



**Newton YMCA  
Winter Swim Team  
Handbook  
2023-2024**

# YMCA Swim Team

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## *Philosophy*

The philosophy of the Newton YMCA Swim Team is to help the development of each swimmer through a quality swim program. The purpose of this program is to work with the swimmer's total being: Spirit, Mind, and Body. Physical fitness is important, but mental attitude and spiritual growth are even more so. "Y" values: Caring, Honesty, Respect, and Responsibility, are implemented during this program. We believe fair play is important. Competing fairly is an essential part of competitive sports. It is a set of attitudes that include: respect for one's self, teammates, the other team, and the rules and officials who uphold them. We also believe young people should enjoy our program; therefore we encourage fun while learning and working hard.

## *Sportsmanship*

Every contest is based on certain rules, and it is only by abiding by those rules that the game is best played and enjoyed. Good sportsmanship is the Golden Rule: treat others as you would like to be treated.

## *Code of Conduct*

The purpose of the conduct policy is to ensure that every swimmer is provided an environment that allows them the opportunity to reach their individual goals. A swimmer's conduct at practices and swim meets shall support every other swimmer's ability to learn and the coaches' ability to teach other swimmers. Each swimmer should be committed to striving for his/her goals and for the good of the team. Good sportsmanship is of primary importance. Respectful behavior on the part of the swimmers, coaches and parents / guardians should be displayed at all times and places. Team membership is both an honor and a responsibility. Unsportsmanlike conduct will not be tolerated. Coaches are responsible for the behavior of the team. The Board Representative, or in his/her absence, the Parent Representative, is responsible for the behavior of the coaches and team parents / Guardians. The swim official has the authority to suspend a swim meet for un-sportsmanlike behavior. Any individual who cannot uphold the standards of good behavior may be denied further participation in league activities. Remember, the program is here for the benefit of the children. Please strive as parents / guardians, coaches, and swimmers to focus on this fact and encourage an enjoyable experience.

## *Practice and Swim Meets*

- Practice core values of caring, honesty, respect, responsibility, empowerment, leadership, and wellness
- Obey all pool regulations and rules.
- Be prepared for practice, arriving on time and with proper gear.
- Be on deck prior to the start of a training session for set-up.
- Do not enter the water until given permission by the coach.
- Listen and follow directions from the coaches and their assistants.
- Use all equipment and facilities for the intended purposes.
- Do not interfere with the ability of other swimmers to workout.
- Properly warm up prior to practice and meets.
- Be attentive and exhibit respect to coaches, teammates, and officials.
- At swim meets listen and be prepared to report to the clerk of course when your event is called.
- When visiting other facilities, treat those facilities as you would like your own facility treated.
- After practice and swim meets help clean up and put away equipment.

## *Locker Rooms and After Practice*

Swimmers are to utilize the Boys / Girls Locker rooms directly off the pool deck following practices.

\*Only those 18 and older may utilize the Men's / Women's locker rooms.

- No Phones out in locker rooms.
- Respect others and their belongings.
- Turn off water when done with showering.
- Keep noise level to a low talking level.
- Acts of vandalism, theft, or destructive behavior towards others or the facility will not be tolerated.
- Horseplay will not be tolerated.

## *Toward Teammates*

- Teamwork and cooperation are an absolute essential for success in any group endeavor. Group spirit, unselfishness, a concern for others, and self-sacrifice are all necessary for the best team performance.
- Criticism and sarcasm seldom accomplish anything beneficial. The result nearly always is less relaxation, more tension, and a decrease in skill.

## *Toward Opponents*

- The other team members are guests and should be treated accordingly.
- Uncomplimentary remarks toward or concerning the visiting team should never be made.
- Swim meets would not be possible without the participation of the other team.
- Treat your opponents as you yourself would like to be treated!

## *Toward the Officials*

- The official's job is a difficult one and respect should be the attitude of all swimmers.
- Their decisions must be respected so swimmers and spectators receive the greatest benefit from the meet.
- Officials are attempting to handle a difficult job to the best of their ability. Swimmers have the responsibility of establishing patterns of conduct by their actions.

## *Disciplinary Actions*

The following progressive disciplinary measures will be taken if the rules and the intent of this code are violated:

- Swimmer will receive a verbal warning.
- Swimmer will sit out of an activity or event for 10-15 minutes.
- Swimmer will be asked to leave the activity or event for the day.
- Swimmer will be denied competitive swimming privileges for one meet.
- Swimmer will be removed from the Penguins Swim Team for the season.
- If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of repair or replacement.

## *Conduct Expected of all Coaches*

- Treat everyone equally regardless of gender, disability, ethnic origin, or religion.
- Respect the talent, development stage, and goals of each athlete to help each reach their full potential.
- Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same.
- Do not disclose any confidential information relating to athletes without prior written consent.
- Ensure equipment, rules, training, and the environment is appropriate for the age, physical and emotional maturity, experience, and ability of the athlete.
- Begin and end practice on time.

## Conduct Expected of all Parents / Guardians

- Agree to abide by the code of conduct.
- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's effort and performance rather than winning or losing.
- Remember that children learn best by example.
- Volunteer to help at the swim meets. Holding a swim meet requires the work of many people. A home meet can take the help of 50 or more adult volunteers to host and conduct a successful meet. Fulfill your obligation knowing that the effort you put forth will directly impact your child's team experience.
- Respect the coaches, officials, swimmers, and other parents / guardians. If a parent / guardian does not show respect, that individual may be asked to leave the practice or the swim meet.

## Age Group Classification

A swimmer must swim in the age group he/she falls in as of December 1, 2023. All swimmers will practice and compete with his/her age group. Any deviations at coaches' discretion.

## Meet Information

- Warm-up time is allowed only before meets start, and it is an advantage to try out starting blocks, turns, etc., in an unfamiliar pool.
- Do not leave the meet site with swimmers during the meet without checking with the coach first. An absent relay member means no race for others. If a swimmer is ill, notify the coach immediately.
- It is the responsibility of the swimmer and their guardian to be up and ready for the race. The coach cannot be chasing after swimmers. Swimmers should write their event numbers on their hands and listen for their call to report.
- All swimmers should get their time from lane timers before leaving the pool. They are encouraged to talk to the coach for any comments or suggestions he/she may want to make about the race.
- Before leaving a meet, double check the team area to ensure you have all your belongings.

## What to Bring to a Meet

Swimsuit, towels, water, and nutritious snacks. Warm clothes to wear between events are also very important. You want to keep those muscles warm! Cards, games, or books are a good idea for keeping busy between races. Please avoid video games or electronics between events so you are focusing on your next event and cheering for teammates. Concessions available at most meets.

## Membership & Fees

- \$205 Swimmers 10 & Under
- \$220 Swimmers 11 & Older
- \$125 discount per additional child in the same family
- \$10 locker room key fob deposit (one per swimmer required)
- YMCA membership\*

\*A YMCA membership is required for participation in the winter program. **Swimmers must be a Y-member for 30 days prior to the first Y-League competition.**

Each swimmer will be assigned a key fob to access the locker rooms. A deposit fee will be charged for each registered swimmer, at the conclusion of the season each key fob turned back in will receive a full refund of the deposit.

## Equipment

Swimmers need to wear a tight-fitting one-piece suit and have a good pair of goggles. Many swimmers like the Speedo Vanquishers, TYR Black Ops, or TYR Swimples (younger kids). Swim caps are optional to wear but strongly recommended. Team apparel, suits and caps will be available to purchase if you choose to do so. None of the items are required. Swimming equipment (kickboards, pull buoys, paddles, etc.) will be provided.

## Meet Sign Up

Swimmers will sign up for regular meets online using Team Unify (desktop) or On Deck (app). **Sign up deadlines will be communicated for each meet.** Coaches *do* have the authority to sign swimmers up for events they feel would be beneficial both individually and for the team. All swimmers participating in a home meet will be expected to have an adult fill one of the volunteer positions. We cannot host swim meets without plenty of adult volunteers to help.

## Volunteers

We are always in need of volunteers to help with various tasks during the season. We need volunteers at home meets, plan end of year banquets, design team apparel, etc. If you would be interested in joining this committee or have ideas for team activities, please contact one of the coaches.

## Transportation

All swimmers are responsible for finding their own transportation to swim meets. In the event transportation is unavailable, coaches will try to help find alternative transportation.

## Communication

- All communication will be primarily emailed to families through Team Unify. Please check to make sure messages aren't going to your spam folder. Emails will be sent regarding any changes to practice times, deadlines for meet sign ups, as well as meet information. Parent / Guardian needs to sign in to be able to sign up for swim meets.
- The OnDeck app is free to download and uses the same login as Team Unify. The app is very helpful for signing up for meets rather than using Team Unify on a web browser.
- We will also share information and post updates to The Penguins Swim Team Facebook page.

## Team Apparel

All swimmers have the option of purchasing a team suit and swim caps. It is not mandatory to have a team suit/cap, if you are interested use the QR code below to visit our team store.

Each swimmer will receive one t-shirt through the Y. We will have a team store to order additional shirts for family and friends once we begin practices.

**All team apparel is optional, do not feel obligated to make purchases.**



## Practice Times (Subject to change)

Please be on deck **10 minutes** prior to scheduled practice time ready to swim!! Practice times might adjust depending on attendance and team numbers.

Rookie Try-it day October 23<sup>rd</sup> 5:30 – 6:30pm

November 2<sup>nd</sup> through November 10

	Monday	Tuesday	Thursday	Friday
10 & Under	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	No Practice
11 & Older	6:45 – 7:45	6:45 – 7:45	6:45 – 7:45	5:30 – 6:30

November 13<sup>th</sup> through end of season

	Monday	Tuesday	Thursday	Friday
10 & Under	5:30 – 6:30	5:30 – 6:30	5:30 – 6:30	No Practice
11 & Older	6:30 – 7:45	6:30 – 7:45	6:30 – 7:45	5:30 – 6:30

## Meet Schedule (subject to change)

Meet attendance is encouraged, but not required. More details on each meet will be emailed as they get closer.

Date	Location	Meet Type
Nov 18	MACR - Pentathlon	YMCA
Dec 2	Oskaloosa	YMCA
Dec 9	Boone	GISL
Dec 10	Waukee	YMCA
Dec 16	Indianola	GISL
Jan 6	Newton	GISL
Jan 13	Marshalltown	YMCA
Jan 27	Marshalltown	YMCA
Feb 3	Wellmark	YMCA
Feb 10	Grinnell	GISL
Feb 11	TBD – YMCA Sectionals	YMCA
Feb 17	Indianola	GISL
March 2	Marshalltown – Y State (Boys)	YMCA
March 3	Marshalltown – Y State (Girls)	YMCA
March 9	TBD – GISL State	GISL
March 22-24	Marion - YMCA Regionals	YMCA
March 23-24	MYAS	YMCA/GISL

## Contact Information

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