



# **Hoerner YMCA**

## **Parent & Swimmer Handbook**

YMCA mission: To put Christian principles into practice through programs to build a healthy body, mind and spirit for all.

YMCA values: We use four core character values to accomplish the above mission. The values are caring, honesty, responsibility and respect.

# **Welcome to the Hoerner YMCA swim team! We are glad to have you!**

As a new season begins it is important for all participants to be aware of and understand our policies and procedures. Please take the time to read this handbook with your child thoroughly as it contains important information you will need throughout the swim season.

The coaches strive to ensure swimmers enjoy a happy, healthy, and challenging swim season as they build skill, speed, stamina, and sportsmanship. We believe every swimmer has potential. Coaches are not merely focused on athleticism but also on each swimmer's character. Our program is based on the YMCA core values, and the coaches will promote and build these character values throughout the season. We emphasize individual progress and success and will encourage each swimmer to continually improve his/her skill level and performance. All of our swimmers can be successful!

Parents, we invite all of you to get involved! Your involvement is one of the best ways to ensure a satisfying and successful season. We need volunteers for every meet, home and away. At away meets we need help with supervising swimmers, assisting them in getting to events, taking pictures and timing. At home meets we will have assigned jobs. There are many ways to become involved, and we hope you will find it to be both pleasant and enriching.

For a child to participate in swim team, they must be able to swim one length of the pool and child must have a YMCA membership 30 days prior to the first practice.

**Age groups:** (8 & Under) (9-10) (11-12) (13-14) (15-21)

## **General Rules**

1. Feet first entries in the shallow end, enter the water when told by coach.
2. Diving off the blocks is done only when supervised by coach.
3. No food on the pool deck.
4. Water in a plastic bottle is allowed – no glass bottles.
5. During resting periods there is no horseplay allowed.
6. Pay attention to coaches when they give directions.
7. No inappropriate language at the Y, at swim meets, in the locker room etc.

## **How a swim meet works**

Girls compete against girls and boys compete against boys. Events are numbered and alternate boy/girl and go through all age brackets before a new event. Child will swim in the age bracket as per age on December 1<sup>st</sup>. You may swim up one age group for relay purposes only.

At a meet, each swimmer may enter up to three individual events and two relays. Deadlines for entries will be posted on the swim team bulletin board. No entries can be accepted after the deadline.

The competitive strokes are free, back, breast and butterfly. The Individual Medley (I.M.) which consists of all strokes. Relays consist of four swimmers. They are the Medley Relay (back, breast, fly and free) and the Free Relay. All strokes have set rules for starts, performance of the stroke, turns, and finishes. If a swimmer has an infraction in a relay of one of the rules, they will be disqualified and receive no place. With an infraction in a relay, the whole relay is disqualified.

We will have directions to meets and warm up times as soon as they are given to us. This information will be given to you by coach. Please have your swimmer at warm-ups to properly stretch, get used to the pool and starting blocks. There will be an area where the whole team will sit. Swimmers usually write their event numbers on their hand. Check entry sheet posted on the wall in the sitting area.

When the meet is ready to start, usually the National Anthem is sung, or Pledge of Allegiance is said. Most meets last from 3 hours (dual meets) to 6 hours (invitational meet). Swimmers gather at the Clerk of Course area when their event number is called or posted. Parents are not allowed past this area. They are placed in the heats and are taken into the pool area by an escort and placed behind their lane. Please watch the event numbers as it is the swimmer's responsibility to report their events. Do not take your swimmer from a meet unless you have spoken with the coach.

This year, several Ys are doing virtual meets due to COVID-19. For a virtual meet, we will meet at our Y, do our competitive strokes and record time, and send the times to the swim meet host.

Ribbons will usually be ready on the Monday after the meet. They will be handed out by the coach.

### **Packing suggestions for a swim meet**

1. Suit
2. Goggles (extra pair in case)
3. Swim cap (extra one in case)
4. Two towels – keep one dry to shower with after the meet
5. Footwear – something to wear from the pool area to staging area
6. Blanket/sleeping bag to use in the staging area between events
7. Something to wear over suit between events
8. Things to do between events – keep track of your things
9. Beverages/snacks – you may bring a small cooler with drinks (no glass). Bring healthy snacks.
10. Shower items/clothes for after the meet

### **Participating in sectionals**

1. Child must be a Hoerner YMCA member 90 days prior to sectionals.
2. Entry and sectional fees must be paid prior to the deadline.
3. Child must have attended at least three meets during the regular season.
4. Relays will be determined by coach.

### **Qualifying for state**

Child must have a first place finish at the sectional meet or beat the qualifying time in the event at the sectional meet. **NOTE:** If you qualify for the state and/or regional meet, an additional cost is due before you can continue to practice after sectionals.

### **Regional meet**

This is a Time Standard Meet, which means there are times in which a swimmer must swim at a sanctioned meet to qualify for an event. It is held at the Wellmark YMCA in Des Moines. Regional time standards are

posted in the pool area and swim team bulletin board. As swimmers make times, we will post them in the pool area and bulletin board. These are something to strive for, but don't be discouraged if you do not make them – especially beginning swimmers. This is a two day meet, two weeks after the start in March, and is split into two sessions. The 12 and under session is in the morning and the 13 and over is in the afternoon. Swimmers can only swim in what they qualify in – relays are made based on who has qualified individually.

### **Swimmer expectations**

1. Respect towards coaches, teammates, other teams and lifeguards.
2. Be on your best behavior at all meets.
3. Report any inappropriate behaviors to coaches and/or lifeguard.
4. It is expected that you practice at least 3 days per week.
5. Work hard and put in effort at practice, how hard you work will depend on how well you swim for a race.
6. You MUST attend at least one practice the week before a meet unless you are excused by a coach.

### **Parent expectations**

1. We encourage swim team to be a family sport.
2. We hope all families will be involved in the parent committee.
3. We expect you to get your swimmer to and from practice and meets.  
If you need assistance with this, let us know as carpooling could be set up.
4. Be supportive, do not compare them to others.
5. Double check your swimmer has all their gear for practice and meets.
6. Please pay all fees on time and follow entry deadlines.
7. For home meets, we do expect you to bring a concession item and help with the meet. The jobs are simple and easy to learn. The sign-up list will be posted on the swim team bulletin board.

## **Behavior**

For inappropriate behavioral issues, we will handle minor ones as a learning opportunity and discuss the problem as a team by incorporating the characteristic traits – caring, honesty, respect and responsibility. If the problem persists or is serious, we will talk with the parent and swimmer. We will keep track of any serious problems, and if it would continue, there would be dismissal from the team.

## **Concerns**

If you have a concern about anything, contact the coach or the Program Director. Do not overlook your concerns, or get other people involved, but contact the proper people. We want to work on a solution as soon as possible and want swim team to be enjoyable for all involved.

## **Team suit**

For meets, please wear a suit that has purple in it, only wear this suit to meets. Wear another suit to practice as the water is rough on suits.

## **Fees**

If you cannot afford a membership, scholarship paperwork is available at the front desk. If you cannot pay all the fees at once, contact the Program Director to make arrangements. A program fee and membership are required with this program. Program director contact information: [hoernerymcaprograms@gmail.com](mailto:hoernerymcaprograms@gmail.com) or 319-524-6724 ext. 103.

# **COVID-19 Precautions – READ THOROUGHLY**

1. Parent/guardian should assess level of risk based on if the child may be at higher risk for severe illness according to the CDC, such as children who have asthma, diabetes or other health problems.
2. Persons exhibiting any symptoms should not attend practices.
3. Additional family members should not attend practices or meets.
4. Coaches must take a written attendance at each practice and meet.
5. During practices, parents are encouraged to stay in their vehicles. If a parent MUST be in the building for health concerns, maintain social distancing and wear a face covering.
6. Face coverings are encouraged for Y staff, coaches, parents and volunteers.
7. All swimmers bring and use their own water bottles, towels and personal items.
8. Locker rooms will not be available for changing, come ready for practice and home meets in your suit.

## **Hoerner YMCA liability waiver – turn in this page with registration**

We (parent & child) understand that participants must follow safety instruction. I am the parent/guardian of the participant. I give my permission for my child to participate in the YMCA program activities and to be transported as authorized by the YMCA. I understand that even when every reasonable precaution is taken, an accident can and will sometimes happen. Therefore, in exchange for the YMCA allowing me and/or my child to participate in YMCA activities, I understand and expressly acknowledge that I release, indemnify, and hold harmless the YMCA and its staff, boards, members, volunteers, or guests from any liability for any injury, loss or damage connected in any way whatsoever to me or my child's participation in YMCA activities on or off YMCA premises. I understand that this release includes any claims based on negligence, action, or inaction, of the YMCA, its staff, boards, volunteers, directors, members or guests. I understand that the program fee must be paid with the registration form and is non-refundable if the participant listed above is unable to attend. I am also aware of the refund policy set forth by the YMCA. Refunds will only be issued with a certified medical excuse. I give my consent for full participation in the sport program for which the participant above is registered. I accept the risk to incidental to this activity and do hereby release the Hoerner YMCA, its volunteers, directors, members, and guests of any liability or negligence resulting from an accident or injury incurred while participating in this activity. I will not hold responsible the Hoerner YMCA in the event of possible exposure to COVID-19, and I, as a parent, assume the risk to possible exposure.

My swimmer \_\_\_\_\_ and I \_\_\_\_\_  
have read the entire handbook together and we understand the  
expectations set forth.

**Parent/guardian Signature:**

\_\_\_\_\_

**Date:** \_\_\_\_\_

*\*Please sign this page and turn it in to the front desk\**