



**Newport County YMCA
Wahoo Swim Team
Handbook
2022-2023**

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Section A – Introduction and Team Philosophy

Introduction

This handbook is intended to provide information helpful to the families and swimmers of the Newport County YMCA Wahoo Swim Team (“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/Guardian and Swimmer
Emergency Contact Information
Swimmer’s Health Information
Volunteer Contract
Terms and Condition for Participation
Parent/Guardian Code of Conduct
Honor Code
Auto Draft Authorization or Payment in Full for the season

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

Team Philosophy

The purpose of the Wahoo Swim Team’s 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 their 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, and building/enjoying friendships are just a few goals we have for our swimmers.

Of course, while coaches, families, and 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. In addition to becoming stronger athletes, we teach our swimmers to become stronger individuals. We work to foster lifelong skills such as sportsmanship, accountability, teamwork, leadership, etc. 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

Coaching Staff

The Wahoo Swim Team consists of professionally trained coaches. They are YMCA and USA Swimming certified 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 YMCA Wahoos, where he is now entering his seventh year with the team, first as an Assistant Coach and as Head Coach since December of 2019.

Assistant Coach Cathy Motta

Coach Cathy has been coaching the sport of swimming for over 20 years. She has had many experiences coaching various age group teams in the area, as well as coaching the University of Massachusetts Dartmouth varsity swim team.

Assistant Coach Alyssa Grant

Coach Alyssa swam for Worcester Polytechnic Institute and moved to the area after college. Alyssa continues to swim as a way to maintain fitness. Alyssa joined the Wahoos coaching staff during the 2021-2022 swim season, and is eager to continue to spread her knowledge of the sport to the next generation.

Assistant Coach Abby Preston

Coach Abby is a former Wahoo and swam on the team from ages 8-17. While swimming for the Wahoos, Abby also swam for Rogers High School. After high school, Abby took up sailing while in college. Now, she is back in the area and swims as a form of exercise. Abby is very excited to come back to the program that she was once a part of.

Assistant Coach Chris Spaight

Coach Chris is a runner and triathlete and currently a very active lifeguard at the Newport County YMCA. In his free time, you can find Chris swimming in the mornings to maintain his fitness. Chris has also recently become interested in teaching and coaching the younger generation how to swim and is very excited to start working with the Wahoos.

Assistant Coach Jordan Glenning

Coach Jordan is an alumna of the Wahoos and will be entering her fourth season coaching the Wahoos. Even while Jordan has been at school training to be a physical therapist, she has been coming back on her breaks to continue coaching the swim team.

Assistant Coach Mike Stein

Coach Mike used to be a former swimmer in his childhood days. Although his love for soccer pulled him away from the sport, Coach Mike has been finding his love for swimming again as he is training for triathlons. Both of his daughters swim for the Wahoos, which has also fostered his interest in giving back to the sport and joining the Wahoos coaching staff.

Coaches' Responsibilities

The coaching staff'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, they 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 as well as relay line ups.
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 family'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, 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.

Section C – Team Structure, Training Programs, and Swimmer Responsibilities

Team Levels

The SENEY (South Eastern New England Conference of YMCA's) League is divided into five age groups and separated by gender. These age groups are 8 & under, 9 & 10, 11 & 12, 13 & 14, and 15 & 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 on, 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.

Training Programs

Each training group will be focused on developing and strengthening the following skills :

1. Streamline on all starts and turns
2. Proper stroke technique
3. The 'language of swimming'
4. Stretching exercises and nutrition
5. Equipment use & maintenance
6. Team rules
7. Sportsmanship
8. Practice etiquette
9. Team unity

Each swimmer will progress at their 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: Novice/Mini, Junior I, Junior II, Senior I, and Senior II.

Novice/Mini Group

This training group is for our swimmers who are brand new to the sport. 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.

In order for swimmers to gain the most strength and stroke effectiveness, it is recommended that swimmers in this age group attend 3 practices per week to ensure consistent development and practice of skills.

Junior I

This practice group is intended for swimmers ages 9-12 with little to no competitive swimming experience (0-2 years of experience). The emphasis of this group is to work on developing proper swimming technique. Practices will be very drill oriented in the beginning as 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. Swimmers in this age group will also be introduced to swim practice terms which will be required in higher level practice groups.

Swimmers in this age group should attend NO LESS than four practices per week. Please remember consistency is the key and cannot be obtained if swimmers are not attending.

Junior II

This practice group is intended for swimmers ages 9-12 who have spent multiple years on a swim team and have shown the capability to swim consistently in practice. While this group will continue on stroke and technique refinement, this group will also work on developing endurance and stamina in preparation for the senior level practices. Swimmers will be expected to complete sets as directed.

The expectation for the swimmers in this group is that they will attend practices 4-5 days per week to continue to build endurance and get the most out of the program.

Senior I

Much like Junior I, the Senior I training group is intended for swimmers aged 13 & over who are new to the sport. This practice group is also for those swimmers who are transitioning from the Junior level practices. This group will continue to focus on teaching proper technique and fundamentals, while slowly increasing the training volume to allow the swimmers to build endurance over the course of the season. These swimmers will also begin to learn the importance of leadership and setting good examples of being a good teammate to the younger swimmers.

Swimmers in this age group should attend practices 5 days per week to get the most out of the program.

Senior II

This practice group is for our strongest and most experienced group of swimmers. 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 in intensity.

Swimmers in this practice group are expected to come to practice 5-6 days per week to ensure they are exposed to all the different methods of training used over the course of the week.

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, fins, kickboard, hand paddles (13 & over), front snorkel (optional), a practice bathing suit (team suits should only be worn for competition) and **water bottle**. Access to water is limited and swimmers hopping out to go to the water fountain is very disruptive to practice.
2. Swimmers attending dryland sessions are required to bring running sneakers, gym clothes (shorts, t-shirt, socks), and **water bottle**. If swimmers do not come with the proper attire, they will not be allowed to attend the dryland session that day.
3. 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.
4. **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 in order to prevent injury. **Workouts cannot be adjusted to accommodate late swimmers without interrupting the entire group.** *See Coach Maruti for any questions regarding this policy.
 - a. If practices start late due to swimmers not being ready to start on time, the swim coaches have the authority to keep the swimmers past the scheduled end time of practice to ensure the workout is completed.
 - b. If a swimmer shows up late to practice and takes longer than 10 minutes to get in the water, they will be sent home.
5. Swimmers should also be picked up no later than 15 minutes after their practice is over.
6. 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 they need to be dismissed early, please let one of the coaches know as soon as possible.
7. Occasionally, it may be necessary to change or cancel a practice. Parents/guardians 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 email address is correct with the Welcome Center.
8. Swimmers are to enter the building through the front doors and check in at the Welcome Center. Swimmers 15 & over should use the Women's or Men's locker room. All swimmers 14 & under are to use the Universal locker rooms. This is a Newport County YMCA rule and will be strictly enforced.
9. All swimmers are required to shower (head to toe) before swimming
- 10. Cell Phone use is prohibited in all locker rooms and during practice**
11. All personal items must be locked in a locker (please provide your own lock) or brought onto the pool deck. **The Newport County YMCA is not responsible for lost or stolen items.**
12. Please keep social talking to a minimum while the coaches are giving instruction. All swimmers need to be able to know what's going on at all times.
13. 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.
14. 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/guardian.

15. 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.
16. Pull buoys, paddles, and fins are also available in a limited number for swimmers. Snorkels and paddles are needed for some Senior practices.
10. Always follow the pool rules of the Newport County YMCA and all other facilities. Swimmers should be aware that they represent the Newport County YMCA at all times, whether during training or at meets.

Illness and Injury

Parents/guardians 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 Coach Maruti through email at maruti515@gmail.com or a phone call at 610-804-2453, so he is aware of the problem.

If a swimmer stays home from school, then they are 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 they 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 families 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 at the beginning of the season. Information about ordering a team suit and sizing will be sent to the team at the beginning of the 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.

There will be an opportunity to buy other team apparel (t-shirts, sweatpants, sweat shirts, shorts, etc.) over the course of the season. Information about ordering apparel will be sent out by the Wahoo Boosters.

Section D – Parent/Guardian Responsibilities

Parent/Guardian Responsibilities

To have a successful program there must be understanding and cooperation among parents/guardians, swimmers, and coaches. The progress your swimmer makes depends on these relationships. It is human nature, however, for a parent/guardian to lose some of their 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 swimmers progress is to be a loving, supportive parent/guardian. 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 is 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 away meets we will be asked to supply a certain number of volunteers for timing.
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 able. If a swimmer becomes ill please be sure to notify Coach Maruti as soon as possible. Swimmers should sign up for any dual meets on the team website by the Wednesday leading up to the meet. This will give the coaches ample time to select their events. If your swimmer chooses to compete in an invitational meet, please make sure they are registered by the entry deadline. Any meet fees associated with invitational meets will be charged to your credit card on file with the Newport County YMCA.
6. A strong relationship between swimmer and coach is very important and produces the best results. When a parent/guardian interferes with opinions on how the swimmer should swim or train, it causes considerable confusion as to whom the swimmer should listen. If you have any concerns regarding coaching or training, please contact Coach Maruti directly.
7. The coach's job is to teach competitive swimming techniques, motivate, and constructively adjust swimmers performance. Your job as parents/guardians is to support, love, and encourage your children to do their best. Both of our jobs are equally important for a successful swim season.
8. Because 10 and unders 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 distances 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 of 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. If you are not receiving team updates, please contact Coach Maruti or Boosters President Celine Leger-Wesson at CRL6363@gmail.com.

Our team website is: www.teamunify.com/ymca-6030 (“Team Unify”). This is another source to find Wahoos Swim Team information.

If you choose to call and leave a voicemail, please consider that coaches are on deck during the scheduled practice times 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 coaches do not have access to her voicemail.

Problem with a Coach?

One of the most common swim team communication gaps is that some parents/guardians 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, please discuss any and 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 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 in spite of fear of discomfort.

Section E – Team Support and Financial Information

The Wahoo Swim Team Boosters Club

All parents/guardians of children participating in the Wahoo Swim Team program are automatically members of the The Wahoo Swim Team Boosters' Club ("Boosters"). There are no membership dues, however all members are urged to actively participate and to support all of the Boosters' activities.

The main responsibilities of the Boosters are as follows:

- 1- To support the Wahoo Swim Team through volunteering. Members plan and execute all of the home meets, provide assistance at all away meets, and assist the coaching staff with administrative duties as needed.
- 2- To support the Wahoo Swim Team through fundraising. Funds are used for operating expenses, to purchase and/or maintain team-related equipment, and to provide team-building social activities throughout the season.

The Boosters are led by an executive committee comprised of 4 elected officials (President, Vice-President, Treasurer, and Secretary), 2 non-elected officials (the Aquatics Director and Head Coach) and 6-8 volunteer positions, such as Communications, Fundraising, Meet Director, and various committee heads, as needed. The executive committee communicates with the rest of the members via Team Unify.

All members are encouraged to become actively involved with the Boosters, who meet regularly throughout the season. Should you have any questions, the President for the 2022-2023 season is Celine Leger-Wesson, who can be reached at CRL6363@gmail.com.

Fee Structure*

A Newport County YMCA membership is required to participate on the Wahoo Swim Team.

Registration Fee: \$25.00 non-refundable fee at the time of registration.

Senecy League Fee: \$20.00 per swimmer payable at the time of registration. This fee registers each swimmer with the Senecy League and allows them to participate in the league's swim meets and championships.

Invitational Meets: These meets may require an additional fee to participate and for each event entered to swim. Invitational Meets will be **billed to the credit card you have on file** and an email receipt will be sent to you upon payment.

Season Fees:

The commitment to the Wahoo Swim Team is for the full season of swimming. **Although the season fees can be paid in 6 monthly installments, you are signing up for the season (September - February) and are responsible for full payment. Sorry, but we cannot prorate for missed months due to other commitments.**

Novice/Mini: 8 and under

Practice Days: Monday and Wednesday 5:00-6:00 pm and Friday 4:00-6:00 pm

Price: \$570 for season or \$95 monthly (Sept. – Feb.)

Junior I: 9-12 years old – 0-2 years swim team experience

Practice Days: Monday – Thursday 5:00-6:30 pm, Friday 4:00-6:00 pm

Price: \$930 for season or \$155 monthly (Sept. – Feb.)

Junior II: 9-12 years old – 3+ years swim team experience

Practice Days: Monday – Thursday 6:30-8:30 pm and Friday 4:00-6:00 pm

Price: \$930 for season or \$155 monthly (Sept. – Feb.)

Senior I: 13 and up – 0-2 years swim team experience at Senior Level

Practice Days: Monday – Thursday 6:00-8:00 p and Friday 4:00-6:00 pm

Price: \$1,110 for season or \$185 monthly (Sept. – Feb.)

Senior II: 13 and up – 3+ years swim team experience at Senior Level

Practice Days: Monday – Thursday 6:00-8:00 pm and Friday 4:00-6:00 pm

Additional Practice: Sunday 9:00-11:00 am

Price: \$1,200 for season or \$200.00 monthly (Sept. – Feb.)

Dry Land Training – TBD

Payments: Payments can be made in full at the time of registration or a monthly auto draft on the 1st of each month. Please note that there will be additional monthly fees for swimmers that qualify for New England or Nationals Championships. The amount of these fees will be based on the number of weeks practice will take place.

If a swimmer has overdue Wahoo Swim Team fees owed to the Newport County YMCA, they 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. If a swimmer quits the program or is dropped from the program because of unpaid bills, overdue and current account balances are immediately payable in full.

If you have any questions, please contact Cari Beck, Aquatics Director at carib@newportymca.org or Coach Maruti.

*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 Wahoo 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 is who learned the most from the competitive experience. Discipline, listening skills, time management, and goal setting are all good examples of interpersonal skills we will develop that will help 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 they 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. Coaches will be available to discuss and help swimmers set their goals as well as develop a plan to achieve those goals.

All of our swimmers are prepared for, and encouraged to compete in, all swimming events. We will prepare them in all strokes and distances. Swimming at meets is the best way to learn how to swim all the events and allow the coaches to determine if any changes need to be made to the training plans.

Meet Schedule

Each season the meet schedule is posted on the team website as well as distributed to all of the families. 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 with specialty events that are not available at normal dual meets.

Dual meets

The dates and sign ups for all the dual meets will be placed on the Team Calendar on the team website. Swimmers will need to sign up for the dual meets by the Wednesday leading up to the dual meet. While signing up, swimmers will be able to write a ‘wish list’ of events they would like to swim. There is no guarantee that swimmers will swim the events on their wish list, but coaches will take the list into consideration. The final decision on events entered is made by the coaching staff.

Invitational meets

The dates and sign ups for all invitational meets will be on the Team Calendar on the team website. Swimmers need to sign up for Invitational Meets by the entry date posted on the website in order to guarantee entry into the meet. Any meets requiring an additional fee will be charged to your credit card on file with the Newport County YMCA. Some invitational meets have qualifying times; please check with Coach Maruti before registering your swimmer.

SENECY Championship Meet*

We have one mandatory event and **all swimmers are expected to attend the SENECY Championship Meet at the end of the season. This is a team effort meet, and requires swimmers to have competed in at least 3 SENECY 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 those events.**

New England/National YMCA Championships

The New England and National Championships are qualifying meets. The qualifying times will be posted at the beginning of the season. Relay teams are sometimes sent to New England Championships with each age group that has an individual qualifier. Typically, New England Championships 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/guardians 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 Boosters executive 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) SENECY meets to qualify for SENECY Championships and any subsequent championship meets.**

What to Take to the Meet

- 1. Most important: Wahoo Swim Team swimsuit and cap, goggles.**
- 2. Towels – realize your swimmer will be there a while so pack at least two.**
- Sweat suits: swimmers may want to bring two because they can get wet and soggy
- 4. Appropriate footwear for walking on wet surfaces**
- T-shirts: two or three. Same reason as above.
- For younger swimmers: travel games, coloring books, anything to pass the time.
- Food: bring healthy snacks and stay away from snack table items until after your events are over, unless it's fruit or bagels. Some suggestions for items to bring:
 - Drinks: water, fruit juice, Gatorade
 - Snacks: granola bars, fun fruits, yogurt, cereal, Jell-O, sandwiches.
 - No glass containers allowed on any pool deck.
- Medication: If your child is on any medication such as a rescue inhaler or insulin

Please do not hesitate to ask any other Wahoo Swim Team parent/guardian for help or information. These meets are a lot of fun for the swimmers. They get to visit with friends, play games, and meet kids from other teams. They also get to race and see how much they have improved from all of the hard work put in at practice.

Special note to parents/guardians: 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 (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. Being 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. They will be asked to report to the blocks or to the bullpen. Generally girls' events are odd numbered and boys' events are even numbered.
3. During a dual meet the bullpen volunteer 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) their time.
 - b. **They should go immediately to their coach.** The coach will ask them their 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 their events, they **must check with the coach before leaving** to make sure they are not included on a relay team. Please remember that there are other swimmers involved in these relays and count on all of their teammates in order to compete in them.
5. **Swimmers are expected to stay to the end of the meet** to cheer on teammates and, in the case of home meets, to help break down the event.

Out of Town Meets

1. Parents/guardians are responsible for arranging transportation (and lodging if needed) to away meets.
2. Parents/guardians are encouraged to attend out-of-town meets with their swimmers and to chaperone others. The coaches have too many responsibilities to the entire team to accept responsibility for individual swimmers. It is also against YMCA policy.
3. 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 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, 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 have to touch the wall
2. Backstroke: Swimmers have to be on their back when they touch the wall. After they touch, they must push off on their back. At the finish, a swimmer must finish on their 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.

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 show good sportsmanship at all times. 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** – Voted upon by their teammates, this award is presented to the swimmer who has exhibited outstanding leadership and team spirit throughout the season.
- **Sean Kelly Award** – This award is in honor of Sean Kelly, a former 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, even when practices got tough. Sean was also a great teammate by mentoring the younger kids and continuously motivating other swimmers during the difficult part of the season. This award is presented to the swimmer who represents all of these values
- **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 award is given to the swimmer or swimmers who truly demonstrate what it means to be a Wahoo.
- **Most Valuable Swimmer (MVP)** – Presented to the swimmer or swimmers that contribute the most in their age group with points accumulated, dedication and cooperation during practices throughout the season, and sportsmanship shown within the team and toward other teams.
- **Most Improved Swimmer (MIP)** – Presented to the swimmer or swimmers that improve the most in their age group from the start of the season to the end. This includes both personal time improvements and stroke development.

*The final decision for all awards with the exception of the spirit award is at the coaching staff’s discretion. The coaches are with the swimmers on a daily basis and know them the best. Please respect the decisions that are made.

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

Signature Page

I/we understand and agree to the terms and conditions of the Wahoo Swim Team Handbook for the swim season 2022-2023. Please return this signature form with the following:

Emergency Contact Information
Swimmer's Health Information
Volunteer Contract
Terms and Condition for Participation
Parent/Guardian Code of Conduct
Honor Code
Auto Draft Authorization

Print Swimmer's Name

Swimmer's Signature

Date

Print Parent/Guardian's Name

Parent/Guardian's Signature

Date

Newport County YMCA Wahoo Swim Team
Swimmer's Health Information
(This is a confidential form)

Swimmer's Name: _____

Please Circle YES or NO and provide additional details where requested

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

If yes, please list:

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

If yes, when was your last seizure? _____

Medications, if any:

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

If 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

**Newport County YMCA Wahoo Swim Team
Swimmer's Health Information - page 2**

Swimmer's Name: _____

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 health conditions that we should be aware of (ulcers, diabetes, food or insect allergies, tendonitis, etc.)? NO YES

If yes, please list and give details:

Signature of Parent/Guardian

Date

Signature of Swimmer

Date

Newport County YMCA Wahoo Swim Team 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. **Families are expected to contribute to both of these.**
2. It takes at least 30 volunteers to run every meet we host at the Newport County YMCA. 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, families are required to contribute food to the concession stand and volunteer their time in various roles.** The Meet Director will post volunteer sign ups on the TeamUnify calendar prior to the meet. Families who do not sign up will be assigned to fill remaining positions.
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 families 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.

I understand the above volunteer commitments to the Wahoo Swim Team and agree to contribute as required.

Print Name of Parent/Guardian

Signature of Parent/Guardian

Date

**Newport County YMCA Wahoo Swim Team
TERMS AND CONDITIONS FOR PARTICIPATION**

1. All team members are expected to maintain a current (annual) Newport County 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, 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, they 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 expected to participate in YMCA dual meets and the SENEKY Championships.
5. Each swimmer and parent/guardian is responsible for reading and understanding the contents of the Wahoo Swim Team Handbook.
6. Swimmers and their families 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.

Print Name of Parent/Guardian

Signature of Parent/Guardian

Date

Print Name of Swimmer

Signature of Swimmer

Date

Newport County YMCA Wahoo Swim Team PARENT/GUARDIAN CODE OF CONDUCT

As the parent/guardian of a swimmer on the Newport County YMCA Wahoo Swim Team, I will abide by the following code of conduct:

1. Practice teamwork with all of the families, swimmers, and coaches by supporting the YMCA cores values of Caring, Honesty, Respect and Responsibility
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, families, officials, and the coaches at meets and practices.
4. Maintains self control at all times.
 - a. Swimmers – Swim
 - b. Coaches – Coach
 - c. Officials – Officiate
 - d. Parents – Parent
5. Understand that criticizing, name calling, and the use of abusive language or gestures directed towards the coaches, officials, other parents/guardians, 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/guardians with positive communications and actions.
7. During competitions, and throughout the season, direct questions or concerns regarding decisions made by the meet officials 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 meet facilities and terminate any membership with/without cause in the interest of our vision, mission and objectives.

Print Name of Parent/Guardian

Signature of Parent/Guardian

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 coaches, acts in a manner that contradicts the objectives listed below will be asked to leave immediately (at the expense of the family 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 be 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 families are prohibited.
3. At all team functions, whether practices, meets, or social gatherings, we expect each swimmer and parent/guardian to behave in a way that reflects positively on the team.
4. Swimmers and parents/guardians are never to interfere with the progress of another swimmer during practice or competition.
5. If a swimmer or parent/guardian has 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/guardian 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 and parent/guardian to stay up to date with meet information and team events by regularly checking their email.
8. All members of the Wahoo Swim Team, whether families 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.

Print Name of Parent/Guardian

Parent/Guardian Signature

Date

Print Name of Swimmer

Swimmer Signature

Date

