



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Yonkers Family YMCA

Poseidon

Swim Team

2015/2016 Season

CEO

Shawyn Howard

Aquatics Coordinator

Shantell Jackson

Head Coach

Heidy Lopez

Coaches

Yohany Lopez, Bridget Lopez
& Isaiah Campbell



**FOR YOUTH DEVELOPMENT®
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Dear Swim Team Parents:

We are very excited about the upcoming 2015/2016 swim team season. The Summer Swim Club was very successful because we were able to increase stamina, technique, and competition skills. Our format yielded positive results that you can see in our swimmers. Our aspirations for the team are very high based on the work put forth over the year.

What we offer:

- Swim USA, ASCA & YMCA certified coach.
- Participating in national YMCA sanctioned swim meets.
- Many local meets.
- Fun Team events

Above are only few of the benefits; of our program, and of course there will be much more that our program has to offer! This new **Parent Registration Packet** provides great details on program structure, benefits, costs as well as important dates. Please inquire within for more information.

Get ready for the new and improved Yonkers Family YMCA Poseidon's swim team program.



**Yonkers Family YMCA Poseidon Swim Team
General Permission & Payment information**

I _____ give permission for my child _____ to
Parent/Guardians Name Child's Name
Participate in the Yonkers YMCA Swim Team. I understand they may travel to compete through this involvement. I understand for my child to remain an active member of the team:

- 1. She/he must continue to strive toward academic achievements.**
- 2. She/he must maintain a healthy diet.**
- 3. She/he must attend most practices and all swim meets.**

-The total cost for the 1st child is **\$800**
-For second child will be **\$675**
-Third child will be **\$550**

I understand that all payments must be made by the following due date.
Annual PROGRAM FEE of \$30 per child is due upon first time registration.

PAYMENT PLAN IS AS FOLLOW:

- First payment of **\$250.00** (second child **\$200.00**) - *with Early Bird Discount*- due by **October 5th, 2015.**
1. First payment of **\$300.00** (second child **\$275.00**) -*without Discount* - **due October 5th, 2015**
 2. Second payment of **\$225.00** (second child **\$200.00**) due **November 13, 2015.**
 3. Third payment of **\$175.00** (second child **\$125.00**) due **December 11, 2015.**
 4. Final payment of **\$100.00** (second child **\$100.00**) due **January 16, 2015.**

ASK ABOUT OUR EARLY BIRD DISCOUNT

PAYMENT PENALTY:

There will be a \$20.00 late fee, for each late payment.

DATES & TIMES:

1. Season will begin Monday October 5th, 2015 through Saturday April 23rd, 2016.
2. Swim Team Registration cut off day, **Friday October 30, 2015.**
After this day swimmers who would like to join our team, may do so, but may not be able to participate in our WFSL championships, or qualify for our YMCA state championships.
3. There will be no discount given for late registration.
4. Practice dates: Mondays 6-8pm **Fridays** (Split) Group A: 6-7:15pm, Group B: 7:15-8:30pm; **Saturdays** (Split) Group A: 1-2:15pm, Group B: 2:15-3:30pm.
(Practice schedule is subject to change)
*Please be advised that if the opportunity arises to have an extra practice day, we will contact via e-mail and/or phone. We will also be providing a monthly practice schedule.

5. Parents please note that if swim team exceeds 50 children, all swim team practices will become split practices.
6. Swimmers must attend to at least 3 practices a week, in order to participate in any of the swim team competitions.
(Swimmers, who are more than 20 minutes late, will not be able to participate in the day's activities).
7. **Winter Break:** Will begin after Monday December 21, 2015 practice, and it will end Friday January 2, 2016.
 (Swimmers are expected to be back to practice Monday January 4, 2016 at 6pm.)

FEES:

1. **CAPS, GOGGLES & SWIM TEAM APPAREL** is not included in the swim team registration fee; fundraising opportunities will be made available for such items.
2. **There will be a \$35 fee** for the swimmer's uniforms (swim suit/jammer).
 (If uniform forms are submitted, membership services will invoice your account.)

I understand that if the registration fee is not paid my child will not be able to participate in any of the swim team activities.

 Signature of Parent / Guardian

 Date

 Swimmers'
 YMCA ID#

All swimmers must have a valid and/or updated YMCA ID number

SWIM TEAM UNIFORM FORM

Swimmer's name: _____

YMCA ID#: _____

Age: _____

Gender (Circle one): FEMALE or MALE

Swim Suit/Jammer Size: _____

Important Note: By submitting this form, you acknowledge and give our YMCA membership services the permission to, invoice the \$35.00 uniform fee to your child's YMCA swim team account.

Parent/Guardian Signature: _____

Date: _____

Authorization to Seek Emergency Medical Care and Release Form

I _____, (parent /guardian) of _____
("Swim Participant"),

hereby authorize the Yonkers Family YMCA, its agents, officers and employees, to seek such medical treatment or assistance for my child as they deem necessary or appropriate in the event of an accident or medical emergency; I confirm that my child has no medical, physical or any other conditions which would impede or interfere with their participation in the activities of the Yonkers Family YMCA; I release the Yonkers Family YMCA and their officers, directors, employees, and members from all liabilities, damages, claims, demands and actions of whatever nature in any way relating to or arising out of the participant use of the facilities of the Yonkers Family YMCA. I give permission to use, without limitation of obligation, photographs, video tape or audio recordings, which may include my voice or image for purposes of promoting the Yonkers Family YMCA and / or its parent organization

This Authorization and release shall remain in effect until terminated by written instrument duly signed and personally delivered to either the coach of the Yonkers Family YMCA Swim Team, the CEO/Aquatics Directors, or by Parent/Guardian

Parent/ Guardian Signature

Date

Print Name

(Relationship to Participant)

Emergency contact Information:

Emergency contact Name: _____

Home# _____ Work# _____ Cell# _____

Child's Physician (Name/Phone)

Child's Dentist (Name/Phone)

Allergies, Drug Sensitivities, or Medications (use separate sheet if necessary):

Any other concerns the Yonkers Family YMCA should know _____

Yonkers Family YMCA Code of Conduct

The following Code of Conduct must be reviewed with the participant and signed by their parents/guardian.

Expected Behavior when on the YMCA property:

1. I will conduct myself accordingly and have respect for others and the property of others.
2. I will always practice good sportsmanship.
3. I will promote positive team spirit and morale.
4. I will offer congratulations to my opponents and team-mates whether win or lose.
5. I will be a responsible goodwill ambassador.

Prohibited Behavior during all activities:

1. Use of Alcoholic beverages.
2. Use of illegal drugs.
3. Smoking or other use of tobacco products.
4. Destructive behavior or violence.
5. Inappropriate or unruly behavior, including failure to adhere to team standards.
6. Use of profanity.
7. Defaming anyone.

At Travel Meets:

1. Swimmers must attend all team meetings.
2. Swimmers must wear the designated team uniforms.
3. At all times, swimmers must show respect towards team chaperones, staff, and fellow swimmers, especially in matters of safety and discipline.
4. Swimmers and parents acknowledge that coaches and chaperones are in charge of enforcing policies and procedures at travel meets. Other parents who attend are spectators and do not function in a supervisory role unless a coach expressly asks a spectator parent to do so.
5. Parents(s) must be present at meets and are responsible for their child(ren) off deck before and after all meets.
6. Swimmers and Parents must represent the Yonkers Family YMCA positively at all times.
- 7. *Parents are not allowed on deck during swimming practices or swim meets unless invited by the coaches.***

Possible Consequences for Violation of Code of Conduct:

1. Eliminating swimming privileges during the meet.
2. The swimmer may not be invited to attend a future travel meet.
3. Temporary or permanent dismissal from the team.

Note: There will be **no refunds or prorated fees** for any dismissal due to poor behavior or lack of adherence to the rules.

Signature of Parent/ Guardian

Date

I _____ agree to transport my child to practice on
Parent's/guardian Name (please print)
time with all the equipment necessary for their training. I also agree to follow the coach's
direction at any practices or meets. I will participate with the team to the fullest of my
abilities.

During practices and competitions swimmers are expected:

1. Exhibit good sportsmanship toward other athletes.
2. Wear team apparel in order to show team unity.
3. Respect the facilities, remembering that the Poseidon swim team are guests and all action will reflect on our reputation.
4. Clean up any trash in our area before leaving the facility.
5. Be aware of race times and any other directions given by coaches.
6. Trust the judgment of the coach when corrections are given.

Swimmers are expected to maintain proper healthy habits inclusive of:

1. Eating well balanced meals.
2. Getting plenty of rest.
3. Limiting salty and fatty foods during training season (for example, McDonalds, Wendy's, Pizza, Etc.)
4. Eating lots of vegetables.
5. Hydrating accordingly.

I have reviewed the Yonkers Family YMCA healthy ways and expectations, and promise to obey and try to follow the healthy ways.

Signature of Parent/ Guardian

Date

**Yonkers Family YMCA Swim Parents Team
Parent Commitment**

When a child joins our team, the parent automatically becomes a part of the Poseidon Swim Team as well. With this inherit responsibility to participate and support the activities of the team. In an effort to maintain an affordable rate we want to promote a spirit of volunteerism. We require every parent to get involved in at least one of the opportunities listed below. Sign – up sheets for specific opportunities will be available to our parents at a later date.

Concessions/Fund Raising Committee – Responsible for supervising the concession operations, and organizing the refreshments for special events as well as fundraising opportunities.

Swim Meet Committee – Responsible assisting meet officials during meets. The following tasks are needed at each meet.

Score Keeper

Timers

Ribbon Writers

Locker room attendants (before and after meets/practices)

Runners (Retrieve and organize cards for score keepers)

Parent commitment- Parents are required to volunteer for our fundraisers and meets. Parents that do not wish to volunteer must give a \$100.00 donation instead.

IMPORTANT NOTICE: There will be a mandatory parent meeting. Date and time will be available to you on the first day of practice. All parents must attend.

I have received a copy of the ***Poseidon Swim Team Policies & Procedure Parents' Packet***

I have read and understood the Yonkers Family YMCA Swim Parents Team Worker Commitment form and understand its provisions.

Signature of Parent/ Guardian

Date