

Swimmer Information

Swimmers Code of Ethics

As a representative of my team, my Y, and my community, I will...

- exemplify behavior that will build up and not tear down.
- practice good sportsmanship during practice and meets through my actions and words.
- attend every practice and meet that I can or will notify my coach if I can not.
- listen and learn to my best ability what the coaches are teaching me.
- give respect to ALL, even if I disagree with them.
- encourage my parents and family to be involved in my Blue Wave Swim Team.
- uphold and practice the core values of the Marshalltown YMCA-YWCA.
- communicate my needs with all involved.
- share with my team my successes and disappointments.
- respect the property of the Marshalltown YMCA-YWCA and other facilities I visit.

During practices I will...

- obey all pool regulations and rules.
- be prepared for practice, arriving with all my gear.
- be on deck prior to the start of a training session for set-up .
- not enter the water until given permission by the coach.
- listen and follow directions of the coaches.
- use all equipment and facilities for their intended purpose.
- not interfere with the ability of other swimmers to workout.
- properly warm up prior to practice and meets.
- be attentive and exhibit respect to coaches and teammates.
- attend training regularly .
- practice core values of caring, honesty, respect, responsibility, empowerment, leadership and wellness.
- encourage fellow teammates.

Discipline

The following disciplinary measures will be taken if the rules and spirit of competition are violated:

1. Swimmer received a verbal warning.
2. Swimmer sits out that activity or event for 5-10 minutes, determined by age, and parents notified.
3. Swimmer will be asked to leave the activity or event for the day and parents notified.
4. Swimmer will be denied competitive swimming privileges for one meet/ parents notified.
5. Swimmer will be removed from the Blue Wave swim team for the season.
6. If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of the repair or replacement.

Attendance

Swimmers should be on deck with equipment ready at the time designated for his or her time slot. If an athlete is consistently late, the swimmer and parents will be notified.

Swimmers should attend practices regularly before participating in competition. The definition of regularly will be determined by the coaching staff. We understand that families today are very busy, therefore, we simply ask that you visit with the coaching staff should you foresee a problem with practice schedules. Attendance is not taken, but just remember the more an athlete is at practice, the more improvement will be made. Practice schedules are subject to change based on the coach's decisions. Swim level will ultimately be determined by the Head Coach.

Attitude

All swimmers should display a healthy attitude during practice. This includes a positive attitude towards the workout, other swimmers and the coaches. Improper attitudes will be handled by coaching or aquatic staff.

Parent Information

Parent Code of Ethics

As a representative of my team, my Y, and my community, I will...

- provide positive support and encouragement for my swimmer.
- encourage good sportsmanship by modeling good sportsmanship to all swimmers, officials and coaches.
- place the emotional and physical well being of my child ahead of my desire to see my child succeed.
- support the decisions of my swimmer's coaches, even if I have a different agenda.
- remember that swim meets are a chance to improve upon previous times
- provide transportation for my child to his or her competitive swimming events.
- support my child's responsibility to the team including attending practices, meets and team functions.
- become involved for fundraising or volunteering when needed throughout the season.
- read the handbook myself and to my child/children, so we all may be a successful Blue Wave Family.

As a swim parent, I pledge to...

- keep informed of swim team activities and events.
- volunteer to help run the home swim meets and State Meets.
- support my child both physically and emotionally throughout the season.
- attend the competitions whenever possible.
- help your child plan, set, strive and achieve their goals.
- be patient. All swimmers develop at different paces.
- make sure my swimmer attends as many practice sessions as possible.
- instill a strong/healthy sense of sportsmanship, character and self image.

Web Site

- Information is posted regularly on the official team website: www.bluewaveswimteam.com.
Use this site as a main resource for the season, i.e. practice calendars, meet packets, directions, etc.
- Like us on **Facebook!**

Swimteam Information & Calendar: **PRINT THESE OUT!**

The calendar will give details of practice times, meets and areas of focus for the week, as well as any "special events," i.e. pictures. There is also general swim team information that in detail will guide new swimmers and parents through the start of their first season. **They can be found on the team web site.**

Look for swim team information that is posted on the white board in the Natatorium. Coaches will post special events, meet results and line-ups. Ribbons, medals and notes that need to go home are located in the portable file box under the bulletin board.

Blue Wave Swim Team Parent Support Group

The Marshalltown YMCA-YWCA has a very unique, important and special group of volunteers, called the "Swim Team Parent Support Group" or may be referred to as STPSG. This group is comprised of volunteers that freely give of their time and support to make sure the swim team program runs efficiently. Each one of these individuals is vested in the program, as they each have child or children that are actively involved. Please consider becoming involved in the STPSG to support your child(ren).

The STPSG does not meet in the summer. Meetings will begin in September.

Swim Meet Sign ups

Meet sign-up sheets will be posted in the Northeast corner of the natatorium. All event sign-ups are due by the end of practice on the **Friday** before the meet. Last minute entries will only be accommodated if there is space in an existing heat, and no relays will be assigned. **Swimmers who repeatedly fail to sign up on time will not be permitted any last minute entries.**

*NEW!! Away Meets

For all away swim meets, swimmers will have the option of riding a team bus for the fee of \$10 per meet. Team parents will be invited to sign up for transportation through a link to "signupgenius" which will be made available to parents prior to the meet. Bus space is limited to the first 25 participants. Swimmers riding the bus will be monitored throughout the day by a designated "team parent," as well as team coaches

EQUIPMENT NEEDS

Practice Suit

This is a suit worn during practice sessions. These are typically made of nylon or polyester. The suit should be of the competitive style. **Swimmers are encouraged not to wear their competition suit to practice, in order to keep them in good condition for swim meets.** We suggest having both a practice suit and a competition suit. Make sure to rinse suits with clean tap water after practice to keep suits lasting longer. A product called "Chlorout" can be found in the fish section at Wal-Mart that is also useful.

Competition Suit

A team racing suit is recommended for each swimmer that is competing but not required. This suit is usually 2 sizes smaller than the practice suit to reduce resistance and increase the glide through the water.

TEAM Suits are not ordered as a team in the summer.

Cap

Silicone swim caps cut down resistance and protect hair from the effects of chlorine and pool chemicals. Vinyl caps are also available, but tend not to last as long. **Team caps can be purchased from Shelley at any time.**

Sweats/ warmups

Some type of warm-up sweat suit should be worn at meets and to and from practice during cold weather. Athletic apparel should be worn by older swimmers during dry land exercise. Warm clothing is highly recommended to avoid becoming chilled.

Team Clothing

Available for purchase during the Winter Swim Season.

Goggles

Goggles are available in different types, colors and costs. Pay attention to the shape of the swimmer's eye when purchasing for maximum safety and comfort. **Goggles are required.**

Water Bottle

Bring a plastic water bottle to practice to ensure proper hydration during practice. **NO GLASS on the pool deck.**

Towels

Large thick towels are typically preferred by swimmers, but of course any regular towels will work. Please plan for one towel on practice nights and at least 2 towels for meets.

***NEW!! Volunteer Essentials**

The success of BWST is dependent on the commitment of our staff, STPSG, and countless parents and community members who volunteer to support our youth. Without this support, BWST could not sustain itself. The best way to encourage your child's love of swimming is to "join the sport".

Volunteer Commitment: Each swimmer's family is required to make a volunteer commitment to the team, whether your swimmer chooses to compete or not. Families will be scheduled to support home meets during the 2014 summer swim season. Each family is required, but not limited, to help at 2 home meets. Every family will participate in the Conference Meet held at our facility in some way, shape, or form since this is a big event for the community.

Volunteer sign ups will be through "Signupgenius.com". At the start of the season, you will receive an email invitation to sign up for each meet. This will be a first come first serve basis but all spots must be filled for the meets. **Please sign up as soon as the notifications come out.** Shelley will assign people if needed but would prefer that you be able to choose when you want to work. Please check in with the volunteer coordinator when you arrive to verify you are there to volunteer and accounted for.

Families may choose to "Opt Out" of volunteering with a **\$25 per shift contribution** to the Blue Wave Swim Team. The payment must be made one week prior to your scheduled work day. Let Shelley know asap if you plan to do this. If you do not show up for your scheduled work day you will be required to pay the \$25 before your child will be allowed to compete in the next scheduled swim meet.

Volunteers who complete their entire commitment will receive a \$10 voucher for use on next season's registration fee. The voucher must be present at the time of registration. Limit one voucher per registered swimmer. All vouchers will be distributed at the end of the season and an alert placed on your Y account.

Swim Official Training Certification

This training is available for anyone wishing to volunteer. Volunteers will learn how to time and officiate, as well as understand swimming rules. Certification courses are planned every fall prior to the start of the winter swim season. **Training will be in the fall. No training scheduled for the summer.**

The Officials

Officials are present at all competitions to implement the technical rule of swimming and to ensure that the competition is fair and equitable. All parents are encouraged to get involved with some form of officiating.

Timers (16) – Operate timing devices (stopwatches and automatic timing systems) and record official times per lane.

Stroke and Turn Judges (4) – Observe from each end of the pool and ensure that the rules relating to each stroke and/ or turn and/ or finishes are being followed. Fills out and turns in a "DQ slip" for infractions.

Starter (1) – Controls the flow of the meet. Directs start of each event.

Referee (1) – Has overall authority of the competition. Assigns and instructs all officials and volunteers. Decides all questions relating to the conduct of the meet.

Daktronic Operator (2) – Operates timing computers on deck; monitors equipment for problems

Hytek Operator (1) –Runs Meet Manager program; Uploads times into official results; verifies errors, DQ's, etc

Skybox media Operator (1) – Runs cameras, power points, Venus 7000 scoreboard, live video stream

Other Volunteer Duties

Staging Personnel (3) – Arranges the swimmers in their proper heats and lanes prior to an event.

Volunteer Coordinator (1) – checks in all volunteers the day of the meet; contact back up volunteers if needed.

Ribbon Personnel (2) – Place ribbon labels on appropriate ribbons and sort by team

Announcer (1) – Announce all events and staging numbers.

Program Sales (1) – arrive by 8am (when doors open) and sell programs until at least event number 25.

Food for Volunteer room (17)– Supply one or two of the following items for the volunteer room: water (24 pk.), chips (bag of 24 individual bags), veggies & veggie dip, fruit & fruit dip, sweets

Team Parent (1-2) – travel to away meets and be responsible for the Blue Wave Swimmers in the team camp area. Make sure they arrive to events on time and follow all core values of the Y at all times.