



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **GLOW Riptide 2023–2024 Swimmer Handbook**



### **Swim Team Mission Statement**

The Genesee YMCA swim team's goal is to provide the opportunity for each member to fulfill his or her full potential in the sport of competitive swimming. Full potential is achieved through proper training and instruction coupled with a healthy, positive, and safe environment in accordance with the mission of the YMCA.

### **The Team**

The GLOW Riptide Swim Team is composed of athletes that range in age from 5-19; and abilities from novice to experienced high school competitive swimmer. Team members are split into various practice groups. These practice groups are designed to keep swimmers among a peer group of a similar ability level/or age. This arrangement allows for coaches to concentrate on the skill of his/her group so each swimmer can reach his/her potential; conversely it allows swimmers to develop with their peers and not impede others practicing in the same lanes. This decision is made by the head coach.

### **Practice Guidelines**

1. Swimmers are expected to be on time for practice (all gear on and equipment at their lane).
2. Horseplay will NOT be permitted in the water, pool deck, locker rooms or elsewhere.
3. Swimmers should leave the pool deck once practice is over and lane lines/equipment are put away.
4. A large part of the success of our practice is to practice "perfection", therefore swimmers will be asked to swim legal strokes, turns, starts and finishes at every opportunity.
5. Parents are asked not to talk to coaches or swimmers during practice sessions and remain on the bleachers in the pool deck area. A quick email or waiting until practice is over will ensure all swimmers receive the coaching time they deserve.
6. Injuries or other health problems should be addressed at the beginning of practice. \*We will hold closed practices until after the first meet to allow the coaches to organize our team and for the team members to prepare themselves without distractions.

### **Competition**

The GLOW Riptide regularly attend competitions called "meets". There are several different types of meets and meet formats. All team members are encouraged to attend as many meets as possible. While meet attendance is not mandatory, it is strongly encouraged. Although swimmers compete in individual events, this is a team. The more swimmers that attend the meets, the more successful the team will be. Participation in meets will allow for more team relays. Swimmers must either attend the entire meet or have the head coach's permission to leave early. Further, older swimmers who have a varsity season that conflicts with the Y schedule may want to complete their required meets as early in the season as possible to avoid a late season scramble. Competition in meets is arranged by age groups. The age groups recognized by the YMCA are: 8 and under, 9-10, 11-12, 13-14 and 15-19. Swimmers compete according to age and gender. The swimmer swims in the age group they are in on December 1st. It is sometimes possible for swimmers to swim up in an older age group, but it is never allowed for a swimmer to swim down in an age group.

\*Lineups for meets will be posted on the BAND App. on Friday following the completion of practice. Coaches are receptive to input on swimmers' events, but it is a team effort to be competitive and the coaches are responsible to stretch swimmers beyond their comfort zones/events when necessary. The decision is ultimately that of the coach and the lineup is final upon posting.

## **Types of Meets**

**Dual Meets:** These meets are competitions between two teams. Individuals score points towards the team score. These meets last approximately 3–4 hours. Swimmers must swim a minimum of 4 dual meets to attend YMCA Districts and States. We swim in the Buffalo–Rochester Area YMCA swim league that has teams from Buffalo to Geneva. There is no charge to swim in these meets and every swimmer is encouraged to swim in dual meets. Warmups and meet start times are set by the host team. These times are scheduled on a weekly basis.

**Invitationals:** Many teams can attend an invitational. Some score for team points, but most score for individual points by age group. The particular format for any invitational is determined by the host team. Fees for invitationals are not covered by program fees. Fees are an individual family responsibility. Entry deadlines are not flexible. These meets are OPTIONAL.

**Championship Meets:** These meets are the culmination of the entire season. We focus a great deal of attention on performance at these meets. There are again several different formats for these meets. Our league holds the following meets:

1. Districts – This Championship meet is open to most team members (those that meet the requirements of attending 4 dual meets). All of the teams in the Buffalo–Rochester District will be in attendance.
2. New York State Championships/Nationals – Swimmers that meet standards or “cut times” are allowed to swim in these meets. These meets include YMCA States and Nationals.

\*In order to swim at Districts, States and Nationals, a swimmer MUST have competed in a minimum of 4 Buffalo–Rochester Area District sanctioned meets. To compete at Nationals, a swimmer must meet the 4 meet minimum and also have competed in at least 1 Championship meet under the YMCA regulations.

The meet schedule is distributed at the beginning of the season but may be updated as the season progresses. Meet information will be emailed to the team by the head coach at the beginning of the week of the meet. Swimmers are assumed to be participating UNLESS the coach is made aware otherwise. Swimmers must tell the coach if they are NOT participating by the conclusion of Wednesday’s practice the week of the meet. Please be considerate regarding your child’s meet attendance. Late notification or failure to show up may result in 3 other swimmers being unable to compete in a relay.

## **Conduct Policy**

The GLOW Riptide embrace the values of commitment, good sportsmanship, fair play and integrity in all its actions. All team members are expected to uphold these values. Occasionally these values are violated. If violations are serious enough, the YMCA staff and coach will review each case and make a determination if continued membership and participation on the swim team will be allowed. IF continued membership is allowed, additional requests may be made of the swimmer. IF it is concluded that a swimmer needs to be removed from the team, no refund for Y membership dues or swim team fees will be granted. It is the objective of the GLOW Riptides is to assist swimmers in embodying and internalizing the core values of the YMCA and the team and it is believed continued participation on the team assists in achieving this objective.

## **Responsibilities**

### **Swimmers:**

1. Be respectful of your coaches and teammates. No name calling, trash talking, etc. Politeness and sportsmanship are life qualities and Y standards.
2. Hands to yourself.
3. Set up/tear down pool at practice and meets – this includes picking up after yourself (water bottles, wrappers, etc.)
4. Help out your teammates.

### **Coach:**

1. Attend all practices and meets
2. Provide appropriate workouts for practice
3. Create meet lineups
4. Be respectful and encouraging

### **Parents:**

1. YOU are responsible for your child in the locker room. Remember, the locker room is a public place.
2. Stay involved with your child and their efforts.
3. Check emails, the swim team BAND app. Be aware of upcoming events, deadlines and commitments.
4. Volunteer to help at meets:

Officials (4): Training session and online test required

Timers (13): Head timer and 2 per lane (6 lanes)

Meet Entry (2): Run computer timing system

Clerks (2): Organize swimmers before races

Set Up/Clean Up: Chairs, timing boards, signs, general help

50/50 Sales: Sell tickets

ALL parents MUST assist in some volunteer capacity during the season (meets, dinners, etc.). Swim team is a team event and parental support is needed to make our season successful.

### **At the Meet**

For all meets, swimmers should be at the pool for warm-up ready to get in at the prescribed time. Swimmers should take time to get accustomed to the backstroke flags, walls and starting blocks. The coach will prescribe a warm-up for you before you get in. At a meet, we will establish a position at the pool, gym or hallway for the team and make this "home base". All swimmers are expected to sit as a team at this base. The coaches should be made aware of where every child is if leaving home base. Often events come up quickly and swimmers need to get to the blocks for the start of their race. Swimmers are expected to report to the coach AFTER each race to ensure immediate feedback on their swim is received. Parents are NOT allowed on the deck. The coaches will make all necessary scratches from events and determine all relays. Meet lineups will NOT be changed unless there are extreme circumstances.

### **Supplies**

1. The GLOW Riptides team suits and cap are REQUIRED for all meets.

2. Goggles (Primary pair and backup).
3. Towels
4. Deck shoes to wear when not swimming.
5. Warm-ups (light jacket, pants, shirt) to wear when not swimming.
6. Something to keep busy between races (book, games, etc.).
7. Blanket or chair to sit on.
8. Limited healthy snacks (fruit, water, crackers, etc.). Swimmers are reminded that if they spill something, it is their responsibility to clean it up.
9. Sharpie markers (to write events on hand)

### **Communication**

Communication is key! We have several methods of communication that we use throughout the year. Please try to check the BAND app. (Turn on Notifications!) Coaches will try to be concise with the number of posts, but all information is important. If you would like to set up individual conferences to discuss other issues, the coaches will be happy to assist you. The main means of communication between the team and a swimmer/parent is through The Band app, and email. All efforts will be made to ensure that all information and schedules are up to date. In cases of emergency or foul weather, all efforts will be made to email families promptly as well as to update the information on the YMCA's social media.

### **Funding**

As with any program associated with the YMCA, we do incur expenses throughout the year. Program fees serve to manage and offset the majority of these fees.

**Y Membership:** All members of the GLOW Riptides are required to be full youth members of the GLOW YMCA prior to signing up for the team. This can be accomplished in two ways:

1. Swimmers can be a member of a family plan
2. Swimmers can be an individual youth or Junior member (annual membership option only)

**\*These payments are due prior to your child beginning practice. NO exceptions.**

### **Scholarships**

It is the goal of the program to keep as many kids swimming as possible. The team understands that some families may need financial assistance with either the program fee or Y membership fee and the Y is committed to offer as much scholarship assistance as possible. If a family feels they may need or qualify for assistance, they are asked to see the Member Service staff as they can assist you.

### **Other Expenses**

Not all of our meets are at home (GCC). There will be some traveling involved when attending away meets. The location and directions will be provided via the BAND app. the week of the meet.

### **Special Events**

The GLOW Riptides promotes several non-competitive events each year to get to know each other, relax or just have fun. We hold several spaghetti dinners, holiday parties, etc.. The largest and most significant event we hold each year is our team banquet. This banquet we would like to hold at a local restaurant and is the capstone for our competitive season. The team hands out several awards but our

main goal is to acknowledge the efforts and accomplishments of all our swimmers and coaches. Program fees cover the cost of the swimmer banquet tickets however guest tickets are an additional family expense.

\*\*\*To be eligible for banquet, state team, and recognition at the banquet, swimmers need to complete 4 duals meets and participate in the district championship meet\*\*\*

**Team Store**

Swimmers will be awarded a "Riptide Buck" for certain accomplishments. I.E. Attendance, competing in races, outstanding performance or sportsmanship. Which then can but use to purchase items at our team store. The store will be open on Fridays starting in mid October.

**Parent Committee**

The GLOW Riptide parents are all encouraged to participate in this committee, who directs the fundraisers and special events noted above. The Parent Committee will work directly with the Aquatics Director, where meetings are held to discuss fundraisers, home meets, and special events.

## **GLOW Riptide Parent Handbook Acknowledgment Form**

I \_\_\_\_\_ (parent/guardian), of \_\_\_\_\_ (swimmer) have read the parent handbook in its entirety and understand the contents.

\_\_\_\_\_  
Parent/Guardian, Print Name

\_\_\_\_\_  
Parent/Guardian, Signature and Date