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FOR HEALTHY LIVING
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2022-2023 Swim Season Woonsocket YMCA Whalers Swim Team Handbook



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Introduction

This handbook is intended to provide useful information to swimmers and their parents regarding the Woonsocket YMCA Whalers swim team program. It outlines the various policies that will be in effect for the entire session. All parents and swimmers will need to read, sign and return the Handbook Sign-off sheet on the last page of this document before being allowed into practice.

Mission Statement

To put Christian principles into practice through programs that build character and promote a healthy spirit, mind and body for all.

Our Mission

The mission of the YMCA of Pawtucket, Inc. as part of a worldwide fellowship, to provide services and activities which help people regardless of age, sex, race, or religion, to develop in mind, body and spirit; to recognize and fulfill their responsibilities to the family, the community and each other; and to improve their health and life-styles. In keeping with its mission the YMCA's goals are:

Health Enhancement

Provide a comprehensive quality program of health and fitness services that will enhance healthy life styles in the community.

Lifetime Skills Development

Provide a comprehensive developmental program to enhance the learning experiences of children.

Strengthening the Family

Provide a broad range program of services to enhance family participation, parent-child relationship and Family unity.

Training Philosophy

The purpose of this competitive swim program is to provide every swimmer with an opportunity to strive for excellence in a competitive swimming environment. While setting a record, getting a personal best time, qualifying for a championship meet and winning are common goals, we hope that our swimmers learn more. Personal goal setting, self-motivation, self-confidence, taking responsibility, all around improvement and maintaining health & fitness while building lasting friendships are but a few of the goals the Y will have for your swimmers.

Education

Each swimmer will be provided opportunities to become more educated about aquatics, swimming techniques, nutrition, training, competitive rules and aquatic futures.



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How to Become a Team Member

All swim team members must be a member of the Woonsocket YMCA. The requirements for team membership include:

1. Must be ages 6-18 and still enrolled in school.
2. Must be a full member or a youth program member of the Woonsocket YMCA.
3. Maintain active membership throughout the entire season.
4. Make and fulfill payment arrangements for the swim team program fee
5. Swimmers and parents must adhere to the **Code of Conduct**.
6. Satisfactorily complete, sign and return all registration forms.

Practice Schedule and Pricing

2022-2023 swim season will begin on September 12th for all new swimmers, and returning swimmers (competed in last years swim team or spring swim team) will begin on September 14th. The season will run through Mid March pending championship meet dates (TBD). The prices for swim are located below next to the age groups. Payment can be made in full or be paid installment. Towards the back of this handbook is an "Express Payment Plan Option" form, that will allow the YMCA of Woonsocket to be able to auto draft either a bank account or a credit card. Each group's practice schedule will be as follows:

- **Level 1 - \$450**

- Ages 8 and under
- Must be able to swim 25 yards backstroke and front crawl

- **Mon., Tues. and Thurs.**

- **5:30-6:15**

- **Level 2 - \$475**

- Ages 8-11
- Practice consists of stroke technique and basic competitive techniques. Must be able to demonstrate all 4 competitive strokes

- **Mon., Tues., and Thurs**

- **4:30-5:30pm**

- Ages 11-13

- Practice is a combination of stroke techniques and endurance/speed training sets. Swimmers need to be able to swim all 4 strokes for a minimum of 50 yards.

- **Mon., Tue., Thurs. 4:30-5:30**

- **Wed., Fri 4:30-6:00**

- **Level 4 - \$550**

- Ages 11-18

- Swimmers will be offered 2 days of dryland core training along with 5 days of swim practice.

- **Mon. 5:30-6:30-pool**

- **Tues. and Thurs.**

- **4:30-5:00-Dryland,
5:15-6:30**

- **Wed./Fri 4:30-6:00-Pool**

- **Level 3 - \$500**



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Registration Dates

The following is the order in which registration will open:

- Aug 8th -**Returning swimmers from the 2021-2022**
- Aug 15th -**All new swimmers** that plan on swimming with us in the 2022-2023 season.

* Upon filling out, reading and signing the last page of this handbook (both sides), our swim team registrar will enroll you into swim team.

* If a practice becomes full we will be unable to add extra swimmers to that practice. We apologize for any inconvenience.

* When you register for the team you are committing to the entire season.

* All new swimmers to the team or swimmers who were not a member of the team in the most recent season, must complete an evaluation before registering. Please contact Whalers coaching staff or the Aquatics Director-Jeff Morton, jmorton@ymcapawt.org.

* Each swimmer will be placed in a group by a member of the staff.

Swim Team Expectations

Swimming is both an individual and team sport. A swimmer's individual conduct has an impact not only on themselves, but on the other members of their team as well as the organization's reputation.

All swimmers are **MINIMALLY** expected to adhere to the following:

1. Will act within the **Code of Conduct** guidelines at all times.
2. Will fulfill their responsibility to themselves and their teammates by regularly arriving on time and attending practice.
3. Will arrive to practice and meets with the appropriate, necessary equipment
4. Will participate in team fund raising activities.

Practice

Swimmers may come and participate in as many practices per week as their schoolwork and schedules will permit. The more your child goes to practice the more improvement they will see in themselves. Remember, these are guidelines



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and the Y understands the web of everyday family life. These attendance recommendations are not mandatory with exception.

Communication

The primary form of communication from the Woonsocket Whalers to the swimmers and their parents is through the SportsYou app. Our head coach will work with families to get this set up. This allows the head coach to send one, consistent message to everyone. YMCA rules prohibit coaches from emailing minors directly so all email will be sent to the appropriate parent or guardian email address. Emails will be sent for a variety of reasons including to provide you with updates on swimmers progress, upcoming events, and practice cancellations.

Parents will not be able to have conversations with the coaching staff during practice. If you would like to request a meeting, please contact the head coach or aquatics director (jmorton@ymcapawt.org) they will respond with a time to talk on either the phone, over video chat, or in person.

Swim Coach

Whalers Head Swim Coach-Bill Evans

Swim Meets

Swim meets will be scheduled through out the season. Please check the SportsYou app for more details.

Drop Off and Pick Up

Swimmers that are under the age of 12 need to be accompanied by a parent or guardian that is a legal adult (18 or older) at all times when on YMCA property. This means that all members of the team who are under the age of 12 will need to be escorted onto the pool deck for practice. Parents or guardians should not leave the pool deck until a member of the coaching staff has started their swimmer's practice.

As a reminder, parents and guardians will not be permitted on the pool deck once their swimmer's practice has started.

Swimmers that are under the age of 12 need to have a parent or guardian (18 or older) arrive on the pool deck 5 minutes before the end of their swimmer's practice to pick them up. Swimmers that are under the age of 12 will not be permitted to swim in the pool after practice unless a parent or guardian (18 or older) is present.



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Code of Conduct

The following code of conduct applies to all Woonsocket YMCA Whalers swimmers and their Parents or Guardians. Any swim team member who, in the opinion of the coach or coaches with the approval of the Aquatics Director, acts in a manner that is contrary to the code below may be asked to leave practice or swim meet immediately and may further be suspended or removed from the team.

- 1) The Woonsocket YMCA Whalers swim team endorses the YMCA core values of Respect, Honesty, Responsibility, and Caring for our swimmers, their families, all of our coaches, teammates and YMCA membership. It is paramount to our success as individuals and as a team.
- 2) Profanity, inappropriate jokes, inappropriate behavior and any kind of harassment in the presence of swimmers, other family members, parents or YMCA membership is prohibited and may result in suspension or dismissal from the team.
- 3) At all team functions including practice, swim meets, fund raising activities and social gatherings, we expect each swimmer/parent to behave in such a way that their actions reflect positively on the team and the YMCA association.
- 4) If a swimmer/parent has a problem or difference of opinion with a coach, they are expected to resolve the issue with the coach in a calm, appropriate manner.
- 5) It is the responsibility of the swimmer to arrive at practice and swim meets with the appropriate equipment.
- 6) It is the responsibility of the swimmer/parent to notify the coaching staff when they cannot make a particular meet in as timely a manner as possible **via email**. A reason must be provided at the time of notification.
- 7) It is the responsibility of the swimmer/parent to stay up-to-date with meet information/team events sent via email, posted on boards or discussed at practice.
- 8) Swimmers are required to show up for practice prepared and ready to participate on time. The starting time for practice means you are dressed, you have your equipment ready to go and you are prepared to practice to the best of your abilities.
- 9) Any swimmer needing to leave a practice or a meet early will notify the Head Coach with their request in a timely manner **via email**.



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- 10) Any swimmer who is known to use, possess, distribute or be under the influence of alcohol, illegal drugs or tobacco is subject to immediate dismissal and permanent suspension from the team. No partial or full refunds will be allowed.

Code of Conduct

- 11) Swimmers/parents will abstain from any negative influence or experience in relation to another swimmer, coach or official.
- 12) Misbehaving or being disruptive during practices or meets is not acceptable and ruins the experience of other swimmers, coaches, parents, and spectators.
- 13) Swimmers/parents will not argue with officials and will leave any disputes regarding officiating to the Head Coach. Questions regarding a child at a swim meet (before, during, or after any events that a child swims) must be brought to the Head Coach and cannot be brought to the on deck officials or meet director.
- 14) Swimmers/parents must follow the rules for safety that the coaches, lifeguards and the YMCA have established.
- 15) Swimmers will seek and willingly receive instruction in the skills of the sport, proper sporting behavior and good sportsmanship.
- 16) Swimmers will encourage parents and teammates to set an example of good sportsmanship for their fellow teammates and the other parents to follow.
- 17) Swimmers should not come to practice or any team events if they are sick.



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Handbook Sign-Off

Please remove this page and have **all family members** read and sign off on the spaces provided below. A signed copy of this document is required in order for your son(s)/daughter(s) to participate in practice.

The _____ family has read and agrees to the above conditions of the Woonsocket YMCA Whalers Swim Team Handbook. Our signatures below indicate our desire to participate on the team and our willingness to follow the rules and policies contained in the handbook.

Swimmer 1: _____
Print Name Signature

Swimmer 2: _____
Print Name Signature

Swimmer 3: _____
Print Name Signature

Parent or 1:
Guardian _____
Print Name Signature

Parent or 2:
Guardian _____
Print Name Signature

Email 1: _____

Email 2: _____

Phone Number 1: _____ Phone Number 2: _____



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Membership Monthly Payment Agreement

- I/We agree to pay the monthly fee of \$_____ on the 1st or 15th of each month. I/We understand the full month fee is due whether or not we participate in any programs.
- I understand that this membership will remain in effect for as long as I retain the membership card(s) issued and until I submit a cancellation request 30 days prior to the date on which I would like my membership to end. It is my complete understanding that if I wish to terminate my membership on or after the 1st of the month one more monthly payment will be withdrawn from my account before my membership is considered terminated.
- All changes require a 30 day written notice. This includes but is not limited to changes in membership type (upgrading or downgrading), bank information, or payment method.
- I/ We understand that membership fees may increase with 30 days written notice.
- I/ We understand there are NO REFUNDS for membership fees prior to a 30 day written notice.
- There is a \$5 processing fee immediately due for any returned payments

Express Payment Plan Options

I/We wish to participate in one of the Express Payment Plans (choose only one):

Option 1

- Bank Draft (monthly draft from checking or savings account) **VOIDED CHECK NEEDED**

PRINT YOUR NAME AS IT APPEARS ON THE ACCOUNT

NAME OF BANK

9 DIGIT ROUTING NUMBER 7-10 DIGIT ACCOUNT NUMBER or SAVINGS #

AUTHORIZED SIGNATURE

DATE

Checking Savings

Option 2

- Credit Card (monthly charge to credit card) or Debit Card (monthly charge to debit account)

PRINT YOUR NAME AS IT APPEARS ON CARD

Type of Card: _____ CREDIT DEBIT

CREDIT CARD #

EXP DATE

AUTHORIZED SIGNATURE

DATE

Please draft the \$_____ one time
Joiner's Fee from my account _____
(initial)

Office Use

Unit ID # _____

Payment Options

Please Circle the Square to indicate how you would like to pay						
	Level 1	Level 2	Level 3	Level 4	Staff Member	Swimming for school team?
Pay Full Ammount	\$450.00	\$475.00	\$500.00	\$550.00	Yes	Yes
Pay Monthly	\$75.00	\$79.17	\$83.33	\$97.67	No	No
Pay Weekly	\$14.52	\$15.53	\$16.13	\$17.74	New Swimmer: Yes No	