



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

# Yonkers Family YMCA

## **Poseidon**

### Swim Team

2016/2017 Season

**Interim CEO**  
Vincent Taliaferro

**Aquatics Director**  
Shantell Ortega  
**Coaches**  
Yohany Lopez  
Bridget Lopez  
Isaiah Campbell



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Dear Swim Team Parents:

Welcome to the Yonkers Poseidon Swim Team 2016-17 season! We are thrilled to have you participate in our swim team this year. Included below is some important information to help make the season safe and fun!

**SCHEDULE:**

\*Coach, participant, and parent Meet and Greet: **Friday September 9, 2016 @ 6pm.**\*

Practices and meets will be from September 12, 2016 until April 1, 2017. Practices will be held Monday, Wednesday, Friday, Saturday and occasionally on Sundays.

Monday:       Group A: 6-7:15 pm  
                  Group B: 7:15-8:30pm  
Wednesday: 6:00- 7:15 pm (Land Drills)  
                  6:30- 7:45 pm (Water Drills)       \*\*Wednesday is full team practice\*\*  
Friday:        Group A: 6-7:15 pm  
                  Group B: 7:15-8:30pm  
Saturday:    Group A: 1-2:15 pm  
                  Group B: 2:15-3:30pm.

All sessions (besides Wednesdays) are split practices unless otherwise specified on the swim team calendar.

**Swimmers who are more than 20 minutes late will not be permitted to participate in the swim team practice.**

**All swim days are highly recommended, however not mandatory. Swimmers must make AT LEAST 3 swim days a per week, unless approved by the swim coach.**

\*\*The swim team calendar will be handed out to all parents the first week of practice\*\*

# **\*EARLY BIRD SPECIAL\***

Parents can save **\$50.00** if you make your first payment

**BEFORE Monday August 27, 2016**

## **FEES:**

**YMCA Program Fees: \$30** (all non-members)

Full memberships are available at the member services desk

\$80 per year for ages 6-12 (\$8 per month)

\$100 per year for ages 13-17 (\$10 per month)

**Uniform Fee: \$35**

All uniform fees are due at the time of registration.

**Caps and Goggles:** Not included in the swim team registration fee, however, fundraising opportunity and money will cover these costs.

**Poseidon Swim Team Fee: \$850**

**\$125 sibling discount (You pay \$725)**

(Families with greater than 2 children should speak to a swim coach)

## **PAYMENT PLAN 1:**

### **FULL PAYMENT**

**Receive over 5% discount for families that pay in full.**

1. First payment of **\$800.00** (second child **\$685**) due by **September 6, 2016.**

## **PAYMENT PLAN 2:**

### **2 PAY PLAN**

1. First payment of **\$425.00** (second child **\$362.50**) due by **September 6, 2016.**
2. Second payment of **\$425.00** (second child **\$362.50**) due **October 6, 2016.**

## **PAYMENT PLAN 3:**

### **4 PAY PLAN**

1. First payment of **\$225.00** (second child **\$190.00**) due by **September 6, 2016.**
2. Second payment of **\$225.00** (second child **\$190.00**) due **October 6, 2016.**
3. Third payment of **\$225.00** (second child **\$190.00**) due **November 6, 2016.**
4. Final payment of **\$225.00** (second child **\$190.00**) due **December 6, 2016.**

\*A \$20.00 late fee will be applied to each payment made after the due date.\*

Swim Team Registration deadline is **Monday October 31, 2016 (Coaches may approve special requests)**.

## **CODE OF CONDUCT:**

All swim team members, parents, coaches and guests are expected to uphold the YMCA's four core values: honesty, caring, respect and responsibility. They are expected to conduct themselves in a sportsmanlike manner at all times, or they may be at risk of removal from the team without refund. Both the facility Code of Conduct and Team Code of Conduct are expected to be upheld.

We expect staff, members, and guests to behave in accordance with our mission and values at all times, respecting the rights, religious beliefs, sexual orientation, and dignity of others.

## **We demonstrate the Y Core Values of Caring, Respect, Honesty, and Responsibility by:**

Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.

Resolving conflicts in a respectful, honest, and caring manner and never resorting to physical contact or threatening gestures.

Refraining from intimated behavior in public and abstaining from contact of a sexual nature.

Respecting the property of others and never engaging in theft or destruction.

Creating a safe, caring environment; never carrying illegal firearms or devices.

Participating in programs to build a healthy spirit, mind, and body and never engaging in the use, sale, disbursing, or possessing of illegal drugs or narcotics, or alcohol.

No smoking within 15 feet of the Y.

Adherence to the YMCA Code of Conduct and regulations is essential.

## **NONCOMPLIANCE MAY RESULT IN SUSPENSION OR TERMINATION OF YMCA MEMBERSHIP PRIVILEGES**

### **FACILITY USAGE:**

Each swim team member will receive membership number upon acceptance to the team. All team members must use their membership number at the Front Desk every time they enter the facility for security purposes. Any individual under the age of 12 is not permitted in the facility without a parent or guardian accompanying them and this individual must remain in the facility with them.

### **LOCKER ROOMS:**

For everyone's convenience and comfort we have several locker rooms: family changing rooms and also women and men's locker rooms. The women and men's locker room is able to be used by individuals over the age of 14 or with a parent or guardian present. Changing on the pool deck is prohibited, and a shower must be taken prior to entering the pool.

### **PARENTS/GUARDIANS:**

Parental participation is required in order to keep the swim team rates manageable. It is expected that parents will participate and contribute in the swim team fundraising to meet the dollar amount of \$6,000. Additional participation is expected to assist with swim meets. Parents who do not wish to participate in fundraising and/or swim meet help will be required to pay a \$150 fee. We are asking for a volunteer to act as the President of the Parent Volunteer group and help in coordinating fundraising events. Please contact any of the coaches if you are interested.

### **INCLEMENT WEATHER:**

In the event of inclement weather, the meet may be delayed, postponed to a later time, or rescheduled. We will make every effort to move forward, possibly making the determination within a few minutes depending on "Mother Nature". Additionally, for safety reasons, we evacuate our pool for 30 minutes after the last sound of thunder or sight of lightning. In the event that a practice is canceled due to inclement weather, there will be no refund, credit, or make up practice. Parents are encouraged to check their emails or call the Member Service Desk to check the current status of our pools during thunderstorms.

### **MISSED PRACTICES:**

There are no make-up practices, refunds, or credits when a swimmer misses a practice. Attendance is taken at all practices, including dry land. Swimmers are expected to commit 100% to practice and to their team. If a swimmer will not be able to attend, they should contact their Coach/Assistant Coach advising of the absence. Excessive absenteeism will result in consideration for removal from the team without refund or credit.

### **REFUNDS:**

All registration and program fees are non-refundable in their entirety. A refund of registration and membership is only available, or prorated, when there is a medical reason documented by a healthcare professional or a documented residence relocation.

### **SWIM TEAM PLEDGE:**

We pledge to:

1. Respect our teammates, coaches, parents, officials, opponents, and ourselves at all times.
2. Always positively encourage and support our teammates.

3. Give 100% at practices and meets.
4. Be a good example for others to follow.
5. Whether we win or lose, we must have a good attitude and appropriate sportsmanship.
6. Listen and obey our coaches/lifeguards.
7. Always let someone know when you see something that you do not think is appropriate.
8. Have fun and be safe!

**ADDITIONAL INFORMATION:**

In addition to the Yonkers YMCA Facility Code of Conduct that we have provided, we understand:

1. Cell phones, cameras, and other recording devices are not allowed in the locker rooms, pool deck, or any other areas of the pool during practices.
2. We are not to transport other swimmers in our vehicles without verbal/written parental consent. Carpooling is encouraged with the parent/guardian present.
3. Youth 12 years and under must be escorted by a parent or guardian at all times and the parent/guardian must remain in the facility. A parental representative may be listed in writing and given with the swim team paperwork.
4. Parental involvement is required for team participation. Parents are required to assist with fundraising and work at meets and competitions.
5. All participants/parents/guardians must have a full YMCA membership to participate/utilize the YMCA facility apart from the swim team schedule.
6. The Yonkers Swim Team coaching staff and/or Leadership Team will address unacceptable behavior at their discretion. Swimmers/parents/guests can be suspended without refund based on violation committed against the Code of Conduct.

### **Yonkers Family YMCA Swim Parent Commitment**

As a parent of a Poseidon Swim Team swimmer, you play a crucial role in the advancement of our children. We all have the responsibility to participate and support the team. In an effort to maintain an affordable rate we require our parents to volunteer. We ask that every parent to get involved in at least **THREE** volunteer opportunities (**ONE OF WHICH HAS TO BE ACTIVE IN A MEET**) listed below. Sign Up sheets for specific opportunities will be available to our parents at a later date.

Volunteering can come in many ways such as:

Donating Time  
Donating Money  
Donating Food/Items

Listed below are a few specific volunteer opportunities.

#### **Active parent committee participation**

**Meet scorekeepers**

**Meet timers**

**Meet ribbon writers**

**Meet runners**

**Concession stand attendants (for meets and other sales)**

**Leading fundraising activities**

**Parent commitment-** Parents are required to volunteer for our fundraisers, events, and meets. Parents that do not wish to volunteer must give a \$150.00 donation due .





# 2016/2017 POSEIDON SWIM TEAM

Participant name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Full Address: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please check email regularly as coaches use this method often to communicate and update parents.

Swim Suit Size (22-40): \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Sweat Pant Size: \_\_\_\_\_

**Please check one box:**

**Payment Plan 1:** \_\_\_\_\_

Full payment due at the time of registration

**Payment Plan 2:** \_\_\_\_\_

2 Pay Plan- First payment due at time of registration

**Payment Plan 3:** \_\_\_\_\_

4 Pay Plan- First payment due at time of registration

**Emergency contact Information:**

Emergency contact Name: \_\_\_\_\_

Relationship to child: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Cell Telephone: \_\_\_\_\_

By signing this form, I have thoroughly read and agreed with this entire packet and I will follow all rules set by the Yonkers Family YMCA and release the Yonkers Family YMCA and its staff of any and all liability. I also understand that the YMCA may take pictures, videotape, or audio recordings for display/promotional purposes. I fully understand that there is a no refund policy for the swim team and I must complete the entire payment for the swim team season whether or not my child finishes the entire season (unless written medical approved documentation or circumstances beyond our control).

Parent/Guardian Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Medical Care Release Form

I \_\_\_\_\_, (parent /guardian) of \_\_\_\_\_ 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.

Doctor's Name/Address: \_\_\_\_\_

\_\_\_\_\_

Doctor's Phone #: \_\_\_\_\_

Allergies to Medications: \_\_\_\_\_

This authorization is effective from September 9, 2016 through April 1, 2016.

Printed Name: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_

\_\_\_\_\_  
(Relationship to Participant)

I have received and read the Yonkers Family YMCA Parent Commitment form, Code of Conduct, Rules and Regulations, Fundraising Commitment Form, and all other forms involved with my child participating on the Yonkers Family YMCA Poseidon Swim Team. I fully understand and agree to all of its provisions.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date