



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FARMINGTON VALLEY YMCA Tsunami Swim Team Team Handbook



WWW.FVYMCATSUNAMIS.ORG

(Effective September 1, 2015)

**Please sign and tear off the back page to give to your Director of
Competitive Swimming**

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WELCOME to the Farmington Valley YMCA Swim Team!

The goal of our swim team, like all YMCA programs, is to promote youth development, healthy living and social responsibility. Competitive swimming is the vehicle through which participants learn life lessons that will impact them forever.

Some of these include:

- Grow personally through the building of self-esteem and self-reliance.
- Clarify values and to develop moral and ethical behaviors based on the YMCA's founding principles.
- Improve personal and family relationships by learning to care, communicate and cooperate with family and friends.
- Appreciate diversity and to respect people of different ages, abilities, incomes, races, religions, cultures and beliefs.
- Become better leaders and supporters through the give-and-take experiences of working toward a common good.
- Develop specific skills and to acquire new knowledge and ways to grow in spirit, mind and body. and most importantly,
- Have Fun and enjoy life!

We focus on the values that will enable each participant to build strong character and we take pride in the leaders and role models who graduate from the program. Throughout the program, you will find constant examples of these traits in action from our coaches, swimmers and parents. While there will be some experiences that are tougher than others, the coaches and parents comprise an important team in teaching the valuable lessons of a young person's life. We are excited that you are a part of our YMCA program and look forward to your family's involvement throughout the year.

GO TSUNAMIS!

THE YMCA

The YMCA of the USA is a national organization, founded in 1851 (the YMCA movement began in London in 1844 and quickly spread to North America), which has evolved to promote the modern mission **to put Christian principles into practice through programs that build healthy spirit, mind and body for all.** As “America’s Oldest Swimming Instructor”, the YMCA has long valued the importance of fitness activities in the development of young people. All YMCA programs, including competitive swimming, incorporate values education and character development through the promotion of caring, honesty, respect and responsibility. We develop strong people, not just strong athletes.

The YMCA is the largest nonprofit community service organization in the United States. It is at the heart of community life in neighborhoods, towns, and cities across the nation. It works to meet the health and social service needs of over 15 million men, women and children. Best known for community-based health and fitness programs, the Y teaches kids to swim, organizes youth sports programs, offers exercise classes for people with disabilities, and leads adult fitness programs. In addition, YMCAs offer hundreds of other programs, including day camp, child care (the YMCA is the largest nonprofit child care provider in the United States), teen clubs, environmental programs, substance abuse prevention, family nights, job training, international exchange and many more. National headquarters for the YMCA of the USA are in Chicago, IL.

The Farmington Valley YMCA is a branch of the Greater Hartford YMCA association. The YMCA of Greater Hartford is an association that is open to all and committed to helping people develop their God given potential in spirit, mind, and body. Our commitment is based on the belief that the purpose of this three-fold development is to live out the values of our Judeo-Christian heritage, including caring, honesty, respect, and responsibility. This is our mission statement and our guiding principle for all programs and services.

COACHING STAFF

ORGANIZATION & ROLES

The Director of Competitive Swimming is responsible for all administrative aspects of the Tsunami Swim Team including program operation, management of operational budget, supervision of assistant coaching personnel, volunteers and parent coordination. The Director of Competitive Swimming, along with assistant coaches, is responsible for setting up meets, practice sessions and preparing your swimmer for competition at the appropriate level.

EMPLOYMENT & COACH QUALIFICATIONS

All employees of the YMCA pass a drug screen test, a criminal offender background check, a sexual offender background check, and sign a thorough code of conduct. In addition, our USA Swimming coaches receive a third background check through USA professional membership. Please be aware that all employees sign a code of conduct stating that they cannot drive your child, be alone in a bathroom with them, or baby sit your child outside of work. The coaches of the swim team must also be CPR/AED, First Aid and Lifeguard or Safety Training for Swim Coaches Certified. The coaches must have swimming and/or coaching, or related background and experience working with children. Annually, when able to, coaches will attend professional development seminars, expos or trainings to further develop their coaching expertise.

CONTACT INFORMATION

Director of Competitive Swimming

YMCA Phone: 860-653-5524 x131

YMCA Cell Phone: 860-707-5569

COACH RESPONSIBILITIES

The coaches' job is to supervise the entire competitive swimming program as well as their individual groups. The FVY coaching staff is dedicated to providing a high-quality program for young swimmers that will enable them to develop the highest level of competitive excellence possible for each individual. The coaches will be in total control in matters affecting training and competition.

- The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
- Sole responsibility for stroke instruction and training regimen rests with the coaching team. Each group's practices are based on sound scientific principles and are geared to their specific swimmer's capabilities.
- The coaching staff makes the final decision concerning which meets swimmers may attend based on competition readiness and possible USA swimming membership. The coaching staff also makes the final decision concerning which events a swimmer is entered.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. It is the parent's job to offer love and understanding regardless of their swimmer's performance.
- The building of a relay team is the sole responsibility of the coaching staff, and relays may be altered throughout the year to allow every swimmer a chance to be on each relay team.

The coaching staff is constantly updating and improving the Swim Team program. It is the swimmers' and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

TEAM STRUCTURE

The Farmington Valley YMCA Swim Team is set up in levels based on age, ability, attitude and commitment. This enables swimmers to progress at a steady rate while building bond with team members in the same age range. Swimmers age twelve and under are encouraged to participate in other activities outside of swimming while they develop the technique, endurance and competitive spirit that are the foundations for successful swimming. Swimmers in the 12-18 practice Group make a greater commitment to swimming and to the team by participating in more practices and competitions in preparation for senior and national level competition. The Farmington Valley YMCA program reflects that reality and prepares its swimmers not only to compete, but to succeed at each level of competitive swimming as they mature. In addition, the program values the development of time management skills, the maintenance of above average grades in school and the demonstration of the YMCA's core values at all times.

PRACTICE GROUPS

Developmental Division

Olympic Stroke I, II and III

This is an introductory group that teaches basic competitive skills in all four competitive strokes, including starts, as well as turns. Skills will be taught with an emphasis on fun.

Recommended ages

Olympic Stroke I 5 to 8,

Olympic Stroke II 8 to 10

Olympic Stroke III 11 and Up

Prerequisites be able to continuously swim 25 yards of freestyle and backstroke. Please contact the YMCA to set up an evaluation/swim test if you are unsure about your child's swimming ability. For Olympic Stroke II and III a working knowledge of breaststroke may be required if swimmers join the group later on in the season.

Practice Attendance for the improvement of the swimmer they are encouraged to attend each practice, the commitment level is up to each family but should be discussed with the director of competitive swimming.

Meet Attendance Swimmers are encouraged to attend YMCA meets throughout the season on the events he/she are proficient to swim in.

Moving up Swimmer will move up to the Age Group division after all swimming fundamental strokes, turns and finishes are mastered and when they are at least 9 years old.

Age Group Division

Green AG 9-12

The 9 to 12 age-group is designed to provide swimmers with the physical and technical fitness necessary to compete at the YMCA Yankee Cluster/YMCA Winter Invite and USA Regional Levels. Pool sessions will continue to emphasize advanced series of start, stroke, turn and finish progressions, as well as beginning to introduce the differences between workout sets, sprint sets, quality kick sets, and race rehearsal. In addition to an extensive in-water program, Age Group 9-12 will offer an introduction to dryland training program designed to build general athleticism.

Prerequisites

Swimmer must be able to swim demonstrated competency on all 4 strokes and swimming fundamentals. Swimmers must show the physical and emotional maturity needed to follow practice sessions.

Program is for ages 9-12, including

- 9/10 yr. old YMCA Yankee Cluster/YMCA Winter Invite/USA Regionals Swimmers

- All 11/12 yr. old beginning competitive swimmers but who have mastered all fundamentals

Practice Attendance

For regular improvement, swimmers are encouraged to attend at least 3 of the 4 practices offered per week.

Blue - AG 11-13

The Blue 11-13 Age-group will provide swimmers with the physical and technical fitness necessary to compete at the YMCA Yankee Cluster/YMCA Winter Invite/YMCA New England and USA Regional/Age Group Levels. Additional competitive skills are introduced, including training etiquette, advanced stroke mechanics, training and race strategies, goal setting, proper nutrition, and mental preparation. Pool sessions will include low, medium and high intensity endurance training, technical-sprint sets, quality kick sets, race rehearsal and advanced start, stroke, turn and finish progressions. Yardage and intensity will vary depending on the time of year.

Prerequisites

Swimmer must be able to swim demonstrated competency on all 4 strokes and swimming fundamentals. Swimmers must show the physical and emotional maturity needed to follow practice sessions. Each swimmer must be able to swim 100 yards of each stroke and 200 IM on a race pace. Swimmers must show the emotional maturity needed to follow practice sessions. Swimmers must be able to sustain a pace to improve endurance in practice.

Program is for ages 11-13, including

- 11/12 yr. old YMCA Yankee Cluster/YMCA Winter Invite/USA Regional Swimmers
- 13 yr. old competitive swimmers that still need to improve physical ability and maturity in order to practice with the next group.

Practice Attendance For regular improvement, swimmers should attend at least 4 of the 5 practices offered per week.

White - AG 12 to 18

The 12-18 age group will provide swimmers with a two-fold focus: to provide swimmers with the physical and technical fitness necessary to compete at the YMCA New England/YMCA Nationals/USA Age Group/USA Senior and beyond. Practices will be split up into 3 different groups according to ability. Pool sessions will include low, medium, and high intensity endurance training, technical-sprint sets, quality kick sets, race rehearsal and advanced start, stroke, turn and finish progressions. Yardage will vary depending on the time of year.

In addition to an extensive in-water program, the 12-18 level will offer an advanced dryland training program designed to build general and specific swimming strength, enhance technique, reduce injuries and improve overall flexibility.

Prerequisites Each swimmer must be able to swim 100-200 yards of the 4 competitive strokes correctly with turns in a race pace. Swimmers must demonstrate the emotional maturity needed to follow rigorous practice sessions as well as the desire to grow as an athlete and individual.

Program is for ages 12 to 18, including

- **Level I** 12 yr. old YMCA New England/USA Age Group swimmers and 13/Over YMCA Yankee Cluster/YMCA Winter Invite Swimmers
- **Level II** 13/Over YMCA New England/USA Age Group swimmers
- **Senior** 13/Over YMCA National/USA Senior Swimmers

Practice Attendance

Swimmers are expected to attend 5 of the 6 practices offered per week.

New and returning participants may need to be evaluated to be placed in the correct practice group

HIGH SCHOOL

High School swimmers can join the 12-18 practice group before or after their HS season and/or throughout HS season as long as they wish to do so and comply with the HS rules.

USA SWIMMING OPTION

This option is for swimmers who are looking to broaden their swimming experience by participating in a program that provides more competitions and more opportunities to swim at invitational and championship meets throughout the season. In addition to regular YMCA Dual Meets, Swimmers will participate in meets in various pools throughout CT. They may also have the opportunity to participate in Sectional and National level meets. Swimmers that are participating must be serious about continuing their development as a swimmer.

Recommendation: We strongly recommend this option to all swimmers ages 9 and up registered in the Green AG 9-12, Blue 11-13 or White AG 12-18 levels, but it is open to any swimmer on the team.

Swim Meets: USA Swimmers will participate in the YMCA Swim Meets, any swimmer that fails to qualify or participate at Yankee Clusters will not be allowed to swim any USA competition for the season and/or next season. This rule also applies to any important scheduled YMCA Meet. Please, if you have a conflict make an appointment with the Director of Competitive Swimming to discuss this.

****USA Program fee includes the yearly USA Swimming Registration fee for athletes, but does not include meet entry fees and will need to be paid when signing up for meets.**

SEASONS AND BREAKS

The FVY Swim Team is a year-round competitive program that runs from the beginning of September through the beginning of August. Each swimming year is divided into two seasons – winter season (short course) and summer season (long course). The short course season runs roughly from September to April. All groups take a short break, one-two weeks, in the spring (between the short course and long course seasons) and a longer break in August (between the long course and short course seasons). These are important periods of physical AND mental rest for swimmers. They help to prevent burnout and to keep swimmers excited about the sport and the team.

The FVY Swim Team respects family time together, including vacation time. Because extended time away from practice in the middle of a season can adversely affect a swimmer's performance, families of older swimmers in particular are encouraged to schedule vacations or long trips after the conclusion of the season. If midseason trips are inevitable, swimmers are encouraged to locate a team in the town or area they are visiting. This can be a fun way to not only stay in shape, but to learn different training

techniques and systems. The coaching staff can assist in doing this or in providing practices to do at a local pool while swimmers are away from FVY.

THE SEASONS.....AN EXPLANATION

Short Course – September through March of each year and swimming is done in a 25 yard/meter pool. There are Short Course (SC) time standards which apply to New England Regional Championships and YMCA National Championships. All swimmers participate in the Yankee Cluster Championship.

Long Course – April through July. Meets are conducted in either a 25 yard/meter or a 50 meter pool. There are Long Course (LC) time standards which apply to YMCA National Championships. All swimmers participate in the Yankee Cluster Championship.

PRACTICE

At all levels, practice sessions develop athletic, personal and social skills. Consistent attendance is the best way to build a swimmer's abilities, enhance the coach-swimmer relationship, and strengthen the unity of the team as a whole.

SCHEDULE

Practice schedules are distributed to all FVY families prior to the start of each season. Some updates and revisions may be necessary, especially during holidays. These are posted on the monthly calendars on the team website and sent to the team e-mail addresses.

FACILITIES

The FVY Swim Team primarily uses the Farmington Valley YMCA. During the long course (summer) season, the USA swimmers may also use the Odessa Terry Pool in East Hartford for long course practices.

PUNCTUALITY AND PRACTICE TIMES

Please be on time to all practices. Practices begin with a warm up period to prevent injury. Instructions and important information are also given to swimmers at the beginning of practice. Ideally, swimmers arrive up to 15 minutes prior to practice and wait on the pool deck for the beginning of practice. Swimmers are picked up within 15 minutes of the end of practice. At the YMCA, younger swimmers 10 and under should leave the pool deck with a parent or guardian. Older swimmers may wait in the lobby to be picked up, not outside of the building.

Older swimmers learn to balance their academic and swimming requirements. This is an important life skill they develop through participation in the program. Sometimes academic tasks become particularly demanding and swimmers feel unusual stress to stretch the balance between school and swimming. In this case, it is better to take a day off from practice and devote the afternoon/evening to academic requirements. Getting out of practice early to study or complete homework means that the swimmer has given less than their best effort to both swimming and academics. It is better to commit fully to academics that day and return to swimming the next. Keep in mind that the goal is to balance both swimming and academics equally for an overall development of the child.

*Greater Hartford YMCA and USA Swimming policy prohibits staff members from transporting program participants in their personal vehicles. Please do not ask FVY coaches to transport your child to or from practices, meets or team activities.

PRACTICE EQUIPMENT

Practice equipment may be purchased on our 2 store portal on our team website. Here is our direct link: <http://www.swimoutlet.com/fvytsunamis> and **Acessorie Core**

Olympic Stroke I – suit, goggles, cap, water bottle, (fins optional)

Olympic Stroke II – suit, goggles, cap, water bottle, (fins optional)

Age Group 9-12 – suit, goggles, cap, fins, water bottle

Age Group 11-13 – suit, goggles, cap, fins, water bottle

Age Group 12-18 – suit, goggles, cap, fins, paddles, center-mounted snorkel, water bottle

All Age-groups division swimmers are encouraged to bring an extra towel or a yoga mat for on-deck dryland and team meetings

It is a good idea to carry an extra cap, suit, and pair of goggles - “just in case.” Coaches do not carry extra items to loan swimmers for practice and the facilities do not regularly have extras to loan.

For safety and security, swimmers bring their bags, clothes, etc. onto the pool deck with them or lock them in a locker during practice. Locks are temporary and should be removed each day at the end of practice.

NOTE: PLEASE CLEARLY LABEL ALL ITEMS THAT ARE BROUGHT TO PRACTICE.

PARENTS AT PRACTICE

Practice is time for swimmers and coaches to concentrate on improving the swimmers’ technique, increasing speed and endurance, developing a strong coach-swimmer relationship, and fostering cooperation and unity within the group. Parents are welcome to observe practice by sitting on the upstairs bleachers and permitting the coaches and swimmers to have uninterrupted time to develop these skills. If you have questions, please ask the group coach after practice.

OLYMPIC STROKE I/II PARENTS

In the interest of safety, parents of Olympics Stroke I and II should accompany their child to the bleachers next to the aquatics office for practice and pick them up from the bleachers at the end of practice. Parents are welcome to watch practice by sitting on the bleachers in the balcony. If you have questions, please ask the group coach after practice and provide uninterrupted time for coaches to develop the swimmers’ skills.

INCLEMENT WEATHER

Practice (indoor and outdoor) continues when it is raining. If there is thunder and lightening, practice will be suspended, but not necessarily canceled. Pool closure is a facility, not coach or team decision. Call ahead or go to the pool to learn the fate of practice. The aquatics department is equipped with a lightning detection system that warns lifeguards when an electrical storm is approaching. In that

situation, the pool and pool deck will be cleared and swimmers will wait at least 30 minutes before being permitted back in the pool area. Coaches will make a determination whether or not to cancel practice based on the storm prediction and how much practice is left.

For home and away meets, a decision will be made by the Director of Competitive Swimming and Aquatics Director **at least 1 hour (more time will be given for meets that require more travel) prior to the start of warm-ups**. An email will go out, and an announcement will also be posted on the website. There will be no alternative practice option for meets.

In the event of snow or ice, practice may be cancelled depending on conditions.

Swim Team practice cancellations will be posted on the team website and sent out in an e-mail to all team families as soon as possible.

Note: For morning practices swimmers should call the YMCA if there is a question. Decisions are always made on the cautious side for these practices.

Keep in mind - weather conditions in one location may not be the same elsewhere in the area. If there is a question, call ahead. If parents are experiencing hazardous conditions (snow, ice, thunderstorm) while their children are at practice, please come to the pool in case practice is ended early.

PLEASE be on the safe side and use your best judgment...

THE TSUNAMIS PARENT ADVISORY COMMITTEE

The purpose of the Parent Advisory Committee shall be to support the Farmington Valley YMCA Tsunami Swim Team under the rules of YMCA Swimming as follows:

- To promote competitive swimming by affording swimmers the opportunity to learn and to develop their skills and by instilling good sportsmanship and team loyalty in the spirit of the YMCA;
- To raise funds to be used for the benefit of the program and its participants; and
- To organize and conduct social functions for the participants of the program.

PARENT ADVISORY COMMITTEE OFFICERS:

Volunteers shall be: Meet Director, Officials Coordinator, Fundraising Coordinator, Spirit wear Coordinator, Director of Competitive Swimming and **Aquatics Director**.

THE TSUNAMIS LEADERSHIP COMMITTEE (TLC)

The Tsunami Swim Team believes in building strong leaders. We have developed the Tsunami Leadership Committee (TLC) in order to foster and guide our swimmers into being productive leaders for our team. This committee will be comprised of swimmers ages 12-18 who possess the skill set and the mind set to become effective leaders. Swimmers will be required to apply for this position. Once accepted to this program, leaders will be expected to attend monthly meetings at the YMCA and participate in some of the following capacities:

- Implementing a buddy system for 8 and unders
- Teaching team cheers to swim groups
- Hosting poster making sessions with swim groups
- Leading team stretching
- Leading team cheers at swim meets
- Participating in community service projects
- Serving as role models to all swimmers

Applications will be available at the start of each season and swimmers will be notified if they have been accepted onto the committee.

(Revised 7/2015)

TEAM REGISTRATION

There are many costs involved in operating the swim team. Much, but not all of the cost is covered by program fees. Below is a list of what is and is not covered by your program fees.

Covered:

Coaches' salaries
 General operating costs
 Coaches' travel costs
 Pool rental fees
 One team t-shirt per swimmer

Not Covered:

Team clothing
 Suit, goggles, training equipment
 Meet fees
 Special events or parties
 Team travel expenses

PAYMENT

At the registration, a family pays the monthly program fee for each swimmer in the family on the first of every month that they participate in. This may be paid by cash, check or credit card. Swimmer account on file will be charged every first of the month through the account on file.

SWIM MEET ENTRY FEES

As explained in the Swim Meet section, all meet entry fees must be paid at the meet sign in.

FINANCIAL ASSISTANCE

Financial assistance is available for families needing help in paying swim team program fees through the YMCA's Open Doors program. To apply, contact the aquatics director or the membership director or ask at the front desk. Inquiries, the application process, and awards of assistance are kept confidential.

CANCELLATIONS

All program cancellations must be handed to the front desk through appropriate forms with 30 days prior to the next draft (1st of the month). Any cancellation that proceeds through a different method will not

be granted (i.e., text message, email, etc.). If you have been paying by bank draft, that draft will be stopped on the next pay period. You also can put swim team payments on hold up to 3 months once a year. *Swim meet fees are not refundable.*

FUNDRAISING

The FVY Swim Team does not require families to participate in fundraising activities but encourages families to participate in raising funds for swimmer gifts, awards ceremony, equipment, etc. How these funds, raised by the swim team fundraisers, are spent is ultimately up to the discretion of the Director of Competitive Swimming. Parent input is greatly encouraged, but the ultimate decision is made by the Director of Competitive Swimming.

YMCA STRONG KIDS CAMPAIGN

Each year, the Farmington Valley YMCA conducts its annual support campaign. This raises money to help youth and families in need to participate in YMCA programs, including the FVY Swim Team. The swim team is proud of the contributions its families make yearly to the campaign and you are encouraged to continue to help make a difference through your generosity. Volunteers in several capacities are needed and Tsunami families are encouraged to get involved in the campaign. In fact, the Tsunami team will take part in a swim-a-thon event each year, where a portion of the proceeds will go to help raise scholarship funds for the **Strong Kids Campaign**.

FINANCIAL COMMITMENT SUMMARY

SWIM TEAM REGISTRATION FEE

All swimmers must be Full Facility Members of the Farmington Valley YMCA in good standing. Registration fee covers coaching for scheduled practice time and scheduled YMCA meets. There is a separate registration for swimmers who wish to compete in the USA Swimming season which runs simultaneously.

TEAM SUITS, CAPS AND GEAR

Team Suits and Team Caps are required for all swimmers. Competition suits may need to be purchased annually and can range from \$75-\$150 depending on style and customization. Other miscellaneous gear may be purchased such as team shirts, warm up uniforms, bags, etc. Team uniforms will be announced at the beginning of each season (September). You may also find more information on our website (www.fvymcatsunamis.org).

MEET FEES

Meet fees are not a part of the monthly fee. Meet fees are paid to the host location to cover awards and facility usage. There are two leagues in which we compete: YMCA and USA Swimming. Meet fees for YMCA meets typically range between \$3-\$5 per event, while USA meets typically range between \$7-\$12 per event. Special invitational meets, such as New England's or National competitions, may cost more due to the size and nature.

Meet fees must be paid by each meet deadline prior to the meet. Once the final entries are emailed to you, there are no refunds under any circumstance.

TRAVEL & LODGING EXPENSES

Swimmers are responsible for their own transportation to the competition, hotel reservations and costs if needed, and food. Spectators should be prepared to pay an admission charge at some meets.

STRONG KIDS CAMPAIGN

The YMCA is a 501c3 non-profit charitable organization. As such, we are open to serving all members of our community regardless of ability to pay. This annual volunteer driven campaign supports this fund to provide scholarship assistant to children and families in need of our services who otherwise could not afford them. In fact, the Tsunamis swim team will take part in swim-a-thon each year to help raise scholarship funds for the Strong Kids Campaign.

SCHOLARSHIP ASSISTANCE

All children deserve the opportunity to experience the YMCA and become a Tsunami. If you or someone you know is in need of our programs but is experiencing financial hardship, they may qualify for scholarship assistance. This assistance is funded by our Strong Kids Campaign and is awarded on a sliding scale based on need. For more information and an application, please visit our front desk.

Scholarship assistance is only applicable towards fees paid to the YMCA such as membership and program fees. Scholarship assistance does not apply towards fees paid to outside organizations such as USA memberships, suit costs, meet fees, travel and lodging costs, etc.

COMMUNICATION

Regular communication is essential for coaches, swimmers and parents and several means of communication are used. Please check each of these sources regularly and promptly contact the Director of Competitive Swimming or any assistant coaches if you have questions, concerns or information to share.

INFORMATION FOR SWIM FAMILIES

E-Mail - Information, reminders and last-minute information is sent to families via e-mail from the team website. This is the primary means of communication. Please update your information the roster form on the website when necessary.

Practice Level Folders– A file box is kept on the pool deck at the YMCA with hanging folders for each family. Typically swim meet awards and progress reports are put in the folders for swimmers to pick up.

Bulletin Boards - The swim team bulletin board is located in the balcony and on the pool deck. Team information and meet results will be posted here. Please check the boards regularly.

Calendars – are on the website with the practice schedules and any changes, as well as meets and check in times.

FVY Tsunamis web site – www.fvymcatsunamis.org. The FVY website is used for most of the team management functions. If you have digital pictures to submit for the site, send them to the Director of Competitive Swimming.

Press Releases – will go to the local papers periodically to highlight some accomplishments of the swimmers on the team.

Parent meetings - Held regularly throughout the year, these meetings allow coaches to convey information directly to parents regarding the team, the season and the sport.

COMMUNICATING WITH COACHES

PHONE: The Swim Team office phone (860) 653-5524 x131 – 860-707-5569

NOTE: PLEASE DO NOT CALL COACHES AT HOME. Please respect their personal and family time by addressing issues during office hours or before/after practice.

E-MAIL: Parents are welcome to e-mail the Director of Competitive Swimming with questions, information and ideas. Please address large issues or concerns in person with the appropriate staff member(s).

MEETING (FORMAL OR INFORMAL) - Coaches are usually available before or after practice time to answer quick questions. If you would like to address issues that require more time, please schedule an appointment with the Director of Competitive Swimming.

GRIEVANCES

Most problems are rooted in simple misunderstandings or miscommunication and can be resolved quickly and easily. If allowed to fester, however, problems grow out of proportion and can be harmful to swimmers, parents, coaches, and the program. This can be prevented by addressing grievances immediately and with the appropriate person.

Contact:

Practice Level Coach

When:

- An issue is practice-specific, site-specific or swimmer-specific
- When there is a question or concern for a specific coach.

Director of Competitive Swimming

- An issue concerns the overall swim team, financial or administrative concerns.
- Issues that could not be resolved with Practice Level Coaches

Aquatics Director

- An issue that could not be resolved with the Director of Competitive Swimming.

ROLES AND RESPONSIBILITIES

The relationship between swimmer, coach and parent is an important aspect of swimming. In order to support the swimmer's development, it is important to maintain a mutually supportive partnership with regular communication. Swimmers, parents and coaches may not always agree but respectful and open communication will help maintain a positive relationship. The collective goal of the swimmer-coach-parent triangle is the maintenance of an environment most conducive to the development of the swimmer - both as an athlete and as a person.

COACHES

Coaches occupy a unique place in a swimmer's life - part parent, part teacher, part friend. FVY coaches take these roles seriously and strive to be good role models, leaders and listeners.

Coaches Roles:

- Instruct swimmers in all aspects of the sport: technique, training methods, mental preparation, competitive strategy, etc.
- Offer encouragement, constructive criticism, and honest assessments with suggestions for improvement
- demonstrate and encourage values and behaviors consistent with the principles of the YMCA
- lead the team at competitions
- make decisions about group placement, meet opportunities, and events for swimmers (based on a number of factors and with the interest of the swimmer and the team in mind)
- communicate with swimmers and parents about plans, issues, and philosophy within the program

Points to Keep in Mind:

- Individual swimmers develop emotionally and athletically at different rates. This fact alone may cause stress for swimmers and external pressure cannot quicken or slow the pace of natural development. Excessive pressure can, however, contribute to burnout.
- Coaches, swimmers, and parents are human. Mistakes are inevitable. The most productive response is to admit them, excuse them, and move on. Grudges help no one.
- Let the coaches coach, let the swimmers swim, let the parents support.
- The process, not the awards, is the most valuable part of competitive swimming. The friendships, lessons, skills, and memories gained from participating in the sport and the team last forever. They help create a healthy, happy and strong person.
- As stated before, parents, swimmers and coaches may not always agree but honest and open communication maintains mutual respect and a positive relationship.

SWIMMERS

FVY Swimmers strive to be positive team members in and out of the pool. Most importantly, swimmers should always remember that they represent the YMCA and the FVY Swim Team. Their words and actions reflect not only on themselves but on their teammates, parents, coaches, and the YMCA. With the guidance of coaches and parents, swimmers are expected to demonstrate the YMCA's character development traits of caring, honesty, respect, and responsibility.

Focus on Team

Individual achievements are important but supporting others and working together toward a common goal raises everyone's performance level. Furthermore, shared experiences are more fun and exciting than individual ones. **T**ogether **E**veryone **A**chieves **M**ore.

Act, Think, Look, and Talk Positively

Attitudes are contagious so make sure that yours is worth catching. Every member of a team contributes to the overall team experience. Help make ours AWESOME!

Take responsibility

For your belongings, words, actions, and swimming. Attend practice regularly. Be on time and remember all equipment (cap, goggles, suit, towel, etc.) Don't blame others when things don't go your way. Excuses satisfy only the person who makes them.

Demonstrate good sportsmanship at all times.

Athletes with good sportsmanship habits earn the respect of their competitors and gain pride and confidence in themselves. Loud, emotional, or rude displays are inappropriate, regardless of the reason. Always think before you speak or act. Remember that you represent the YMCA - at the pool and away from it.

Show respect.

The best way to gain respect is to show respect. Allow others to share their opinions and ideas freely. Follow rules set forth by coaches and officials. Do not talk while others are talking, and don't talk back to coaches or officials. Refrain from speaking or acting negatively toward other swimmers, teams, coaches, or officials. Do not misuse or abuse property - in YMCAs, at meets, in restaurants, etc.

Take Pride.

Give an effort that you can be proud of. Maintain an attitude that you can be proud of. Develop team pride by encouraging teammates to do the same. Don't cut corners or take shortcuts.

Be honest.

Do not lie. Refrain from gossip (which often involves at least one untruth). Do what you think is right, not just what is popular. Give an honest effort toward achieving your stated goals. Communicate with coaches regarding anything that might affect your performance, or the team as a whole.

SWIMMER CONDUCT

As representatives of the FVY Swim Team and the Farmington Valley YMCA, swimmers are expected to speak and behave in a manner that is respectful, responsible, honest, and caring. These guidelines are to be followed by FVY swimmers at all practices, meets, and other team functions as well as in electronic communications. Special activities, such as team travel trips, require adherence to additional activity-specific conduct guidelines.

The following behaviors are not acceptable and may result in suspension from the team and may result in suspension from the team:

- Unsportsmanlike conduct - taunting, teasing, or speaking negatively about teammates, competitors, officials, or coaches.

- Use of inappropriate, strong, or vulgar language or gestures.
- Lying, deceit, dishonesty.
- Littering, abuse, or misuse of equipment, furniture, or other items of property.

The first violation will receive a verbal warning. The second will result in dismissal from the practice, meet, or team function where the violation was made. The third violation will result in suspension from the team for a period of time determined by the Director of Competitive Swimming. A fourth violation will cause the removal of the swimmer from the program. Parents will be notified at each step.

The following actions will not be tolerated and may result in removal from the team and may result in removal from the team:

- Verbal or physical abuse toward others.
- Theft of any kind.
- Vandalism or any destruction of property, public or private.
- Use of tobacco products or other illegal substances.
- Consumption of alcoholic beverages or other illegal substances.
- Sexual activity

DRESS CODE

Swimmers are expected to dress with dignity and appropriate taste whenever representing the team. This includes going into and out of practices, meets and team activities. Swimmers should not show any part of their undergarments (boxer shorts, bra straps, etc.) outside of their clothes. Writing with permanent markers or pen, on any part of the body, with the exception of the back of hands, will not be permitted.

Crude, rude or suggestive pictures or writing are not acceptable. Skirts and shorts must be of an appropriate length. Pants, shorts and skirts should not hang at the waist lower than the hip bones. Swimmers should routinely monitor the condition of their suits so that they are not worn by themselves when they no longer provide adequate coverage and support.

At swim meets, swimmers are expected to wear the designated team suit and a team cap, if they choose to wear a cap. The only exception being at a championship meet, any swimmer can wear a championship suit, as long as they are wearing the team cap.

PARENTS

Parents are a vital part of every child's life. They are central figures in the growth and development of their children. Parents are the primary example after which children pattern their own behavior and beliefs. For athletes, especially teenagers, the role of parents may change as other adults, including coaches, assume a strong role not only in their physical achievements but also in their mental and emotional development. Because coaches and teammates have such a strong impact on a swimmer, parents should fully investigate the philosophy and conduct of the program before registering their child. When a child begins swimming on a team, the parents put their faith in the program and its coaches to make the child's experience positive, rewarding, and enjoyable. There are ways in which parents can also aid the experience.

Unconditional Love

In swimming, the primary duty for parents is to love and support their swimmer(s) regardless of performance and achievement level. A child needs to know that no matter what happens, he or she is loved and supported. Praise swimmers for their own personal achievements and refrain from comparisons with other swimmers or with the past achievements of a parent or other relative. Whatever a swimmer does or doesn't achieve is a result of many factors and is not a reflection on his or her parents. In addition, much can be learned from challenging or difficult situations such as unrealized goals. By showing love and support to your swimmer during these times, rather than trying to "fix" the situation for them, you allow him or her to learn, grow and develop as an individual.

Set a Good Example

Children tend to pattern their attitudes and behavior after the example set by their parents. Please be aware of your attitudes and behavior, especially in the team setting. Exemplify good sportsmanship and the positive values of the YMCA. The FVY program encourages swimmers to be honest, caring, respectful and responsible, to ask questions and address concerns directly and to serve others. Observing these habits in parents further enforces the lessons taught at the YMCA. After all, parents represent the team and the YMCA as much as the swimmers and coaches do.

Positive Problem Solving

We ask that parents reserve concerns and disagreements about the program for discussion with a coach or the swim team director. Questioning or criticizing a coach, team member, or the program in front of a swimmer seriously damages the swimmer's trust and confidence in the coach and the team. If your swimmer has a problem, try to gather as much information as possible and address it with the coach or appropriate person directly. Avoid passing judgment, jumping to conclusions or discussing it with others. Gossip is never constructive.

Get Involved

We invite parents to become involved in the swim team in a constructive way. There are numerous volunteer opportunities that allow parents to be more involved in swimming and in the FVY team. Swim meets (all meets, but especially those hosted by FVY) require extensive volunteer efforts to run. Team social events bring parents, swimmers and coaches together in an informal and fun setting. Chaperones are needed for all team travel meets and provide an opportunity to work closely with coaches and swimmers. Help is always needed with apparel orders and distribution, bulletin board maintenance, psyche-up dinners/activities, and in other areas.

...But not too involved

Please respect the time your swimmer spends with his or her coach and teammates during practice or team activities. Reserve instruction and coaching for the coaches and preserve the uninterrupted time that coaches and swimmers spend at practices and meets. If you have a question or concern, contact your child's coach.

HEALTH AND NUTRITION

Swimming is an ideal sport to promote total health and fitness. Here is some basic information on health and nutrition to prevent injury and to help ensure improved performance in practice and meets.

HEALTH

All pools have safety rules posted. Please read and follow them.

These standard pool safety rules always apply:

1. Don't run.
2. Never swim alone.
3. Look before you dive.
4. Never bring glass containers on a pool deck
5. No horseplay on pool deck or in locker rooms.

Some other safety guidelines pertaining to swim practices and meets:

1. Inform coaches of medical conditions and prescription drugs.
2. Swimmers with asthma should always bring an inhaler and have it ready for use.
3. Swimmers should always bring and use a water bottle for practice and meets.
4. Wear proper shoes and clothing for outdoor activities.

Swim coaches are required to be trained in First Aid, CPR, and either Lifeguarding or Safety Training for Swim Coaches.

INJURIES

Injuries incurred during practice, meets, or team activities will be treated immediately and parents will be notified. Sometimes swimmers experience pain that is not the result of a particular wound or accident. Muscle pain is common, especially as swimmers mature and their muscles develop further. Sometimes it is difficult to distinguish between soreness and injury. If pain restricts movement or lasts more than 3-4 days, swimmers should seek medical attention. Coaches are not doctors and can only give advice, not diagnosis or treatment. It is, however, important to keep coaches informed of injuries, treatments, and rehabilitation.

PLEASE NOTE: If a swimmer has been instructed by a doctor not to swim for any period of time, the swimmer must supply a doctor's note upon return to practices/meets.

ILLNESS

In case of illness, swimmers should let their bodies heal by restricting activity. It is also better to miss a practice or two than to expose many other team members and coaches to the same illness. Once recovered, swimmers can return to practice and work to regain their strength in the water.

SWIMMER'S EAR

Otitis Externa, commonly known as "swimmer's ear," is an infection of the skin in the ear canal. The dark, warm, wet environment of a swimmer's ear canal is a breeding ground for such an infection. To prevent swimmer's ear, dry the ear well after each time in the water. Use a towel, Qtip (carefully), or gently shake the head on its side. Commercial products aid in the prevention and treatment of swimmer's ear.

A cheap and easy remedy is to make a solution of 50% rubbing alcohol and 50% white vinegar. A couple of drops in each ear will help kill some of the normal bacteria and will help dry out the ear. ** Alcohol or vinegar should not be put in the ears of children with PE tubes in their ears or holes in their eardrums. (Information borrowed from Dr. Raymond B. Coors, MD.)

NUTRITION

Food is the body's fuel, and the body's performance can be helped or hindered by the quality of food that is consumed. In terms of quantity, young swimmers must strike a delicate balance between consuming enough calories and nutrients to promote growth and skeleto-muscular development on the one hand, and not eating so much that they are sluggish due to excess food storage. As for quality of food, carbohydrates should make up the highest percentage of a swimmer's diet. Carbohydrates provide the greatest source of energy during physical exertion. Because calorie needs vary from person to person depending on age, size, amount of training, etc., swimmers should concentrate on the kinds of foods that make up their diet. **In general, a swimmer's diet should contain 55 --65% carbohydrates, 15--25% protein, and 20 --25% protein, and 20--30% fat.**

Swimmers may need a boost of "fuel" before and after practice, so eating smaller meals plus snacks during the day can be helpful in sustaining a swimmer's energy. Furthermore, the body more quickly and efficiently digests smaller amounts eaten throughout the day than it does large meals eaten three times a day. This is particularly important during meets that can last several hours per session. Snacks at meets should be small, easily digestible, and able to be quickly converted to energy (foods high in carbohydrates and low in fat). Try to leave at least 20-30 minutes between the time you eat a snack and the time you swim your next event.

Perhaps the most forgotten element of good nutrition is water. Swimmers need to drink water consistently to aid in digestion, keep the body cool and replace fluids lost during workout. (Yes, you do sweat in the pool.) The best indicator of adequate hydration is the color of your urine. Pale urine indicates good hydration. Dark urine means you need to drink more! A good rule of thumb is to drink before you are thirsty. Sports drinks can help replace some nutrients and electrolytes during intense exercise but some may have high amounts of sugar and sodium. As a general rule, if an athlete is exercising continuously for 90 minutes or longer then he/she would benefit from a sports drink with carbohydrates. Diluting sports drinks with water can help replace carbohydrates without consuming as much sugar and can help those athletes whose stomachs are upset by the strong taste of such drinks.

Refueling the body after a workout is as important as fueling it beforehand. Within 30 minutes after the completion of a rigorous workout, athletes should start replacing the energy (carbohydrates, fluids and a small amount of protein) that they depleted. Having a small, easily digestible snack on the way home can help the recovery process significantly. Sports drinks, water, energy bars, crackers, bagels, etc. are good choices for replenishment following a workout

The best diet for swimmers is one that is well-balanced, includes a variety of foods, and is accompanied by a large amount of water. Some swimmers like to take multivitamins to ensure that they are receiving recommended amounts of vitamins and minerals. Dietary supplements are not necessary if these guidelines are followed naturally. We do not encourage alternate methods of muscle or energy building such as creatine loading.

Good sources of carbohydrates: breads, bagels, cereal, pasta, fruit, green vegetables, corn, beans, milk, potatoes, rice, granola bars, crackers

Good sources of protein: lean meat & poultry, fish, low fat yogurt and milk, soups with lean meat, peanut butter, beans, eggs

Foods to limit: sugary foods, fatty foods, greasy foods - i.e., candy, chocolate, potato chips, french fries, fried anything, butter, mayonnaise, creamy sauces, ice cream, cookies, cake, cupcakes

Each person has different likes, dislikes, and preferences. Swimmers should be conscious of their food choices and listen to their bodies. Variety is the spice of life; but enjoy everything in moderation.

An excellent source for nutritional information pertaining to young athletes is Nancy Clark's Sports Nutrition Guidebook. USA Swimming also has a nutrition section on their web site.

USA Swimming provides a Nutrition Tracker feature on their website (www.usaswimming.org) that is a helpful tool for older swimmers to use.

CODES OF CONDUCT

These guidelines are provided so that everyone will have a clear understanding of what to expect and what is expected of them as a member of the Farmington Valley YMCA Tsunami Swim Team. We are confident that all members of our team – athletes, parents, and coaches – will have a great season and a wonderful experience. We believe that having clear guidelines, expectations, and outcomes will help achieve this goal.

Please take the time to read through this section carefully, discuss these guidelines with your athlete and have them sign the bottom and return to Coaching Staff prior to first practice.

SWIMMERS CODE OF CONDUCT

As a member of the Tsunami Swim Team I agree to the following:

1. Team members will obey and respect the coaching staff at all times.
2. All participants will wear designated team suits, caps and t-shirts during all competitions.
3. Consumption, possession or purchase of alcoholic beverages is prohibited while a member of this team.
4. Consumption, possession or purchase of smoking or chewing tobacco is prohibited while a member of this team.
5. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid being 'guilty by association' with such activities at any time. Some of these activities include but are not limited to:
 - Willful damage to practice or competition facilities
 - Fighting, wrestling, or other forms of roughhousing
 - Irresponsible or unsafe conduct

- Damages or theft occurring at any team related event or locale (hotels, restaurants, schools etc.)
 - Profanity or other disrespectful behavior or language.
6. Attendance is required at all team meetings and functions. Absences may be excused by permission of a member of the coaching staff.
 7. Practice: A parent's note is required for tardiness and early dismissal from practice. Meets: If a team member is more than 10 minutes late without communication to the coaches to warm-up, that swimmer will be scratched from that day's events. Extenuating circumstances should be in written form in order to be re-entered in the meet.
 8. Unsportsmanlike behavior towards team members, officials, other competitors, YMCA staff and coaches at practices, meets, or other outside functions sponsored by this team will not be tolerated. Some of these behaviors include but are not limited to:
 - Being a nuisance or otherwise inconsiderate to swimmers in your lane during practice or warm-ups
 - Disrespectful social behavior on the deck, in the locker rooms or other public areas
 - Failure to adhere to all rules at the practice or meet facility
 - Failure to act in a way that supports the YMCA's core principals of Caring, Honesty, Respect, and Responsibility
 9. Sportsmanlike conduct is expected at all times including:
 - Putting forth an honest effort in all practices and meets
 - Assisting younger team members at practices and competitions
 - Being supportive of all teammates, win or lose
 - Serving as a positive role model for members of the team and at the Y

VIOLATION OF THE SWIMMER CODE OF CONDUCT

Failure to adhere to these expectations may result in disciplinary action, and at the discretion of the Coaches, any one or all of the following penalties will be applied:

1. Swimmer and Parent will receive a verbal warning from the coaching staff;
2. Swimmer and Parent will receive a written warning from the coaching staff;
3. Swimmer may be scratched from the day's events or the entire meet at the coach's discretion;
4. Swimmer will be sent home immediately at his/her own expense from practice or meet;
5. Swimmer will be suspended from the team until the swimmer and parents have had a conference with the coaches of the team;

Swimmer will be permanently suspended from the team, but will remain responsible for all financial obligations through the end of the current season.

PARENT CODE OF CONDUCT

ALL PARENTS ARE REQUIRED TO READ AND SIGN THIS CODE OF CONDUCT PRIOR TO THEIR CHILD BEING ABLE TO PARTICIPATE ON THE TSUNAMI SWIM TEAM.

- Parents are expected to practice team work and sportsmanship with all parents, swimmers, coaches and YMCA staff by supporting the values of discipline, loyalty, commitment and hard work. Compliance with these practices will result in setting a great example for your swimmers and others.
- Parents are representatives of the team and are therefore expected to adhere to the code of conduct that the swimmers are required to adhere to.
- To assure the maximum performance level for our swimmers:
 - Swimmers – Swim
 - Coaches – Coach
 - Officials – Officiate
 - Parents – Parent
- To maintain the YMCA core values of Caring, Honesty, Respect and Responsibility we require our parents to refrain from criticizing, name-calling, or the use of abusive language or gestures directed towards the coaches, officials, other parents and/or participating swimmers.
- Each swimmer is required to fill out a meet attendance form indicating what meets they will be participating in throughout the season. Any changes to the original meet attendance form should be done by resubmitting the Meet Attendance Form by Monday the week before the meet (i.e. 5 days before the meet).
- Preliminary entries are sent out via email to families. Please make sure to check the entry so that attendance is accurate; if there is a mistake, please **email** the Director of Competitive Swimming. Any changes need to be made prior to the final entries being emailed out. Once the final entries are emailed out, families will be responsible for the entry fee associated with the meet. *There are no refunds on entry fees at that point.*
- Parents will be charged for any entry fees associated for a meet, even if the swimmer does not swim. Once entries are submitted, we are charged by the host team for those meet entries.
- Parents are not allowed on deck at meets unless they are a designated worker or an official. If a parent is working at a meet, they cannot use that job to contact their child. Parents must remain in the designated parent seating area.
- To allow the coaches to coach and for the safety of all swimmers, parents are not allowed anywhere on the pool deck during practices or meets.
- To allow maximum coaching time for each group, we require communication with the coaches be done via email or telephone. Anyone wishing to have a meeting with the staff needs to set up an appointment which maybe done with coaches prior to the first practice session or after the last practice session. Parents should not speak with the coaches for any reason during practice sessions.
- If your swimmer is late to practice or needs to leave early, make sure you have a hand written note and give it to the swimmer to give to the coaches.

- Only questions or concerns regarding the training or performance of your swimmer(s) should be directed to the coaching staff. All other concerns and/or complaints regarding schedules, meets, entries, fee, fundraising etc. should be addressed to the Director of Competitive Swimming.
- You are responsible for any written communication posted on the bulletin board(s), sent in emails, post on the website and in team folders.
- Emails will be sent to announce weather related or other cancellations. If practice is not cancelled it is your responsibility to determine whether or not it is safe to travel to practice.
- If there is an unexpected absence (kids or parents get sick, etc.) that impacts a swimmer's meet attendance please send an **e-mail** to the Director of Competitive Swimming prior to the check in time. ***It is critical that a written communication be sent.*** Swimmers who no-show, no-tell more than twice in a season risk losing the privilege of swimming in the meets and/or relays.
- All parents must understand their responsibility to respect the opinion of other parents on this team. If there is a disagreement, please utilize discretion, especially in front of swimmers. "Bad mouthing" of any kind is detrimental to the function of any organization, is contrary to the YMCA principal of Respect, and will not be tolerated. If a problem arises between adult parties that affects the functioning or morale of this team and/or violated any aforementioned code of conduct regulation, the Farmington Valley YMCA Tsunami Swim Team reserves the right to impose the following disciplinary actions:
 - First Occurrence: Written Warning
 - Second Occurrence: a meeting between the adult parties involved and a team official
 - Third Occurrence: termination from the team (parents and children)
- I will join the Parent Advisory Association and meet my volunteer requirement of by coming to the Parent Advisory Association meetings, working at meets (see job descriptions), swim team events, or serving on the Parent Advisory Committee, etc.

As the parent of a Tsunami swimmer, I will:

1. Provide a stable, loving and supportive environment.
2. Ensure my child's prompt attendance at practice.
3. Come to meets and be supportive of my child (ren) through participation and positive actions and words.
4. Serve as a positive role model that can be emulated by all children.
5. Show good sportsmanship at all times towards coaches, officials, opponents and teammates.
6. Let my child(ren) establish his/her own goals and make their own progress towards them.
7. Not impose my own goals and standards on my child(ren)'s performance.
8. Let the coach be the coach and not confuse my child with extraneous input.
9. Encourage my child(ren) to make his/her best effort at all times.

10. Enjoy the experience of my child(ren) growing through the swimming experience into someone I am proud of - win, lose or draw.

VIOLATION OF THE PARENT CODE OF CONDUCT

All parents must understand their responsibility to respect the opinion of other parents on this team. If there is a disagreement, please utilize discretion especially in front of swimmers. "Bad mouthing" of any kind is detrimental to the function of any organization, is contrary to the YMCA principal of Respect, and will not be tolerated.

If a problem arises between adult parties that affects the functioning or morale of this team and/or violated any aforementioned code of conduct regulation, the Farmington Valley YMCA Tsunami Swim Team reserves the right to impose the following disciplinary actions:

First Occurrence: Written Warning

Second Occurrence: a meeting between the adult parties involved and a team administrator

Third Occurrence: termination from the team (parents and children)



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Dear Parents & Swimmers,
Thank you for taking the time to read our team handbook.
Please check all, sign, and email this page to Coach Mario**

Check each after completing

- I have read the Tsunami Swimming Team Handbook from cover to cover and I understand and agree to the guidelines set forth within.
- I have reviewed and explained all appropriate sections of this handbook with my child(ren).
- I understand that policies or procedures may be amended during the year and I will be notified accordingly.
- I have read and understand the Meet Entry Procedure for all meets. I understand that I will be informed of any meets that have entry fees and when the Final entries are emailed out, I will be responsible to pay any fees associated with that meet.
- I have read and understand the Financial Commitment Summary Page.
- I understand that most communication for the team is through email and I have a current email on the team distribution list.

SWIMMER CODE OF CONDUCT: I HAVE READ AND UNDERSTAND THAT I AM EXPECTED TO FOLLOW ALL OF THE GUIDELINES ON PAGE 43. I ALSO UNDERSTAND THAT THERE WILL BE DISCIPLINARY ACTION SHOULD I FAIL TO MEET THESE EXPECTATIONS.

Swimmer Signed: _ Date: _

Parent/Guardian Signed: _ Date:

PARENT CODE OF CONDUCT: I HAVE READ AND UNDERSTAND ALL OF MY EXPECTATIONS AS A PARENT AND AGREE TO ON PAGE 44.

Parent/Guardian #1 Signed: _ Date:

Parent/Guardian #2 Signed: _ Date: