

**Newport County YMCA
Wahoo Swim Team
Handbook**

***“Acceleration through
Motivation”***

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Introduction

This handbook is intended to provide information helpful to the parents and swimmers of the Newport County Wahoo Swim Team. This handbook outlines various policies that affect all swimmers year after year. All families should read the handbook to become familiar with important facts and rules of the team. There is a lot of important information contained in this handbook, including an appendix section with the Terms & Conditions to participate, an emergency contact sheet, Codes of Conduct and volunteer contract. These must be completed and turned in before your swimmer is allowed to practice

YMCA Principles

Respect, Responsibility, Caring and Honesty

We expect all of our swimmers to develop these character values while representing the Wahoo Swim Team.

Team Philosophy

The purpose of the Newport County Wahoo competitive swim program is to provide each and every swimmer with the opportunity to strive for excellence in competitive swimming. While each swimmer may begin his or her swimming career at a different point, we encourage swimmers at all levels to accept the challenges of this sport. Goal setting, motivation, confidence, handling pressure, taking responsibility, improving or maintaining health & fitness, building and enjoying friendships are just a few goals we have for our swimmers.

Of course, while coaches, parents & friends will provide a positive atmosphere in which respect for one another is modeled, it is ultimately the responsibility of each swimmer to help see that things are working on our team. Team unity and positive support of one another is a must.

While winning is nice, setting a record, getting a best time or making a qualifying time feels good, we hope that our swimmers learn more than it is great to swim fast. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. There are a number of other ways to evaluate a successful season: Stronger stroke skills, learning initiative, exhibiting unselfishness, benefiting from the competitive experience (learning to win and lose), ability to overcome obstacles and friendships built. Once the medals, ribbons and trophies are set-aside in the future, these skills will carry them for a lifetime.

Why Should My Child Be A Swimmer?

(Courtesy USA Swimming)

1. Swimming is an outstanding activity for young people.
2. Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers.
3. Swimming is an exciting individual and team sport
4. Swimming is a technical and specialized activity involving extensive skill development.
5. Swimming is a healthy 'lifetime' activity. Participants may be 1 or 101 years old.
6. Swimming is relatively injury free in comparison to other youth sports.
7. Swimming teaches the life lessons of sport and sportsmanship, which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
8. Swimming motivates participants to strive for self-improvement and teaches goal orientation.
9. Swimming cultivates a positive mental attitude and high self-esteem.
10. Swimming can prevent drowning.

The YMCA and USA Swimming age group programs are America's largest guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health.

Coaching Staff

The Newport County Wahoo Swim Team consists of professionally trained coaches. They are members of the American Swimming Coaches Association and have access to the most comprehensive training and certification program for youth coaches. Our coaching staff possesses training and experience in the physiology and psychology of adolescent development.

Head Coach – Randy Doiron

As far back as I can remember, I was always drawn to the water, it fascinated me. As a child, I grew up in Waltham MA and quickly began my swimming career at the age of 10. I swam for the local Boy's and Girl's Club and took to swimming extremely well. My passion for the sport continued to increase at an alarming rate. At 12 years old, I decided that I wanted to take my talent to the next level and swim for a USA Swim club, The New England Barracudas. This short opportunity allowed me to get to the next level of competition. Sadly, my parents couldn't afford to keep me enrolled in the US Team for more than that one season. Although broken hearted, I understood. I continued swimming with the Club team at the Boy's and Girl's Club until I was 17, and then on to College. I went to school at Salem State College. This was the Pinnacle of my swimming career, and a very exciting time for me. Through the help of my coaches and teammates I excelled to

a level I never thought imaginable, achieving goals and times I thought were above my ability. As a freshman, I was given the honor of being the team captain and held that honor for my entire college stay. As a team, we had broken every record the school had ever held, and set the bar for future swimmers who would attend Salem State.

I began my coaching career shortly after college for the Sun Valley Sharks in Lexington MA. I had the pleasure of coaching some of the finest swimmers. Not all were the fastest, but that isn't the only thing that makes a swimmer great. I can say that I learned as much from them as they did me, possibly more. They enabled me to keep my passion alive through their own unique passions of the sport.

So, beginning September 2012, I will continue my passion through yet another group of inspiring individuals who make up the Wahoo Swim Club at the Newport County YMCA. I am excited about this opportunity and being able to get to work with up and coming swimmers who hold the same passion and determine for a sport that I do.

Assistant Coach – Steve Carter

Coach Steve started swimming as an 8 & under with his summer club in New Jersey. He later joined his local Y-team and competed with this team as well until he began to swim for the Westfield H.S. team. After High School Coach Steve attended Allegheny College and earned All-American honors at the 1976 Division III NCAA Nationals. He started coaching swimming when he began teaching at The Portsmouth Abbey School which became affiliated with The Newport Wahoo's for a while. After leaving the Abbey and entering the world of public school teaching, Coach Steve returned to coaching with the Newport Wahoo's and served as the head coach for three years until family obligations required him to step aside for a few years. He is currently the assistant coach of the Portsmouth High School team and has joined our team again as our 8 & under coach

Assistant Coach – Brian Dutra

Assistant Coach – Lyndsey Aguiar

Coaches' Responsibilities

The coach's job is to supervise the entire competitive swim program. Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.

2. The coaches are responsible for stroke instruction and the training regimen, which are geared to the specific goals of each training group.
3. The coaching staff will make the final decision concerning which meets Wahoo swim team swimmers may attend. They will also make the final decision concerning which events each swimmer is entered.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love, support and understanding regardless of their performance.)
5. Relay teams will be determined by the coaching staff.
6. It is the coaching staff's responsibility to conduct all workouts so the athletes might reach their full potential; as well as give athletes the opportunity to develop skills and to promote their involvement as part of a team as well as an individual.
7. Coaches are to set an example of good behavior and sportsmanship for all athletes at all times.

Team Levels

The SENEKY (South Eastern New England Cluster of YMCA's) League is divided into five age groups and separated by gender. These age groups are 8 & under, 9 & 10, 13 & 14, 15 to 18. The Wahoo Swim Team has adapted training levels that are designed for a long-term, gradual increase in the degree of commitment. Early on, the emphasis must be on developing technical skills and a desire to continue with this sport. Later on, the emphasis is on a more demanding training program, both physically and mentally. Too much too soon an often be the cause of failure to reach maximum potential as the swimmer moves up in the age groups.

Long-term results rather than short-term results are emphasized on the Wahoo Swim Team. It is important that we establish training groups of swimmers who are alike in abilities commitment levels and goals. Unfortunately, this is not always in the most convenient, but it is the most productive.

Each swimmer will progress at his/her own rate; the coaching staff recognizes this by making the team level assignments based on a swimmer's physical, mental and emotional level of development. The team is broken into the following groups:

8 & under, 9 – 12 , 13 & Over and Elite Group

Training Programs

8 & Under

This is the youngest competitive training group. The age range is usually 6 to 8 years old. These swimmers have moved up from the Novice group and are able to

swim 100 continuous yards of Freestyle and Backstroke, as well as be able to demonstrate a legal Breaststroke and Butterfly for 25 yards. The following skills will be the focus for this training group:

1. Bilateral breathing
2. Streamline on all starts and turns
3. The 'language of swimming'
4. Begin to count strokes per length
5. Legalize the 100 Individual Medley (IM)
6. 10 minute continuous swim
7. Stretching exercises and nutrition
8. Equipment use & maintenance
9. Team rules
10. Sportsmanship
11. Practice etiquette
12. Team unity

In order for swimmers to gain the most strength and stroke effectiveness, it is recommended that all practices be attended on a regular basis. Consistency is a key factor in the development of a young swimmer. If you are not noticing a progression in skills, you may need to evaluate the attendance level and effort put forth at practice.

Practice Times:

Monday – Thursday 5:00-6:00pm

Friday 4:00-6:00pm

Cost: \$300.00 per season (6 monthly payments of \$50)

Practice times are subject to change.

9 to 12 Groups

This is the group with the widest range of physical abilities and is broken into 9 - 10 and 11 – 12 for competition purposes. Practices will be very drill oriented in the beginning, proper stroke technique is the foundation of what fast swimming is based on. Strength will be developed over the season, as well as flexibility, speed and efficiency.

The amount of training during these practices can range from 2,000 to 4,000 yards per day throughout the season. A higher level of commitment is expected as each swimmer progresses from 9 to 12. Swimmers should attend NO LESS than four practices per week. Please remember consistency is the key and cannot be obtained if swimmers are not attending.

Practice Times:

Monday – Thursday 5:30-7:00pm

Friday 4:00-6:00pm

Cost: \$390.00 per season (6 monthly payments of \$65)

Practice times are subject to change.

13 and Over

This is our high school or senior level training group. There are a number of expectations for this group in and out of the water. These swimmers are well versed in technique and aerobic capacity and fulfill a leadership role on the team. The season begins with a building of yardage and focus on technique, which will involve a lot of drills, technique refinement and dry land training to build strength and stamina. As the season progresses, the yardage increases, a concentration of speed work and race pace sets begins, and dry land training will increase intensity. As we move into the Championship phase of the season, individual event work, starts and turns will be the focus. Both the yardage and practice lengths will be shortened and goals will be set.

Practice Times:

Monday – Thursday 3:45-5:30pm

Friday 4:00-6:00pm

Cost: \$450.00 per season (6 monthly payments of \$75)

Practice times are subject to change.

Elite Group

The Elite Group consists of swimmers that exhibit a high level of swimming and workout ability. These swimmers are expected to be mature, dedicated, responsible and dependable. As our more advanced swimmers increase their commitment to swimming, we also insist that they maintain a good academic standing. Training for this group involves a higher level of commitment and the coaching staff will determine who is ready to train at this level. The 3 YMCA National Championships should be the ultimate goal for this training group at this time, with the knowledge that there are even higher levels of competition in the swimming world.

Practice and Attendance Policies

The following guidelines are to inform parents and swimmers of our team policies regarding practice. These have been developed in order to provide the best possible practice environment for everyone.

1. Each swimmer is required to bring 2 pairs of goggles, 1 swim cap, a practice bathing suit (team suits should only be worn for competition), and 1 water bottle. The 13 and over and the Elite training groups will be required to bring running sneakers and gym clothes (shorts, t-shirt, socks) as well. Be sure that all of your equipment is in proper working order and you have spares if needed. Equipment adjustment and repair will not be accepted as an excuse to miss part of a workout.
2. Each training group has specific attendance requirements; the least possible interruption in this schedule will produce the greatest amount of success. We do, however, encourage younger swimmers to participate in other activities in

addition to swimming. The expectation level of attendance increases as swimmers move to higher groups.

3. Swimmers should arrive at the YMCA no earlier than 15 minutes prior to their practice time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim 5 minutes before the start of their workout. Proper warm-up is essential in order to prevent injury. Workouts cannot be adjusted to accommodate late swimmers without interrupting the entire group.
4. Arrive on time and plan to stay the entire practice. The last part of practice is often the most important. IF a swimmer is late or in the event he/she needs to be dismissed early, a note from a parent is required.
5. Occasionally, it may be necessary to change or cancel a practice. Parents and swimmers will be e-mailed these changes and the front office will have this information as well. Please be sure to check to see if your e-mail address is correct in the Registration Office.
6. Swimmers are to enter the building through the front doors and check in at the front desk. Swimmers 13 & over may use the Women's or Men's locker room. All swimmers 12 & under are to use the Girl's or Boy's locker rooms. This is a YMCA rule and will be strictly enforced.
7. Please keep social talking to a minimum during practice, all swimmers need to be able to know what's going on at all times.
8. Lane etiquette is very important. Leave enough room between yourself and the swimmer in front of you. If you need to pass a swimmer, gently tap on their feet, let them move to the right and continue. If your foot is tapped, move to the right, let the swimmer pass you and continue your swim.
9. Disruptive behavior at practice will result in a verbal warning. If the behavior persists, the swimmer will be asked to leave the pool. Any swimmer who continues to be asked to leave the pool during practice could be suspended from the team at the cost of the swimmer and parent.
10. Lap lanes are open to all swim team members during lap swimming. However, adult behavior is expected at all times and if there are any behavior problems, the privilege will be taken away from the team.
11. Kickboards and pull buoys are available to all swimmers during practice time. Pull buoys, paddles and fins are also available in a limited number for swimmers as well. Snorkels and paddles are needed for most 13 & over practices, and are required for Elite practices. All of this equipment is available to purchase through Beach Party in Middletown at a team discount and a complimentary mesh equipment bag is included.
12. Follow the pool rules of the Newport County YMCA and all other facilities at all times. Swimmers should be aware that they represent the YMCA at all times whether during training or at meets

Illness and Injury

Parents and swimmers are responsible for communicating with the coaching staff if any swimmer is injured or ill. If your swimmer will be out of the water over a long

period of time with an injury or illness, please notify the Head Coach through email or a phone call, so the coaching staff is aware of the problem.

If a swimmer stays home from school, then he/she is excused from practice. Swimmers should not come to practice if they feel ill. Illness belongs at home and should not be shared with the team. If a swimmer becomes ill during practice he/she will be dismissed from practice. Please keep your swimmers healthy and injury free during the season.

Team Uniform

The team colors are Royal Blue, White and Black. One of the two is required items to wear in any meet is a swim team cap. The cap is royal blue with a white Wahoo logo on it. This helps coaches and parents to easily spot our swimmers at meets, every swimmer will receive a team cap at the start of the season, PUT YOUR NAME inside of the cap and keep it through the season, and additional caps may be purchased.

The team suit is available in two options; they are both royal blue with the Wahoo logo in white and are purchased through Beach Party in Middletown. There are two fittings at the YMCA prior to the start of the regular season. All team members must wear a team-racing suit at all YMCA dual and invitational meets. Alternate racing suits may be worn at Championship meets. Write your swimmers name in all suits they own.

Optional items are available to order throughout the season through Beach Party as well. Some examples are warm up jackets and pants, sweatshirts and pants, t-shirts, flip flops, and mesh shorts. Beach party is a local company and will be at all of the meets throughout the season in order to place orders. Please be sure to write your swimmers name in any items you purchase.

Parent Responsibilities

To have a successful program there must be understanding and cooperation among parents, swimmers and coaches. The progress your swimmer makes depends on these relationships. You have created the best possible environment for your child with your values. It is human nature, however, for a parent to lose some of his/her ability to remain objective in matters concerning their children's athletics. The following guidelines will help you keep perspective and allow your child to reach their full potential.

1. The greatest contribution you can make to your swimmers progress is to be a loving, supportive parent. We have reprinted The Ten Commandments for Parents of Athletic Children in this handbook; please take the time to read it as it provides very useful and sound advice.

2. Please read and familiarize yourself with the Terms and Conditions for Participation on the Wahoo swim team, which needs to be signed upon registering your swimmer.
3. A large percentage of our funds needed to run this team are generated from our team hosting meets here at our YMCA. One of the commitments made when you joined the swim team was to help work our own swim meets. We expect that you will volunteer your time during our home and away meets when necessary. At certain Championship meets we will be asked to supply a certain number of parents to time races.
4. Please make every effort to have swimmers on time for practices and swim meets. Warm ups are a very important part of both workouts and races.
5. We expect all swimmers to attend all dual meets, if a swimmer becomes ill please be sure to notify the Head Coach as soon as possible. All competitive swimmers will be entered into dual meets. If your swimmer chooses to compete in an invitational meet, please have your swimmer registered and the fee paid for by the deadline given, no late entries will be accepted.
6. A strong relationship between swimmer and coach is very important and produces the best results. When a parent interferes with opinions on how the swimmer should swim or train, it causes considerable confusion as to whom the swimmer should listen to. If you have a problem, concern or complaint, please contact the coach.
7. The coach's job is to motivate and constructively criticize the swimmers performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make your child work harder in practice, which gives them the confidence to perform well in competition.
8. Ten and unders are the most inconsistent swimmers and this can be frustrating for everyone involved. Parents and coaches must be patient and allow these swimmers to learn to love this sport. When stroke technique is worked on with these swimmers, there may be a period of slowing down, but this will soon lead too much faster swims as the season progresses.
9. Even the very best swimmer will have meets where they do not do their best times. These plateaus are a normal part of swimming. Please be supportive of these meets, and over the course of the season times should improve. Parents should realize that the older swimmers may have only two or three meets a year for which they will be properly rested and tapered for a peak performance.
10. When a swimmers age-up to the next competitive age group, they can be overwhelmed by the increase in competition. This is very normal when a swimmer moves from the upper level of an age group, to the lower level of the next age group.

Communication

Please do not approach coaches during practice times. Please limit-approaching coaches while on deck during swim meets as well. They need to concentrate on the events and on the swimmers. Coach Randy will have office hours on Tuesdays from

5:30 to 6pm by appointment only. When contacting the coaches, please be considerate, the best way to contact the coach is to set up a time convenient for both parties. Sending an email directly to the coach is the best method of contact.

Email is the most important method of communicating during the season. Please be sure that the team has your correct email address, and allow for Constant Contact emails into your mailbox.

Family Folders hold most written communication, such as invoices, ribbons, workouts, fundraisers, etc. these are in the filing cabinet right on the pool deck parked Wahoo's. It is your responsibility to check the folders daily or at least weekly.

Bulletin boards are outside of the pool area and provide information for both swimmers and parents. Entries for meets, time standards, meeting times and important meet information are just examples of what will be out there. Be sure to check these bulletin boards on a weekly basis. Team emails will be posted as well, if you are not getting these, be sure to contact the Head Coach as soon as possible.

If you choose to leave a voicemail, please consider that coaches are on deck between the practice times scheduled and will be unavailable. The best number to leave a voicemail is with the Head Coach's cell phone. The YMCA number is best for emergencies only, and you should ask for the front office to send a message directly to the pool deck as opposed to leaving a voicemail.

Problems with the Coach?

One of the most common swim team communication gaps is that some parents seem to feel more comfortable discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only will the problem never be resolved, but also new problems can be created this way. Here are some ways for parents to raise issues with a coach:

1. Remember that you and the coach first and foremost have the best interests of your child at heart. The coach's approach may be different from yours, but as long as your goals are the same, then keeping an open and constructive line of communication will serve everyone the best.
2. Keep in mind that the coach must balance what is best for your child with the needs of the rest of the team or training group that can include upwards of 100 swimmers.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, if your concern cannot be resolved, then ask that the head coach becomes involved.
4. If another parent comes to you with complaints about the coach's performance or policies, feel free to listen, but encourage them to speak directly to the coach. This is the only way to resolve the problem.

The Ten Commandments For Parents Of Athletic Children

The Young Athlete by Bill Burgess

1. Make sure your child knows that win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive enforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach him on the way to the pool or on the way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach him to enjoy the thrill of competition, to be "out there trying", to be working to improve his swimming skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you blacked off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, and sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his word turns bad. If he is comfortable with you win or lose; he's on his way to maximum achievement and enjoyment.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

Parent Support Committee

The Newport County YMCA parent support group is known as The Wahoo Boosters' Club. The mission of this organization is to support the YMCA and the coaching staff in providing the best possible competitive swimming program for our children.

The primary purpose of the Club is to provide personnel necessary to run successful home meets and to assist at away meets. Parents announce, score, time, run the food table, run the bullpen, and officiate during the meets.

Another purpose of the Club is to raise money to purchase items for the Aquatic Department, which includes items for the swim team. Team events must also be funded through the Boosters Club

All parents or guardians of children participating in the Newport County YMCA competitive swim program, whose children's swim fees have been paid to the YMCA, are automatically members of the Club

The leadership of the Club is provided by an Executive Committee, which meets as required to plan and implement the supportive activities required to maintain a viable and successful competitive swim program.

The Executive Committee is composed of eight positions with the following responsibilities:

President

- Conducting meetings
- Committee membership
- Supports the Aquatics Director and Head Coach in aiding the team

Vice President

- Conducting meetings in the absence of the President
- Appoint committees
- Holding elections
- Calling special meetings

Secretary

- Recording the minutes of meetings
- Maintain business records
- Writing necessary letters
- Sending gifts

Treasurer

- Reports on status of team funds
- Provides the financial report at each meeting
- Must have approval or provide approval for all purchase orders

Aquatics Director

- Serves as the liaison between the Boosters club and the YMCA board
- Makes the final decisions on budget and spending

Head Coach

- Serves as the liaison between the Boosters club and the swim team
- Makes final decisions on team philosophy and training

Meet Director

- Assigning and assisting all meet volunteers
- Swim meet awards
- Swimming officials
- Oversees set-up and break-down of home meets
- Form committees for large home fundraising meets (Pentathlon, Holiday Classic, etc.)

Fundraising Director

- Form committees for the teams' largest fundraisers (pasta dinner, banquet, swim-a-thon, etc.)
- Snack table at Home meets
- Other fundraising throughout the year

The term of office for the regular positions on the Executive Committee shall be for one year, with a maximum of two years; with the exception of the Aquatic Director and the Head Coach. The aquatic director and head coach are non-elected permanent members on the committee. If a regular position cannot be filled, the present person may retain the position.

All regular positions are elected by majority vote of the Club members at the fall meeting. Each member is entitled to one vote. In order to hold a position a person must have been a member of the Club for at least one swim season. Only one parent or guardian is permitted to hold a position on the Executive Committee per family.

Five Executive Committee members, who must include the president and vice-president constitutes a quorum.

Additional Chairpersons are needed, but cannot exceed 4 additional people:

Press Releases/Meet results to local papers
Team records/Personal bests
Registration/Financial records.

Fee Structure

The current team fee requirements are:

Every swimmer must be an annual YMCA member in good standing with all registration fees and all meet entry fees must be current.

The commitment to the Newport County YMCA swim team is for a season of swimming. However, each month of the season must be paid for at the start of that month, either through automatic withdrawal or in full at the start of the season.

It is the responsibility of the member to notify the coach of any intention to terminate, or cancel a team membership. Failure to notify may cause a member to be unnecessarily billed for fees. If a member quits the program or is dropped from the program because of overdue bills, overdue and current account balances are immediately payable in full.

If you have any questions about billing you may have received, please contact the head coach immediately.

Our Philosophy of Competition

The first place person is not the only winner on the Newport County YMCA swim team. We look for our swimmers to demonstrate the characteristics and behavior of a winner, which include concentration, listening skills, and working toward goals. What is more important than all the ribbons, medals and best times is who learned the most from the competitive experience. The development of interpersonal skills, discipline, listening skills, time management, and goal setting will help develop our swimmers into successful people with the ability to contribute to the world they live in.

Sportsmanlike behavior is just as important as improved performance. The coaches teach swimmers to behave like a champion when the swimmers have a good or bad swim. Respect for officials, congratulations to other competitors, encouragement to teammates and mature attitudes are all expected from our swimmers.

Swimmers are taught to set realistic, yet challenging goals for meets and to relate these goals to practice in order to reach them.

Swimmers are prepared and encouraged to compete in all swimming events, distances and strokes. This encourages our swimmers to reach their potential in a range of events. Often, a swimmer's best stroke changes as they mature and go through physical changes.

Meet Schedule

Each season the meet schedule is distributed, posted on the bulletin boards and on the Newport County YMCA website on the Aquatics Department page.

There is a meet 'wish list' posted for each Dual meet. This allows swimmers to let the coaches know which events they would like to compete in. This IS NOT a sign up for the meet. All swimmers are entered into the dual meets unless the Head Coach

is notified a week prior to that specific meet. Remember, this is a wish list and the final decision on events entered is made by the coaching staff.

Swimmers need to register for Invitational meets in the main office and an additional fee is required. Most invitational meets have qualifying times; please check with your coach before registering your swimmer.

All swimmers are expected to attend the SENEKY Championships at the end of the season. This is a team effort meet, and requires swimmers to have competed in 4 other dual meets throughout the season.

The New England and National championships are qualifying meets. These times are posted at the beginning of each season. Relays are sent with each age group who has a qualifier, based on times.

Dual meets are considered team effort meets as well. Even though they are not championship meets, they are necessary to create a team environment. All swimmers are needed and have the potential to earn valuable points for the team. The points earned are then tallied and determine the winner of the meet.

Everything You Need to Know About a Swim Meet

Swim meets are a great family experience. They're a place where the whole family can spend time together.

What to Take to the Meet

1. Most important: Swim suit and Wahoo cap, goggles.
2. Baby or talcum powder – to dust the inside of the swim cap. This helps preserve the cap and makes it easier to put on.
3. Towels – realize your swimmer will be there a while so pack at least two.
4. Sweat suits: swimmers may want to bring two because they can get wet and soggy
5. T-shirts: two or three. Same reason as above.
6. For younger swimmers: travel games, coloring books, anything to pass the time.
7. Food: bring healthy snacks, stay away from snack table items until after your events are over, unless its fruit or bagels. Some suggestions for items to bring:
 - a. Drinks: water, Hi-C, Fruit Juice, Gatorade
 - b. Snacks: granola bars, fun fruits, yogurt, cereal, Jell-O, sandwiches.
 - c. No glass containers allowed on any pool deck.

Please do not hesitate to ask any other Wahoo swim team parent for help or information, these meets are a lot of fun for the swimmers. He/she gets to visit

with friends, play games, and meet kids from other teams. He/she also gets to race and see how much they have improved from all the hard work put in at practice.

Special note to parents: the pool area is usually very war. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly.

Before the Meet Starts

1. Arrive at the pool at least 15 minutes before the scheduled warm up time begins. This time is listed in the meet information posted for all swimmers.
2. When you arrive, find a place to put your swimmers belongings. The team will sit in one place, so look for familiar faces.
3. Find the check in place or a coach and either you or your swimmer will need to check them in.
4. Once checked in, write each event and number they are competing in on your swimmers hand in ink. This helps them remember what events they are swimming and what even number to listen for.
5. Your swimmer now gets their cap and goggles and reports to the pool and/or coach for warm up instructions. It is very important for all swimmers to warm-up with the team.
6. After warm-up, your swimmer will go back to the area where the team is and sit there until the next event is called. The met will usually start 10-15 minutes after warm-ups are over.
7. Heat Sheets: with the exception of dual meets, heat sheets are usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each even in order of their seed times. When the team entry is sent in, each swimmer and their previous best time in that event will be listed. If the swimmer is swimming an event for the first time, they will be entered as a no time or NT. A no-time swimmer will most likely swim in one of the first heats of the event.

Once the Meet Starts

1. It is important for all swimmers to know what event numbers they are swimming. Be aware of what event number the meet is on, is also very important so that no events are missed.
2. Swimmer's event numbers will be called over the loudspeaker or posted on the pool deck. He/she will be asked to report to the blocks or to the bullpen. Generally girl's events are odd numbered and boys are even numbered.
3. During a dual meet the bullpen parents will usually line up the swimmers and take them to the pool area in the correct order.
4. Except for dual meets, you can accept at least 4-8 heats of each event.
5. After each swim:
 - a. Swimmers are to ask the timers (people behind the blocks at each lane) his/her time.

- b. He/she should go immediately to their coach. The coach will ask him/her time and discuss the swim with each swimmer.
6. When a swimmer has completed all of his/her events, make sure you check with the coach before leaving to make sure your swimmer is not included on a relay. Please remember there are other swimmers involved in these relays and count on all their team members in order to compete in them.
7. Swimmers are expected to stay to the end of dual meets to cheer on team members and in the case of Home meets, to help break down the event.

Competitive Strokes

The four competitive strokes are freestyle, backstroke, breaststroke and butterfly. In most meets, events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley (IM) other events include relays, which are a group of four swimmers who either swim all freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breast stroke, butterfly and freestyle (medley relay).

Very Basic Swimming Rules

Starts

The swimmers are not allowed a false start. If they jump the start and the starter thinks they are trying to get an advantage (whether intentional or not, it doesn't matter), they will be disqualified from the race.

Turns and finishes

1. Freestyle: feet have to touch the wall
2. Backstroke: Swimmers have to be on their back when they touch the wall. After he/she touches, he/she can then turn around, but he/she must push off on their back. At the finish a swimmer must finish on his/her back. A swimmer may not roll over and grab the wall until they have first touched it.
3. Breaststroke & Butterfly: Swimmers have to touch with both hands at the same time. A swimmer may not freestyle kick off the wall or at the start in either stroke. When swimming butterfly, both arms must move at the same time.

Championship Meets

Our championship meets include Districts (in February), New England's 9 in March) and Nationals (in April). We, as coaches, believe that the honor competing in a Championship meet is earned through consistent practice habits and competitive experience at YMCA meets. There's a big difference between wanting to go to the championships and deserving to be at the championships.

1. Meet attendance and participation throughout the entire season is important. YMCA meets offer the experience necessary for the championships.

2. Practice habits need to be within the recommendation for the group the swimmer trains with. Consistency is the key. Making the cut off time is simply a requirement to attend the meet. The goal is to be prepared as possible and perform to the best of one's ability at the meet.

Out of Town Meets

1. Parents are responsible for arranging transportation (and lodging if needed) to away meet.
2. Parents are encouraged to attend out-of-town meets with their swimmers and to chaperone others.
3. A coach has too many responsibilities to the entire team to accept responsibility for one swimmer. Therefore, please do not ask a coach to provide transportation.

Receiving Awards in Public

Whenever there are awards presented at a meet, we expect our swimmers to cooperate and be respectful at the presentations. A team uniform should be worn when accepting the award. Swimmers should congratulate the other swimmers and show good sportsmanship at all times. If photos are being taken, be sure to remain until they are finished, and be respectful during this time as well.

Wahoo Awards

Every year awards are handed out at our end of the season banquet. These are a great motivator for all swimmers, to work hard and strive for one of the following awards:

Wahoo Leadership 'Spirit' Award – Presented annually to the swimmer and decided upon by their team members, who has exhibited outstanding leadership and team spirit throughout the season.

Swimmer of the Year – Presented to the swimmer or swimmers who have overall high achievement throughout the season

Wahoo Award – Presented to the swimmer or swimmers who show outstanding effort and work ethic, high team spirit, cooperation and contribution to the team. This is given to the swimmer or swimmers who truly demonstrate what being a Wahoo is.

Most Valuable Swimmer (MVP) – Presented to the swimmer or swimmers that contribute the most of their age group. With points accumulated dedication and cooperation during practices throughout the season and sportsmanship show within the team and toward other teams.

Most Improved Swimmer (MIP) – Presented to the swimmer or swimmers who has improved the most from the start of the season to the end. This includes both personal times improving and stroke development.

*The final decision for all awards with the exception of the spirit award is at the coaching staffs discretion. The coaches are with the swimmers on a daily basis and know them the best, please respect the decisions that are made each season.

TERMS AND CONDITIONS FOR PARTICIPATION
Newport County YMCA Wahoo Swim Team

1. All team members are expected to maintain a current (annual) YMCA membership and be responsible for fees associated with the team. Group fees, activity fees, and meet fees must be paid on or before the due date. If any fees, including meet entry fees, are not paid then the swimmer(s) will not be able to participate until payment is made. Alternative payment arrangements can be made with the Aquatics director if needed.
2. When a swimmer is moved from one training group to another, he/se must pay the fees for the highest group in which they participate during that season.
3. Should a swimmer decide to discontinue participation in the program with the Wahoo swim team, the dues for the portion of which he/she swims and any outstanding entry fees are considered an obligation to the Wahoo swim team, and are payable upon termination of participation.
4. All swimmers, who are members of the Wahoo swim team competitive training groups, are required to participate in YMCA dual meets and the SENEKY championships, as well as their highest level of achievement in championship meets (including relays)
5. Each swimmer and parent is responsible for reading and understanding the contents of the Wahoo swim team handbook.
6. Parents and swimmers are expected to encourage and support all members of the Wahoo swim team. Negative attitudes and immature behavior are not acceptable. The image of the Wahoo swim team is in your hands.
7. We strive for an excellent environment for all of our swimmers to achieve their goals. All members of the team will be asked to sign the Honor Code. Failure to comply with this code may result in the family being asked to leave the team.

I understand and agree to the above terms and conditions of the Wahoo swim team in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of the Wahoo swim team.

(Signature of Parent or Guardian) _____

(Signature of Swimmer) _____

**Newport County YMCA Wahoo Swim Team
HONOR CODE**

The following Honor Code is in effect throughout the year. Anyone who, in the opinion of the coach, acts in a manner that would interfere with the objectives listed below will be asked to leave immediately (at the expense of the parent and/or swimmer). Other consequences include removal from future meets, other competitions, and/or dismissal from the team.

1. Any swimmer who is known to use, possess, distribute or under the influence of alcohol, drugs or tobacco is subject to suspension from the team.
2. Profanity, inappropriate jokes, sharing of intimate details of one's personal life, and any kind of harassment in the presence of children or other parents are prohibited.
3. At all team functions, whether practices, meets or social gatherings, we expect each swimmer and parent to behave in a way that reflects positively on the team.
4. Swimmers and Parents are never to interfere with the progress of another swimmer, during practice or competition.
5. If a swimmer or parent has a problem with a difference of opinion with a coach, they are expected to resolve the issue with the coach calmly, appropriately and quickly.
6. It is important that a parent call the Head Coach in advance when they know their child will not be able to attend a meet they signed up for. If a swimmer signs up for a meet and does not attend the family is still responsible for paying any meet fees that might be owed.
7. It is the responsibility of the swimmer/parent to stay up to date with meet information and team events by checking their email, reading the bulletin board and checking file folders located in the pool area, for information.
8. All members of the Wahoo swim team, whether parents or swimmers, should continue to protect and improve the excellent reputation of the team.

We recognize our responsibility to abide by the rules and requirements of the Wahoo swim team. We acknowledge that we have received and read the above.

(Signature of Parent) _____

(Signature of Swimmer) _____

**Newport County YMCA Wahoo Swim Team
PARENT CODE OF CONDUCT**

As a parent of a swimmer of the Newport County YMCA Wahoo swim team, I will abide by the following guidelines:

1. Practice teamwork with all the parents, swimmers, and coaches by supporting the values of Respect, Responsibility, Caring and Honesty.
2. Never coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches and/or officials on the pool deck.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at meets and practices.
4. Maintains self control at all times.

Swimmers – Swim

Coaches – Coach

Officials – Officiate

Parents – Parent

5. Understand that criticizing, name calling, use of abusive language or gestures directed towards the coaches, officials, other parents and/or any participating swimmer will not be permitted or tolerated.
6. Enjoy involvement with the Wahoo swim team by supporting swimmers, coaches, and other parents with positive communications and actions.
7. During competitions, and throughout the season, questions or concerns regarding decisions made by the meet officials are directed to a member of the coaching staff. Parents address officials via the coaching staff only.

Should I conduct myself in such a way that brings discredit or discord to the Wahoo swim teams, I voluntarily subject myself to disciplinary action. The Wahoo swim team maintains the right to remove parents from the practice and/or swim meet facilities and terminate any membership with/without cause in the interest of our vision, mission and objectives.

Signature of Parent/Guardian

Please Print your Name

Date

Signature of Parent/Guardian

Please Print your Name

Date

**Newport County YMCA Wahoo Swim Team
SWIM MEET VOLUNTEER CONTRACT**

As one of the families that will enjoy the benefits of belonging to the Wahoo swim team, the following facts concerning the financial significance of well-run swim meets should be considered and recognized.

1. The Wahoo swim team funds its activities from two main sources. The first is the snack bar at all home meets. The second is through fundraisers throughout the year. Families are expected to volunteer throughout the season.
2. It takes approximately 30 people to run every meet we host at the Newport County YMCA during the season. The presence and participation of each one of these people assures our ability to continue running successful meets.
3. [Parents are expected to volunteer in various roles at swim meets (home and away). The Meet Director will post sign up sheets with available positions prior to the meet. Parents who do not sign up may be assigned to fill remaining slots.
4. Championship meets will have volunteer requirements for our team. The Head Coach will receive our team timing assignments a few days prior to the meet. It is the responsibility of the parents attending the meet on those days to time. If we do not meet the volunteer requirements, our team could risk being eliminated from the meet.

Signature of Parent/Guardian _____

Wahoo Swim Team Emergency Contact and Health Form

This form must be completed and turned into your Coach before you can participate in practices. This information is crucial for our records!

Swimmers Name

(Last) _____ (First) _____ (Middle Initial) _____

Address

Phone Number

(Home) _____ (Cell) _____

Email Address _____

Birth Date _____ **Age** _____

Parents Name (Emergency Contact)

Phone Number

(Home) _____ (Cell) _____

(Work) _____

Email Address

Swimmer's Health Information

Please Circle "YES" or "NO" and provide addition details where requested.

1. Are you allergic to any medication (aspirin, penicillin, sulfa, etc.)?
NO YES (List)

2. Do you take any prescribed medication on a permanent or semi-permanent basis (steroids, anti-inflammatory, antibiotics, insulin, etc)? NO YES
(List and give reason)

3. Has a doctor ever told you that you have epilepsy?
NO YES (list any medication)

4. Has a doctor ever told you that you were anemic?
NO YES (When?)

5. Has a doctor ever told you that you have asthma?
NO YES (List medication)

6. Do you wear glasses or contacts during competition?
NO YES

7. Have you had a shoulder injury in the past two years that disabled you for a week or longer?

NO YES

Type of Injury _____ Right or Left _____

Dates _____

8. Have you injured your knee in the past two years?

NO YES

Type of Injury _____ Right or Left _____

Dates _____

9. Have you had a severe ankle sprain/injury in the past two years?

NO YES

Type of Injury _____ Right or Left _____

Dates _____

10. Do you have any other conditions that we should be aware of? (I.E. ulcers, food or insect allergies, tendonitis, etc?)

NO YES (specify and give details)

Signature of Parent/Guardian

Date

Signature of Swimmer

Date

Parent Contact Information for the Newport County Wahoos Board

The board for the Newport County Wahoos is respectfully requesting contact information that will allow us to contact you in regards to swim meets, fundraisers, etc. Please fill out the following and return to the Aquatics Department. In turn this information will be provided to the board secretary Lee Ann McCarthy.

Swimmer(s) Name(s):

_____ Age: _____
_____ Age: _____
_____ Age: _____
_____ Age: _____

Your name: _____

E-mail: _____ Phone number: _____

(It is important to note that checking your e-mail will be extremely helpful in keeping you up- to- date on swim team matters)

The board wishes to create a directory that is available to all parents/guardians. You may find this directory useful for carpooling, contacting board members, volunteering, and as a useful tool to remember everyone's names☺! Please check the box if you do not want to be in the directory.

Do not place my contact information in the Wahoo Directory.

Additionally, the board will be looking for volunteers for all meets throughout the year. Parent participation is an important element to running a successful meet. Volunteers are needed for the food table, timing swimmers, greeting and directing visiting swim teams and running the bullpen. We are especially seeking individuals who would be interested in any of the following:

- operating the timing system
- updating and maintaining the Wahoo website
- ordering Wahoo apparel
- joining the Wahoo Board
- training for Swim Officials

Any interested individuals can contact Lee Ann McCarthy @ lamc@live.com.

Thank You!