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LOCK HAVEN AREA YMCA

Loggerhead Swim Team

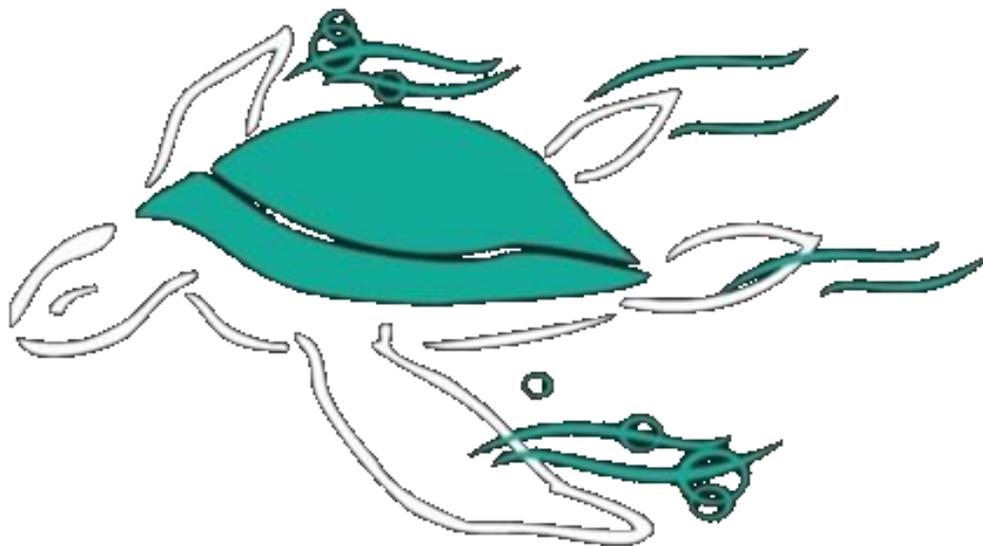
Swimmer & Parent Handbook

TEAM MISSION STATEMENT:

To put Christian principles into practice by empowering young people to be champions in life through a commitment to build a healthy spirit, mind and body by pursuing excellence.

YMCA MISSION STATEMENT:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.





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YMCA COMPETITIVE SPORTS PHILOSOPHY and GOALS

The value of youth participation in athletics is one of the underlying principles of the Y. We invest much time, money, and effort in our youth sports programs, where young men and women can learn in a healthy, competitive way that sports are not just for the physically gifted and talented. There are thousands of young people in our community who will not compete in the world of high school or college athletics. They can, however, learn from an early age to appreciate the joy of movement, the skills necessary for daily activities and sports participation, and the development of their overall strength and fitness.

The youth programs at the Y are also geared to help young people develop the social skills necessary for group and team interaction. These activities help them to develop basic knowledge that will help them to live healthy lives and practice good living habits. Most importantly, it is our hope that the youth sports programs at the YMCA will be opportunities for young people to understand, practice, and even develop their own values, morals, and spiritual beliefs in interaction with other young people under the guidance of understanding and helpful adult coaches, counselors, group leaders, and parents.

At the Y, we practice a holistic approach to sports, with emphasis on positive physical, mental, and spiritual development. We believe that in our society today there is too much emphasis on winning at all costs and on special recognition for sporting ability.

We believe that character development, focusing on the values of caring, honesty, respect, and responsibility, is an essential element of its sports program.

Caring: To love others and be sensitive to the well-being of others involved in the sports program

Honesty: To have integrity, making sure that one's actions match one's values through participation in sports

Respect: To value the worth of every person, including oneself, one's teammates, opponents, and officials

Responsibility: To be accountable for one's behavior and obligations



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Our program holds other important values

- Developing self-confidence, self-respect, and an appreciation of individual worth
- Developing a commitment for daily living based on values such as Caring, Honesty, Respect, and Responsibility
- Growing as a responsible member of the family and as a citizen of the community
- Appreciating that health of mind and body is a sacred gift and that physical fitness and mental well-being are conditions to be achieved and maintained
- Recognizing the worth of all people and working for interracial and inter-group understanding

All participating members of the LHY Swim Team, as well as their parents, must agree to and abide by the code of conduct and the rules that govern YMCA competitive sports.

The actions of each swimmer, parent/guardian, and coach reflect upon the entire swim team and the Lock Haven Area YMCA. All swimmers, parent/guardians, and coaches are expected to act responsibly and maintain appropriate behavior at all times.

You are now part of over 45 years of swimming tradition with the LOCK HAVEN AREA YMCA Swim Team. Many high school and collegiate swimmers got their start right here!

The coaches are dedicated to the development of the total swimmer. There is absolutely no substitute for hard work and dedicated effort. Practice time is not play or social time and the coaches will run practice with this in mind. Further, we must develop the will of each swimmer to put forth his/her best effort. Without this, the swimmer will never be effective.

The rewards are great, but the work is hard. The dedication must be from both parent and the swimmer.



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COACHES GOALS

To condition swimmers and teach proper stroke technique through quality practice sessions.

To provide an opportunity for individual growth and improvement.

To help all swimmers work towards their personal goals.

To help swimmers realize the importance of personal and team responsibility.

To maintain an atmosphere of good sportsmanship and team spirit at all times.

TEAM GOALS

To nurture each child and realize that they are different and allow them to develop as far as their dreams, talents, and efforts will take them.

To guide young people through the process of achieving while inspiring them to use this knowledge throughout their lives. Encourage them to dream, help them set worthy goals, promote a strong work ethic, provide support when they struggle, and inspire them to persevere until they succeed.

To provide a level of coaching that will lead to the development of successful all around swimmers. In all levels, proficient technique is a priority as well as respect to the coach's workout directions, allowing swimmers to develop character, self-confidence, and the love for the sport in a nurturing atmosphere.

To encourage parents to actively support their child as well as the program in a positive and Christian manner that reflects the YMCA mission and core values. Understanding their involvement is essential to the program and their child's success.

To provide your swimmers the opportunity to get involved with and support our community.



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EXPECTATION OF LOGGERHEAD SWIM TEAM MEMBERS & PARENT/GUARDIANS:

1. To understand the YMCA mission as well as that of the swim team.
2. Uphold the YMCA core values of Caring, Honesty, Respect and Responsibility.
3. Be proud to be a member of the LHY Loggerheads.
3. Obey all rules, regulations and procedures as determined by the Lock Haven YMCA and coaching staff.
4. Follow all instructions provided by the coaching staff at practices, meets and team events.
5. Give of yourself 100% physically and mentally.
6. Challenge yourself and teammates to improve and work harder.
7. Display good sportsmanship at all times, home and away, demonstrating the YMCA core values at all events involving the team as a whole or in part.
8. Make friends with teammates and learn how to be part of a team.
9. To take steps toward excellence in academics without sacrificing one achievement for another.
10. Address all questions or concerns directly to the coaching staff in a calm and courteous manner.
11. Actively participate in all team sponsored meets and activities by volunteering in some capacity as expected.

The following conduct is unacceptable and will not be tolerated:

- Disrupting practices or meets in any way including failing to abide by coaches' directions, parental coaching, swimmer-parent interactions during practice or disrespecting teammates, coaches, the YMCA, its members and/or the pool facilities.
- Destruction or damage to our YMCA, any facility we visit or other team members' property.



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- Possession or use of alcoholic beverages, illegal drugs or tobacco products.
- Criticizing, name-calling, use of profanity, abusive or disrespectful language or gestures directed toward the coaches, officials, swimmers, other parents or spectators at meets, practices and team events.
- Confronting coaches with concerns or problems in front of other parents or swimmers.

PRACTICE AND SWIM MEET BEHAVIOR:

A swimmer is expected to:

- Maintain a cooperative and respectful attitude toward the coaches and all other swimmers.
- Be ready to begin practice on time. Swimmers should be in the pool areas with all necessary equipment, ready to begin practice at least 5 minutes before the scheduled time at which their practice is to begin. This will allow for proper stretching and any pre-practice instruction.
- Respect the personal property of teammates and other Y members or restitution for damage will be expected.
- Refrain from playfulness deemed by the coach to be frightening, harassing, and hurtful to others.
- Resolve differences through conversation and compromise. Disputes not successfully resolved verbally should be referred to the coach.
- Practice lane etiquette. Swimmers who stop in the middle of any set for any reason should rejoin their lane as quickly as possible with the least disruption as possible.
- Avoid unreasonable physical contact. There should not be physical contact between swimmers, which would be considered unreasonable. The coaching staff will deal immediately with slapping, hitting, or punching any swimmer, in jest or in anger.



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- Not throw any objects. Any items in the pool area can be dangerous if thrown. No objects should be thrown at any time.
- Observe and comply with the following pool rules:
 - No running on pool deck.
 - No one is allowed in pool without a lifeguard present.
 - No horse play of type will be tolerated in the locker rooms.
 - No use of cameras and cell phones with cameras while on deck and locker room.
 - No one on the diving board without a coach's permission.
 - No pushing or shoving another person either in or out of the water.
 - No chewing gum.
 - No spitting.
 - No food or glass containers on the pool.
 - No obscene, derogatory, or profane behavior or language.

For Parents and Swimmers

- ALL swimmers must sign in at the front desk before heading to locker room and pool.
- A parent/guardian of all swimmers under the age of 12 will need to sign their swimmer in at the front desk and escort their swimmer(s) in and out of the building. It is the parent's responsibility to ensure that a coach is present before leaving the building. Every attempt will be made to contact team members via text message, email, Facebook, and the team website, if there are practice changes, but the ultimate responsibility is with the parent to ensure their child is under the supervision of the swim team staff upon arrival for practice or meets. Please be aware that YMCA front desk staff and other YMCA staff members are not substitutes for swim team staff.
- The noise level in and around practices is not to exceed a normal speaking voice.
- All facilities shall be treated with respect.



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- Parents and swimmers will restrict their activities to the areas authorized for use.
- Parents and swimmers are expected to be supportive and to refrain from negative talk about swimmers, coaches, spectators and officials. This includes social media posts that infer disrespect to coaches, swimmers, parents and volunteers.
- Parents are to refrain from over competitiveness and pressuring swimmers.
- Parents who need to discuss an issue with a coach should contact the coach outside of practice time to schedule a meeting, except in the case of an emergency or where immediate health and safety are the issue.
- Parents are not to be on the pool deck during practice times (exception can be made for parents with young swimmers). If your swimmer forgot an item (goggles, water, cap, etc.), please signal the coach to retrieve the item from you, and the coach will deliver it to the swimmer. Parents are not to interrupt a coach during practice.
- Parents are to address all coaches, spectators and others assisting in swimming with respect at all times. Unsportsmanlike conduct at any level is unacceptable and intolerable.
- Team email is to be used only as a forum for administrative information related to practices, swim meets, or scheduling LHAY meeting times. Any other issues should be handled directly, in person, with a coach or LHAY officer or at an LHAY parent meeting (held monthly during winter season).



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DISCIPLINE POLICY

Swimmers are expected to show responsible behavior before, during, and after practices as well as at meets. The behavior of each LHY member affects our team image and relationships. Negative or abusive behavior will not be tolerated. Due to the volume of swimmers and the limited space / amount of practice time available, it is crucial that the practice environment remain positive and that practice sessions operate in a smooth, efficient manner.

Inappropriate behavior would include, but is not limited to the following:

- Speaking when coaches are speaking
- Disobeying the requests or instructions of the Head Coach or Assistant Coach
- Failing to respect others' private property
- Behaving in any way that could reflect negatively on the program and/or the Y
- Failing to respect all areas of the facility and/or staff members
- Any disruptive behavior which interferes with practice or the safety of another swimmer will automatically result in the swimmer being asked to leave practice.
- Profanity
- Substance Abuse

Failure to abide by the LHY LOGGERHEAD Code of Conduct by either the swimmer or the parent/guardian will result in immediate disciplinary actions:

It is at the coach's discretion to determine if the infraction is of a minor or major nature. Discipline could be in the form of the following, depending on the severity of the infraction(s):

- Suspension from practice.
- Suspension from an event.
- Suspension from a meet.
- Suspension from the swim team program and/or the YMCA.



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- Forfeiture of all payments and/or credits for participation in an event and/or program.
- Dismissal from the swim team program.
- Any combination of the above.

Minor infractions will result in a verbal discussion regarding the inappropriate behavior. If a swimmer continues to display inappropriate behavior at a practice or further practices, a time out will be administered. The swimmer will be asked to sit quietly without participating in the team activity, and the swimmer will remain on pool deck. The length of the time out will be determined by the coach.

For a major infraction which is considered more serious in nature (such as a behavior that may threaten health and safety) or a more prolonged behavior that is not being resolved and requires stronger measures, the swimmer will initially be asked to sit quietly without participating in the team activity. The swimmer will remain on pool deck. The coach will schedule a meeting with the parent to discuss the behavior, and the parent will be asked to remain at practice until the behavior ceases to occur. In this situation, the swimmer will not be allowed to continue practicing without a parent present until the coach feels that the issue is resolved.

Please be aware that if a coach feels that a swimmer's behavior is severe and/or threatens the health or safety of themselves or another swimmer, the coach has the authority to release the swimmer from practice. They may dress and remain in the pool area until a parent picks them up or call their parent for pick up. The swimmer will not be allowed to return to practice until the parent has had a meeting with the coach regarding the swimmer's behavior. The coach may release the swimmer from practice before using the first two options (sit out from practice), if the coach deems the behavior to be severe.



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FACILITY and TRAINING RESOURCES

The LHY swim team practices at the LOCK HAVEN YMCA and Lock Haven University. We have kickboards and fins as well as other training gear for use during practice. These are to be taken from the storage area when needed and returned at the end of practice. We are also privileged to use other aspects of the Y facilities when necessary such as the Fitness Center (swimmer must be 12yrs of age and has passed the youth certification test).

LOCKER ROOM and LOCKER USE POLICY

The Y provides each participant the use of a locker to store personal belongings during practice. The Y reserves the right to remove locks at any time. Locker room restrictions include, but are not limited to:

- Locks must be purchased at the team member's expense.

Locker can be rented or lockers must be emptied on a nightly basis and the lock must be taken off the locker.

LHY PROGRAM LEVELS

Box Turtles: Beginner swimmers and those newest to swimming who need more teaching and instruction. Swimmers at the Box Turtle level can swim a length of the pool, BUT need work with:

- Rotary Breathing
- Breaststroke and Butterfly
- Diving
- Turing
- Stroke Technique in ALL strokes

These swimmers will focus on technique (60-80%) rather than training and endurance (20-40%)

Snapping Turtles: Snapping turtle is an 'INTERMEDIATES' swimmer. They know ALL the strokes-or most of them-BUT need constant refinement. The emphasis will be on technique, training, and endurance.

Snapping Turtle should:

- Be able to perform rotary breathing while swimming freestyle



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- Legal Breaststroke and Butterfly, as well as back
- Be able to repeat distances of 100 yards or less.

Practice will be 40-60% teaching and 40-60% training.
FUN WILL BE INCORPORATED INTO MOST PRACTICES.

Ninja Turtles: The most ADVANCED swimmers. Swimmers are relatively adept at strokes and techniques, and will spend most of the practice time on endurance and strength training.

They should expect to:

- Be able to repeat swims of varying lengths and speeds during practice
- Start/Turn/Stroke mechanics are solid at the beginning of training.

Practice will incorporate drills during sets. Teaching will be 0-20%, Training 80-100%

LHY FEES

Y Membership Fee:

Per YMCA National rules, all Swim Team participants are required to have a YMCA membership to be eligible to participate in the program. Membership must be valid throughout the entire season and 90 days before the first meet in December.

- Family Membership: \$56 monthly, +Joiner Fee \$30
- Single Parent Family: \$48 monthly, +Joiner Fee \$30
- Youth(6-17): \$12.50 monthly/\$150 annually, NO Joiner Fee

Financial Assistance Program: The Y offers quality, affordable services and programs designed to benefit people of all backgrounds and incomes. Through generous contributions from Y members and the community, financial assistance is available to individuals and families in need to join the Y. No one is turned away for their inability to pay. Applications are available at the Welcome Center Desk.



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Swim Team Fees

See season flyer.

High School Swimmers who swim 50% or more time with their high team will receive a discount during their swim season only.

MONTHLY SWIM FEES DUE ON THE 15th OF EACH MONTH

Completing a bank draft-form will authorize your bank to automatically draft your membership dues and Swim fees on the 15th of every month. Cancellation requests required 30-days advance notice. Again, the fees are what keep the team up and running, so it is very important that we all do our share. There is no discount for the number of days your child practices with the team.

Team Expectations for Attendance/Practice

Each swim level is offered ample amount of practice throughout the week. It is recommended that swimmers attend as many practices as possible. The more you practice, the better your end results.

Parents are not permitted on deck during practice, unless you have a swimmer under the age of 8. Parents may meet with the coach either 15 minutes before practice or, after practice.

Parents may observe from the observation deck / bleachers. If this becomes a distraction, the coach will close the practices.

Swimmers are required to be at practice 15 minutes prior to their start time. Failure to attend practice at the required start time results in your child playing catch up for the training session. If the time interferes with your work schedule, please notify the coach.

Unless your swimmer has an appointment or a valid reason approved by the coach, your swimmer is required to stay for the entire practice.

Swimmers are expected to come to practice with their required equipment (swimsuit, cap, goggles, filled water bottles, etc.)



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When on deck, swimmers are expected to congregate near the shallow end of the pool.

Swimmers are NOT allowed to enter the water until given permission by the coach.

Free swim is allowed only AFTER practice.

Swimmers are not allowed to leave the pool area without the permission of the coach. The bathroom should be utilized prior to the start of practice or after sets – not during sets.

If a swimmer is unable to complete a practice, for whatever reason, they are to remain on the pool deck until their parent arrives to pick them up.

Swimmers are required to act responsibly while at any practice site. Failure to follow team rules is grounds for dismissal.

Destructive behavior is not tolerated. You will be responsible for any financial costs related to damages.

Absolutely no cell phones permitted at practice. Keep them in your car or bags!!!

The coach or Y Aquatics Director has the final say on all policies and procedures and has the right to change or adapt at any time.



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SWIM MEET INFORMATION

Swim meets can be a great family experience. They are a place where the whole family can spend time together. Listed below are some guidelines geared to help you through your first couple of swim meets.

Meet Entries

The coach will email each member of the team the deadline for our entries. Once your entries are submitted and payment is made, you are registered for the meet.

Before the meet starts

Arrive at the pool at least 15 minutes before the scheduled warm-up begins. This time will be emailed to you, or posted outside the swim office for you to view.

Upon arrival, find a place to put your swimmer's **personal items** (Ex: swim bag, sleeping bag/blanket). Many parents also bring a lawn chair for themselves. Be sure to look for familiar faces and the LHY team area.

A **Heat Sheet**, which lists all swimmers in order of event according to their seed times, is usually available for sale for \$2 - \$7 in the lobby or concession area. When a team entry is sent in, each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming the event for the first time, he/she will be entered as having "No Time" or NT. An NT swimmer will most likely swim in one of the first heats of the event.

Be sure to read any **announcements** and / or notes, especially if the meet requires a Positive Check-in. If it does, you must find the Check-in area for swimmers and sign in your swimmer. Most of the time, Positive Check-ins are for longer distance events. Meets vary, so if in doubt, ask someone. This can, and will be, handled by the Coach.

Once you have a Heat Sheet, **write each event number, heat, and lane** assignment on your swimmer's hand in permanent ink. This will help him/her



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remember what events he/she is swimming in and what events to listen for when swimmers are called to the bullpen or blocks.

Your swimmer now gets his/her cap and goggles and reports to the Coach for warm **Absolutely NO PARENTS are allowed on the pool deck during a meet unless you have been given the proper credentials by the coach and are working the meet as an official, timer, or other position as requested by the coach.**

During the Meet

It is important for the swimmer to know what event numbers he/she is swimming (that's why they should have the numbers written on their hand.) He/she may swim immediately following warm-ups or may have to wait awhile.

A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the deck. Swimmers should report with their cap and goggles.

Generally, girls swim odd-numbered events and boys swim even-numbered events. For example: "Event #26, 10 and under boys, 50 freestyle, report to the bullpen to swim". Swimmers must swim all entered events, at the discretion of the coach.

The swimmer swims his/her race.

After each swim:

- The swimmer is to ask the timers for his/her time, only if there is no scoreboard.
- **He/she should immediately go to the coach.** The coach will give immediate feedback and discuss the swim with each swimmer.
- The swimmer returns to the team area.
- The swimmer now waits for her/her next event to be called.
- When a swimmer has completed all of his/her individual events he/she and their parents may go home. Make sure that you, as a parent, see that your swimmer has checked with their coach before leaving to make



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sure that he/she is not in a relay. It is not fair for teammates to wait for a relay only to have it cancelled due to a member not staying to swim with them.

Swimmers are required to remain at all home meets until meet equipment has been returned to storage and the pool is returned to normal use for the community.

During the meets, our team will sit together as a group and cheer on each team member during his / her events. While swim meets are social events, swimmers are expected to remain with the team to provide encouragement and support. **If the coach has to search for an athlete during the meet due to continual socializing with another team, the swimmer can, and will, be scratched from the remainder of their events.**

What to take to the Meet

MOST IMPORTANT: TEAM SWIMSUIT, TEAM CAP, AND GOGGLES.

Bring an extra cap and set of goggles since they can break at the most inopportune times.

Baby or talcum powder to dust the inside of the swim cap. It makes the cap easier to get on and helps preserve the life of the cap.

Towels. Realize that your swimmer will be there a while, so pack at least two.

Something to sit on such as a sleeping bag, old blanket, or camp chair. Your swimmer will be spending a lot of time on it, so it should be something comfortable.

Sweat suits / Warm-ups to help stay warm. You may want to bring two, because they can get wet and soggy.

T-shirts. Team shirts are great to wear to support the team and help keep warm.

Games. Travel games, books, cards, anything to help pass the time.



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Snacks. It is often better to bring your own nutritious snacks, even though there are usually concession stands at the meets. Often times the lines will be long and the food tends to be more like “junk food” with too much sugar.

Drinks. Water is best. Gatorade, Exceed/All-Sport, PowerAde, etc. work well, too.

A change of clothes in a waterproof bag may make the ride home more comfortable.

Parents will want to bring phone numbers for the pool and/or coaches in case of emergency as well as directions to the pool. A “Sharpie” marker for writing Events on the swimmer and a highlighter for marking events in the Heat Sheet are also good ideas.

Glass is not permitted on the pool deck, in the locker room, or in the bleachers at any time.

Cell phones are not allowed during a meet. If your swimmer needs to contact you, the coach will hold onto the phone until the swimmer needs to make the call or text you.

Once you have attended one or two meets, this will all become routine.

Please do not hesitate to ask any experienced parent for information.

Swim meets are a lot of fun for your swimmer. The team gets to visit with each other and meet kids from other teams. The team also gets to see how much they have improved after all those hours logged at practice!



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PARENTS' COMMITTEE

Per National YMCA policy, participants in parents' organizations are program volunteers responsible for assisting YMCA staff in conducting the competitive program. LHY-Loggerhead's is accountable to the YMCA staff and is not a policy making committee. All YMCA programs operated in the Y name are under staff supervision and under the control of the YMCA Board of Directors. All funds raised by the Loggerheads are raised in the name of the Lock Haven Area YMCA and ultimately under the YMCA's control. This is critical for YMCA's to maintain their non-profit tax status. The YMCA values the opinions, energy and time of all program volunteers. LHY Loggerhead-Parent Association members determine how the club spends the money that is raise, but the YMCA is ultimate authority on all money spent. The role, as parents, is to support our swimmers, the coaches, the YMCA staff and the team as a whole.

This committee participates as a supportive partner with the swim program in the development of the individual and TEAM.

The Parents' Committee shall be as follows:

Board Committee: President, Vice-President, Secretary, Treasurer

Team Rep

Home Meet Committee

Concession Committee

Publicity Committee

Fundraising Committee

Executive Committee: Two (2) - Members at-Large

Each person selected, or who has volunteered, is strongly encouraged to seek the help of others in maintaining their area.

NOTE: The Parents' Committee does not supervise or organize the day-to-day operations of the swim team. All operations of the swim team are the responsibility of the Head Coach, who is supervised by the Y Aquatic Director. The Parents' Committee operates as a support group of the team.



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GUIDELINES for a HEALTHY COACH-PARENT RELATIONSHIP

Parents have an important role in providing a supportive atmosphere for swimmers and the coach. Parental involvement and encouragement are essential ingredients in a successful swimming program. However, the coach has the responsibility and authority for conducting swim practice, maintaining discipline, and motivating swimmers. Parents should not interfere in these matters! They should bring concerns to the coach by phone (814-574-5672) or by emailing the coach at jamesmerinar@comcast.net.

Parents should have a positive attitude and remember that swimming is only a small part of life, not the central issue. Should parents have a pressing problem with regard to their swimmer and the coach, they should resolve that problem directly with the coach, as soon as possible, rather than discuss it with other parents or swimmers.

Some guidelines for parent-coach contacts are as follows:

- Avoid contacting the coach with minor problems. They generally resolve themselves.
- Do not discuss problems with the coach during swim practice or during a swim meet.
- Parents cannot be in the area designated for coaches during meets or on deck unless they are working the meet in a specified capacity.
- Problem resolution is part of growing up. Let your swimmer try first, if possible.
- Be polite. Do not raise your voice or use offensive language.
- Please send a note / leave a voicemail to the coach if your swimmer arrives late or will be leaving practice early.
- All parents must be careful not to push their swimmers too far, too fast. It is better to have them develop at a slower, less pressured, rate than to have "BURN OUT", or start to dislike swimming. Discipline and workout performance is a swimmer-coach matter and should be handled that way. The coach will bring any problems or concerns to the parents' attention, if necessary. Parents should try to show a healthy interest in



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their child's participation in swimming, and avoid criticism of stroke, training, and performance.

- No parent should coach their child during a meet or practice. The coach will communicate all matters to the swimmer from stroke mechanics to race preparation. If this is caught and the coach feels this creates a negative presence you will be asked to leave.
- PLEASE set realistic goals for yourself and swimmer that are achievable within your child's mental and physical capabilities!

If you have not been asked to be on deck during a meet by the coach do NOT be offended when you are asked to leave the deck.

SUPPORTING YOUR SWIMMER

- Offer the love, recognition and encouragement needed to help a swimmer feel positive about him/ herself.
- Have a positive attitude. A parent's attitude often dictates those of the swimmer. Even if you don't think they are aware of an issue, they are subconsciously absorbing powerful messages about a parents desires or feelings.
- Remember that every individual has potential and requires patience.
- Encourage your child without comparing to another swimmer. Avoid comparing the skill, drive, attitude or improvement of another swimmer to your own. Swimmers mature physically and mentally at different ages.
- Leave the coaching to the coach. Children want the approval of their parents above all else and will do whatever it takes to get it. Do not try to coach your child based on what you see (or think you don't see) at his/her practice.
- Bring any problems or concerns to the attention of the coach but not through your child. As the coach does not want to rely on a swimmer to relay verbal information to you, he or she does not want it relayed to them through a child because there is too much of a chance of it getting lost in translation.



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VOLUNTEERISM

Why Should You Volunteer to Help Your Swim Team?

(Reprint from USA Swimming Website)

The simplest reason why you should help is also the most powerful. You should help because your child benefits greatly from the program. The second reason is that most clubs cannot function without substantial volunteer help. The economics are not there for a full professional staff to do all the things that need doing. Look at the finances of youth sports for a moment. Count up the hours that are available for your child to participate in your program. Divide your monthly fee by those hours, and you will come out with substantially less than you pay your baby sitter. Now imagine if you had to pay for all you get from your team. Teams can't do it without your help. Add to that the fact that few clubs have all full time coaches so you can recognize the need for parental involvement. In most volunteer organizations, including swim teams a very few people do a tremendous amount of work that benefits everyone. This is a bad deal for everyone. That person sooner or later burns out, leaving a big hole to fill. Meanwhile, that individual holds a great deal of power in the club, perhaps too much power. If you find your lawn uncut, the dishes three days deep in the sink, your cat starving on the porch and you have just driven home from the team practice forgetting half of the carpool, you may be over committed. The club needs a little bit of time from everyone, a little more from some and on an occasion, a great deal from a few.



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SIX IMPORTANT “DO”S FOR PARENTS

1. Please be respectful of all Y staff and volunteers. Disrespectful treatment of Y staff/ volunteers will not be tolerated and can lead to the swimmer’s removal from the LHYL Swim Team.
2. Please respect and accept the philosophy and goal of the LHYL Swim Team. If, after seeking resolution with the Head Coach, you feel that our team is not meeting your needs, or your needs require more than our team can provide, you are encouraged to seek out another team.
3. Please understand that the Swim Team’s purpose is not to produce elite, Olympic quality swimmers, but to provide the best swim experience possible to all swimmers.
4. Please consider becoming an active participant of the Y. We have much to offer and are a vital part of the community. We would like to have you involved.
5. Please contact the Head Coach with personal issues before or after practice, or via email.
6. Please follow and enforce all LHY rules and policies. These are established to provide a safe environment, healthy lifestyle, and a life-long love of the sport of swimming.



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COACHING STATEMENT

This information, in no way, is meant to be a heavy weight hanging over the head of each swimmer and parent. I feel it is important to notify you of the rules and expectations, and that these are adhered to throughout the season. I feel that everyone involved feels better when they know the parameters involved, or where they stand. I also realize that extreme situations can arise and I may have to alter a rule if deemed necessary, but only if in the best interests of the individual and the TEAM. This document is simply an attempt to be fair to all those involved.

Besides coaching the LHYL Team, I am also a Teacher. While I am here most of the evening I divide my time between my responsibilities to the team and school. I am available throughout most of the day for communication via email or phone. Please feel free to contact me at any point during the season to discuss any type of issue, situation, suggestion, or comment (814-574-5672 or jamesmerinar@comcast.net). I will make every attempt to get back to you in a timely manner.



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SWIMMER/PARENT COPY

Please choose one:

By signing below, I certify that I **HAVE** read and understand all the general policies and procedures contained in the LHYL Team Handbook. I will abide by these policies and understand that failure to do so will cause my child to not be able to participate in team practices, meets, and/or activities.

I certify that I understand and will pay all registration fees associated with my child's swim group(s).

I also understand that the policies in this handbook are subject to change at any time with written notice.

I have discussed the policies and procedures with my child.

Parent's Signature _____ Date _____

Swimmer's Signature _____ Date _____

By signing below or not signing at all, I certify that I have chosen **NOT** to read the information included in the LHYL Team Handbook.

I understand that if I want my child to participate in team practices, meets, or activities, my child and I will be bound by these policies, regardless of my choice to not read them.

I also understand that the policies in this handbook are subject to change at any time with written notice.

Parent's Signature _____ Date _____

Swimmer's Signature _____ Date _____



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SWIMMER/PARENT COPY

TEAM HANDBOOK POLICIES EMERGENCY MEDICAL RELEASE

In case of emergency, I understand that every effort will be made to contact me, the parents/guardians of the swimmer. In the event that I cannot be reached, I hereby authorize emergency care for my child during participation in the LHYL program, if treatment is deemed necessary for injury or illness. I hereby give permission to the attending physician to hospitalize and/or secure proper treatment for my child. I understand that I am financially responsible for any expense for medical care incurred on my child's behalf. I hereby release the LHYL Swim Team, the Lock Haven Area YMCA, and its employees from any responsibilities for injuries incurred during my child's participation in the LHYL Swim Team.

Parent/Guardian Signature: _____ Date: _____

Parent /Guardian Printed Name: _____

In the event of an emergency, the persons listed below may be called in the following order:

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Food Allergies and/or Health Issues:

Medications currently prescribed:

Please describe any medical problems or concerns:

Family Doctor: _____ Phone: _____



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SWIMMER/PARENT COPY

MEDIA RELEASE FORM

I, _____, hereby grant permission to the Lock Haven YMCA and LHY Loggerhead Swim (Print name of parent/legal guardian) Team, or any other media outlet to photograph and/or interview my child, _____.

It is my understanding that this photograph and/or interview, or portions thereof, will be used for public view. I agree to participate in these projects without financial remuneration, and I understand that this releases the media outlets and photographer/interviewer from any future claims, as well as from any liability arising from the use of said photograph/interview.

Name of child:

Address: _____ **City:** _____ **Zip:** _____

Signature of parent or guardian: _____



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SWIMMER/PARENT COPY

SWIM TEAM REGISTRATION

SWIMMER'S INFORMATION:

Name: _____ Birthday: ___/___/___ Age: ___

Gender (circle one): M F

Address _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

School: _____ Grade: _____

Swimmer's T-shirt size (circle one): YS YM YL AS AM AL AXL Other

How did you become interested in the LHY Swim Team?

___ School flyer ___ Newspaper ___ Radio ___ Email

___ Swim Lessons ___ Former member Friend: _____

Other: _____

Number of years competing thus far: _____

Began swimming in _____

Have you competed for any other swim teams? Yes No

If yes, for which teams and how many years? _____

PARENT/GUARDIAN INFORMATION:

Father: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____

Email: _____



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Mother: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____

Email: _____

Do you have any competitive swimming experience? _____

If so, what was your favorite stroke? _____

What would you like for your child to get out of the LHYL Swim Team program?

Do you have any special talents that might be beneficial to the program (certified official, web design, advertising, etc.)? _____

Do you own, or work for, a business that might be interested in sponsoring the team?

Y / N

If yes, contact _____

Additional Emergency Contacts

Name: _____ Phone: _____ Relationship: _____

Informed Consent

I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as persons or parents transporting participants to and from activities from any claims or injury sustained during my use of the YMCA property. I give the YMCA staff permission to administer first aid/CPR for all minor injuries and to seek professional treatment if needed. I give the YMCA staff permission to photograph me (or my child) while participating in YMCA programs. **Finally by signing this form, I agree to pay the Lock Haven Area YMCA the specified amount due for participation in the above listed program. Failure to pay the amount due may result in referral to collections.**

Signature: _____ Date: _____



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LOCK HAVEN YMCA COPY

Please choose one:

By signing below, I certify that I **HAVE** read and understand all the general policies and procedures contained in the LHYL Team Handbook. I will abide by these policies and understand that failure to do so will cause my child to not be able to participate in team practices, meets, and/or activities.

I certify that I understand and will pay all registration fees associated with my child's swim group(s).

I also understand that the policies in this handbook are subject to change at any time with written notice.

I have discussed the policies and procedures with my child.

Parent's Signature _____ **Date** _____

Swimmer's Signature _____ **Date** _____

By signing below or not signing at all, I certify that I have chosen **NOT** to read the information included in the LHYL Team Handbook.

I understand that if I want my child to participate in team practices, meets, or activities, my child and I will be bound by these policies, regardless of my choice to not read them.

I also understand that the policies in this handbook are subject to change at any time with written notice.

Parent's Signature _____ **Date** _____

Swimmer's Signature _____ **Date** _____



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TEAM HANDBOOK POLICIES EMERGENCY MEDICAL RELEASE

In case of emergency, I understand that every effort will be made to contact me, the parents/guardians of the swimmer. In the event that I cannot be reached, I hereby authorize emergency care for my child during participation in the LHYL program, if treatment is deemed necessary for injury or illness. I hereby give permission to the attending physician to hospitalize and/or secure proper treatment for my child. I understand that I am financially responsible for any expense for medical care incurred on my child's behalf. I hereby release the LHYL Swim Team, the Lock Haven Area YMCA, and its employees from any responsibilities for injuries incurred during my child's participation in the LHYL Swim Team.

Parent/Guardian Signature: _____ Date: _____

Parent /Guardian Printed Name: _____

In the event of an emergency, the persons listed below may be called in the following order:

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Food Allergies and/or Health Issues:

Medications currently prescribed:

Please describe any medical problems or concerns:

Family Doctor: _____ Phone: _____



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MEDIA RELEASE FORM

I, _____, hereby grant permission to the Lock Haven YMCA and LHY Loggerhead Swim (Print name of parent/legal guardian) Team, or any other media outlet to photograph and/or interview my child, _____.

It is my understanding that this photograph and/or interview, or portions thereof, will be used for public view. I agree to participate in these projects without financial remuneration, and I understand that this releases the media outlets and photographer/interviewer from any future claims, as well as from any liability arising from the use of said photograph/interview.

Name of child:

Address: _____ **City:** _____ **Zip:** _____

Signature of parent or guardian: _____



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LOCK HAVEN YMCA COPY

SWIM TEAM REGISTRATION

SWIMMER'S INFORMATION:

Name: _____ Birthday: ___/___/___ Age: ___

Gender (circle one): M F

Address _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

School: _____ Grade: _____

Swimmer's T-shirt size (circle one): YS YM YL AS AM AL AXL Other

How did you become interested in the LHY Swim Team?

School flyer Newspaper Radio Email

Swim Lessons Former member Friend: _____

Other: _____

Number of years competing thus far: _____

Began swimming in _____

Have you competed for any other swim teams? Yes No

If yes, for which teams and how many years? _____

PARENT/GUARDIAN INFORMATION:

Father: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____

Email: _____



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Mother: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____

Email: _____

Do you have any competitive swimming experience? _____

If so, what was your favorite stroke? _____

What would you like for your child to get out of the LHYL Swim Team program?

Do you have any special talents that might be beneficial to the program (certified official, web design, advertising, etc.)? _____

Do you own, or work for, a business that might be interested in sponsoring the team?
Y / N

If yes, contact _____

Additional Emergency Contacts

Name: _____ Phone: _____ Relationship: _____

Informed Consent

I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as persons or parents Transporting participants to and from activities from any claims or injury sustained during my use of the YMCA property. I give the YMCA staff permission to administer first aid/CPR for all minor injuries and to seek professional treatment if needed. I give the YMCA staff permission to photograph me (or my child) while participating in YMCA programs. **Finally by signing this form, I agree to pay the Lock Haven Area YMCA the specified amount due for participation in the above listed program. Failure to pay the amount due may result in referral to collections.**

Signature: _____ Date: _____

Office Use Only			
Date Paid: _____	Amount Paid: _____	Receipt: _____	Initial: _____
*Please put completed registration form in Aquatic Director's mailbox!			