



**Newport County YMCA
Wahoo Swim Team
Handbook
2020-2021**

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Section A – Introduction and Team Philosophy

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. All families should read the handbook to become familiar with important facts and rules of the team. The information contained in this handbook is important and essential. **The following must be completed before your child(ren) can participate in practice:**

Wahoo Swim Team Handbook: read and signed by both Parent and Swimmer
Emergency Contact Information
Health Information
Volunteer Contract
Terms and Condition for Participating
Parent Code of Conduct
Honor Code
COVID-19 Minor Waiver Form
Auto Draft or Payment in Full for the season

Your swimmer is **NOT** allowed to participate until all of this information has been completed and they are signed up through the Welcome Center and auto draft has been set up.

This handbook is intended to provide essential and helpful information to the parents and swimmers of the Newport County Wahoo Swim Team. All families must read the handbook and become familiar with policies and rules of the 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, setting a record, getting a best time, or making a qualifying time are all great accomplishments and feel good, these should not be our only goals. These are not the only ways to gauge success. We will assist our athletes to become stronger individuals, learn sportsmanship as well as self-accountability, to name a few. Here are a few examples of success: Advanced stroke technique, learning initiative, learning to win and lose with confidence in each, building lifelong friendships. Medals and Trophies will eventually get dusty, lost, or put away. But the lessons learned in our swimming program will stay with them 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.

Section B – Coaching and Team Structure

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, as well as the latest techniques in training.

Head Coach Maruti Kolluru

Coach Maruti began swimming at the age of 10 for the Upper Main Line YMCA. It was during that time that he started to find his love of coaching by helping coach the 8 and under swimmers on the team. Afterwards he continued swimming in college at Rensselaer Polytechnic Institute. During his last year at RPI he started coaching at Uncle Sam Swim Club, a local USA Swim club in Troy NY. After moving to Newport, he coached at the Newport Boys and Girls club for a season. Afterwards, he began coaching the Newport County Wahoos, where he is now entering his fourth year with the team as an Assistant Coach, becoming Head Coach in December of 2019.

Assistant Coach Jacob Moyar

I learned to swim when I was only 4 years old after my family moved from NC to VA. The swim team was the only extracurricular activity available in the neighborhood, and my parents desperately wanted my brother and me to make new friends (I secretly think THEY wanted to make new friends), so they threw us in swim lessons. Before long we were both on the summer swim team that trained at the same pool. Both my brother and I took to the sport very quickly, and we were swimming in year-round programs by the time I was 9. I stayed on that year-round team until I graduated high school, and went on to swim in college at Lehigh University in PA. I became the captain of the team, swam at U.S. Nationals and Olympic Trials, and stayed for a 5th year as an assistant coach for the Lehigh team while I got my master's degree.

I moved to RI for work right after school in July of 2018 where I met Coach Maruti, and he told me all about his favorite swim team in the world: the Newport Wahoos! Naturally I had to see what the hype was about, came to the pool to meet Randy and Jordan, and was added to the coaching roster in December of 2018. I had a blast getting to know everyone last season and am pumped to be returning for my first full season this year. This sport has done so much for me in my life, so I love having the ability to pay it forward and try to make those same opportunities available for younger generations. And while my current swimming capabilities are far less impressive than what they used to be, you might catch me flailing around in the pool every now and again trying to train for my new pastime: triathlons!

Assistant Coach Cali Reed
Assistant Coach Alyssa Grant
Assistant Coach Nora Cunningham
Assistant Coach Jordan Glenning

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 everyone. 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 swimmer's 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 always set an example of good behavior and sportsmanship for all athletes.

Section C – Training Programs and Swimmer Responsibilities

Team Levels

The SENECY (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 and over. 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, the emphasis is on a more demanding training program, both physically and mentally. Too much too soon can 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 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: Pre-Team, 8 & under, 9 – 10, 11-12, and 13 & over.

Training Programs

8 & Under

This is the youngest competitive training group. The age range is usually 6 to 8 years old. These swimmers are usually 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

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.

Age 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 5,000 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.

12 and under Pricing and Practice Schedule: (subject to change)

\$150.00 per month M/T/W/Th/F

Auto Draft is required for monthly payments.

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.

Pricing and Practice Times: (subject to change)

\$180.00 per month M/T/W/Th/F 6:00-8:00 pm

Auto Draft is required for monthly payments.

Practice and Attendance Policies

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

1. Each swimmer is required to bring 2 pairs of goggles, 1 swim cap, Fins, Kickboard, hand paddles (13-over), Front Snorkel (optional), a practice bathing suit (team suits should only be worn for competition) and **water bottle**. All swimmers must have their own equipment and are asked not to share with other swimmers to help prevent the spread of COVID-19. The 13 and over training groups will be required to bring running sneakers and gym clothes (shorts, t-shirt, socks) as well. Be sure that all 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 15 minutes prior to their practice time, to allow time for stretching and preparing to get ready for practice. Swimmers should be ready to get into the water right at the start of practice. Proper warm-up is essential to prevent injury. Workouts **can't** be adjusted to accommodate late swimmers without interrupting the entire group. *See Coach Maruti for any Questions regarding this policy.
4. They should also be picked up no later than 15 minutes after their practice is over.
5. 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, please let one of the coaches know as soon as possible.
6. Occasionally, it may be necessary to change or cancel a practice. Parents and swimmers will be e-mailed these changes and the Welcome Center will have this information as well. Please be sure to check to see if your e-mail address is correct with the Welcome Center.
7. Swimmers are to enter the building through the front doors and check in at the Welcome Center. Swimmers 15 & over may use the Women's or Men's locker room. All swimmers 14 & under are to use the Girl's or Boy's locker rooms. This is a YMCA rule and will be strictly enforced. There may be some adjustments to this depending on the guidelines from RI Dept. of Health relating to COVID-19.
8. All swimmers are required to shower (head to toe) before swimming
9. **Cell Phone use is prohibited in all locker rooms and during practice**
10. All personal items must be locked in a locker (please provide your own lock) or brought onto the pool deck. **The Y is not responsible for lost or stolen items.**
11. Please keep social talking to a minimum while the coaches are giving instruction, all swimmers need to be able to know what's always going on.
12. Lane etiquette is very important. Leave enough room between yourself and the swimmer in front of you (i.e., leave 5 seconds apart). 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 (but do not stop), let the swimmer pass you and continue your swim.
13. 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.
14. Lap lanes are open to all swim team members during lap swimming. However, adult behavior is always expected and if there are any behavior problems, the privilege will be taken away from the team.
15. Pull buoys, paddles and fins are also available in a limited number for swimmers as well. Snorkels and paddles are needed for some 13 & over practices. All this equipment is available to purchase through Beach Party in Portsmouth at a team discount. Please call ahead for an appointment at: 401-683-0170.

13. Always follow the pool rules of the Newport County YMCA and all other facilities. Swimmers should be aware that they always represent the YMCA whether during training or at meets.

COVID-19 Protocols:

- Check-in at the Welcome Center (use card for self-check in. No card, see Welcome Center Staff for a Membership Card.
- Masks must always be worn indoors except for in the pool and in the shower if the individual is unvaccinated
- Maintain Social Distancing while on the pool deck and in locker rooms.
- COVID-19 Protocols may change due to RI-DOH guidance.

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 Coach Maruti through email at maruti515@gmail.com or a phone call 610-804-2453, so he 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 Navy Blue and Orange. One of the two required items to wear in any meet is a swim team cap. 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. Swimmers should not wear caps from other teams (including High School teams) during swim meets. Please PUT YOUR NAME inside of the cap (if it isn't printed on the outside) and keep it through the season. Additional caps may be purchased both at the beginning and throughout the season.

The team swimsuit is available for purchase through Beach Party Swimwear. There is a fitting at the YMCA prior to the start of the regular season. All team members must wear a team suit at all YMCA dual and invitational meets. Alternate racing suits may be worn at Championship meets. Write your swimmers name and team in all suits and caps.

Optional items are available to order through the Team as well as Beach Party. 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 the meets throughout the season to place orders. Please be sure to write your swimmers name in any items you purchase.

Section D – Parent Responsibilities

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. It is human nature, however, for a parent to lose some of his/her ability to remain objective in matters concerning their children. 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 swimmer's 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 hosting meets here at our YMCA. One of the commitments you are making when you join the swim team is to assist as needed for all swim meets. We expect that you will volunteer your time during our home and away meets as needed. At certain championship meets we will be asked to supply a certain number of parents to volunteer for timing.
4. Please make every effort to have swimmers on time for practices and swim meets. Warmups are a very important part of both workouts and races.
5. We expect all swimmers to attend all dual meets, if able. If a swimmer becomes ill, please be sure to notify Coach Maruti as soon as possible. Prior to each meet there will be a signup sheet for your child/(children) to let coaches know whether they will attend the meet, as well as request which events they would like to swim. If your swimmer chooses to compete in an invitational meet, please make sure your swimmer is registered and you will be invoiced for any meets your swimmer is signed up for that require additional fees (noted on swim meet schedule).
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 any concerns regarding coaching or training, please contact speak directly to the Coach Maruti.
7. The coach's job is to teach competitive swimming techniques, motivate and constructively adjust swimmers' performance. Your job as parents is to support, love and encourage your children to do their best. Both our jobs are equally important for a successful swim season.
8. Because 10 and under are learning how to move their bodies in new and different ways, they tend to have a slower learning curve than older athletes. This is normal!! Please have patience

and continue to motivate them. At some point, they will “get it.” Patience will allow them to learn to LOVE the sport and minimize swimmer frustration. When we modify a child's stroke, they may see periods of slower swim times. This is also normal in the progression of the sport. Please don't worry.

9. As a swimmer, it is impossible to achieve your personal best every time you swim. The best athletes in the world add time or plateau during the season. Simply continue to support and love and all will be fine.
10. When a swimmer “ages-up” to the next age group, they can be overwhelmed by the increase in the distance races are. They may be going from coming in the top every race to near or at the bottom. This is also a normal transgression within the sport. As coaches, we will prepare all our athletes for the distances they will encounter.

Communication

Please do not approach coaches during practice times unless it is an emergency. Please limit approaching coaches while on deck during swim meets as well. They need to concentrate on the events as well as the athletes. When contacting the coach, please be considerate. The best way to contact him is to set up a time convenient for both parties. Sending an email directly to the coach is the best method of contact. Coach Maruti can be reached at: maruti515@gmail.com

Email is the most important method of communicating during the season. Please be sure that the team has your correct email address.

The bulletin board in the main hallway leading to the pool also provides important information for both swimmer and parents. Entries for meets, time standards, meeting times and important meet information are just examples of what will be on our board. Be sure to check this bulletin board on a weekly basis. If you are not getting these, be sure to contact the Head Coach Maruti or Boosters President, Beth Gilpin at thegilpins@cox.net, as soon as possible.

Our website is: www.teamunify.com/ymca-6030 . This is another source to find out Wahoos Team information.

If you choose to call and leave a voicemail, please consider that coaches are on deck between the practice times scheduled and will be unavailable during those times. The best number to leave a voicemail is with Coach Maruti's cell phone, 610-804-2453. In the case of an emergency please call the Welcome Center at 401-847-9200 X 122 and ask if they can send a message directly to the pool deck. Do not leave a voicemail with Cari Beck, Aquatics Director; the coach does not have access to her voicemail.

Problem with a 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 Head Coach. Not only will the problem never be resolved, but also new problems can arise. Here are some ways for parents to raise concerns with a coach:

1. Remember that both you as well as the coaching staff have your child's best interest in mind. The coach's approach may differ from yours. The important thing is to maintain an open and constructive line of communication with Coach Maruti. Please ask questions if you have them.
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.
3. If your child swims for an assistant coach, you may discuss your concerns directly with that coach, but please discuss all concerns with Coach Maruti, so that he can make any necessary adjustments.
4. If another parent comes to you with any complaints about the coach's performance or policies, feel free to listen, but encourage them to speak directly to the Coach Maruti. This is the **only** way to resolve the problem. Please do NOT add your opinion to what they are discussing, as this does NOT help solve the problem at hand.

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 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 backed 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 despite fear of discomfort.

Section E – Parent Support Committee and Financial Information

The Wahoo Boosters Club

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 support and run successful home meets and assist at away meets. Parent's responsibilities include announcing events and lining up swimmers (Bullpen), scoring meets (Timers/Scorer's Table), timing events, running the food table, and officiating during the meets.

Another purpose of the Club is fundraising. For our team to be successful, we need to raise money. The money is used for operating expenses such as: ribbons, trophies, lane lines, flags, timing equipment, computers, software...etc.

All parents or guardians of children participating in the Newport County YMCA Wahoo Swim Team are a VERY important part of the boosters. We can NOT run successful swim meet without you.

The leadership of the Club is provided by an Executive Committee. We meet regularly so that we can continue to run a very successful 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
- 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

- Works directly with Newport County YMCA fundraising manager
- Form committees for the team's 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; except for the Aquatics 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 their position through the voting process.

All regular positions are elected by majority vote of the Club members at the banquet. Each member is entitled to one vote. 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, constitute a quorum.

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

Press Releases/Meet results to local papers

Team records/Personal bests

Fee Structure

The current team fee requirements are:

- SENEKY dues \$20.00 (paid at initial registration)

- Registration fee of \$25.00 (non-refundable/paid at initial registration)
- Every swimmer must be an annual YMCA member in good standing with all registration fees and all meet entry fees current.
- Season fees – Must be paid through Auto Draft and set up at the time of registration
- Meet Fees for meets that require an additional fee (noted on the Meet Schedule) will be invoiced and are payable upon receipt.

The commitment to the Newport County YMCA swim team is for a season of swimming.

****Although the fees are broken down into monthly installments, you are signing up for the season (Early September - February) and are responsible for full payment. Sorry, but we cannot prorate for missed months due to other commitments.**

It is the responsibility of the member to notify the Head Coach/Aquatics Director of any intention to terminate. 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 outstanding bills owed to the YMCA for the team, your swimmers will immediately become ineligible to swim and will not be able to participate in practices or meets until their account is up to date and in good standing with the YMCA.

If you have any questions about billing you may have received, please contact the Cari Beck, Aquatics Director or Head Coach Maruti immediately.

*All Fees Subject to change without notice.

Section F – Competition

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 personal goals. What is more important than all the ribbons, medals and best times are who learned the most from the competitive experience? The development of interpersonal skills, such as discipline, listening skills, time management and goal setting are all good examples that will help develop our swimmers to become successful people, with the ability to contribute to the world outside of swimming.

Sportsmanship is just as important as improved performance. We, as coaches, teach our swimmers to behave like a champion, whether you had a phenomenal race or a poor one. They will have respect for officials, congratulate other competitors, encourage teammates and be great role models.

We ask our swimmers to set realistic, yet challenging goals and to use their goals as motivation during practice.

All our swimmers are prepared and encouraged to compete in all swimming events. We will prepare them in all strokes and distances.

Meet Schedule

Each season the meet schedule is distributed, posted on the bulletin boards and on the Newport County YMCA Wahoos website. There are both “dual” (only one other team) meets and “invitational” (many teams) meets. Dual meets are competitions between teams. Invitational meets are mainly competitions between individual swimmers.

Dual meets

There will be an event ‘wish list’ posted on the team bulletin board in the hallway for each dual meet. This allows swimmers to let the coaches know which events they would like to compete in. This is also the official sign up for the meet. Yes or No should be placed beside your name by the posted deadline so the coaches can create the meet roster. Again, this is a “wish list” and swimmers are not guaranteed to be put in all the events requested. The final decision on events entered is made by the coaching staff.

Invitational meets

Swimmers need to sign up for Invitational Meets on the bulletin board in the main hallway to the pool. Any meets requiring an additional fee will be invoiced and payment is due upon receipt. Most invitational meets have qualifying times; please check with your Coach Maruti before registering your swimmer.

SENECY Championship Meet

We have one Mandatory event, and all swimmers are expected to attend the SENECEY Championship Meet at the end of the season. This is a team effort meet and requires swimmers to have competed in at least 3 meets throughout the season as well as be signed up for the team before December 1st of the swim season in order to qualify.

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.

****SENECY Championships is our last meet and will conclude our Short Course season training. Practice for those who have qualified for “Post Season” events will continue until they have completed all Post Season events.***

New England/National YMCA Championships

The New England and National Championships are qualifying meets. The qualifying times are posted at the beginning of each season. Relay teams are sometimes sent to New England Championship with each age group who has an individual qualifier. Nationals must have a qualifying time for all events, including relays. Typically, New England Championship are held in mid-March in Boston, Massachusetts and Nationals are held in Greensboro, North Carolina in early April. Additional sign up and monthly fees will apply and will be handled through our Welcome Center. **Swimmers and Parents are responsible for paying for their entire travel expenses to these meets.** If you anticipate qualifying for these meets and are interested in organizing a targeted fundraiser to help with costs, please talk with the booster board as soon as possible so they can help you with your efforts!

What 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. Meet attendance and participation throughout the entire season is important. YMCA meets offer the experience necessary for the championships. **At a MINIMUM, all Wahoos must attend 3 (THREE) dual meets to qualify for SENECY Championships.**

What to Take to the Meet

1. Most important: Wahoo Team Swimsuit and 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. Appropriate footwear for walking on wet surfaces
6. T-shirts: two or three. Same reason as above.
7. For younger swimmers: travel games, coloring books, anything to pass the time.

8. Food: bring healthy snacks, stay away from snack table items until after your events are over, unless it's fruit or bagels. Some suggestions for items to bring:
 - a. Drinks: water, fruit juice, Gatorade
 - b. Snacks: granola bars, fun fruits, yogurt, cereal, Jell-O, sandwiches.
 - c. No glass containers allowed on any pool deck.
8. Medication: If your child is on any medication such as a rescue inhaler...etc.

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 warm. 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 swimmer's 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 swimmer's forearm in permanent ink. This helps them remember what events they are swimming and what event 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 meet will usually start 10-15 minutes after warm-ups are over.
7. Heat Sheets are usually available for sale in the lobby or concession table. They list all swimmers in each event 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 or hallway. He/she will be asked to report to the blocks or to the bullpen. Generally girls' 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.

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. This is important so that coaches can give immediate feedback from the race.
4. When a swimmer has completed all of his/her events, he or she **must 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.
 5. Swimmers are expected to stay to the end of the meet to cheer on team members and in the case of home meets, to help break down the event.

Out of Town Meets

1. Parents are responsible for arranging transportation (and lodging if needed) to away meets.
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. It is also against YMCA policy
4. Usually, each visiting team will need to provide some timers (and possibly officials) for the meet.

Competitive Strokes

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. In most meets, events are held in all 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, breaststroke, butterfly, and freestyle (medley relay).

Very Basic Swimming Rules

Starts

If a swimmer jumps the start and the starter determines to call a false start (whether intentional or not), they will be disqualified from the race.

Turns and finishes

1. Freestyle: feet must touch the wall
2. Backstroke: Swimmers must be on their back when they touch the wall. After he/she touches they 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 must 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.

Section G – Recognition and Awards

Receiving Awards in Public

Whenever there are awards presented at a meet, we expect our swimmers to cooperate and be respectful during and after the presentation. A team uniform should be worn when accepting the award. Swimmers should congratulate the other swimmers and always show good sportsmanship. If photos are being taken, be sure to stay until they are finished and be respectful.

Team Awards

Every year awards are handed out at our end of the season banquet. It is 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.
- **Sean Kelly Award** – This award is in honor of Sean Kelly, a previous Wahoo swimmer who lost his fight with cancer in 2017. Sean was an extremely hard worker in the pool and always had a positive attitude in the pool, even when practices got tough. Sean was also a great team member by mentoring the younger kids during swim and continuously motivating other swimmers during the tough part of the swim season. This award is presented to the swimmer who represents all these values over the course of 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 except for the spirit award is at the coaching staff’s discretion. The coaches are with the swimmers daily and know them the best. Please respect the decisions that are made.

**Swimmers are eligible to win more than one award per season.

I/we understand and agree to the terms and conditions of the Wahoo Swim Handbook for the swim season 2020-2021. Please return this signature form with the following:

Emergency Contact Information
Health Information
Volunteer Contract
Terms and Condition for Participating
Parent Code of Conduct
Honor Code
COVID-19 Minor Waiver Form
Auto Draft

Print Swimmer's Name

Swimmer's Signature

Date

Print Parent/Guardian's Name

Parent/Guardian's Signature

Date

Wahoo Swim Team Emergency Contact

This form must be completed and turned in at the time of registration.

Swimmer's Name

_____, _____, _____
Last Name First Name Middle Initial

Address

Street City State

Email Address _____

Wahoo Team information will be sent to this address, please use one that will be check regularly

Birth Date: _____ **Age:** _____

Parent's Information (Emergency Contact)

Name Email Address

Phone Number Alternative Number

Name Email Address

Phone Number Alternative Number

Swimmer's Health Information (This is a confidential form)

Please Circle YES or NO and provide additional details were requested

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

If yes, please list allergies:

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

If yes, please list and give reason:

Has a doctor ever told you that you have epilepsy? NO YES
When was your last seizure? _____
Medications, _____ if _____ any:

Has a doctor ever told you that you were anemic? NO YES
When:

Has a doctor ever told you that you have asthma? NO YES
Medications, _____ if _____ any:

Do you wear glasses or contacts during competition: NO YES

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: _____

Have you injured your knee in the past two years?

NO

YES

Type of Injury: _____

Right or Left:

Dates: _____

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

NO

YES

Type of Injury: _____

Right or Left:

Dates: _____

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

NO

YES

Specify and give details:

Signature of Parent/Guardian

Date:

Signature of Swimmer

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 concession stand at all home meets. The second is through various fundraisers throughout the year (swim-a-thon, Pentathlon, etc.). Families are expected to contribute to both throughout the season.
2. It takes approximately 30 people or more to run every meet we host at the Newport County YMCA during the season. The presence and participation of every Wahoo Family assures our ability to continue running successful meets and alleviates unfair burden on the other volunteers.
3. **For every home meet, parents are required to contribute food to the concession stand and volunteer their time in various roles during the meet.** The Meet Director will volunteer sign ups on the Team Unify calendar with available positions prior to the meet. Parents who do not sign up will be assigned to fill remaining slots.
4. Away Meets and Invitational/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 fill our team's requirements. If we do not meet the volunteer requirements, our team could risk being eliminated from the meet.

Signature of Parent/Guardian

Date:

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 upon being invoiced. If any fees, including meet entry fees, are not paid then the swimmer(s) will not be able to participate until payment is made.
2. When a swimmer is moved from one training group to another, he/she 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 entire season 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 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

Date

Signature of Swimmer

Date

**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. Always maintains self-control
 - a. Swimmers – Swim
 - b. Coaches – Coach
 - c. Officials – Officiate
 - d. 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 Team, I voluntarily subject myself to disciplinary actions. The Wahoo Swim Team maintains the right to remove parents from the practice and/or swims meets facilities and terminates any membership with/without cause in the interest of our vision, mission and objectives.

Print Name of Parent

Signature of Parent

Date

**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 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 calls 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 and reading the bulletin board.
8. All member 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.

Parent/Guardian Signature

Date

Swimmer Signature

Date

Minor Participant Waiver, Release, Indemnification of All Claims & Covenant Not to Sue

PLEASE READ CAREFULLY. THIS DOCUMENT EFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE **RELEASING** NEWPORT COUNTY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE

Assumption of Risk

I, in my legal capacity as the parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of Newport County YMCA facilities, services, equipment and premises ("Facilities") and any participation in Newport County YMCA programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that Newport County YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness, or death sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and I HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

Minor Name (Print Clearly)

Date

Parent Name (Print Clearly)

Parent Signature

Newport County YMCA Wahoo Swim Team

Auto Draft

Name of Payer

Address

City

State

Zip Code

Credit Card

Expiration Date

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ACH Debit: Account Number:

Routing Number:

Bank Name: _____

Signature of Authorization: _____

Date: _____