



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

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  
Auto Draft

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Print Swimmer's Name

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Swimmer's Signature

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Date

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Print Parent/Guardian's Name

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Parent/Guardian's Signature

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Date



**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:

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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:

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Has a doctor ever told you that you have epilepsy?      NO      YES

When was your last seizure? \_\_\_\_\_

Medications, \_\_\_\_\_ if \_\_\_\_\_ any:

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

When:

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Has a doctor ever told you that you have asthma?      NO      YES

Medications, \_\_\_\_\_ if \_\_\_\_\_ any:

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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:

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\_\_\_\_\_  
**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.

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**Signature of Parent/Guardian**

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**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