

Handbook

Team Goal - The goal of the Somerset Hills YMCA Swim Team is to provide swimmers with the opportunity to develop their individual potential to the fullest and to improve their competitive skills. This is done while giving each swimmer the chance to experience the satisfaction of success in a fun and nurturing TEAM environment. A full team effort is important at every meet, with every swimmer receiving the support of the team and coaches.

Team Policies

Communication - The [SHY Swim Team Website](#) has been established as a source of information for all swim team activities. Important information will also be posted on the bulletin board outside the aquatic office at the Y. Invitational meet entries will be posted on the pool deck. Up-to-date information is also available by phoning 908-630-3531.

Policies - All swimmers, coaches, staff, and parents are expected to conduct themselves in a proper manner during the entire season, both home and away. All swimmers must understand that they are representing the Somerset Hills YMCA as well as their parents, the coaches, and the team.

- There is to be no willful destruction of property. In the unfortunate event that this does occur, the swimmer and his/her parents will be held financially accountable.
- Smoking, drinking, use of illegal substances, and use of foul language will not be tolerated.
- During practices, swimmers will not disrupt the workout in a lane or show disrespect to teammates or coaches.
- When participating in a meet, a swimmer is expected to discuss his/her performance with a coach directly after the event to receive feedback from the coach concerning his/her race.
- Parents will not be on the pool deck during swim meets unless they are working the meet as officials, timers, scoring table statisticians, recorders, or runners.

Practice - Team members are urged to bring a lock for their lockers to safeguard their valuables. Swimmers are to arrive on deck at least 15 minutes prior to the start of practice. Swimmers are to have all equipment (paddles, pull buoys, caps, goggles, fins, water bottles) with them on the pool deck and placed at the end of their assigned lane. Swimmers must give the coach a note prior to the start of practice if they must leave early.

Meets - Swimmers are required to compete in team suits and caps. YMCA Dual Meet attendance is mandatory. If a swimmer can not attend a meet, that team's coach must be notified ([email](#) or 908- 630-3531) by the Thursday prior to the meet.

Parent Participation - Swimming is a labor-intensive sport, both for the swimmer and guardian. In registering a child for the swim team, guardians must commit to participate in the running of meets and in the various fundraising activities sponsored by the team. The Swim Team Parents Organization (STPO) has established a [Participation Policy](#) that outlines the required commitment.

Meet Entry The procedure for entering an Invitational Meet is as follows:

- 1. At the beginning of the season, check the Invitational Meets. As soon as you know of any meets that you will not be able to attend, [e-mail](#) the coaching staff at the Y. Be sure to include swimmer's name, invitational meet name, and day(s) you are unable to attend the meet. When the team plans to attend a meet, the coaches will enter every swimmer who qualifies for the meet unless notice has been given by the procedure outlined above.
- Entries will be listed on the pool deck bulletin board at the Y (and possibly on this website). Once the deck list appears, entries and payment have been sent to the meet

director and it is too late to withdraw from the meet. At this point, you will be responsible for meet entry fees (usually \$2.50 - 4.00/ event) whether or not your swimmer swims the event.

Meet Entry Fund Initial Deposit:

Seniors & Juniors: \$125
Age Group 2: \$100
Age Group 1 & Gold: \$50

These figures are based on the average amount that each swimmer can expect to pay for entry into Invitational Meets. Some swimmers will enter more meets and can expect to be billed for the extra amount. Swimmers will be entered into meets unless they tell the coach that they are not available. This system enables the coaches to act quickly to get our swimmers entered before a meet is "closed out". If your swimmer has not told the coach that he/she is not available, and they are subsequently entered in the Meet, you will be responsible for the entry fees.

Parent Guidelines

- **BE ON TIME** - Get your swimmer(s) to practice and meets early enough to enable him/her to be on deck ten minutes prior to the start.
- **BE PREPARED** - You know what you need, so be sure to bring it on deck at the start of practice or have it packed in your bag for use during meet warm-up and/or meets.
- **BE COURTEOUS** - Locker rooms are unsupervised. Swimmers are responsible and must exhibit proper behavior at all times. Every swimmer represents Somerset Hills Swim Team and his/her behavior is a reflection of our team.
- **STAY OUT OF THE WAY** - Remind your swimmer to go to the coach immediately after each race. Once the coach has been addressed, your swimmer may come to see you.
- **SAY SOMETHING SUPPORTIVE** - Coaches will critique your swimmer; it is your job to keep a positive attitude.
- **SWIMMERS SHOULD BE RESPONSIBLE** - Allow your swimmer to be responsible for reading heat sheets, holding goggles and swim caps, and attending to other necessities during the meet.
- **REMINDE YOUR SWIMMER TO SIT WITH THE TEAM** - Swimmers should sit with their teammates (not their parents) during meets so the coach is able to locate him/her when necessary. Swimmers should support other Somerset Hills swimmers during the events.

Locker Room Behavior The use of the locker rooms is a privilege. There will be no running, yelling, or roughhousing of any kind, it is not a place to play. Repeated offenders may lose their locker room privileges. Swim team members are expected to shower and change as quickly as possible, both before and after practice.

Any swimmer found going through other peoples' lockers may lose their locker room privileges. Team members are strongly encouraged to bring a lock for their locker or to bring their valuables on deck in their swim bag.

Snow Policy Whenever possible closings or cancellations due to inclement weather will be posted on the Bulletin Board of the Swim Team Home Page. However, if in doubt, call the front desk of the Somerset Hills YMCA at (908) 766-7898 for the latest information. If the Y is closed or no one is available in the Aquatics Office, call (908) 630-3531 to learn the status of a meet or scheduled practice.