



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA ORCAS COMPETITIVE SWIM TEAM

2024-2025

Oneonta YMCA



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Welcome!

Head Coach & Team Manager : Abigail Davis swimcoach@oneontaymca.org

Philosophy & Goals:

The Oneonta Family YMCA Orca Swim Team provides children with an opportunity to enjoy their swim team experience. Our focus is to create a positive environment where swimmers will develop mentally, physically, emotionally, and socially. We motivate all swimmers to do their best and work hard in all aspects. We reinforce the core values of the YMCA; caring, respect, responsibility, and honesty throughout practices and swim meets. Our goals include:

- ◆ Gaining confidence in individual abilities
- ◆ Building team spirit and interconnectedness
- ◆ Fostering good sportsmanship and positive attitudes
- ◆ Identifying self worth and values
- ◆ A spirit of truth, honesty, and integrity

Electronic Device Policy

**In order to encourage team building and team interaction we do not allow personal electronic game devices during meets. Music devices are acceptable for music listening only.*

Disciplinary Policy

If a swimmer fails to meet expectations that are set before them, the child will go through the following disciplinary procedures:

First Occurrence: Conference between Coach and swimmer

Second Occurrence: Removal from practice, contacting parent with explanation of removal. Follow up conference between Coach and swimmer's parents

Third Occurrence: Swimmer will be suspended from practice for a period determined by Coaches

Fourth Occurrence: Further suspension and possible removal from the program

The Parent Group Organization

Participants in the Parent Group Organization are program volunteers. The PGO is expected to assist in the delivery of competition and competitive swim meets and is *responsible to the Y staff*. The Parent Group Organization is not policy-making committee for the association. All policy decisions affecting the competitive sports program and team will be made by the YMCA Executive Director; Team Administrator and coaches; and/or other committee assigned by the Board of Directors. The Parent Group Organization will facilitate fundraising for the team to have funds to be used for, but not limited to: equipment, team scholarships, team and coach travel expenses.

Purpose:

The Orca Parent Booster Club is responsible for assisting the YMCA swim team program and coach in matters pertaining to a properly functioning competitive swim program and meets. An Advisory Board consisting of staff and parents will be developed to oversee the parent booster club and sub-structure of parents committees. All matters will always be in accordance with the YUSA Competitive Swim Guidelines, YMCA Principles of Competitive Swimming, Oneonta Family YMCA policies objectives, procedures and YMCA values.

The YUSA believes one of the best components of the program is the involvement of volunteers. The benefits include the opportunity to display the YMCA philosophy in action, saves the families money and involves parents & family as participants and volunteers. The success of the team is dependent on everyone understanding their roles to create a warm and inviting team culture to foster team pride.

This committee will act as the liaison between staff and team, thus providing a way for parents to actively support the program in an advisory capacity only. All hiring, fiscal management & fundraising approval are governed by the Oneonta Y administration & approved policies as outlined through the Oneonta YMCA Board of Directors.

Parent Group Organization Meetings:

Throughout the season, parent meetings will be scheduled and an agenda will be set to go over fundraising activities, along with other events to help the season run smoothly.

Meetings take place at the Y, and all parents are encouraged to participate.

Parental participation is *necessary* in order for the swim team to run, as it is the responsibility of all parents to volunteer throughout the season.

Please bring your thoughts, creative fundraising, and team bonding ideas to help make this year a great success!

What is the role of the Parent Group?

This is a mandatory commitment to assist in swim meets and is expected if your child participates on the team. Parents are responsible for organizing and running home meets; assisting with tri or quad meets, as well as larger meets is a requirement for YMCA swimming. Team supporters play a major role in making our meets successful.

Please refer to page 7 for a list of volunteer jobs/positions descriptions and expectations.

The greatest reward you can give your child is to show your support by attending the swim meets, and helping where you can!

Parent Group Organization (PGO)

The following positions are instrumental in a smooth and successful season. Although these parents are on the Advisory Committee and considered 'the point person,' all parents are asked to help within the organization to make the team a success! Positions marked with an asterisks "*" will only be necessary for select meets throughout the season.

President — The president of the PGO oversees parent meetings. The president works with the other parent coordinators, Aquatics Coordinator, and/or Team Manager to set an agenda for each upcoming meeting to discuss meets, events, and fundraising.

Vice President — The vice president will also head meetings when the president is unable to attend and assist the president with any and all meets, events, and communications between coaches and families as needed. In the event that the president steps down or become, too ill to participate, the vice president will oversee all PGO activity for the remainder of the season.

Secretary—The secretary attends all parent meetings to record the minutes of the meeting to send out to all parents.

Historian/Photographer — The team historian records the team through photo and video and collects such items from other parents to post on to social media, as well as send them to the team manager for use on Y media outlets. They are also in charge of recording any parent volunteer hours for historian work to be handed in to the team manager at the end of each event.

Fundraising Coordinator — The fundraising coordinator runs the fundraising programs throughout the season. The fundraising coordinator also facilitates and delegates jobs of fundraising and is the point person for any questions. The fundraising coordinator also reviews the current funds for the season and keeps track of fundraising and concessions money throughout the season. They are also in charge of recording any parent volunteer hours for fundraising to be handed in to the team manager at the end of each event.

Banquet Coordinator—The banquet coordinator will communicate, and delegate the needs and tasks for the end of the year banquet.

***Administrative and Officials Coordinator**— The administrative and officials coordinator will be the in charge of organizing officials for each swim meet. Meet officials are Y certified to officiate YMCA sanctioned swim meets. Officials can be Level 1 or Level 2. There should be at least five (5) officials running each meet (1 starter, 1 referee, 2 stroke/turn judges, and 1 at the table). All officials must be registered and approved by the League Commissioner and may be asked to officiate at away dual, Districts, and/or State meets. They are also in charge of recording any volunteer hours for officials to be handed in to the team manager at the end of each event.

***Timing Coordinator** — The timing coordinator is in charge of coordinating timers for home meets, and some possible away meets, as well as finding volunteers to bullpen at home meets. They are also the head timer and in charge of backing up timing if an issue arises. If there is a technical issue with stopwatches, plungers, or touch pads, they are to report to the administrative officials. They are also in charge of recording any volunteer hours for timing and bullpen to be handed in to the team manager at the end of each event.

***Concessions Coordinator**—The concessions coordinator organizes donations for the concession stand as well as organize volunteers for concessions during swim meets. They are also in charge of recording any volunteer hours for concessions and are to be handed in to the team manager at the end of each event.

Competition Levels and Practice Expectations

Team:

This is a program for those who are able to swim one length of front crawl with rotary breathing and one length of back crawl. The ages for levels are determined as of December 1, 2024. These "A-E" levels will swim against other YMCA swimmers in their own age and gender group. Oneonta Family YMCA swimmers are encouraged to participate in all meets, as it encourages Team Spirit.

Level	Ages
E Team	8 & under
D Team	10 & under
C Team	11 & 12 yrs old
B Team	13 & 14 yrs old
A Team	15 –19 or high school

Swimmer Eligibility:

- ⇒ Swimmers must be current members of the YMCA of the team that they are affiliated with in order to compete in the CNY-YMCA swim league.
- ⇒ Swimmers that participate competitively on a Middle School or High School swim team may swim in CNY-YMCA meets, scholastic swimmers must comply with the rules of the CNY-YMCA swim league.
- ⇒ All swimmers must abide by the USAS swimming rules.
- ⇒ Any YMCA swimmer must practice at least once a week, every week, with the YMCA team, with the team which they are rostered with, to participate in any CNY-YMCA swim meet, League District Championships or NYS Championships. This is to ensure the integrity of the YMCA program and philosophy in competitive sports is upheld.

Please arrive on deck at least five minutes before your practice time.

All swimmers will be required to wear a competitive/exercise style bathing suit in any color to practice. Racing caps are recommended for all swimmers to keep hair out of their face and away from their neck as well as aid in decreasing resistance in the water. Goggles and swim caps are *strongly* recommended.

Swimmers are also expected to bring a water bottle to all practices and meets for proper hydration.

Practice Expectation:

The code of conduct will be in place at all times during practices and meets. We expect that all swimmers try their best, demonstrate good sportsmanship, be kind to their fellow teammates, and show up on time.

At any time, if the coaching staff has a safety issue, we will address it immediately with the swimmer(s) and their parents.

A/B/C Swimmers are encouraged to attend at least three practices per week, and D/E two practices, to see progress in their swimming abilities. Fall or Winter scholastic swimmers must attend the one practice minimum as stated above in swimmer eligibility.

Practice times and days may change slightly due to the size of the team.

*The first day of the regular season is Monday September 23, 2024

Please see practice schedule for your child's practice time and group.

Registration Forms and Waivers

Required Forms:

Children will not be permitted to participate for the season without completion of registration and waiver forms, and a payment plan in place.

A parent's permission letter and doctor's permission letter must accompany any medication administered during practices and/or meets, prescription or nonprescription.
All medications will need to be managed by your child.

Registration Packet:

Registration Forms and Payment Information

Adult/Child Release of Liability

Code of Conduct Contract

Health and Safety:

Your child's health and safety are critical to us. All staff are CPR/AED and First Aid certified. A life-guard will be on duty at all times during practices and during swim meets. The YMCA uses A.O. Fox Hospital in Oneonta for emergency room services, if necessary. Children who are ill will not be permitted to stay at the pool and a parent or guardian will be called to pick them up.

*The YMCA has a safety policy that all children ages 10 and under must be accompanied by a parent/guardian at the beginning and end of their programming. If the parent/guardian is late picking up the child then they will remain in the program area until parents arrives.

Weather Related Cancellations:

Orcas practice runs unless the City announces a Snow Emergency, the Oneonta City School District cancels after school activities or the YMCA closes. Please call the Y after 3:00 pm if you have questions about cancellations.

Communication:

*Important information will be posted outside the pool area on the bulletin board, as well as the Oneonta Family YMCA and Oneonta Orcas Facebook, Instagram, and e-mail.

Make sure you stop by and read the posted information before or after practices.

Sign up sheets for parent volunteers will be sent through email, for home and away meets, as well as fundraising information. If you have any questions about meets, practices, or other swim team related inquires, please contact Abby Davis by email; swimcoach@oneontaymca.org.

Please make sure we have an active e-mail on file for each family.

Payment: Families are responsible for the full season payment amount, regardless of number of practices attended. Payment broken up monthly for the season amount. However, if a swimmer does not make the post season and does not participate in (month of March) they are not required to pay for that last month.

Swimmers who do make the State Team will be charged an additional month.

Beginners: 8 & under (decided by coach) **\$72 each month**

Youngers: 10 & Unders **\$92 each month**

Olders: 11& Older **\$112 each month**

***There is a sibling discount of \$10 off per month for any additional swimmer**

Swim team fees do not cover expenses needed to be covered by team fundraising

Any Swimmers who do make Nationals will be charged additional fess as well.

Swim Gear:

- One piece practice suit/jammers
- Goggles
- Swim cap
- Kick board
- Pull buoy
- Fins

Meets:

Meets are held on Saturdays and some Sundays. Meet transportation is the responsibility of each individual family. If your child does not plan to attend the meet, please notify the coaches. It takes time to prepare a meet line-up. Failure to inform the coaches of a swimmer not attending means changing the line-up, causing extra work on the coaches and administrative officials.

An Its Time to Sign Up will be sent out before each meet. It must be filled out "Attending/ Not Attending" of meet the week before the scheduled meet.

Any swimmer that does not attend AT LEAST one practice within the week of a swim meet will NOT be allowed to compete in that meet as stated by the CNY League Rules and Regulations.

All Swimmers are required to swim in at least 3 CNY meets!

If you have a school event or injury that prevents you from attending a meet please speak directly to the coaches!

District Swim Meet:

The 2024–2025 District Swim Meet will take place at Fulton; February 1st and 2nd. Saturday, February 1st swimmers ages 10 and under will participate and on Sunday, February 2nd swimmers ages 11 and up will participate. All swimmers from the CNY league attend. There are no qualifying times for this meet. This is an all day meet with swimmers waiting nearby between their events. It is a good idea for the swimmers to have healthy snacks, extra towels, a sleeping bag or blanket, and a quiet game or book. All transportation costs and meet/event fees are the responsibility of each individual family.

Details regarding meets will be communicated by the Team Manager as soon as it is received*

States:

The 2024–2025 State Swim Meet will take place in Webster, NY at the Webster Aquatic Center.

Swimmers must meet a qualifying time at a regular meet during the season or at Districts to be eligible to compete in States. All transportation costs and meet/event fees are the responsibility of each individual family.

Details regarding meets will be communicated by the Team Manager as soon as it is received*

Nationals:

The YMCA Short Course National Swimming Championship 2025 will take place TBD All transportation costs and meet/event fees are the responsibility of each individual family.

****Details regarding meets will be communicated by the Team Manager as soon as it is received****