



Newport County YMCA Wahoo Swim Team Handbook 2024-2025

Coaching & Aquatics Staff

Emily Cush, Aquatics Director

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Roles and Responsibilities of Parents and Swimmers Registering for the Newport County YMCA's Competitive Swim Team

The Newport County YMCA Wahoos Swim Team is first and foremost a swim **TEAM**. Although swimming is an "individual" sport, everyone's individual contributions score points for the overall team scores at various meets. When joining the Wahoos, you are committing to:

1. **Attend at least 50% of the practices offered.** Consistency is key to improving as a swimmer and the more practices you come to, the more progress you will make. Coaches can only make adjustments based on the swimmers who come to practice on a consistent basis.
2. **ATTEND AT LEAST 3 LEAGUE MEETS OVER THE COURSE OF THE SEASON.** This is a league requirement in order to be eligible for the SENEKY League Championship meet. **THE SENEKY LEAGUE CHAMPIONSHIP (MARCH 1-2) IS ALSO A MANDATORY MEET THAT ALL ELIGIBLE SWIMMERS MUST ATTEND.** This meet determines our ranking in the league, so everyone's contribution is key. We have beat out our closest rivals by just a handful of points in previous years.
 - a. If a swimmer has not attended a meet by winter break, they will be removed from the roster unless the swimmer and the parents discuss a plan with the Head Coach on how to attend the 3 meets before the end of the season.
3. **As a parent of a swimmer, you agree to volunteer at swim meets, both home and away.** Swim meets can only happen with the power of the parent volunteers. Volunteer positions include, but not limited to, donating items for the food table, timing, running the bullpen, running the food table, setting up for the meet, cleaning up after the meet, etc. Many invitational meets may also need parents to help with timing. If everyone does their share, the burden then does not fall on only a few parents.

By signing below and registering for the team, you and your swimmer are committing to fulfilling these obligations at a minimum. The team shares the motto, "We succeed as a team, and we fail as a team". Everyone's contributions are important to the success of

the team, both in and out of the pool. **Please be sure to read the remainder of the handbook for additional expectations for the team.**

Parent Signature

Date

Parent Name (Printed)

Swimmer Signature

Swimmer Name (Printed)

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 information has been completed, they are signed up with Emily Cush, Aquatics Director, 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.

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 promote their involvement as part of a team and an individual.
7. Coaches are to set an example of good behavior and sportsmanship for all athletes, at all times.

Team Levels

The SENEKY (South Eastern New England 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 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.

All prospective Wahoo swimmers need to attend one of the evaluation sessions held before the season or set up a time with Coach Maruti or Coach Jordan to

evaluate the swimmers. This not only helps us determine if the swimmer is ready to join the team, but also determine which practice group they belong in.

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 generally able to swim 100 continuous yards of Freestyle and Backstroke, as well as be able to demonstrate an understanding of Breaststroke and Butterfly for 25 yards.

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 techniques. 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 need to be able to swim 100 continuous yards of freestyle and backstroke and show an understanding of breaststroke and butterfly.

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 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 swimmers 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 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 several 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 the building of yardage and focuses 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, the 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 training methods used over the week. It is also recommended that swimmers attend dryland sessions when they are available.

Practice and Attendance Policies

The following guidelines are to inform parents and swimmers of our team policies regarding practice. These were developed to provide the best 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. GLASS WATER BOTTLES ARE NOT ALLOWED ON THE POOL DECK.** Access to water is limited

and swimmers hopping out to go to the water fountain is very disruptive to practice. **PLEASE LABEL ALL EQUIPMENT**

2. Swimmers attending dryland sessions are required to bring **running sneakers, gym clothes** (shorts, t-shirt, socks), and **a 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 expected 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 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, the coaches have the right to send the swimmer 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 needs to be dismissed early, please tell one of the coaches 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 check if your email address is correct with the Welcome Center or with Emily Cush.
8. Swimmers are to enter the building through the front doors and check in at the Welcome Center. After registration is completed with Emily Cush, swimmers need to ask the Welcome Center for a scan card. It is best to keep this attached to their swim bag. **Swimmers must check in with the Welcome Center EVERY time they arrive at the Y for a practice, meet, or other reason.** Swimmers 13 & over should use the Women's or Men's locker room. All swimmers 12 & 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 on deck 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 instructions. All swimmers must always know what is going on.
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.
17. 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.

Locker Room Policies

ALL JUNIOR 1&2 (Ages 9-12) SWIM TEAM MEMBERS are not allowed to utilize the locker rooms **WITHOUT A CAREGIVER PRESENT** BEFORE or AFTER Wahoos Practices. They are allowed to use the on-deck showers BEFORE getting into the pool (NCY Requirement and State Law) and can always use the bathrooms during practice if needed but **will not** be allowed to change after practice **unless** they have a caregiver in the locker room to supervise. **8 and Under** team members may change after practice with the assistance of a caregiver. 13 and Over members may use the Men's or Women's locker room to change after practice

All Wahoos families with children 12 and under must follow Newport County YMCA policies and be under adult (18+) supervision before and after swim team practice. Swimmers 12 and under must be brought up to the pool by a caregiver and picked up after practice before changing.

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 an extended period with an injury or illness, please notify Coach Maruti by email at maruti515@gmail.com or by phone 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, sweatshirts, shorts, etc.) during the season. Information about ordering apparel will be sent out by the Wahoo Boosters.

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 swimmer's progress is to be a loving and supportive parent/guardian.
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 make 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. Warmups are a very important part of both workouts and races.
5. We expect all swimmers to attend as many meets as possible. 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 distance. 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 and 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 the Newport County YMCA and the team have 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 an emergency, please call the Welcome Center at 401-847-9200, press Zero, and ask if they can send a message directly to the pool deck. Do not leave a voicemail with Emily Cush, 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 Wahoo Swim Team Boosters Club

All parents/guardians of children participating in the Wahoo Swim Team program are automatically members of 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 2024-2025 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: \$30.00 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 in 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. REFUNDS WILL ONLY BE GIVEN IF A SWIMMER IS UNABLE TO CONTINUE SWIMMING DUE TO EXTENUATING CIRCUMSTANCES (MEDICAL CONDITION, FAMILY MOVING, ETC.). REFUNDS WILL NOT BE GIVEN IF A SWIMMER DECIDES TO LEAVE THE TEAM AFTER NOVEMBER 1ST.

*****PLEASE NOTE-The days and times listed were LAST SEASON's practice times. Times will be changing slightly this season, but it is still being determined. We have made more pool space available and will update families soon with this seasons' practice times.*****

Novice/Mini: 8 and under

Practice Days: Monday and Wednesday 5:00-6:00 pm and Friday 5:00-6:30 pm

Price: \$660 for season or \$110 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 5-6:30 pm

Price: \$1050 for season or \$175 monthly (Sept. - Feb.)

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

Practice Days: Monday – Thursday 6:30-8:00 pm and Friday 5-6:30 pm

Price: \$1050 for season or \$175 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 5-6:30 pm

Price: \$1230 for season or \$205 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 5-6:30 pm

Additional Practice: Saturday 7:00-8:45 am

Price: \$1320 for season or \$220 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 Emily Cush, Aquatics Director at emilyc@newportymca.org or Coach Maruti.

*All Fees Subject to change without notice. □

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.

Each swimmer is required to swim at least 3 meets during the season.

Swimming meets is how young athletes begin to feel comfortable with competition and also allows the coaches to make sure the training programs are working for kids.

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 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 SENECEY 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) SENEKY meets to qualify for SENEKY 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.**
3. Sweat suits: swimmers may want to bring two because they can get wet and soggy
- 4. Appropriate footwear for walking on wet surfaces**
5. T-shirts: two or three. Same reason as above.
6. For younger swimmers: travel games, coloring books, anything to pass the time.
7. Food: bring healthy snacks 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:
 - 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 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 the hard work put into 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.

Competitive Strokes

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. In most meets, events are held in all competitive strokes at varying distances depending on the swimmer's age group. 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).

USA Swimming Registration

Starting in the 2023-2024 season, the Newport County YMCA Wahoos are also a USA Swimming registered swim team. This means that as a team we are able to attend various USA Swimming Sanctioned meets in the area. This allows the team to swim against other teams outside of the YMCA swimming programs. Over the course of the season, there will be a variety of USA Swimming invitational meets as well as championship meets that we will be attending.

To participate in a USA Swimming meet, swimmers must be a USA registered swimmer. To register, please follow the link:

<https://omr.usaswimming.org/omr/welcome/224FF0939C1B45>.

Becoming a USA registered athlete is optional, and should you not choose to register, you will still be able to attend all the YMCA dual meets, invitational meets, and championship meets. USA registration just opens up additional meets that you can attend and will also allow times from certain meets to go into the SWIMS database.

There will also be an additional charge from the Newport County YMCA to cover the registration cost for the team.

Awards

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. Please email Emily Cush, Aquatics Director, and Coach Maruti if you do NOT want your child photographed.

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 (MVS)** – 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 2024-2025. 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 Emergency Contact Information

Swimmer Information

Last Name _____ First Name _____ Middle Initial _____

Street Address _____ City _____ State _____ ZIP _____

Email: _____ Phone: _____

Wahoo Team information will be sent to this address
Please use one that will be checked **regularly**

Birth Date: _____ Age: _____

Parent/Guardian Information (Emergency Contacts)

Parent/Guardian #1

Name

Cell Phone

Email

Alternative Phone

Parent/Guardian #2

Name

Cell Phone

Email

Alternative Number

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

Swimmer's Name: _____

Please Mark 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.)?

If yes, please list and give reason: NO YES

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: _____

NO YES

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

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, anxiety, ADHD, etc.)?

If yes, please list and give details: NO YES

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 swim 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. Swimmers and parents/guardians are to respect and take care of any/all swim team equipment and the Newport County YMCA facility. Purposeful damage of property/equipment may require repair and/or replacement at parent or guardian's expense.
6. 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.
7. 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.
8. 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.
9. 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

Newport County YMCA Wahoo Swim Team Auto Draft Authorization

Name of Swimmer: _____

Name of Payer

Address

City

State

Zip Code

Check here if card is on file already with the Y.

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Last 4 digits of card number

Signature of Authorization

Date

If Credit Card/Bank Account is NOT on file, please fill out and sign below.

Credit Card

Expiration Date

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ACH Debit: Account Number:

Routing Number:

Bank Name:

Signature of Authorization:

Date: