

2015-2016

Cuda

Fall/Winter Swim Season

Parent Association & Swimmer
Handbook

Canton Y Cuda Swim Team site: <http://www.canycudas.org>

Team email: canycuda@gmail.com

Coach Carey Brooks email: cbrooks@brookstech.us

Illinois Area Swim site: <http://www.ilswimy.org>

Friend us on Facebook: Can Y Cuda swim team

September 16, 2015

Dear Swim Team Parents,

Welcome! It is a pleasure having your child(ren) on the Canton Y Barracuda Swim Team. It is certain to be a great year with a variety of meets and activities planned. It is hoped that you will feel like you are part of a family. We have monthly parent meetings and many times we get together after meets to socialize and grab a bite to eat. There are many opportunities to become involved in this exciting organization, many of which are highlighted in this handbook. In the past it has been noted that the more committed to the swim team the parent(s) is/are, the more committed to the sport the swimmer(s) is/are.

The parent's organization is responsible for every aspect of the team, which means we fund the team, run the meets, schedule activities, pay the coaches, and take care of any other job that is necessary to keep the team running smoothly. *It is extremely important to have every parent support the team through their commitment to volunteer in some capacity throughout the season. Parental involvement ensures success and longevity in the swim team!* You may be asked to help with or organize a committee, time for a meet, set up/tear down for a meet, organize or host an activity, make phone calls, attend meetings, as well as a variety of other important jobs. *Please be generous with your time...it's all for the swimmers!*

Many of the parents have had children on the team for years and will be happy to help you get acclimated if you are new to the organization. We also provide a new family mentoring program. New parents/families will be paired up with an experienced family that will help them through their first year of swimming. Lucinda Ward is the coordinator of the program this year and will be in contact with new families the first couple weeks of the season.

Please let us know if we can help you in any way. Here is our contact information: Candy Johnson: candysue93@yahoo.com; cell: 696-2226 and Susan Miller: susan.miller75@gmail.com; cell 678-2034.

Hope you have a great year of swimming with the Can-Y-Cuda Swim Team!

Sincerely,

Candy Johnson & Susan Miller
Co-Presidents, Can-Y-Cuda Swim Team

2015-16 Can-Y-Cuda Meet Schedule

October

- 10- Octoberfest Invite @ Decatur
- 17- Tri @ home
- 24- SAMY Ghouls in the pool @ Matoon
- 31- IHSA Girls Conference @ Pekin

November

- 14- IHSA Girls Sectional Championship @ East Moline
- 21- Cuda Classic @ Canton

December

- 5- WCY Monmouth Waterbug Invite @ Monmouth College
- 12- CLY Reindeer Classic Invite @ Clinton

January

- 9- Macomb Classic Invite @ Macomb
- 23- Knox dual @ Galesburg

February

- 6- Knox Invite @ Galesburg
- 6- IHSA Boys Conference Championship @ Pekin
- 20- IHSA Boys Sectional Championship @ Rock Island
- 27- Jr District Championship @ Matoon

March

- 5&6- Illini District Championship @ Springfield
- 18-20- Illinois Y State Championship @ St John, IN

April

- 4-8- Y National Championship @ Greensboro, NC

Please register for meets online at <http://www.canycudas.org> and place invite meet fees (CHECKS ONLY) in the team's lockbox on the pool balcony stairs **prior to the meet (Or the fees may be paid directly to the treasurer or president. A receipt for cash payments will be given).*

2015-16 Can-Y-Cuda Activity Schedule

September

- 17- New swimmer parent informational meeting
- 28- swim practice starts

October

- 7- Parent & Classic Meeting @ 6pm
- 7- Suit try-on and order (3:30-5:30 pm)

November

- 4- Parents & Classic Meeting @ 5:30pm
- 20- Classic set up
- 21- Can-Y-Cuda Classic

December

- 2- Parents Meeting @ 5:30pm

January

- 6- Parents Meeting @ 5:30pm
- Team pictures (TBA)

February

- 3- Parents Meeting @ 5:30pm
- Spirit Week Fun (date/time TBA)

March

- 2- Parents Meeting @ 5:30pm
- Week of 14th- State team celebration dinner (date TBA)

April

- End of month- Team banquet (location & time TBA)
- Team lock-in event (TBA)

June-August

Summer swimming in June and July

* Additional social events may be added to the calendar throughout the season. Communications will be made via email (gmail account), website and facebook.

Can-Y-Cuda's Philosophy

The Canton Y Barracudas, alias Can-Y-Cudas or Cudas, is a team which accommodates all swimmers from those who have recently learned to swim to national qualifiers. Ages range from 5 to 18 years of age. We strive for quality instruction and workouts, which suit each swimmer's abilities and goals.

Program Goals

To promote the physical, mental, and spiritual welfare of swimmers and parents.

To teach competitive swimming which is not only an exciting sport, but a technical and specialized activity.

To teach total fitness since all components of fitness influence faster swimming.

To engage in athletics with a full gamut of youth sport experiences which teach swimmers to deal with winning, losing, officials, awards, competition, teammates, coaches, spirit and strategy.

To motivate swimmers for self-improvement throughout the season and life. This is accomplished through awards and individual recognition.

To establish a meet schedule which encourages participation, motivation and success.

To keep the parents informed, aware and active in team matters.

To cultivate positive mental attitudes for positive attitudes are contagious. This is especially true for the older swimmers who serve as the role models for our younger swimmers.

To promote swimming as a good sport for life participation.

To have fun!

The Swimmer's Youth Sports Pledge

I pledge to be a team swimmer.
I will respect my opponents, my team mates,
The rules, and the officials.
I will always swim the best I can.
I will strive to improve myself in
Spirit, Mind & Body.

Things to remember:

We are a swim team.

I am swimming with the other members of my team – I'm not swimming against them.

We work together to score points for the team.

We encourage each other and try to be happy for another's success.

We always try to swim our best in practice as well as in the meets.

Everybody swims, everybody wins.

Winning is not defined by the place you finish.

There is no "I" in "team".

Keep trying to better your own time.

There's no crying in baseball (or is that swimming?)

Apparel coordinator- Lucinda Ward & Charlie Lingenfelter
Social coordinator- Carolyn Zink
Spirit Week- Anne Stevens & Amy Sawyer

Cuda Classic Chair(s)
Lucinda Ward & Julia Smith

TEAM DUES

Team fees vary based on the group the swimmer is assigned (coaches will determine the level/group of each swimmer during the first week or two of the season). All team members must pay, **in full**, for the initial five months (Oct-Feb) of the season (See 1st column, 'Swim Dues' below) by October 9th, **unless** special arrangements have been made with the president. If contact with the president(s) is not made **before** October 9th to arrange a payment schedule or scholarship, it is assumed you will be responsible for the full payment by the deadline. The monthly fee will then additionally apply to those who have qualified to continue swimming the championship meets in March and April and are expected at the beginning of that month. For partial months during championship season, swimmers are expected to pay the monthly dues if they swim after the 15th of the month. If they complete their season prior to the 15th, no payment is expected.

The monthly swim dues also apply to those advanced swimmers who swim in August and September.

A discount of \$5 per month per swimmer will be given for families with 2 or more swimmers. For example: the oldest/highest level swimmer will pay full fees and the 2nd (and subsequent 3rd, etc) swimmers will receive an additional \$5 off per month per swimmer discount.

For "Invitational" swim meets only (including Jr. Districts & Districts), a \$15.00 per swimmer participation fee must be paid **at the time of registration**, to ensure entry of your swimmer in the swim meet. There is no registration fee for swimmers who qualify for State or Nationals. Dual and Tri meets do not have fees associated to compete.

Monthly Swim Dues

Advanced	\$45	(\$225 Oct-Feb dues)
Intermediate	\$40	(\$200 Oct-Feb dues)
Beginner	\$35	(\$175 Oct-Feb dues)

Practice Times

Beginner	Tuesday & Thursday	4-5pm
Beginner (Advanced)	Mon, Wed, & Fri	4-5:15pm
Intermediate	Monday – Friday	4-5pm
Intermediate (Advanced)	Monday – Friday	3:30-5:30pm
Advanced	Monday – Friday	3:30-5:30pm

*During the first couple of weeks of practice the coaches will assess each swimmer's ability and determine the best group to place them in, while also taking into account the number of swimmers on the team. The swimmer will then be given a set time for their practice schedule.

Group Descriptions

This is a breakdown of what each of the groups work on during their practice. This also helps determine what group each swimmer is assigned.

Beginner:

Introduction to competitive swimming
Base level technique instructions
Butterfly, backstroke, breaststroke, and freestyle

Beginner (Advanced):

Introduction to interval training
Progressive stroke development
Starts, turns, finishes, and dolphin kick

Intermediate:

Interval training
Introduction to advanced technique concepts
Starts, turns, finishes, and dolphin kick

Intermediate (Advanced):

Introduction to advanced interval training
Introduction to performance training
Advanced technique concepts
Starts, turns, finishes, and dolphin kick

Advanced:

Advanced interval training
Performance training
Advanced technique concepts
Starts, turns, finishes, and dolphin kick

Cuda Swim Team Rules

1. Each swim team member must be a member of the Y 30 days prior to competing in their first meet and they must be a member 90 days prior to the district meet in order to compete.
2. Swim meet attendance is highly encouraged as it provides valuable experience in the pool and with competing for the individual swimmer, as well as possibly improving the final team placement through each individuals point accrual. Meet registration can be completed online through the team site, at: <http://www.canycudas.org>, and the \$15 per swimmer fee placed in the team lockbox or given to an officer. There is no refund if the swimmer fails to show up for the meet. Dual and tri meets do not have any additional costs however, it is still necessary to sign up prior to the meet. In order to compete at Junior Districts, Districts, State, or Nationals, the swimmer must have competed in a minimum of three (3) invitational meets.
All swimmers (except first year swimmers) are required to participate in 3 meets in order to remain an active member of the team.
3. Swimmers (or parents of young swimmers) must check in with their coach on the pool deck prior to the start of warm-ups at the meets. If a swimmer does not check in or has not made special arrangements *directly* with coach Carey prior to the meet, the swimmer will be scratched from the meet. Missing warm-ups is only allowed on an individual basis

for extenuating circumstances.

4. Attendance at practice is essential. Advanced swimmers should practice 4-5 days per week and intermediate swimmers should practice at least 3-4 days per week in order to get the most benefit from practice. Practice attendance may be utilized to determine relay composition. Beginners are encouraged to practice at least 2 days per week. If you need to miss practice for an extended time, speak to your coach prior to or immediately after your absence.

5. If you are continually late or absent from practice, your coach will need a written or verbal explanation from a parent/guardian.

6. Swimmers will be placed in a practice group based on their abilities and experience, as determined by the coaches.

7. The use of alcohol or drugs is prohibited. Suspension from the team will be determined by the Parents Association Executive Board.

Any high school swimmer advancing to the Illinois State High School competition is subject to random drug testing as required by the IHSA.

8. Parents are encouraged to speak with the coaches, when necessary, before or after practices only. This will allow each swimmer the full benefit of the practice time and coach instruction. You may also communicate with the coaches via email.

9. All swimmers must have their team fees paid in full to be eligible to be entered in Jr. Districts, Districts, State, or National competitions. Arrangements can be made with the Parents Association Executive Board if the balance cannot be paid because of financial issues.

10. All swimmers must respect the authority of the coaches and officials at all times.

11. All swimmers are expected to be on their best behavior at ALL swim team functions including practices, meets, and team sponsored social events.

12. In addition to these team rules, the Canton Y Code of Conduct must also be adhered to during attendance at any swim team function. This includes practices, meets (home & away), and in locker rooms (home & away). The Y's core values include: CARING, HONESTY, RESPECT, & RESPONSIBILITY. Each swimmer and parent/guardian will be required to sign a Code of Conduct at the beginning of the season during sign-ups.

13. Any swimmer abusing the team rules will be suspended from the team. Parents/guardian will be notified of all suspensions.

First offense: one day suspension

Second offense: three day suspension

Third offense: removal from the swim team

14. When you order team apparel items (ie: t-shirts, swimsuits, sweats, towels, etc.) you will be required to pay for them when ordered. We will not charge them to your account.

15. Please **do NOT put *any cash*** in the team box. All cash is to be given to the treasurer or president, who will then issue a receipt.

Meets and Dues/Fees

Dual/tri meet concessions- We will have a small concession stand at the home dual/tri meets. All families will be asked to donate baked goods and/or beverages (Gatorade/Propel, water or soda) that can be sold during the meet. Families will be contacted prior to the meet for donations that are needed.

Communication- The primary source of communication is via email (canycuda@gmail.com), the team website (www.canycudas.org) and facebook

(please be sure to friend us at 'Can Y Cuda swim team'). It is important to provide an accurate email at the beginning of the season during sign-ups and frequently check your email throughout the season. Additionally, the team website provides a great deal of team information; including meet schedules, meet times, meeting minutes, and the handbook.

We also have two team bulletin boards. One is located on the wall between the track and the boy's locker room and the other is located on the landing of the stairs leading to the pool balcony.

A team lockbox is also located on the landing and should be used for swim payments.

The Can-Y-Cuda Parents Association holds meetings the first Wednesday of each month at 5:30pm in the preschool room. **All** parents are invited and encouraged to attend. Association minutes will be emailed to all members whose email addresses are listed on the parent roster. Additional copies will be made available in a folder in the team's file box. If you have other questions that need answered please don't hesitate to ask.

Swim Dues: The full swim dues are to be paid in full by the end of the second week of the season. If this creates a hardship, please see the association president. A monthly payment schedule can be arranged, but must be paid at the beginning of each month. The team also offers scholarships to those in need. The payments for March and April, for those swimming during championship season, will be due at the beginning of that month. There is a \$5 per month per swimmer discounts for those with two or more swimmers (see dues page and pricing).

Fees for invitationals: The fee for invitationals meets is \$15 per swimmer and is due at the time of registration. Registration can be completed online at the Cuda website, <http://www.canycuda.org>. Money should be put in the lock box at the Y (located on the landing wall of the stairs leading to the pool balcony) prior to the due date.

Volunteering: Many volunteers are needed to keep the Can-Y-Cudas running and from time to time you will be asked to volunteer for various important jobs needed to keep the organization operating smoothly. *It is extremely important to have every parent support the team through their commitment to volunteer in some capacity throughout the season. Parental involvement ensures success and longevity of the swim team! Please be generous with your time!*

FREQUENTLY ASKED QUESTIONS...

How are the Can-Y-Cuda's funded? Swim fees cover only a small portion of the team's expenses. The Can-Y-Cuda Parents Association has three major fundraisers each year. While the swim fees cover the expense of the head coach, more is needed for equipment and assistant coaches, as well as other expenses.

1. Can-Y-Cuda Classic

This is our major fundraiser of the year. The Can-Y-Cuda Classic is an invitational meet held at the Canton Y each November. Money is generated by the entry fees, sponsors, and concession stand sales. This is the time of the year we need *everyone's* help. A few of the jobs we need volunteers for during this fundraiser are:

Timers

Concession help

Work at the award table

Work with the electronic timers

Running the bullpen

Help set up

Help clean up

Food donations

Please look for the sign-up sheets that will be passed around during practices and meets prior to the Classic, as well as a list located on the bulleting board (pool balcony landing). *Please be generous with your time! It is a busy, but very fun day! The kids have a great time!!!*

2. Cuda Discount Cards

Each fall the team sells discount cards that offer great discounts from area merchants. These cards are well worth the asking price of \$5 and will pay for themselves many times over. It is requested that each family sell at least 15 cards.

3. Lakeland Bi-Tri Classic

What is the difference between a dual and an invitational? A dual meet is competition between two teams. This is usually the best time for a new swimmer to learn about competing. A dual usually last three or four hours and the swimmers are able to wait on the pool deck with the team.

An invitational involves many different teams and takes 8 or more hours. Since so many teams are involved, the swimmers and their parents will wait in the gym until their heat is called. The key to surviving an invitational is all in the packing.

The following items are recommended:

In addition to suit, goggles, & cap- bring an extra towel & extra goggles, extra t-shirt & flannel pants to wear in between events

Sleeping bags/blankets & pillows

Lawn chairs (for the adults)

Books and activities (Avoid items that are special or that would be missed if lost/broken since the kids will be walking over your site all day and things could easily get lost.)

Cooler with drinks, sandwiches, and snacks. (To help with concession costs)

Buy a heat sheet at the meet and bring along a highlighter & sharpie marker (to write the event numbers on their hands)

When and how do I enter my child in a meet? Talk to the coach about when your child should begin competing. Many times it is less stressful on the child to begin with a dual/tri meet since there are fewer swimmers and the atmosphere is more relaxed. Registration can be completed online at <http://www.canycudas.org>. Registration must be completed and fees paid prior to the deadline in order for the swimmer to be entered in the meet.

What equipment will my child need?

Team suit (a new team suit can be purchased each year), goggles, and practice swimsuits.

A rule regarding competition suits was adopted in 2010. It spans from the Olympics and USA Swimming to IHSA and down to the club teams, like ours. Boys' suits will either be jammers (above the knee) or racers, while girls will wear a standard one piece suit that does not extend below the knees. Additionally, once a competition suit had been worn for a race, it must be worn for the remaining races that day.

It is recommended that your swimmer avoid practicing in his/her team suit. Practicing in another, less expensive suit, will improve the longevity of the competition team suit since repeated exposure to chlorine will fade and weaken suits. Taking proper care of the suit, by rinsing it out as soon as possible in cold water with mild or no detergent and letting it air dry, will help it to last throughout the year and save you considerable expense.

Team suits will be ordered from Mrs. Points from Swim-n-Such in Peoria. Suits are generally priced from the \$30 to \$45 range.

How are swimmers chosen for a relay?

Choosing the composition of which swimmers will make up a relay team to represent the swim team at the District and State meets can be one of the most difficult decisions for the coaches. Although different swimmers may compete on the relays throughout the season, the coach typically picks the four most skilled swimmers for a relay. Other factors that enter into the decision include:

Attendance at practices and meets

Attitude and dedication the swimmer displays at practice

Dependability of the swimmer to be on time for meets they have registered to attend (avoids disappointing the remaining relay members)

If you have questions about participating in a relay event, please discuss them with coach Carey.

What is the difference between Districts and Jr. Districts? The times your swimmer needs to swim at a meet throughout the season in order to qualify for Districts can be found on the Cuda website. If your swimmer does not swim a District qualifying time throughout the season and is aged 12 years or younger, then he/she may swim at Jr. Districts. Jr. Districts is an opportunity for beginning swimmers to compete against swimmers of similar abilities. If your child is 13 years old or older he/she is only eligible to swim at Districts, if they have achieved a qualifying time. State qualifying times are also located on the website.

A note regarding Districts: Coach Carey has the discretion to send any swimmer he deems appropriate to the District meet. District times are guidelines and if a swimmer is near enough to the cut—and has proven to be reliable---he may choose to send them to Districts. Please speak with your child's coach or coach Carey if you have questions.

Only four swimmers from any individual event per team will advance to State. Only one relay team may compete in a single event per team at District finals and/or State. Since each event is divided by age group and gender, a team may send, for example, a 9-10 y/o girls free relay, a 9-10 y/o girls medley relay, a 13-14 y/o girls free relay, a 15-18 y/o girls free relay, a 15-18 y/o girls medley relay, an 11-12 y/o boys medley relay, and a 15-18 y/o boys free relay...they just cannot send two relay teams for the same event.

What if my child qualifies for the State Meet?

This year the state meet will be held in Pleasant Prairie Wisconsin on March 21-23. There are some changes to the state meet this year, including the length (note 3 days) and these will be provided by coach Brooks after the season gets underway. Hotel have been secured and meet information can be accessed through the website <http://www.ilswimy.org>. If it is likely your swimmer may make the State meet times, it is highly encouraged that you book a room as soon as possible since rooms are limited and they fill up quickly.

When is the season over/ when does my child stop practicing?

The end of February for Jr. District swimmers; after the District meet for any non-State swimmers; and after State for any non-National swimmers.

Note: ANY of the Advanced group is invited to train with coach Carey as long as

he has swimmers in the water...and even if he doesn't, he will still work with them and continue training.

I am new...how will I know what to do?????

The Parent's Association offers mentors to new swim families. All new families will be paired with an experienced family in mid-October (once the swim roster for the season has been finalized). Lucinda Ward is the coordinator for the mentoring program, so be expecting contact from her during the first couple of weeks. But, please do not hesitate to reach out to an officer or any swim family with a question or concern.

SWIM JARGON

Barracuda	A large, ferocious, pike-like sea fish attaining ten feet in length found in the West Indian and Mediterranean Seas. One of the fiercest creatures in the sea.
Bull pen	An area where swimmers assemble and are assigned a heat.
Clerk of Course	The person who assigns lanes and heat numbers.
Course	The designated distance over which the competition is conducted. Long Course – 50 yards or 50 meters Short Course – 25 yards or 25 meters
Cuda	Short for Barracuda...a very fast swimmer belonging to the Canton Y swim team
District Cuts	The time that must be swam in order to compete in the District Swim Meet. The time may be swum at any point in the season. Swimmers 13 years and older automatically swim at Districts.
District Meet	Meet at the end of the winter season during which swimmers can qualify for the Y Illinois Area Championship Meet by placing first in their race or meeting the qualifying time.
Event	Any race or series of races in a given stroke and distance.

Freestyle Relay	Four swimmers each swimming a fourth of the distance using any desired stroke.
Heat	A division of an event into a series of races when the number of swimmers exceeds the number of lanes available for one heat.
Heat Sheets	A booklet/program sold at invitationals (usually a few dollars), that lists each event and the names of the swimmers participating in that event. A useful and necessary item to have at all invites.
Individual Medley	(IM) All four strokes of the competitive strokes are swam by one swimmer in the following order: butterfly, backstroke, breaststroke, and freestyle.
Invitational	Usually an all day meet hosted by one team to which several teams are invited. If the swimmer confirms he/she will be swimming at an invitational, there is a fee that is assessed by the host team. If the swimmer does not swim and does not cancel ahead of time, he/she will still be charged for the invitational
Junior Districts	Meet at the end of the winter season for swimmers not qualifying for the District Swim Meet. The swimmer must be under 13 years of age to compete.
Medley Relay	Four swimmers each swimming one fourth of the prescribe distance continuously in the following order: backstroke, breaststroke, butterfly, and freestyle.
Meet	Series of events determining the basis of competition. Dual – two teams Tri – three teams There is no charge for dual or tri meets.
Preliminaries	Session of the meet in which heats are held to select the fastest swimmers for the final heat.
Pyramid Seeding	The seeding system used in preliminaries where the three final heats of an event are arranged so the three fastest swimmers occupy the middle or fastest lane in their heat; the next three fastest swimmers occupy the next fastest lane, etc.
Relay	An event where four swimmers are part of a single event.

Scratch	The withdrawal of an entry from competition.
Seeding	The assignment of swimmers to heats and lanes according to their submitted or preliminary time.
Split time	A time achieved for an intermediate distance within an event or a time achieved by a member of a relay team.
State Cut	The time needed to qualify for the Y Illinois Area Swimming Championship. State cuts can only be made at the Y District Meet.
State Meet	The name of this meet is the Y Illinois Area Swimming Championship. This meet is at the conclusion of the winter season in which a swimmer is allowed to compete if they have made the qualifying time or placed first at the Y District Swim Meet.
Timed Finals	Competition in which only heats are swam and final placing is determined by the times performed in the preliminary heats.

Can-Y-Cuda Swimmer Registration/Permission Form

<u>Swimmer's Name(s):</u>	<u>Date of Birth:</u>	<u>YMCA member:</u>
_____	_____	Y / N*
_____	_____	Y / N*
_____	_____	Y / N*

**If your YMCA membership is less than 30 days, what was the start date?*

Swim Team Handbook- I acknowledge receipt of the **2015-16 Cuda Parent Association & Swimmer Handbook**. This handbook provides a full description of swim team policies, rules, and information. Included in the handbook are swimmer expectations, as well as parental expectations. It can be found on the team website at: www.canycudas.org (under 'news' tab).

Photographing- I understand that my child may be photographed at swim practice/meets. The pictures may be used in team publicity, such as in the newspaper, team website, and team bulletin boards. No identifying names will be printed with pictures posted on the website.

Address/phone numbers- I understand that the head coach and parent association officers will maintain a team roster throughout the season that will be used for information only. I also understand that a separate parent informational roster will be put together and shared with all parents of the swim team. The parent roster will include swimmer/parent names, addresses, phone numbers (home and cell, if provided) and email (if available). This information will be used to notify parents of important team information. The information provided below will be used for both the team and parent roster, unless otherwise indicated. ****Please note that we use email as our main source of communication.**

- Do **not** place my address on the parent roster.
- Do **not** place my home phone number on the parent roster.
- Do **not** place my cell phone number on the parent roster.
- Do **not** place my email address on the parent roster.**

Parent Name(s): _____

Street Address: _____

City: _____ Home Phone: _____

Cell Phone(s): _____

Email Address(es): _____

Parent Signature: _____ Date: _____

THIS FORM, ALONG WITH THE CODE OF CONDUCT AND PAYMENTS ARE DUE WITHIN TWO WEEKS OF STARTING PRACTICE/SEASON. 090312

**Canton Family YMCA
Can-Y-Cuda Swim Team Code of Conduct**

The following is a Code of Conduct that the Canton Family YMCA expects all athletes, coaches, parents, and spectators to abide.

The Canton Family YMCA and Can-Y-Cuda swim team supports the core values of: **CARING, HONESTY, RESPECT, and RESPONSIBILITY**. We feel these values to be the backbone of our organization and ask you, the parent and the participant, to be good examples of these values. We would like to ask you, at all times, to support these and show good sportsmanship for yourself, as well as for others including: coaches, officials,

parents, and fans. Good sportsmanship is the attitude and behavior that exemplifies positive support for the program and the participants. All athletes, coaches, officials, parents, and fans are expected to demonstrate respect for others and display good sportsmanship at ALL times. This conduct is expected while in this or any other YMCA and while representing the Can-Y-Cudas in any capacity and includes locations such as the pool deck, locker rooms, and gymnasiums. Any person(s) demonstrating disrespectful and/or abusive conduct or bullying of any kind will be asked to leave the premises and that those swimmer(s) will then be subjected to discipline as outlined in the Parent Association & Swimmer Handbook.

I have reviewed the Code of Conduct and discussed it with my swimmer. We agree to adhere to its core values.

printed parent/guardian name

printed swimmer name

parent/guardian signature

swimmer signature

Date 11/06/09