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**Krocodile Swim Team
Swimmer/ Parent Handbook
2019-2020**

KNOX COUNTY YMCA



WELCOME!

Welcome to the Krocodile Swim Team and thank you for your interest in and support of the Swim Team. When a child joins a swim team, the whole family becomes part of the team as well. The time and energy required by the swimmer and family is considerable. However, the lessons and rewards can be priceless and lifelong. This handbook is designed to review coaching, swimmer and parent expectations throughout the season.

Knox County YMCA Swim Team

Krocs Swim Team is a competitive program offered by the Knox County YMCA. The team incorporates all YMCA philosophies promoting the four core values of caring, honesty, respect and responsibility, while developing a healthy spirit, mind and body. The program is offered to children up to 21 years of age. Eligible swimmers must be able to swim both front crawl and back crawl for the length of a 25-yard pool without stopping. The team is run out of Vitale Aquatics Center at the Knox County YMCA, as well as the Galesburg High School Pool.

The coaching staff strives to provide opportunities for young athletes to learn life skills, to develop his or her character, and to learn as much about the sport of swimming as he or she wishes. Our coaching philosophy can be summarized as follows:

COACHES STRIVE TO:

- Provide a fun and enjoyable environment. Demonstrate that competition and being part of a team can be fun.
- Teach swimmers to be respectful of their coaches, teammates, other competitors, and themselves.
- Provide an opportunity for personal and social development.
- Teach and expect responsible behavior.
- Meet each child at his/her level of commitment and ability.
- Be honest with our swimmers.
- Provide an opportunity for swimmers to excel in the sport.
- Properly orient young people to competition in the sport and keep winning in perspective.
- Encourage lifetime involvement in sports and physical activity.

SWIMMER EXPECTATIONS

- Respect coaches, fellow teammates and parents.
- Be at practice on time and be prepared- Bring your own goggles, cap, towel and a good attitude!
- Attendance: swimmers are required to attend at least two practices each week, but are encouraged to attend as many as possible. This is one of the best ways to progress in your skill and endurance.
- Swim the workout that is posted with an enthusiastic attitude.
- Be courteous when coaches are helping other swimmers– your turn will come.
- Stay at practice and in the water until it is time to go or until you are otherwise dismissed.
- Always put forth your best effort during practice and at meets.
- Each swimmer should display good sportsmanship toward opposing teams, as well as their own.
- Follow all rules: pool rules, swim team rules and facility rules. The lifeguards and other YMCA staff have authority.
- Encourage and support your fellow teammates; build each other up!

The following behaviors WILL NOT be tolerated:

- Inappropriate language anywhere in the building or during team events.
- Excessive horseplay or noise in locker rooms and/or other areas of the YMCA.
- Disrespect of coaches, teammates, competitors, meet supervisors, YMCA staff or members.
- Intentional damage of facility or equipment.
- Violent behavior
- Theft

The CEO, Director or Head Coach reserves the right to remove any swimmer or family from the team at any point during the season for behavior that is deemed inappropriate and/or harmful to the team or YMCA staff.

PARENT/ GUARDIAN EXPECTATIONS

- Leave the coaching to the coaches: please be respectful by doing your part to forge a good relationship with each of them.
- Parents are not allowed on the pool deck during practices, except in the event of an emergency. Viewing area for practices is the Multi-Purpose Room at the Family Branch, if available.
- Understand that proper nutrition is essential for all levels of swimmers. A balanced diet and hydration is needed to help the body perform at optimal levels.
- All swim team participants must be Knox County YMCA members throughout the duration of the swim season. Having a membership entitles you to pay member rates on all other YMCA programs.
- Pay the swimmer registration fee in full or agree to set up an installment plan by each payment deadline.
- Be courteous and respond to Head Coach RSVP emails by the deadline to guarantee your child's spot in a meet.
- Swimmers must arrive on time for home and away meets. Please cooperate with other parents and plan car pools in advance.
- Safe Sport Act; *In an effort to comply with the safe sport law, the locker rooms during practices and meets are for **swimmers only**; they are off limits to parents, coaches and officials. Please use the lobby restrooms during these times. To learn more, please visit our website.*
- Volunteer at all home meets; Sign-up Genius will be used to sign up for volunteer opportunities such as officiating and timing shifts in advance. Involvement from all families is necessary in order to run a successful meet. **Volunteering of *approximately* 15 hours per family is required throughout the season. If failed to fulfill, a fee of \$200 will be charged to your membership account.**
- Please be respectful by volunteering to time or officiate at away meets.
- All families are required to volunteer at our annual Krocs Invite on **Saturday, February 1, 2020.**
- Please stay up to date via our team Facebook page, website and emails.