Course (Sept-Mar) and Long Course (Apr-Aug). Athletes compete in both YMCA and USA Swimming sanctioned competitions.

2.01 Short Course (SC) Season

Short Course season is named based on the distance of the course in which the swimmers compete: Short Course (25 yard/meter pool). This course is what most high school and NCAA competitions use. The Anderson Area YMCA facility is short course (25 yards). The Short Course regular season generally runs September thru February. Championships for Short Course are usually held from February to late March. We sometimes refer to this as our Winter Season.

2.02 Long Course (LC) Season

Long Course season based on the distance of the course in which swimmers compete: (50 meters). This is the course most international competitions use such as FINA World Championships and the Olympics. The LC season begins in April and lasts into July/early

August. Championships for LC season are held from mid-July to mid-August. We practice in a short course (25 yards) pool while most summer competitions are held in long course 50 meter pools.

2.03 YMCA Swimming and Diving (Governing Body)

Ever since YMCA's began offering competitive swimming and diving in the 1920's, these sports have proved to be excellent opportunities for putting into action the YMCA mission. Over 1000 YMCA's offer competitive swimming or diving, with over 100,000 youth participating. There are over 1500 YMCA swimmers who annually compete at the YMCA National Championships, making it the largest youth swim meet in the country. YMCA Competitive Swimming and Diving programs are for the beginning swimmer to the most competitive and skilled swimmer and helps train individuals of all ages to compete.

(a) Leagues

Many YMCA's form competitive intra-association leagues based on geographic localities. The Anderson Area YMCA is a member of the Carolina YMCA Swim League (CYSL). Leagues allow YMCA teams to plan local competitions closed to only other YMCA teams that share a similar vision and purpose. The Carolina YMCA Swim League is made up of YMCA teams from South Carolina, North Carolina and Georgia.

(b) Meets

YMCA meets are sanctioned by the YMCA and officiated by YMCA officials. Competition is divided by age and gender.

8&under, 9-10, 11-12, 13-14 and 15-18

A swimmers age is determined based on the age as of the first day of the meet. Depending on the size of the meet, it may be divided into sessions based on age group (ex. Session 1 = 12&under, Session 2 = 13&over). YMCA meets are typically one day meets of one or two sessions. Events and entries are usually limited in order to stay within typical time guidelines (maximum 4 hours/session)

All swimmers are eligible to swim in our regular YMCA season meets. The Y meets are generally smaller and comprised of a few teams. Some Invitational Meets can be made up of several teams. All Mako Swimmers are strongly encouraged to participate in all YMCA regular season meets to measure progress and gain experience in a competitive environment. We ask that swimmers stay on the deck with coaches until the end of the session. All meets are listed on the Makos website under the [Events](#) Tab.

League Championships - The Carolina YMCA Swim League hosts a League Championship Meet at the end of each season. League teams bid and vote on a host site at our Bi-annual League Meetings. In order to qualify for the CYSL championship meet a swimmer must be a member of their YMCA team and have competed in a minimum of two (2) league regular season meets.

Regional Championships - The Anderson Area YMCA Makos attend the Upper Southeast Regional Championships in mid-March. Athlete eligibility requires that each swimmer participate in three (3) YMCA regular season meets. This meet also has minimum qualifying time standards that must be achieved within the posted qualification period. These standards are posted on the Anderson Makos team website www.andersonmakos.com

National Championships – The National YMCA hosts two (2) swimming national championship meets per year (one in each season). Swimmers must have competed in three (3) YMCA meets and a YMCA Championship Meet (such as Regionals). The YMCA National Championships also have minimum qualifying standards in each event.

2.04 USA Swimming & South Carolina Swimming (Governing Body)

United States Swimming is the national governing body for all USA swimming sponsored events. USA Swimming is divided into a number of smaller governing bodies known as Local Swimming Committees (LSC's) that govern competitive swim operations and membership on a more local level. Anderson Area YMCA Makos is a member of the South Carolina LSC. All swimmers participating in USA meets must be registered with USA Swimming and members of the Makos will then be registered as members of SC Swimming. USA Swimming registration is done annually in the Fall. The Anderson Makos encourage all swimmers to participate in YMCA meets primarily. Once a swimmer progresses to the Yellow or Bronze Group, they are encouraged to participate in USA sanctioned meets. It is an expectation that swimmers in the Silver, Gold and Platinum Groups will attend USA meets.

(a) Meets

USA Swimming meets are sanctioned by the USA Swimming organization. All times achieved at a USA Sanctioned meet will be recorded in the National SWIMS Database. This is a national database for tracking the progression and performance of USA Swimming athletes from the novice beginner to the elite Olympic athlete.

Competition is divided by age and gender: 8&under, 9-10, 11-12, 13-14, 15&over, and Open (any age)

Meets are typically 2 ½ days long and offer all of the events in each age group. They run Friday night through Sunday afternoon, divided into five (5) sessions. A swimmer will compete in no

more than 3 out of the 5 sessions. The sessions are broken down by ages and events. Most sessions last no more than 4 hours. In one session, an athlete is typically allowed to swim no more than five (5) individual events and two (2) relays. An **example** of a typical meet session breakdown is:

- Session 1: Friday PM – Open distance events (warm-up usually begins at 4pm)
- Session 2: Saturday AM – 12 & under events
- Session 3: Saturday PM – 13 & over events
- Session 4: Sunday AM – 12 & under events
- Session 5: Sunday PM – 13 & over events

Every swim meet has standard meet information provided by the host. All meet information will be posted under the meet announcement on the Events tab on our team website. USA meets provide swimmers with a unique opportunity to compete in an environment similar to championships: multiple days of competition, large participation base, and increased event eligibility. All swimmers, once adequately prepared, are encouraged to take part in these meets, in an effort to achieve best times and gain valuable large-meet experience.

USA Championship Meets (SC Swimming Championship Meets) – To compete at a USA sanctioned championship meet all athletes must be members of USA Swimming and have achieved the qualifying time standard for that meet within one calendar year of competition from the meet start date. All qualifying time standards are located on our website under the Time Standards tab. www.andersonmakos.com

Championship meets are usually run as preliminaries/finals format meets. All athletes entered in the meet compete in the preliminary session early in the day. Only the top qualifying athletes from the preliminary session will compete again in the finals session for placing and scoring purposes. Athletes will be seeded in the finals session based on their preliminary performance.

Section 3. Training Groups

Our training groups are designed to offer every swimmer the experience and knowledge to be successful in the sport of swimming.

Swimmers of all abilities and at every level will work to accomplish the following goals:

- Consistently improve stroke technique and efficiency
- Become a positive member of the team environment
- Challenge themselves, their peers, and coaches to succeed
- Exhibit good sportsmanship and a sense of fair play in competition

All training groups are eligible to compete in YMCA competition. Once swimmers gain experience and become more successful, they are encouraged to compete at the USA Swimming level. Specific practice times and a full schedule for each training group is constantly updated and can be found on our team website www.andersonmakos.com

3.01 Making the Team/Advancing Groups

To qualify for initial participation in the Makos competitive program a swimmer must complete an assessment administered by one of the Makos coaches. The assessment is a pre-requisite requirement before any registration can be processed. The following minimum guidelines are expected to be met in order to be assigned to the introductory training group:

- Be at least 5 years old
- Swim 25 yards freestyle with rotational breathing
- Swim 25 yards backstroke (no stopping)

The Makos coaching staff makes every effort to do what is in the best interest of the long term development of the athlete in the sport. Initial placement and advancement in groups is at the sole discretion of the coaching staff and the Head Coach. All questions about placement should be directed to the staff or the Head Coach.

3.02 Blue 1 & 2 Teams

The Blue Team is the entry level group to being a part of our YMCA swim team! The main focus of this group is to develop a love and excitement for the sport of swimming that will lead to a lifetime activity. The Blue Team is divided into a Blue 1 and Blue 2 based on ability and experience. The focus of **Blue 1** is to learn proper mechanics and techniques of the long axis strokes (Freestyle & Backstroke). Proper body positioning with breathing techniques and comfort in the water will be the **primary goals**. In **Blue 2**, swimmers will receive an introduction to the short axis strokes (Breaststroke and Butterfly) as well as the progressions for a proper racing start. Basic competitive swimming rules and training techniques will be introduced in both groups such as (swimming etiquette, whistle starts, turns, finishes and pace clock reading). Athletes on this team may do some basic body weight dryland exercises on the pool deck (sit ups, wall sits, planks, push ups). Swimmers on this team are **encouraged** to participate in YMCA meets only; however, this is considered our pre-competitive group.

Recommended equipment: one piece suit, 2 pairs of goggles and a cap. (all other training equipment is provided by the Anderson Area YMCA)

Training Time Commitment: 2 x 45 minute practices/week

Swimmers ages in this group are typically 5-10

3.03 Yellow Team:

The Yellow Team is the next level of progression through the Makos Swim Team. The main focus of this group is to continue a love and excitement for the sport of swimming that will lead to a lifetime activity. Swimmers must be able swim 50 yards on their belly/ back with a flutter kick as well as perform 25 yards of Breaststroke. The technical focus of the Yellow group is continued teaching of proper mechanics and techniques of Freestyle, Backstroke, and Breaststroke (timing and drills) with a beginner's emphasis on Butterfly (kicks, pulls, proper touches). Swimmers will also learn to do a proper racing start, turns and finishes. Swimmers use basic clock intervals and sets during practice sessions as well as training equipment (kick boards, pull buoys, fins). Athletes in this group may do some basic body weight dryland exercises on the pool deck (sit ups, wall sits, planks, push ups). The goal to be attained by swimmers in this group is a legal 100 IM, 8 x 25 Kick on 1:40, and 8 x 25 on 1:20 Freestyle or Backstroke. Swimmers in this group are **encouraged** to participate in two YMCA meets and the YMCA Championship meet at season end. USA Swimming membership is an option.

Recommended equipment: one piece suit, 2 pairs of goggles and a cap. (all other training equipment is provided by the Anderson Area YMCA)

Training Time Commitment: 2 x 60 minute practices/week

Swimmers ages in this group are typically 5-12

3.04 Bronze:

The Bronze group is the beginning of year round competitive swimming. The focus of this group is primarily stroke development, but having an electrifying love for swimming! The bronze swimmers will obtain knowledge of all four strokes, but require a great deal of instruction in order to swim them legally in a meet. An emphasis will be placed on Starts, Turns and Finishes. Athletes will receive continued instruction in pace clock management and basic training sets. Swimmers may be exposed to dryland on a weekly basis on the swim deck only to help strengthen the muscles and aerobic capabilities. Swimmers will be introduced to the idea of time improvement as an instrument for measuring progress. Attendance of at least 3-4 days per week is recommended so that you'll see the improvement of your swimmer. Swimmers in this group are **expected** to participate in two YMCA meets and the YMCA Championship meet at season end. USA swimming is recommended. At this level, swimmers should be gaining proficiency in all four strokes and able to perform a legal 200 IM, 500 Freestyle, swim 6 x 50 @ 1:40 Freestyle and kick 8 x 50 @ 2:40

Recommended equipment: one piece suit, 2 pairs of goggles and a cap. (all other training equipment is provided by the Anderson Area YMCA)

Training Time Commitment: 4 x 60 minute practices/week

Swimmers ages in this group are typically 8-12

3.05 Silver:

The focus of the Silver group is continued stroke development with a beginning emphasis on more endurance training and an introduction to developmentally appropriate dryland training. Swimmers in this group will begin to train and compete on a more serious level. Goal setting will be used on a seasonal and meet basis. Swimmers will have consistently legal swims in all four strokes, but an emphasis on technique will be the main focus. Swimmers will continue the use of pace clocks, interval training, and swimming longer races in meets 200's, 500 Free and the longer IM. In this group, meet performances and time standards are increasingly used for evaluating progress. Swimmers are **expected** to participate in two YMCA meets and the YMCA Championship meet at season end. USA swimming is **strongly encouraged**. Other guidelines- Timed 1000 Freestyle, 4 x 200 IM's on 4:30, 8 x 100's freestyle on 1:55, 16 x 50's kick on 1:30. **Practice is a key component for daily improvement. Swimmers are strongly encouraged to attend 4-5 practices a week and attendance is taken.**

Recommended equipment: one piece suit, 2 pairs of goggles, cap and swimmers snorkel (all other training equipment is provided by the Anderson Area YMCA)

Training Time Commitment: 5 x 90 minute practices/week. 80% practice attendance is the expectation.

Swimmers ages in this group are typically 9-14

3.06 Gold:

Gold group is our swimming as our sport training group and full year around swimming. This group is typically for swimmers ages 12-18 that want to continue to improve their competitive skills to reach the commitment level of the platinum group. The gold group is a transitional group that will focus on preparing advance age group swimmers both physically and mentally for the platinum group. Technique is still the most important factor taught, but also building a strong aerobic base throughout the season to swim all distance events in meets. Meet improvement and achieving training goals are the keys for measuring progression in this group. This group will meet five times a week and are taught the importance of goal setting, consistent training, and be introduced to race strategies. **Practice is a key component for daily improvement. Swimmers are expected to attend 4-5 practices a week and attendance is taken.** Swimmers in this group are **expected** to participate in two YMCA meets and the YMCA Championship meet at season end. USA swimming is **strongly encouraged**. Swimming training goals and guidelines- Timed 1650 Freestyle, 8 x 200 IM's on 3:20, 10 x 100 fr on 1:40, 12 x 75's free kick on 1:45

Recommended equipment: one piece suit, 2 pairs of goggles, cap and swimmers snorkel. Tennis shoes are required for dryland. (all other training equipment is provided by the Anderson Area YMCA)

Training Time Commitment: 5 x 2 hour practices/week plus 2 x 45 minute dryland sessions (an optional Friday Morning Practice is available) Swimmers are expected to maintain a minimum of 90% practice attendance in this group.

Swimmers ages in this group are typically 12-18

3.07 Platinum:

Platinum group is the elite training group of the AAYM swimming program. All swimmers in this group are ages 13 and older and have made the decision that swimming will be a major focus in their lives. The swimmers in this group have a plan and goal to swim at the collegiate level. This group focuses on training and competing at the highest level of swimming. A high emphasis on technique and skill training are in place, but conditioning and racing are the main focus points as well as gaining functional strength through the addition of weight training. Swimmers in this group may be asked to attend 2 training sessions per day. **Swimmers in this group have goals of competing at a regional, sectional, and national level.** Swimmers must attend a minimum of six swim workouts a week and two dryland workouts a week. Swimmers in this group are expected to participate in two YMCA meets and the YMCA Championship meet at season end. USA swimming is mandatory for this group. Swimming training goals and guidelines- T-30 (3 x 3 x 300 @ 5:00), 4 x 400 IM's on 7:00, 20 x 100's on 1:30, 10 x 100's fr kick on 2:00

Recommended equipment: one piece suit, 2 pairs of goggles, cap and swimmers snorkel. Tennis shoes are required for dryland. (all other training equipment is provided by the Anderson Area YMCA)

Training Time Commitment: 8 swim practices/week plus 2 x 45 minute dryland sessions (attendance at morning practices is part of the expectation in this group) Swimmers are expected to maintain a minimum of 90% practice attendance in the Platinum group.

Swimmers ages in this group are 13 and older

Section 4. Swimmer Info

All Anderson YMCA Makos' swimmers are YMCA members first and foremost. With this in mind, it is expected that swimmers will embody the four core values of caring, honesty, respect, and responsibility.

4.01 Conduct and Role

All team members are expected to be orderly, courteous, and show sportsmanship during practices, meets, and any team related function. A member of the Anderson YMCA Makos should always conduct themselves in a manner that would reflect positively on their team, coaches, and parents. Any violation of the Code of Conduct may constitute grounds for dismissal from practice, meets, or team functions, at the family's expense. All major violations of conduct will be reviewed by the YMCA management, Head Coach, Swimmer, and Parent and may lead to suspension and dismissal. It is required that all swimmers and their parents read and sign the Honor Code of Conduct before beginning practice with the team.

(a) Practice

Special Conduct and Responsibilities to follow for practice:

1. Your aim is to make the maximum number of practices available to your training group. This is the only way to ensure consistent improvement.
2. You must arrive fifteen minutes prior to scheduled start time of practice. This is to ensure that the swimmer is available for pre-practice meetings.
3. It is the swimmers responsibility to ensure that all specified equipment is brought to every practice.
4. Once on deck, you must remain on deck until the end of practice. If you must leave before the end of practice, you must notify the coach at the beginning of practice. As a safety measure, parents of swimmers 12 & under should come into the pool area to pick up athletes

(b) Meets

Special Conduct and Responsibilities to follow for meets:

1. You must be on the pool deck fifteen minutes prior to the scheduled first warm-up.
2. If you are late and do not contact the coach that you are running late you may be scratched from your events.
3. Once on deck, you must check in with the designated coach immediately.
4. Where available you are to sit with the team on the pool deck.
5. If you need to leave the deck during a meet, you must be aware of when your next race is and keep track of time while you are off deck. Coaches cannot chase down swimmers.

6. Eating on deck is at the discretion of the meet staff. If you must eat, you can eat at an area designated by meet staff or while in the custody of your parent/guardian.

7. Maintain our high level of sportsmanship and conduct with members of all teams. All swimmers are members of the same team(s), YMCA Swimming Team and/or USA Swimming Team. Although we occasionally compete against other local YMCA teams in meet settings, we must maintain our view of one Y team.

8. You are an Ambassador of the Anderson Area YMCA as well as our team and must act accordingly.

9. If a swimmer is interested in doing time trials at a meet when it is available, it is at the discretion of the coach.

4.02 Nutrition

It is the swimmer's responsibility to ensure their body is being fueled properly. It is the parent's/guardian's responsibility to promote healthy nutrition and support their swimmers efforts for proper nutrition practices. Meet Nutrition is important to ensure all of your dedication to training pays off at competition. Suggested athlete nutrition and hydration practices are available on our team website under the **About the Makos** tab.

Section 5. Parent Info

5.01 Anderson Area YMCA Membership Fees

For your swimmer to be eligible for registration for the Makos Swim Team, they must be a member of the Anderson Area YMCA. Membership information is available on-line and at the front desk of the Anderson Area YMCA.

(a) Scholarship

If you require a different payment plan or a scholarship, a financial aid form and supporting documentation must be completed and submitted to the Anderson Area YMCA business office. This is a service offered by the YMCA for all of its members and program participants. Information submitted to the YMCA will remain confidential. The YMCA will determine all financial arrangements and scholarships.

5.02 Makos Registration and Program Fees

The registration and program fees support the Makos Swim Team. These fees contribute to the Makos budget, which must support all operating expenses – staff salaries, administrative needs, coaches travel expenses, supplies, training equipment, etc. The Makos registration fee

is an annual fee paid at the beginning of Short Course Season. Any member joining only for the Long Course Season will pay a pro-rated registration fee. Program fees are monthly fees and based on the amount of practice time received by the athlete. Program fees may also be paid annually (10% discount) or seasonally (5% discount).

5.03 Pre-Registration Process

The Pre-Registration Process is the first step in insuring your family's and your swimmer's enjoyment of our program. By properly placing your swimmer into the appropriate practice group, we align every swimmer and their family with success in our organization. To register for the Makos, it is required that you complete the Swimmer Registration Packet. It is also recommended that you read our Makos' Handbook, as this will inform you of our expectations and goals for the program, coaches, and swimmers. Registration takes place before the beginning of each season. Returning swimmers have registration priority over new swimmers. All parents/guardians must complete the Registration Packet and submit all forms before the registration deadline. Your swimmer will not be allowed to participate in the program until they have been assessed by the Head Coach or designee, properly registered and all outstanding accounts have been settled. Tryouts will be organized to enable swimmers to be placed into training groups which best meet their needs.

5.04 Billing

As with all programs, the Anderson Makos operate under an annual budget and use program fees to cover operating expenses. It is expected that all program fees and meet fees will be paid on time. Monthly program fees are due at the beginning of each month and will be assessed a \$10 late fee after the 10th of the month. Late fees can only be waived by the Head Coach and will only be considered in extenuating circumstances. Meet fees are due at the time of meet registration and should be paid prior to the swimmer competing. Because meet fees are paid to the host team and non-refundable to the Anderson Area YMCA, all fees are expected to be paid regardless of whether the athlete actually participated in the meet. If you have an outstanding balance, you may receive an invoice for payment through your email. You may pay all fees at the Front Desk of the Anderson Area YMCA or through the Anderson Area YMCA website <https://www.andersonareaymca.org/> (not the team website).

5.05 Fundraising

The Anderson Area YMCA Makos swim team is extremely active in fundraising. The Makos are always interested in new fundraising ideas and everyone is expected to participate in fundraising activities. Proceeds from fundraising help us to cover the cost of coaches travel/training, equipment replacement and scholarships for those in need.

5.06 Team Travel

Travel arrangements are the responsibility of each swimmer and their parents. Under Safe Sport Guidelines, at no time is a coach to transport an athlete without the parent's presence in the vehicle. The coaching staff will make their own necessary travel arrangements. Occasionally, the team may plan or arrange to meet at a designated place for a meal (usually at a meet).

5.07 Conduct and Role in Organization

As a parent/guardian of a Mako, you are an ambassador of our team, and therefore are responsible for adhering to the same standard of conduct as all of our team ambassadors, including your swimmer(s). Our team maintains its integrity through the integrity of its members. Integrity to the Makos means being: caring, honest, respectful, responsible, reliable, forthcoming, understanding, and nonjudgmental. Parents/Guardians play a large role in our organization. It is our responsibility to create a safe and fun environment where your swimmer will be able to develop physically, mentally, and emotionally. With this in mind, we ask that you maintain your role as a parent/guardian throughout your tenure as a Mako Parent and always: **support all of our swimmers with the love and compassion that you give your child.**

5.08 Communication

The Anderson Area YMCA Makos recognizes the importance of communication with its members. We use a number of methods to communicate such as email, website, remind101, and coaches announcements. **The majority of communication is conducted via email. Please ensure that your email address is up to date and that you are receiving weekly Makos Updates.** If your email changes or you are not receiving these, please notify the coaching staff. All team emails will come from our team website and will be clearly marked with our team logo. These emails contain important reminders and announcements and should be read by all team members.

Even with these tools for communication, it is important that parents and swimmers are proactive in accessing information and seek out the information they need. Coaches are always here to answer any question you may have.

5.09 How to Address an Issue

Every issue affecting the successful and positive progression of the Anderson Area YMCA Makos should be brought to the attention of the Head Coach. Once the issue has been assessed, all parties will be consulted in resolving the issue. This will occur in an open and

honest discussion of the facts surrounding the issue. Appropriate action will be determined by the Head Coach and where necessary, YMCA management and Aquatics Director.

5.10 What a Parent Needs to Know About Swim Meets

(a) Philosophy

Participation in swimming meets is an important part of being a Mako. It is the only true way for an athlete in this sport to test themselves: physically, mentally and emotionally. Swim meets provide an opportunity to gauge development in terms of conditioning, skill acquisition, race pacing etc. However, swim meets should be primarily focused on fun, enjoyment and the thrill of competition. In regards to the number of swim meets we enter, it should be noted that more does not equate with better. Increased swimming performance is the result of the stress supercompensation cycle. In general terms, athletes adapt to stress placed on them during practices and in recovery. Both stress and recovery need to be in place to ensure positive progressions. Multiple swim meets do not allow this process to be fully realized as swim meets on weekends occupy the “prime-time” for athlete recovery. In general, we try to offer one competition per month but allow for differing levels of athlete development as well as differing family schedules. An understanding of this process is important for athlete and parental expectations. If you have a question or concern about whether your athlete should attend a meet, please speak with the training group coach or consult the Head Coach through email.

(b) Parental Expectation and Race Instruction

The sport of swimming provides immense challenges. Paradoxically this can be the source of great triumphs for young athletes but can also be the reason for disappointing performances. In this context, parental expectations are fundamentally important in shaping athlete expectations. Athletes, coaches and parents should never settle for compromise or the lowering of standards but all expectations for young swimmers should be **focused on process not result driven goals**. In short, how well the athlete executes technique, racing skills and race strategy is more important than the final result (time). As such all parent-to-athlete feedback must be focused on these positive elements and never on concepts such as “adding time” and to a lesser extent “cuts”. Many great things can be achieved in a race that is well outside a swimmers “best time”. Similarly, race instructions must come only from the coach and never be compromised by parental “advice”. Any behavior contrary to this, impacts upon the ability of the coaching staff to manage the athlete and serve in their best interests.

(c) Entry Process

At the beginning of the season, a proposed meet schedule is developed. We offer meets of varying levels to serve the needs of all athletes within their competitive swimming growth and progression. All meet commitments must be done through our online sign-up process on our website under the Events tab. (Please follow the attached instructions in Appendix B of this Handbook) The only swimmers to be entered in the meet will be those that have committed on the website by the entry deadline. Athletes/Parents may request entry into events at this time. Consideration will be made to enter athletes in their requested events; however, final entry decisions will rest with the coach. Sometimes it is necessary to push athletes into other events for their overall developmental benefit. Entry lists and fees lists will be posted and emailed shortly after the entry has been submitted to the host team. Swimmers will also be entered for relays by the Makos coaching staff where applicable. Relays will be constructed based on a number of factors including fastest times, swimmer availability, stroke strengths and weaknesses etc. Please be aware that swimming on a relay is a team privilege and that it is a commitment to all members of the Makos team. If you are unable to compete on a relay, please specify at entry time. If you are entered in a relay, you are expected to stay and participate with your other team members.

Swimmers will swim all entered events and voluntary scratching will not be acceptable in the period after the meet entry date or during the meet itself. The only exception to this will be illness or a family emergency.

(d) Meet Commitment for Parents

Timers are needed at almost every meet. Parents are asked to volunteer to time at our home YMCA meets. The meet organizer will call for timers during the lead up to the meet. It is expected that if you have a child that swims for the Makos then you should support a meet or meets by timing.

5.11 Meet Information

All of our meet information can be found online on our website www.andersonmakos.com. It is the responsibility of the parent/guardian to familiarize themselves with the meet information. If you do not have access to the information online, it is your responsibility to request the information from the Head Coach. Often times, the host team will send out a meet information update the week of the meet that includes adjustments to times, parking, spectator seating, etc... The Makos staff will make every effort to pass along this information in an email prior to the meet.

5.12 Meet Results

Meet results will be posted on the team website as soon as possible after the meet host has sent them out. Results while at the meet are usually posted via the MeetMobile app or on paper posted to the wall. Please be advised that all posted results are preliminary and not final until the meet has been closed out. There may be discrepancies or errors that have to be reconciled. USA meets also send their results to be recorded in the National SWIMS Database and can be accessed through www.usaswimming.org

5.13 Packing your swimmer

Swim meets are typically 4 or 5 hours in length. Because of this, it is important that your swimmer is adequately prepared for the meet. By including the following items in your swimmer's bag, it allows for your swimmer to enjoy the meet, confident that they will be prepared. 1. Two towels 2. Two pairs of goggles 3. Drinks (Water, Sport Drink, Juice, etc.) – No Soda 4. Team suit 5. Team apparel 6. Extra pants & sweatshirt for on-deck 7. Entertainment (book, music, homework, cards, etc.) We cannot guarantee safety of your possessions at meets or at practice. Notice that SNACKS and CANDY is not on this list. If swimmers are permitted to eat on the pool deck or in the designated team camping area, we ask that each athlete and parent promptly assist in cleaning up our team area prior to leaving the session. Please help us leave a positive reflection of our team, organization, and you as a parent.

5.14 Equipment

Equipment is instrumental in aiding the development of your swimmer. Each piece of equipment has a specific purpose and is a necessary requirement at all practice sessions. Required equipment is listed in the information section for each practice group. Equipment is used at practice, meets, or both. As a benefit to our Makos athletes, the Anderson Area YMCA supplies most training equipment needed by our athletes. It helps keep individual cost to a minimum but does require careful budgeting and fundraising efforts by everyone. Below is a list of equipment that each athlete must supply themselves:

- ✓ Practices suit(s)
- ✓ Goggles
- ✓ Caps *
- ✓ Competition (meet) Suit

*Some equipment provided by the team.

(a) Equipment Nights and Suit Sizing

Our Equipment Nights and annual suit sizing will usually be held on the night of our Annual Parent Meeting in late August. We will have a vendor with equipment for sale and ordering. Our vendor also provides an online team store for purchasing team apparel and equipment. Access is available through our team website under the **Equipment Ordering** tab.

5.15 Practice Policies

With the best interest of your swimmer in mind, we ask that all parents sit in the bleachers during practice. Children seek approval from their parent/guardian naturally. If they are aware of your presence, it is only natural for some of their attention to be directed to you. However, for the swimmer to successfully engage in our program, it is imperative that the coaches have the swimmers' undivided attention during practice. For a successful practice, the coach must give their undivided attention to the swimmers as well. With this in mind, it makes for an unsuccessful practice if a coach must spend their time communicating with parents/guardians. If you must speak to your child's coach, please do so before or after practice, when the coach is not engaged in their coaching responsibilities.

5.17 Practice Schedule

The most updated Practice schedule is available on the www.andersonmakos.com website. The only time practice will not be held is when the YMCA is closed for holidays or the day after a weekend long meet. If you are unsure as to whether there is practice or not, check the online calendar or weekly news updates. Every weekly Makos Update announces any adjustments to the weeks practice schedule. There will be No Practice for any groups on the following dates:

Date	Holiday	Practice
January 1	New Year's Day	No
May	Memorial Day	No
July	Independence Day	No
September	Labor Day	No
November	Thanksgiving	No
December	Christmas Day	No

(b) Thunder/Lightning Policy

In the event of thunder or lightning being sighted and/or heard, it is the policy of the YMCA to evacuate and close all aquatic facilities including pools, pool decks, and warm pool areas until 30 minutes after the last rumble or flash. This is mandated by the YMCA's insurance company.

Glossary of Swimming Terms

Age Group Swim Meet – All USA registered swimmers who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire meet.

Clerk of Course/Bullpen – Place where swimmers report at meets, before their event, to receive their entry cards and to be arranged into their heat and lane assignments.

Circle Seeding – See pyramid seeding.

Consolation Heat – The first, or slower, of two heats of finals at a championship meet.

Course – Designated distance over which the competition is conducted. Long course (LCM) is 50 M and short course is 25 YDS (SCY) or 25 M (SCM).

Deck Seeding – Heat and lane assignments are determined for the swimmers at the beginning of each meet session, after scratches are taken out.

DQ – Disqualification. A swimmer is usually disqualified when he performs a stroke, touch or turn incorrectly or when he enters the water before the start (false start).

False Start – When a swimmer enters the water before a race or moves during the start, he may be charged with a false start. This results in disqualification, since USA has a "no false start" rule.

Dual Meet – Meets conducted between two teams, usually with a limitation on the number of entrants from each team.

Finals – The session of a meet where qualifying rounds were held previously to determine the finalists. Usually there are 1-2 heats of finalists and their order of finish determines the ultimate placement in a given event. Most trials-finals meets are on a championship level.

Finals Heat – Last heat of a trials/finals meet to determine the top 8 finishers in an event, seeded by prelim's results.

Grid – List of a swimmer's events for a particular meet.

Heat – The group of swimmers who swim a race at the same time. Several heats may be held in a particular event.

Heat sheets – Printed listings of all swimmers by event number and entry time. These are also called the Meet Programs or "Psych Sheets."

IM – Individual Medley. The event where a swimmer swims butterfly, back stroke, breast stroke, and any other stroke in that order.

Lap or Length– One length of the pool.

LSC – (Local Swimming Committee) One of several regional groups such as South Carolina Swimming charged with the conduct of all USA activities in that region.

Medley Relay – Four swimmers on each team each swim one fourth of the total prescribed distance in the order: back stroke, breast stroke, butterfly, and freestyle.

Meet Director – The individual responsible for acceptance/rejection of teams' entry into the swim meet, designating meet schedule and events offered, staffing the meet, and publishing results. Parents are not allowed to contact meet directors without prior approval from the Swim Team Director.

Motivational Time Standards – A set of times developed by USA Swimming to assist swimmers in performance planning. They are based on percentiles of the 16th fastest time in each stroke in each age group.

OVC – Official Verification Card. Issued by meet officials to swimmers achieving a Junior National or Senior National time.

Prelims or Trials – In certain meets, the qualifying rounds for each event to determine the finalists.

Proof of Time – A requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

Pyramid Seeding – In trials or preliminaries of trials-finals meets, the swimmers in the top 3 heats are intermingled so that the fastest three swimmers are in the middle lanes of the last 3 heats, the next 3 in the lane next to that in each of those heats, and so forth. This is also called "circle seeding." In finals, those finishing fastest by time swim in the top 1 or 2 heats (Final and Consolation Final).

Referee – The USA official who has the final authority over all other officials at the meet. He makes all final decisions and sees to the efficient running of the meet.

Seed Times – The times a swimmer uses to enter a meet. These times appear on the heat sheet and the entry cards and determine the swimmer's heat and lane assignment in a meet.

Seeding – The process of assigning swimmers to lanes and heats by time. In general the swimmers with the slower seed times swim in the earlier heats. The order of swimming in the final heats depends on the type of meet.

Straight Seeding – Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

Split – The time a swimmer achieves in one or more laps of his race. Coaches use these times to help instruct swimmers in pacing. For example, the time for the first 50 yd in a 100 yd race is the swimmers 50-yd split.

Starter – The USA official who is responsible for starting each heat and calling the swimmers to the blocks.

Stroke and Turn Judge – A YMCA/USA official, who determines the legality of swimmers' strokes, turns, and finishes and disqualifies those who do not conform to USA rules.

Time Trial - An event offered, typically at the conclusion of a meet session or between sessions that is not in the meet entry. Time trials are entered during the meet and are a separate fee.

Top 16 – A tabulation of the top 16 times in the US in each age group and stroke. These are published annually in Swimming World. The "consideration" times that may be eligible appear in the USA rulebook and on the CSI website.

Touch Pad – An electronic pad which stops a clock when the swimmer touches it at the end of the race. This is usually the official time, although corrections are made if the swimmer misses the pad.

Unattached – The status a swimmer receives when changing from one USA club to another. A swimmer must swim unattached for 120 days from the date of the last USA meet he swam for the previous club. During this time they may compete individually, but may not be entered in relays.

USA – Abbreviation for United States Swimming, which is the governing body for all amateur swimming in the US. National headquarters are in Colorado Springs, CO.



Appendix A: ANDERSON AREA YMCA MAKOS TEAM CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- ◇ I will respect and show courtesy to my teammates and coaches at all times.
- ◇ I will demonstrate good sportsmanship at all practices and meets.
- ◇ I will set a good example of behavior and work ethic for my younger teammates.
- ◇ I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- ◇ I will attend all team meetings and training sessions, unless I am excused by my coach.
- ◇ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ◇ I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- ◇ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ◇ I will obey all of USA Swimming's rules and codes of conduct.
- ◇ I will at all times try to foster the YMCA Core Values, of Honesty, Caring, Respect and Responsibility.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches.

Swimmer's signature

Date

Parent's signature

Date



Appendix B: ANDERSON AREA YMCA MAKOS TEAM CODE OF CONDUCT: COACHES

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to USA Swimming's rules and code of conduct.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the Director of the Anderson Area YMCA.



Appendix C: ANDERSON AREA YMCA MAKOS TEAM CODE OF CONDUCT: PARENTS

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns to first to _____; then, if not satisfied, to the appropriate supervisor.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Signature(s)



Appendix D:

Minor Athlete Abuse Prevention Policy

Anderson Area YMCA Makos

June 23, 2019

Adopted: June 23, 2019

Last Reviewed on August 7, 2019



THIS POLICY APPLIES TO:

- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes.

GENERAL REQUIREMENT

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

ONE-ON-ONE INTERACTIONS**I. Observable and Interruptible**

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

II. Meetings

a. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.

b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

c. Meetings must not be conducted in an Applicable Adult or athlete's hotel room or other overnight lodging location during team travel.

III. Meetings with Mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

a. The door remains unlocked;

b. Another adult is present at the facility;

c. The other adult is advised that a closed-door meeting is occurring; and

d. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the Anderson Area YMCA Makos.

IV. [Recommended] Individual Training Sessions

Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS**I. Content**

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

II. Open and Transparent

Absent emergency circumstances, if an Applicable Adult 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 Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult 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 Anderson Area YMCA Makos, LSC or by an Applicable Adult 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

Electronic 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

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult 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" Anderson Area YMCA Makos and/or LSC's official page.

Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

TRAVEL**I. Local Travel**

Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s).

Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete's legal guardian.

[Recommended] Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

II. Team Travel

Team travel is travel to a competition or other team activity that the organization plans and supervises.

a. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained.

When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete's legal guardian must provide written permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult.

Team Managers and Chaperones who travel with Anderson Area YMCA Makos or LSC must be USA Swimming members in good standing.

b. Unrelated Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with a minor athlete. Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age.

c. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must not be conducted in an individual's hotel room or other overnight sleeping location.

LOCKER ROOMS AND CHANGING AREAS

I. Requirement to Use Locker Room or Changing Area

The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

II. Use of Recording Devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

III. Undress

An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.

IV. One-on-One Interactions

Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

V. Monitoring

Anderson Area YMCA Makos must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.

VI. Legal Guardians in Locker Rooms or Changing Areas

Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

MESSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES

I. Definition: In this section, the term "Massage" refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

II. General Requirement

Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

III. Additional Minor Athlete Requirements

- a. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to Anderson Area YMCA Makos.
- b. Legal guardians must be allowed to observe the Massage.
- c. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.
- d. [Recommended] Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment plan.