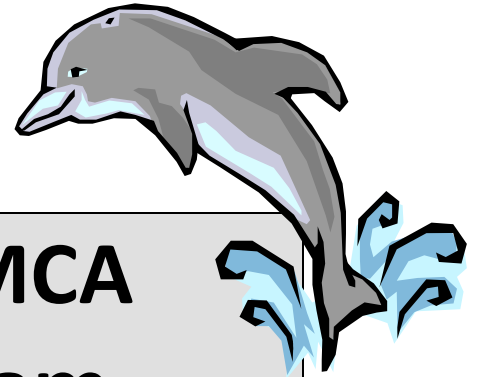




FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Brainerd Family YMCA  
Dolphin Swim Team  
Parent's Handbook  
2011-2012**



Dolphin Swim Team web site:  
[www.brainerdlakesymca.org](http://www.brainerdlakesymca.org)

**The Brainerd Family YMCA Mission**

The mission of the Brainerd Family YMCA is to enhance lives in the Brainerd Lakes Area by connecting individuals and families with opportunities based on Christian values that build a healthy spirit, mind & body.

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**Dear Parents:**

This handbook is designed as a complete resource of information specific to the YMCA Dolphin Swim Team. You will learn our program's objectives, philosophy, details, and how parents are involved in the program.

The YMCA Dolphin Swim Team is one of our many youth sports programs. The YMCA Youth Sports program's philosophy is to provide a fun, safe, learning environment. We do this by being very positive with all of the swimmers. We also emphasize skill development and encourage all swimmers to try different events to enhance their physical and mental growth.

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians.

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.

- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.

- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.

- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.

- Swimming is the most injury-free of all children's sports.

- Swimming is a sport that will bring kids fitness and enjoyment for life. Many participants in Master's Swimming programs are still training and racing well into their 80's.

In addition to physical development, children can develop greater intellectual competence participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self-image.

If you have any questions/comments/concerns, please feel free to contact us at (218) 829-4767 or [jhansen@brainerdlakesymca.org](mailto:jhansen@brainerdlakesymca.org).

For the 'Y',

Jane D. Hansen  
Aquatics Coordinator

## PROGRAM DETAILS

### Swimmer's Equipment

All swimmers are *recommended* to have some or all of the following: a swim cap or pony tail band, towel, goggles, practice swimsuit and a Dolphin team swimsuit. Swimmers are responsible for their own valuables. Please bring a lock and use the lockers. Remember to write your name on everything.

### The Dolphin Team Swimsuit

Swimsuits will be available for try-ons during one of the first weeks of the season. Orders will be taken and must be paid in full at that time. The standard swimsuit is a racing-style suit, solid black in color, with an embroidered dolphin logo. Team suits are optional.

### Practice Schedule

Practices are held 3 days a week after school. Age groups *tentatively* practice as follows:

8 and under	3:30 - 4:15 PM (new swimmers) or 4:15 - 5:00 T, Th, (previous swim team participants) and 3:30-4:30 F
9 & 10	3:30 - 4:30 PM M, W and 4:30 - 5:30 PM F
11&12	4:30 - 5:30 PM M, W and 5:30 - 6:30 PM F
13 & older girls	5:30 - 6:30 PM M, W, F
13 & older boys	5:30 - 6:30 PM M, W and 6:30-7:30 F

Some swimmers may be asked to swim at a different time to relieve lane congestion in other groups. Swimmers must be on deck and ready to swim at the assigned start time. *Note:* Age is determined as of December 1 of current season.

### Practice Content

Practice is the most important part of one's swimming development. Practices will concentrate mostly on teaching and improving the competitive strokes, but will also include demanding workouts designed to condition the swimmers for endurance and ultimately faster times. However, a swimmer's success is also dependent on the amount of effort put into the practices, how often practices are attended and how open the swimmers are to the Coach's suggestions. All these things will be reflected in the swimmers' meet times and overall improvement.

Because of limited practice time and limited space, the swimmers may not get a lot of individual attention due to the number of swimmers in the pool. Additional lessons outside of swim team may be needed.

### Healthy Choices for a Healthy Lifestyle

These healthy tips are provided only as a guideline in maximizing your performance during the season by eating right. As an athlete, you should have good healthy habits as opposed to unhealthy habits. Some of the following don'ts are not only bad for your health but could result in an expulsion from the team.

#### DONT'S

Tobacco - proven to be dangerous to your health, especially in the lungs, which are so important to swimming.

Drugs - Drug usage will ruin an athlete. The more you use, the more you want, the worse you get.

Alcohol - Another drug that affects the nervous system and the circulatory system in a harmful way.

Eating habits - Cut out junk food. These are empty calories and do not benefit you except to gain fat (i.e. pop, candy, chips, fries, ice cream, fried and breaded foods).

#### DO'S

Eat three balanced meals and 2-3 healthful snacks each day. This will keep energy levels from falling too low.

Take vitamins if you feel that you are not getting enough from the foods you eat, especially Vitamin C.

Sleep - Your body needs the extra rest. While in training get at least 8 hours of sleep.

Drink lots of fluids. Your body loses a lot of fluid while training (i.e. water and low sugar sports drinks).

Report any injuries, illnesses, and hurts to your coaches.

## The Training Diet

What's the difference between the training diet and your normal diet? The training diet should be higher in complex carbohydrates. The training diet includes more foods from the Grain group and Fruit & Vegetable group. When planning a high-complex carbohydrate diet remember:

- Lean meats, chicken, turkey, fish, raw nuts and eggs are good sources of protein needed for muscle endurance, strength and recovery.
- All fruits and vegetables are good sources of complex carbohydrates. 3-5 servings of veggies and 2-3 of fruit per day are recommended.
- Yogurt, smoothies, milk, cottage and regular cheeses all contain complex carbohydrates.
- Cereals, breads, pasta, muffins, pancakes and other grain products are high in *simple* carbohydrates.

During your **pre-competition meal**, you should include several of the *simple* carbohydrate foods mentioned above. These foods take the least time to pass through your stomach. Avoid high saturated fat foods (ie. doughnuts, chips, french fries). Foods that are higher in saturated or “bad” fat take the longest time to pass through your stomach. Food that remains in your stomach during competition may cause indigestion, nausea, and even vomiting.



\*\*Sugary foods, such as: cakes, pies, cookies, and pop are high in simple carbohydrates and empty calories. If not burned off, they are stored as fat. They are low in other nutrients and high in sugar. Select them very sparingly and only after you have eaten the recommended number of servings from the food groups.

To avoid **dehydration**, drink plenty of fluids before, during, and after practice and competition. We recommend bringing a water bottle.

## Injuries

The goal of a competitive swimmer is to travel as fast as possible in the water. Swimmers increase speed by improving their propulsion through the water. They do this by improving efficiency, and by increasing their strength and endurance while decreasing their drag. As swimmers train harder to achieve these goals, they must avoid injuries.

Overuse injuries may occur due to improper stroke technique. Some freestylers, butterflyers, or backstrokers may at some time complain of shoulder pain, whereas breaststrokers may have their knees affected. Proper technique will limit injuries. Start slow and build your routine as the body strengthens. Good protein intake and essential fatty acids (found in olive, canola, safflower and sesame oils) will help eliminate injuries.

### Prevention

If injuries are inherent to swimming, what can you do to prevent and treat these injuries? Some general principles for prevention of any sports injury are:

- **Warm-up and stretching** -- The best times for stretching are after warming up and after a practice or meet.
- **Strengthening** -- Strengthening exercises help prevent injury by increasing power and endurance and reducing fatigue.
- **Cross-training** -- Cross-training relieves stress on fatigued areas and strengthens muscles that are not used as much during swimming. Cross-training may consist of biking, running, x-country skiing, in-line skating or many other activities.
- **Icing** -- Cooling an injured or over-used area slows down the metabolism and prevents the accumulation of excess fluid that can increase swelling.

\*\*\*Please consult your doctor if you have any health concerns regarding your swimmer.

***HAVING GOOD HEALTH HABITS WILL BENEFIT YOU NOT ONLY IN YOUR PERFORMANCE, BUT YOU WILL FEEL BETTER AND HAVE MORE ENERGY.***

## Sudden Injury & Illness Procedure

A first aid kit and YMCA staff trained in First Aid & CPR will be at all practices and meets for responding to any injuries or illnesses that occur. In the event of a serious injury, medical assistance may be called. Parents who are available when the injury occurs will decide what care is given. Parents who are unavailable will be contacted by YMCA staff as soon as possible.

## Attendance and Illness

All swimmers are asked to attend every practice. If you are ill and do not attend school, or will not be at practice for other reasons, you must call the YMCA and leave a message for the coach. **Attendance will be taken daily.** If you are sick on the day of a meet, please call the YMCA (829-4767) and leave a message for Jane *at the front desk* (not on my voice mail). Messages are checked by 8:00 a.m., so please call before then.

## Inclement Weather Procedure

In the event of inclement weather, the YMCA will determine whether or not to cancel a practice 1 hour prior to the scheduled start time. In the event of a school closure, practices are automatically canceled as well. Cancellation decisions for home and away meets will be made by 9:00 PM on the Friday evening before the meet. Cancellations are broadcast on WJJY 106.7 FM radio. If you are unsure, call the YMCA at 829-4767. *Note:* A parent always reserves the authority to determine whether or not their child will participate under certain weather conditions.

## Severe Weather & Other Emergencies During Practice

In the event of a **tornado warning and/or severe thunderstorms**, everyone will head downstairs into Kid's Club rooms. Participants will remain there until the warning has expired or been canceled. Adults who choose to leave the building with their children may do so.

In the event of a **fire**, members and guests will exit using the safest route out of the building. When outside, participants will move to the YMCA parking lot as far away from the YMCA as possible.

In the event of any other emergencies, YMCA staff will assist and direct members and guests depending on the situation.

## Swimmer's Expected Behavior

Inappropriate behavior during practice, anywhere at the YMCA, or at meets will not be tolerated. Swimmers may be asked to sit out, parents may be notified, or swimmers may not be allowed to swim at the next meet depending on the nature of the behavior.

## Staying Informed

Each week, parents should come into the YMCA to check for new information and ask their swimmers for any information from coaches during practices. Look for posted fliers announcing upcoming swim team events. All information will be emailed out and posted at the Swim Team Information board located at the YMCA in the hallway near the Family Changing Area. In addition, most information can also be found on our website at [www.brainerdlakesymca.org](http://www.brainerdlakesymca.org). \*Remember to check your email!!

## Meets

### Philosophy of Competition

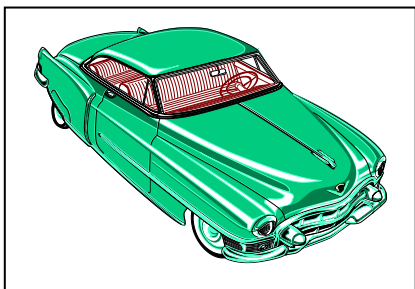
Sportsmanship and fair play is the hallmark of YMCA sports. Swimmers will be expected to demonstrate good sportsmanship and positive support towards teammates, opponents, officials, and spectators.

Our training program, attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
  
2. Sportsmanlike behavior is of equal importance as improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the coaching staff.
  
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.

Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts.

Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his or her potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmer's "best" stroke changes as they mature and his/her body goes through physical changes.



### Parking at Brainerd High School

All parents are asked to park in lots on the south end of the grounds. We are fortunate to have use of the Brainerd High School pool and facilities. Please be respectful of the property.

Fifty years from now it will not matter what kind of car you drove, what kind of house you lived in, how much you had in your bank account, or what your clothes looked like. But the world may be a little better because you were important in the life of a child.

-Anonymous

## General Meet Information

All swimmers are encouraged to participate in as many meets as possible including away meets. Furthermore, it is very strongly recommended that all swimmers participate in the Section meet towards the end of the season and the State meet. (See Championship Meet section on pg 9). Swim meets are the measurement of success and what a competitive program is about.

At meets, all swimmers may swim up to three individual events and up to two relays. Swimmers will be able to choose their individual events (with the Coaches having the final say) and Coaches will make up the relays as they see fit. Generally, the "fastest" relays will not be arranged until well into the season. This allows swimmers of all abilities to be on relays together. \*\*\*\*\***Swimmers will need to notify the coaches as to whether or not they will be participating in a meet by the Monday prior to it (Tuesday for 8 & unders) and will be choosing their events at that time.** If the swimmer is not at practice on those days, they must call the YMCA to let us know.

Home meets will generally begin at 10:00 AM, and are held at the Brainerd High School pool. Warm ups will generally begin at 8:45 AM. The locker rooms will be available for use, and swimmers are asked to stay out of the rest of the school.

Away meet information will be made available as soon as we receive it, including directions, times and other pertinent information.

**If you are sick on the day of a meet, please call the YMCA (829-4767) and leave a message for Jane at the Front Desk (not on my voice mail). Messages are checked by 8:00 a.m., so please call before then.**

Swimmers ten years and younger, are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins a competitive swim team, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Even the very best swimmer (regardless of age) will have meets where they do not swim their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered.

Swimmers are not allowed to swim with writing on their bodies, with the exception of event numbers. No jewelry of any kind (including earrings and hair bands around the wrists) is allowed. Swimmers will be disqualified if noncompliant.

**\*\*\*Swimmers will need to check with their Coaches before leaving a meet, regardless of whether their events are done.**

## CHAMPIONSHIP MEETS

### Section Meet –

The Section meet is the big meet towards the end of the season that everyone is hoping to do their best at. **All** swimmers are eligible to swim in this meet **if they have competed in at least three regular season meets.**

### State Meet –

To qualify for the State meet, swimmers must place 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> at the Section meet. In addition, more swimmers may qualify by having one of the next four fastest times from all of the Sections. Coaches are notified of these qualifiers after all the Section results are turned into the State host. (Usually within a week of Sections) Brainerd is in one of the fastest Sections, so many of our swimmers qualify this way. [Even if swimmers place 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> at Sections, they still have a good chance of going by their time.] **All** swimmers are to continue practicing after Sections until their Coaches tell them otherwise.

### Region Meet –

The Region meet is an optional post-season meet (extra practice and meet entry fees apply). The **only** way to qualify for this meet is by meeting Region qualifying times at any meet during the season. Times are posted by Jane's office and on the Swim Team information board as soon as they become available.

## The Four Competitive Strokes

The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age-group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

### Basic Rules

#### Officials

Officials are on deck at all meets. Some teams are less strict than others about disqualifying for rule infractions. Brainerd officials do not follow this philosophy and are asked to do their jobs correctly. Going easy on the swimmers and not disqualifying them for infractions only enforces illegal habits. When we get to Sections and State the Officials will adhere to the rules. Hopefully, all of our swimmers will have learned to swim legally by then.

At no time during a race will a swimmer be allowed to touch the bottom of the pool, grab a lane line, grab the wall or be assisted by anyone (only in an emergency situation should this happen). Immediate disqualification will result. Swimmers must stay in their designated lane until all swimmers in their heat have completed their swim.

#### Starts

The swimmers are not allowed a false start. If they move on the start and the starter thinks they are trying to get an advantage (whether intentional or not-it does not matter), they will be disqualified after their race. \*New starting 2010 – “Flyover” starts will be required at Sections; State; and Regions, and are strongly encouraged by the league to be utilized during regular season meets also. Flyover starts consist of swimmers staying in the water, tight to the wall, after their swim until the next heat enters the water (used for all events except backstroke). After the next heat enters the water, swimmers then immediately climb out of the pool.

### Turns and finishes

1. Freestyle: some part of the body (preferably feet) has to touch the wall on the turns. **Some part of the body (preferably a hand) has to touch the wall on the finish.**
2. Backstroke: the swimmer must stay on their back except in the turn. During the turn, the shoulders may be past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. **Swimmers must finish on their backs. Nothing was in her before about finishes.**
3. Breaststroke and Butterfly:
  - A. Swimmers have to touch the wall with both hands at the same time for turns as well as the finish.
  - B. A swimmer may not freestyle kick off the wall in either breaststroke or butterfly.
  - C. When swimming breaststroke and butterfly, both arms and legs must move simultaneously.

### Parents Responsibilities

The success of the YMCA Dolphin Swim Team depends on the involvement of parents. There are many ways you can help the team:

### Dolphin Swim Meet Sponsors

We are very fortunate to be able to use the H.S. facility for our swim meets. We are, however, charged a rental fee, plus a per hour custodial fee for the use of the High School pool and locker rooms. The total price varies due to the length of usage and if other events are using the High School on the same days. **This is just re-worded.**

To cover these additional costs now & in the future, we need Swim Meet Sponsors (either business or personal). By obtaining these sponsors, we will not have to significantly raise the registration fee each year. Also, hosting three regular season home meets is a requirement of the State Swim League for our team to be eligible to compete in the Section meet.

### GOLD LEVEL - \$350 +

By being a meet sponsor, you will benefit by having your business logo and/or your name:

- Posted on our website along with a link connected to your website
- In our Home Meet Programs
- Posted as a “Thank you to our Sponsors” at the YMCA by the Dolphin Swim Team bulletin board.

### SILVER LEVEL - \$100 +

By being a meet sponsor, you will benefit by having your business logo and/or your name:

- In our Home Meet Programs
- Posted as a “Thank you to our Sponsors” at the YMCA by the Dolphin Swim Team bulletin board.

Sponsors preferably should be set up by August 15<sup>th</sup> so we can plan the meet schedule with the Swim League Coordinators, (August 1st for gold sponsors). If Home meet sponsor dollars are not raised, we may not be able to offer home meets. Please see attached form on back of handbook and return to Jane ASAP.

### Dolphin Swim Team Committees

- Swim Meet Management -- Recruits volunteers for home and championship meets.
- Publicity –1. Promotes team through local media exposure and ? 2. Types up results in proper format for Brainerd Dispatch.
- Spirit & Communication -- Welcomes new parents and swimmers. Orientates new parents and swimmers at meets.
- Fundraising -- Coordinates various fundraising activities. (Money raised goes for new team equipment, upgrades for swimming software, Dolphin Record board maintenance, HS pool usage costs, etc.)
- Social – Organizes events for swim team members outside of the pool (i.e. dinner reservations at away meets)
- Out of Town -- Makes hotel arrangements for away meets if necessary. Disseminates information to team families.

### Swim Meet Duties

It takes many workers to run meets. As a parent of a swimmer, you will be expected to help. Below is a list of the help that is needed and a short explanation:

- Timers: (Need 12 per each half) -- 2 timers for each lane. Timers run stop watch and backup stop button for touch pads. Timers check to be sure swimmers are in correct lane and heat. Timers record times on provided lane/timer sheet. If enough timers are available, need only to time half of the meet.
- Runners: (Need 1 per each half) -- Runners pick up lane/timer sheets from timers and bring to computer operators for entry of times. On 25 yard events, runners will pick up lane timer sheets on the opposite end of the pool. Runners also pick up DQ slips from the Officials and bring them to the computer operator. Need at least one runner for each half of the meet.
- Announcer: (Need 1 per each half) – The announcer keeps the meet running smoothly. This person announces the heat and event currently in the pool so swimmers know when to report behind the blocks for their events. Need at least one announcer for each half of the meet. **Take this out?**
- Timer Operator: (Need 1) -- Timer Operator runs the computerized touch pad system.
- Assistant Timer Operator: (Need 1) -- Assistant Timer Operator helps the operator with the timing system.
- Callboard (need 1 per each half): This person writes the heat number and event number being swum on the event board. Swimmers watch this to know when to report behind the blocks for their events. **Take this out?**
- Program Sales (Need 3): These people (2) sell programs through approximately the first ten events of home meets (or until gone). Need one person to have copies made on Friday evening before the meet (will be reimbursed through program sales).
- Computer Operators: (Need 2) --Computer Operators run the Meet Manager program for swimmers time and place in their events. One operator checks lane/timer sheets brought by the runners. The other computer operator takes care of the printers for event final time sheets (results) and ribbon label printing. They also post results for spectators.

- Ribbons: (Need 3 per each half) -- 2 Labelers: Labelers put computer printed time labels on the back of ribbons. 1 Filer: Filer sorts ribbons for all the teams in the meet and files Brainerd ribbons in Dolphin swim team box. Filer also hands out ribbons to the heat winner in events with more than 1 heat.
- Level I and II Certified YMCA Officials- must have completed officials' course: (Need 3) – 2 Stroke and Turn Judges and 1 Starter.
- Clean up at the end of the meet. This includes: putting diving boards down; picking up leftover towels/goggles/swimsuits/etc and returning them to the appropriate team if possible; putting all computer equipment and ribbon boxes away; taking out timing pads and lane lines, and returning the pool to its original condition before the meet.

### **Swim Meet Bleacher Etiquette**

As swimming parents, we need to be respectful and courteous to others. Our seating arrangement at the High School for meets is less than ideal, but, we have to do the best with what we have. To make spectating more “friendly” for all, please abide by the following:

- Do not “save” seats – it is not necessary to have a row of jackets or blankets set out taking up room, when there are spectators who do not have any place to sit.
- No coolers in the stands – they take up leg room, further reducing our limited space
- Rotate in and out of the bleachers (I.e. when your child is not swimming, give up your seat to someone else who does have a child swimming).
- After your child’s swim, visit with them out of the bleachers – do not have your swimmer come to you.
- Do not stand or walk in front of the windows when a race is going on – wait until between heats.

If everyone follows these common courtesies, watching our children swim will be more enjoyable for everyone. It would also eliminate the need to get to the High School excessively early. There is no reason for any parents (other than those setting up) to be at the school more than 10 minutes prior to the start of warm ups. That allows plenty of time to change and get on deck by the start of warm ups and it also allows our swimmers a few more minutes of sleep (it is very important to be well rested before a meet). This will also help keep our rental time/fees to a minimum.

### **Parent Practice Etiquette**

We have been very fortunate to have a large team the past few years with many promising swimmers. With the increased amount of kids in the pool, we will have more parents on the pool deck during practices. While this is great, (we always encourage parent participation and appreciate parental involvement), the “talking” noise volume can become too high for effective coaching. (Especially when one practice is finishing up and the next group is coming in). This makes it very difficult for swimmers to hear their Coaches and for the Coaches to be able to hear their swimmers. Please be considerate when observing and keep your talking to a minimum and your voices low. We all want our swimmers to have the best swim team experience possible and we greatly appreciate your cooperation in this matter.

## Evaluation/Communication with Coaches

Evaluation is an ongoing process for us. Throughout the season, please feel free to approach us with helpful suggestions or constructive criticism. If you are in disagreement with a Coach, please do not discuss the problem with other parents. Set up a time to meet with the Coach directly *and as soon as possible*. The best time to talk to a Coach is either before or after practice, or give them a call at home (Hal-829-9267, Heidi-828-1797, Danielle 218-556-5495). In addition, an evaluation form will be handed out at the end of the season for you to complete and return. Your comments are important to us!

## YMCA Character Development

The Brainerd Family YMCA follows a commitment to character development. YMCA character development is not a new initiative. In fact, it dates back to the origins of the YMCA. It is not a program, manual, or training. It is a method of making sure our programs deliver what we promise in our mission by challenging our participants to accept and demonstrate positive values.

The four values that the YMCA has chosen to concentrate its teaching on are **Caring, Honesty, Respect, and Responsibility**. All other values can be linked to one or more of these core four values. What staff, parents, and coaches are asked to do is simply **“Walk the Talk”**. Support, demonstrate, model, and teach these four values to the youth and families in our programs every chance possible. It can be done simply by using these four words in every day language, or a group can sit down and share examples of each value in a learning session. Please join us in teaching the youth in our community these important character traits.

From *Guidelines for Children's Sports* by Rainer Martens and Vern Seefeldt (Eds.), 1979, Reston, VA.

### Bill of Rights for Young Athletes

- I Right to participate in sports
- II Right to participate at a level commensurate with each child's maturity and ability
- III Right to have qualified adult leadership
- IV Right to play as a child and not as an adult
- V Right of children to share in the leadership and decision-making of their sport participation
- VI Right to participate in safe and healthy environments
- VII Right to proper preparation for participation in sports
- VIII Right to an equal opportunity to strive for success
- IX Right to be treated with dignity
- X Right to have fun in sports

## The Objectives of YMCA Competitive Swimming

- 1) **Grow Personally:** Build self-esteem and self-reliance.
- 2) **Clarify Values:** Develop moral and ethical behavior based on Christian principles.
- 3) **Improve personal and family relationships:** Learn to care, communicate, and cooperate with family and friends.
- 4) **Appreciate diversity:** Respect people of different ages, abilities, incomes, races, religions, cultures, and beliefs.
- 5) **Become better leaders and supporters:** Learn the give-and-take necessary to work toward the common good.
- 6) **Develop specific skills:** Acquire new knowledge and ways to grow in spirit, mind and body
- 7) **Have fun -- enjoy life!**

## The YMCA Competitive Aquatic Philosophy

- 1) **Work with every swimmer on the team.** Equal attention is given to the most highly skilled and least skilled members of the team.
- 2) **Work on basic skills and teach good physical fitness habits.**
- 3) **Teach fair play.** Competing fairly is an essential part of competitive sports. It is a set of attitudes which include
  - respect for oneself,
  - respect for one's teammates,
  - respect for the other team, and
  - respect for the rules and the officials who uphold them.
- 4) **Help swimmers set and evaluate individual goals.** Competing against oneself is perhaps the best way to improve skills.
- 5) **Keep winning in perspective.** Winning events or meets is only one of the many goals in sports.
- 6) **Encourage lifetime involvement in sports and physical activity.** Some sports are appropriate primarily for the young, but swimming may be enjoyed for many years.
- 7) **Work with the whole person: spirit, mind and body.** Physical fitness is important, but so are mental attitudes and spiritual growth.

**Everybody Swims, Everybody Wins!**



## **YMCA Coaches Code of Ethics**

I will place the emotional and physical well being of my swimmers ahead of any personal desire to win.

I will remember to treat each swimmer as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe swimming environment for all.

I will promise to review and practice the necessary first aid principles needed to treat injuries of my swimmers.

I will do my best to organize practices that are fun and challenging for all my swimmers.

I will lead by example, in demonstrating fair play and sportsmanship to all my swimmers.

I will insure that I am knowledgeable in the rules of competitive swimming and I will teach these rules to all my swimmers.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the team is for children, not adults.

## **Parent's Code of Ethics**

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this code of ethics.

- \* I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every meet, practice, or other event.
- \* I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- \* I will insist that my child swim in a safe and healthy environment.
- \* I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- \* I will demand a drug, alcohol, and tobacco free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- \* I will remember that the meets are for children and not for adults.
- \* I will do my very best to make swim team fun for my child.
- \* I will ask my child to treat other swimmers, coaches, fans and officials with respect regardless of race, gender, creed, or ability.
- \* I will promise to help my child enjoy the swim team experience within my personal constraints by being a respectful fan, providing transportation, and volunteering at whatever tasks I am capable of doing at meets.
- \* I will require that my child's coach be trained in the responsibilities of being a youth swimming coach and that the coach agrees to the youth sports Coaches Code of Ethics.

# Brainerd Family YMCA

## Dolphin Swim Team

### 2011-2012 Meet Sponsor

Donor, business or organization name: \_\_\_\_\_  
*(as you want it to appear for recognition in program & marketing materials)*

Contact Name: \_\_\_\_\_ Contact Name Phone#(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Contact email: \_\_\_\_\_

**Please email your logo (.jpg file) to [nsaatoff@brainerdlakesymca.org](mailto:nsaatoff@brainerdlakesymca.org)**

**CHOOSE ONE OF THE FOLLOWING LEVELS OF SPONSORSHIP:**

\_\_\_\_\_ **GOLD LEVEL - \$350 +**

By being a meet sponsor, you will benefit by having your business logo and/or your name:

- Posted on our website along with a link connected to your website
- In our Home Meet Programs
- Posted as a "Thank you to our Sponsors" at the YMCA by the Dolphin Swim Team bulletin board.

\_\_\_\_\_ **SILVER LEVEL - \$100 +**

By being a meet sponsor, you will benefit by having your business logo and/or your name:

- In our Home Meet Programs
- Posted as a "Thank you to our Sponsors" at the YMCA by the Dolphin Swim Team bulletin board.

**Return sheet with payment to:**

Jane Hansen  
 Brainerd Family YMCA  
 602 Oak Street  
 Brainerd MN 56401  
 218-829-4767 (phone)  
 218-829-4768 (fax)

[jhansen@blymca.org](mailto:jhansen@blymca.org)

**Payment Enclosed: \$ \_\_\_\_\_ Total**

\_\_\_\_\_ Check Enclosed          \_\_\_\_\_ Credit Card

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name on Card: \_\_\_\_\_



*The Brainerd Family YMCA reserves the right to approve all business names & logos.*