



## **SWIM TEAM PARENT & SWIMMER HANDBOOK**

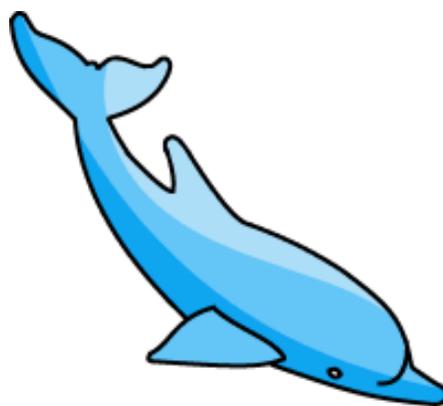
### **TEAM MISSION STATEMENT:**

To put Christian principles into practice by empowering young people to be champions in life through a commitment to build a healthy spirit, mind and body by pursuing excellence.

### **TEAM VISION:**

To aid in the development of character, respect, and personal responsibility of today's youth. The DANY swimming program is dedicated to the youth development, healthy living, and social responsibility of our children and their families.

### **TEAM MOTTO:**



**Work until  
your idols become your  
rivals.**

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# Y COMPETITIVE SPORTS PHILOSOPHY and GOALS

“The important thing in the Olympic games is not to win but to take part. The important thing in life is not the triumph but the struggle; the essential thing is not to have conquered but to have fought well. To spread these precepts is to build up a more scrupulous and more generous humanity.”

*Baron Pierre du Coubertin, founder of the modern Olympic Games*

The value of youth participation in athletics is one of the underlying principles of the Y. We invest much time, money, and effort in our youth sports programs, where young men and women can learn in a health, competitive way that sports are not just for the physically gifted and talented. There are thousands of young people in our community who will not compete in the world of high school or college athletics. They can, however, learn from an early age to appreciate the joy of movement, the skills necessary for daily activities and sports participation, and the development of their overall strength and fitness.

The youth programs at the Y are also geared to help young people develop the social skills necessary for group and team interaction. These activities help them to develop basic knowledge that will help them live healthy lives and practice good living habits. Most importantly, it is our hope that the youth sports programs at the Y will be opportunities for young people to understand, practice, and even develop their own values, morals, and beliefs in interactions with other young people under the guidance of understanding and helpful adult coaches, counselors, group leaders, and parents.

At the Y, we practice a holistic approach to sports, with emphasis on positive physical, mental, and spiritual development. We believe that in our society today there is too much emphasis on winning at all costs and on special recognition for sporting ability as well as every deserves a trophy.

Our program holds other important values:

- Developing self-confidence, self-respect, and an appreciation of individual worth
- Developing a commitment for daily living based on the values such as Caring, Honest, Respect, and Responsibility
- Growing as a responsible member of the family and as a citizen of the community
- Appreciating that health of mind and body is a gift and that physical fitness and mental well-being are conditions to be achieved and maintained
- Recognizing the worth of all people
- Developing the capacity for leadership, while using it responsibly in team groups and the community

# TEAM GOALS

1. To nurture each child and realize that they are different and unique and allow them to develop as far as their dreams, talents, and efforts will take them.
2. To guide young people through the process of achieving while inspiring them to use this knowledge throughout their lives. Encourage them to dream, help them set worthy goals, promote a strong work ethic, provide support when they struggle, and inspire them to persevere until they succeed.
3. To provide a level of coaching that will lead to the development of successful all-around swimmers. In all levels, proficient technique is a priority as well as respect to the coach's workout directions, allowing swimmers to develop character, self-confidence, and the love for the sport in a nurturing atmosphere.
4. To encourage parents to actively support their child as well as the program in a positive manner that reflects the YMCA mission and core values. Understanding their involvement is essential to the program and their child's success.
5. To provide your swimmers the opportunity to get involved with and support our community.

# EXPECTATION OF DANY DOLPHINS SWIM TEAM MEMBERS

1. To understand the YMCA mission as well as that of the swim team.
2. Be proud members of the Danville Family YMCA and the DANY Dolphins Swim Team.
3. Give of yourself 100%, both physically and mentally.
4. Challenge yourself and teammates to improve and work harder.
5. Display good sportsmanship at all times, home and away, demonstrating the YMCA core values at all events involving the team as a whole or in part.
6. Make friends with teammates and learn how to be part of a team.
7. To take steps toward excellence in academics without sacrificing once achievement for another.

# **FACILITY and TRAINING RESOURCES**

The DANY Dolphins swim team practices and the Danville Family YMCA. The facility features a 6-lane, 25-yard competition pool, and a Colorado timing system for competition. We have kickboards and pull buoys for use during practice. We have some fins and paddles but are in the process of attempting some fundraisers to replace and update them. These are to be taken from the storage area when needed and returned at the end of practice. Lane lines are also added into the pool for practice (and meets) and the swimmers are responsible for moving them in and out when needed. We are also privileged to use other aspects of the Y facilities when necessary.

## **SAFE SPORTS ACT**

Signed into law in February 2018, new federal legislation has expanded the requirements around sexual abuse reporting and prevention policies for organizations that arrange or sponsor youth sports competitions. The Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017, commonly referred to as The Safe Sport Act, was created in response to recent revelations of ongoing abuse within USA Gymnastics. The new requirements affect organizations that arrange interstate or international amateur athletic competitions for minors, as well as the adults working with minor amateur athletes on behalf of those organizations.

Our coaches, swimmers that are guards and instructors, and swim team officials will need to go through training to continue working with our youth in our swim team programming. You will also see the effects of this law when attending meets and parents are restricted from using locker rooms, such as we were at the state meet this past summer. Anyone with direct contact with the children will become mandated reporters (which the coach(es) already were and had previous training for). Anyone else interested in taking the training is welcome to as it is an online course presented in cooperation with Praesidium in partnership with the Y.

## **LOCKER ROOM and LOCKER USE POLICY**

The Y has lockers available for use to store personal belongings during practice. Swimmers need to provide their own lock and remove it every day unless they purchase the locker and towel service provided by the Y. The Y reserves the right to remove locks at any time.

## **DISCIPLINE POLICY**

Swimmers are expected to show responsible behavior before, during, and after practices as well as at meets. The behavior of each DANY Dolphin swimmer affects our team image and relationships. Negative or abusive behavior will not be tolerated. Due to the number of swimmers and the limited space of practice time available, it is crucial that the practice environment remains positive and that practice sessions operate in a smooth, efficient manner.

Inappropriate behavior would include, but is not limited to the following:

- Speaking when coach(es) are speaking

- Disobeying the requests or instructions of the coach(es), lifeguards, or other assistants
- Failing to respect others' private property
- Behaving in a way that could negatively reflect on the program and/or the Y
- Failing to respect all areas of the Y facility and/or staff members
- Any disruptive behavior which interferes with practice or the safety of another swimmer will automatically result in the swimmer being asked to leave practice
- Profanity
- Substance abuse

## OVERVIEW of DANY DOLPHINS

### PROGRAM LEVELS

10 & Under/11-12 – Beginner swimmers and younger swimmers not ready to practice at the same yardage as the older swimmers. The focus will be on hands-on technique improvement and endurance. These swimmers are divided into the Littles and the Middle Littles. The 11-12 swimmers would be non-state swimmers in an individual event.

11 & Older – Older and more advance swimmers capable of swimming all four competitive strokes. The focus will be on stroke, start, and turn technique and endurance. These swimmers are divided into the Middles and the Bigs.

## DANY DOLPHIN FEES

### Y Membership Fees:

See from desk for more information

*Financial Assistance Program: The Y offers quality, affordable services and programs designed to benefit people of all backgrounds and incomes. Through generous contributions from Y members and the community, financial assistance is available to individuals and families in need to join the Y. No one is turned away for their inability to pay. Applications are available at the Welcome Center Desk.*

### Swim Team Fees:

Everyone – \$20 registration fee – added directly to the team fees

There will be two ways to pay this year – a one-time fee or three-monthly installments

#### ONE-TIME FEE:

First Swimmer \$325

Multi-child discount \$275 (2 or more swimmers)

DHS boy \$170; DHS girls \$195

(must have swam for the DHS team)

#### Three-Monthly Installments:

Due \$110 September, \$110 October, and \$105 November. Multi-child discount is 10%.

# TEAM EXPECTATIONS for ATTENDANCE / PRACTICE

- Each swim level is offered ample amount of practice throughout the week. It is recommended that swimmers attend as many practices as possible. The more you practice, the better your results.
- Parents are not permitted on deck during practice. Parents may meet with the coach either 15 minutes before or after practice.
- Parents may observe from the observation area. If this becomes a distraction, the coach will close practices. Therefore, parents should refrain from shouting at their swimmer during practice, especially as it pertains to their swimming.
- Parent may leave the Y while their swimmer is at practice. It is recommended that parents stay during the first few weeks for the younger swimmers.
- Unless your swimmer has an appointment or valid reason approved by the coach, your swimmer is required to stay for the entire practice.
- Swimmers are expected to come to practice with their required equipment (swimsuit, cap, goggles, filled water bottle, etc.). The coach has items to borrow, but it should not become a habit.
- When on deck, swimmers are expected to walk around and away from other program participants and congregate in the shallow area in the southwest corner of the pool.
- Swimmers are not allowed to enter the water until given permission by the coach. Free swim is allowed only after practice on certain days.
- Swimmers are not allowed to leave the pool area without the permission of the coach. The bathroom should be utilized before the start of practice or after sets are complete – not during a set.
- If a swimmer is unable to complete a practice, for whatever reason, they are to remain on deck until their parent arrives to pick them up.
- Swimmers are required to act responsibly while at any practice site. Failure to follow team and pool rules is grounds for dismissal.
- Destructive behavior is not tolerated. You will be responsible for any financial costs related to damages.
- Absolutely no cell phones permitted at practice. Keep them in your locked lockers or cars. The coach has a phone and can make calls if necessary.
- The coach has the final say on all policies and procedures and has the right to change or adapt them at any time.

## SWIM MEET INFORMATION

Swim meets can be a great family experience. They are a place where the whole family can spend time together. Listed below are some guidelines geared to help understand the requirements and format of Y swim meets.

### Meet Entries

The Entry Chair (the coach, at this time) for the DANY Dolphins program will email each member of the team the deadline for our entries. You must reply to the email (so they all stay in one place) that you are ACCEPTING or DECLINING the meet. Once your entries are submitted, payment is set up in the computer system at the Front Desk. Pay attention to all the dates in the email that is sent as it will have all the dates for the entry deadline and payment

deadline. Once you have registered and paid for the meet your swimmer is officially registered. We do not offer refunds for meets at this time. If for some reason you are unable to attend, please let the coach know as soon as possible so your swimmer can be scratched and relays can be reformatted.

All decisions regarding entries, changes of entries at meets, relay entries, and scratches are at the discretion of the coaching staff.

## Before the Meet Starts

- Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be emailed to you, usually the Friday before the meet.
- Upon arrival, find a place to put your swimmer's personal items (swim bag, sleeping bag/blanket, etc.). Many parents also bring a lawn chair for themselves. Parents sit with the swimmers in the "crash" area in the gym while waiting between events and only go into the bleacher/swim area when their swimmer is swimming. This keeps the bleachers open for other families wanting to watch their swimmers. Please be courteous and do not take up space in the bleacher area for the entire meet, as well as not watching your child in the crash area during their down time from swimming.
- A Heat Sheet, which lists all swimmers in order of event according to their seed times, is usually available for sale in the lobby or concession area. When a team entry is sent in, each swimmer and their previous best time in that event are listed. If the swimmer is swimming the event for the first time, they will be entered as having NT for "No Time". An NT swimmer will likely swim in one of the first heats of the event. Meets utilizing Meet Mobile will most likely not provide heat sheets as the events are listed on the Meet Mobile App.
- Be sure to read any announcements and/or notes, especially if the meet requires a Positive Check-In. If it does, you must find the Check-In area for swimmers and have your swimmer sign in (please have the swimmer sign in, not you. They are the swimmer and need to learn to do this for themselves).
- Once you have a Heat Sheet, write the event number, heat, and lane assignment on your swimmer's hand in Sharpie. This will help them remember what events they are swimming in and what events to listen for when swimmers are called to the bullpen or blocks. Having their events prior to warm-up also allows them to practice their events for the meet during warm-ups.
- Your swimmer now gets their cap, goggles and reports to the coach for warm-ups.

**Absolutely NO PARENTS are allowed on the pool deck during meet warm-ups or the meet unless you are working the meet as an official, timer, or other position requested by the coach or meet official.**

## During the Meet

- It is important for the swimmer to know what event numbers they are swimming (that's why they should have the numbers written on their hand). They may swim immediately following warm-ups or may have to wait awhile.
- A swimmer's event number will be called, usually over a loudspeaker, and they will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with their cap and goggles and enough clothing to stay warm. Generally, girls swim odd-numbered events and boys swim even-numbered events. Swimmers must swim all entered events, at the discretion of the coach.
- The "clerk of course" or "bullpen" will be in a designated area in the gym or another room off the gym or near the pool. They will line the swimmers up and take them to the pool and to their lanes in the correct order. In

many meets, only the 10 & under swimmers go to the “clerk of course” or “bullpen”, and the 11 & older swimmers are expected to be able to report to their lane at the correct time. The older swimmers should report to the coach prior to their swim to check for their heat and lane and wait for their event.

- The swimmer swims their race.
- After each swim:
  - The swimmer should ask the timer for their time.
  - The swimmer should immediately go to the coach. The coach will give immediate feedback and discuss the swim with each swimmer.
  - The swimmer returns to the team area and waits for their next event to be called.
- When a swimmer has completed all their individual events they and their parents may go home. Make sure that you, as a parent, see that your swimmer has checked with the coach before leaving to make sure they are not in a relay.
- PARENTS ARE REQUIRED TO STAY AT THE MEET WITH THEIR SWIMMER THE ENTIRE TIME. THE COACH IS NOT RESPONSIBLE FOR THE SWIMMERS AT MEETS, LIKE THEY ARE AT PRACTICE, SINCE THEY ARE ON DECK DURING THE MEET AND THE SWIMMERS ARE MOVING AROUND THE BUILDING OR ARE IN THE “CRASH” AREA. IF YOU HAVE TO LEAVE, MAKE SURE YOU FIND ANOTHER PARENT TO TAKE RESPONSIBILITY FOR YOUR CHILD WHILE IN YOUR ABSENCE.
- **Swimmers are required to remain at all home meets until all meet equipment has been returned to storage and the pool is returned to normal use for the community.**

## WHAT TO TAKE TO THE MEET

- **MOST IMPORTANT – TEAM SWIMSUIT, TEAM CAP, AND GOGGLES.** Bring an extra suit, cap, and goggles since they can all break at the most inopportune times and not all meets sell replacement items. Female swimmers may not wear tie suits at swim meets and swimmers under the age of 13 should not be purchasing and wearing Tech suits.
- Towels. Realize your swimmers will be there for a while, so pack several. Especially one for the end of the meet when they want to shower and get dressed.
- Something to sit on such as a sleeping bag, blanket, or camp chair. Your swimmer will be spending a lot of time in the “crash” area, so it should be something comfortable.
- **Warm-ups/robe to help stay warm. You might want to bring several items because they get very wet and soggy.**
- T-shirts. Team shirts are a great way to support the team and stay warm.
- Games. Travel games, books, cards, coloring books, anything to pass the time.
- Snacks/drinks. Most meets will provide a concessions area and we want to help other teams with their fundraising efforts because we want them to support us when they come to our meet. If you know your swimmer is a picky eater, or you want more choices for them to eat, by all means, bring snacks and drinks for them to have during the meet. Drinks are especially important for them to stay hydrated.
- Change of Clothes. Make sure you have a change of clothes for them in a waterproof bag or separate from the rest of their belongings because everything gets wet at swimming meets. This way they have a nice dry set of clothes for the ride home, especially if you are stopping somewhere to eat.
- Camp Chair & Sharpie. Parents will want to bring items for themselves. A comfortable camp chair is a must. You will be sitting in it for a long day. A Sharpie to write those event numbers on your swimmer’s hand. Don’t

forget to bring activities to keep yourself busy during the day. You'll spend eight hours to watch your child swim for anywhere from three minutes to 10 minutes. They say that if you could pick any day to be your last make it a swim meet, because it lasts forever!

- Do not hesitate to ask the coach or any experienced parent for information. Once you've attended a few meets, it will all become routine.
- Swim meets are a lot of fun for your swimmer. The team gets to visit with each other and meet kids from other teams. The team also gets to see how much they have improved after all those hours logged in at practice.

## **VOLUNTEERISM**

Why Should You Volunteer to Help Your Swim Team?

(Reprint from USA Swimming Website)

The simplest reason why you should help is also the most powerful. You should help because your child benefits greatly from the program. The second reason is that most clubs cannot function without substantial volunteer help. The economics are not there for a full professional staff to do all the things that need doing. Look at the finances of youth sports for a moment. Count up the hours that are available for your child to participate in your program. Divide your monthly fee by those hours, and you will come out with substantially less than you pay your babysitter. Now imagine if you had to pay for all you get from your team. Teams can't do it without your help. Add to that the fact that few clubs have all full-time coaches so you can recognize the need for parental involvement. In most volunteer organizations, including swim teams, a very few people do a tremendous amount of work that benefits everyone. This is a bad deal for everyone. That person sooner or later burns out, leaving a big hole to fill. Meanwhile, that individual holds a great deal of power in the club, perhaps too much power. If you find your lawn uncut, the dishes three days deep in the sink, your cat starving on the porch and you have just driven home from the team practice forgetting half of the carpool, you may be overcommitted. The club needs a little bit of time from everyone, a little more from some and on an occasion, a great deal from a few.

## **GUIDELINES for a HEALTHY COACH-PARENT RELATIONSHIP**

Parents have an important role in providing a supportive atmosphere for swimmers and the coach. Parental involvement and encouragement are essential ingredients in a successful swimming program. However, the coach has the responsibility and authority for conducting swim practice, maintaining discipline, and motivating swimmers. Parents should not interfere in these matters. They should bring concerns to the coach by phone or by email.

Parents should have a positive attitude and remember that swimming is only a small part of life. Should parents have a pressing problem with regards to their swimmer and the coach, they should resolve that problem directly with the coach, as soon as possible, rather than discuss it with other swimmers or parents.

Some guidelines for parent-coach contacts are as follows:

- Avoid contacting the coach for minor problems. They generally resolve themselves.
- Do not discuss problems with the coach during practice or a swim meet.
- Problem resolution is part of growing up. Let your swimmer try first, if possible.
- Be polite. Do not raise your voice or use offensive language.
- Please send a note/leave a voicemail to the coach if your swimmer arrives late or will be leaving practice early. Also let the coach know if they have been sick or are vacationing for an extended period of time.
- All parents must be careful not to push their swimmers too far, too fast. It is better to have them develop at a slower, less pressured rate than to have them burn out or start to dislike swimming. Discipline and workout performance are a swimmer-coach matter and should be handled that way. The coach will bring any concerns or problems to the parents' attention, if necessary. Parents should try to show a healthy interest in their child's participation in swimming, and avoid criticism of stroke, training, or performance.
- No parent should coach their child before, during, or after a practice or meet. The coach will communicate all matters to the swimmer from stroke mechanics to race preparation. This creates a negative and sometimes conflicting environment for the swimmer. Leave the coach to do the coaching, and as a parent remember to use the phrase "I love to watch you swim!"
- Please set realistic goals for yourself and your swimmer that are achievable within your child's mental and physical capabilities.

## SUPPORTING YOUR SWIMMER

- Offer the love, recognition, and encouragement needed to help your swimmer feel positive about themselves.
- Have a positive attitude. A parent's attitude often dictates those of the swimmer. Even if you don't think they are aware of an issue, they are subconsciously absorbing powerful messages about a parent's desires or feelings.
- Remember that every individual has potential and requires patience.
- Encourage your child without comparing them to another swimmer. Avoid comparing the skill, drive, attitude, or improvement of another swimmer to your own. Swimmers mature physically and mentally at different ages.
- Leave the coaching to the coach. Children want the approval of their parents above all else and will do whatever it takes to get it. Do not try to coach your child based on what you see or think you don't see, at their practice or meets.
- Bring any problems or concerns to the attention of the coach, but not through your child. As the coach does not want to rely on a swimmer to relay verbal information to you, they do not want it relayed to them through a child because there is too much of a chance of it getting lost in translation

# SIX IMPORTANT “DO’S” FOR PARENTS

1. Please be respectful of all Y staff and volunteers. Disrespectful treatment of Y staff/volunteers will not be tolerated and can lead to your removal from the Danville Family YMCA.
2. Please respect and accept the philosophy and goals of the DANY Dolphins Swim Team. If, after seeking resolution with the Head Coach, you feel that our team is not meeting your needs, or your needs require more than our team can provide, you are encouraged to seek out another team.
3. Please understand that the DANY Dolphin Swim Team’s purpose is not to produce elite, Olympic quality swimmers, but to provide the best swim experience possible to all swimmers. An Olympic swimmer would only be an amazing bonus.
4. Please consider becoming an active participant of the Danville Family YMCA. We have much to offer and are a vital part of the community. We would like to have you involved.
5. Please contact the coach with any personal issues before or after practice, or via email or voicemail.
6. Please follow and enforce all DANY Dolphins Swim Team rules and policies. These are established to provide a safe environment, healthy lifestyle, and a life-long love of the sport of swimming.

## COACHING STATEMENT

This information is in no way meant to be a heavy weight hanging over the head of each swimmer and parent. I feel it is important to notify you of the rules and expectations, and that these are adhered to throughout the season. I feel that everyone involved feels better when they know the expectations. I also realize that extreme situations can arise, and I may have to alter a rule if deemed necessary, but only if it is in the best interest of the individual and the team. This document is simply an attempt to be fair and forthcoming to all those involved.