



Lasers Swim Team

259 Prospect Street • Torrington, CT 06790
480 Main Street • Winsted, CT 06098
Phone: (860) 379-0708 • Fax: (860) 379-1328
www.northwestctymca.org

March 11, 2010

Dear Lasers Family,

Welcome to 2010 Lasers Spring/Summer season. You can look forward to an exciting season filled with hard work, strong competition, and lots of fun. We are all looking forward to another great season of teaching your children all the joys of the sport of swimming!

We are coming off a great Winter Season with numerous personal best at Clusters Championships placing 3rd overall and winning the Girls 11-12 age group for the first time! I'm really excited for the Spring/Summer season because I know only better things are ahead for all of our swimmers.

Enclosed is your registration packet for this season. In this packet you will find the following:

| | |
|--------------------------------|-------------------------------------|
| Swimmer Registration Form | Due by April 23rd |
| Payment/Draft Form | Due by April 23rd |
| Practice Schedule & Other Fees | |
| Medical Release Form | Due by April 23rd |
| Parent Sportsmanship Form | |
| Athlete Code of Conduct | |

The season starts **April 19, 2010**. There will be a joint Swimmer/Parent Team Meeting held **Wednesday, April 21st at 6:30pm** at the **Winsted YMCA Pool Gallery**. At this meeting we will review this packet, in particular the Athlete's Code of Conduct information, the Parental Sportsmanship information, and the role of POST in support of the swimmers and this team. There will also be a question/answer period and we hope to address all of your questions and concerns.

Attendance at the meeting is **MANDATORY** for **ALL** swimmers and a parent/guardian. Please call or email me at 860-379-0708 x 112 or tdriscoll@northwestctymca.org for further details.

Again, thank you for choosing the Northwest CT YMCA Lasers. We look forward to having you as a part of another successful Lasers season!

Sincerely,

Tim Driscoll

Lasers Head Coach

Northwestern Connecticut YMCA Lasers Swim Team 2009-2010 Payment Form

Registration Due by: **April 23, 2010**

Team Fee Swimmer # 1 (Name)

| | <u>Spring/Summer</u> | <u>Fee</u> |
|--------------------------|--|---|
| Bronze (11 & Under) | <input type="checkbox"/> \$181 | _____ |
| Silver (9 & over) | <input type="checkbox"/> \$232 | _____ |
| Gold (11 & up) | <input type="checkbox"/> \$322 | _____ |
| Senior (13 & over) | <input type="checkbox"/> \$434 | _____ |
| USA Athlete Registration | <input type="checkbox"/> \$35 (only if not registered in Winter) | _____ |
| USA Participant Fee | <input type="checkbox"/> \$75 | _____ |
| USA Meet Account Deposit | <input type="checkbox"/> \$30 | _____ |
| Total: | | <input style="width: 80px;" type="text"/> |

Swimmer # 1

Team Fee Swimmer # 2 (Name)

| | <u>Spring/Summer</u> | <u>Fee</u> |
|---|--|---|
| Bronze (11 & Under) | <input type="checkbox"/> \$181 | _____ |
| Silver (9 & over) | <input type="checkbox"/> \$232 | _____ |
| Gold (11 & up) | <input type="checkbox"/> \$322 | _____ |
| Senior (13 & over) | <input type="checkbox"/> \$434 | _____ |
| Sibling Discount (does not apply to USA fees) | <input type="checkbox"/> 10% | _____ |
| USA Athlete Registration | <input type="checkbox"/> \$35 (only if not registered in Winter) | _____ |
| USA Participant Fee | <input type="checkbox"/> \$75 | _____ |
| USA Meet Account Deposit | <input type="checkbox"/> \$30 | _____ |
| Total: | | <input style="width: 80px;" type="text"/> |

Swimmer # 2

Team Fee Swimmer # 3 (Name)

| | <u>Spring/Summer</u> | <u>Fee</u> |
|---|--|---|
| Bronze (11 & Under) | <input type="checkbox"/> \$181 | _____ |
| Silver (9 & over) | <input type="checkbox"/> \$232 | _____ |
| Gold (11 & up) | <input type="checkbox"/> \$322 | _____ |
| Senior (13 & over) | <input type="checkbox"/> \$434 | _____ |
| Sibling Discount (does not apply to USA fees) | <input type="checkbox"/> 10% | _____ |
| USA Athlete Registration | <input type="checkbox"/> \$35 (only if not registered in Winter) | _____ |
| USA Participant Fee | <input type="checkbox"/> \$75 | _____ |
| USA Meet Account Deposit | <input type="checkbox"/> \$30 | _____ |
| Total: | | <input style="width: 80px;" type="text"/> |

Swimmer # 3

***For additional swimmers please use another form**

Final Total:

PAYMENT INFORMATION

- Full Pay (**Due: April 23, 2010.**)
- Credit/Debit Card Draft (2 equal payments will be drafted on: **4/23/2010 & 6/1/2010**)

Card Number exp. Date

I authorize the Northwestern CT YMCA to charge my credit card for the above scheduled payments

Card Type: Visa MC AMEX DISC

Signature: _____

- Bank Account Draft (2 equal payments will be drafted on: **4/23/2010 & 6/1/2010**)

ABA # (9 Digits) Account #

I authorize the Northwestern CT YMCA to charge my Bank Account for the above scheduled payments

Signature: _____

Northwestern CT YMCA Lasers Swim Team Spring/ Summer 2010 Practice Schedule

Practice begins 4/19/10

| Spring/Summer Practice Schedule 2010 | Group | Monday (Winsted) | Tuesday (Winsted) | Wednesday (Winsted) | Thursday (Torrington) | Friday (Torrington) |
|---|--|----------------------------|-----------------------------|-------------------------------|---------------------------------|-------------------------------|
| | Bronze (11 & Under) | 5:45-6:45pm | n/a | 5:45-6:45pm | n/a | 5:15-6:15pm |
| | Silver (9 & over) | n/a | 5:45-6:45pm | 6:45-7:45pm | 5:00-6:00pm | 6:15-7:15pm |
| | Gold (11 & up) | 6:30-8:00pm | 6:30-8:00pm | n/a | 5:30-7:00pm | 5:15-6:45pm |
| | Senior (13 & over) | 5:45-7:45pm | 5:45-7:45pm | 5:45-7:45pm | 5:00-7:00pm | 5:15-7:15pm |
| | Canaan Practice (mixed levels) | n/a | 5:30-7:30pm (Canaan) | 5:30-7:30pm (Canaan) | n/a | n/a |

Meet week Practice Schedule

| Summer Meet Week Practice Schedule 2010 | Group | Monday (Winsted) | Tuesday (Winsted) | Wednesday (Winsted) | Thursday (Torrington) | Friday (Torrington) |
|--|--|----------------------------|-----------------------------|-------------------------------|---------------------------------|-------------------------------|
| | Bronze (11 & Under) | n/a | 5:45-6:45pm | 5:45-6:45pm | 5:00-6:00pm | meets TBD |
| | Silver (9 & over) | 5:45-6:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:00-7:00pm | meets TBD |
| | Gold (11 & up) | 6:30-8:00pm | 6:30-8:00pm | 6:30-8:00pm | 5:30-7:00pm | meets TBD |
| | Senior (13 & over) | 5:00-7:45pm | 5:00-7:45pm | 5:00-7:45pm | 5:00-7:00pm | meets TBD |
| | Canaan Practice (mixed levels) | n/a | 5:30-7:30pm (Canaan) | 5:30-7:30pm (Canaan) | n/a | n/a |

Swimmer Membership & Other Fee Responsibilities

| Pre-Season Fall Winter ONLY | Group | YMCA Program Membership | YMCA Facility Membership | Lasers Swim Attire | YMCA Membership Fees (draft or full pay memberships are available) | | |
|------------------------------------|--------------------------|---|--|-----------------------------|--|----------------|--|
| | Bronze | Required for Pre-Season Swimmers ONLY . Will not be able to swim in ANY YMCA meets including Autumn Classic. | Required to swim in Autumn Classic and any other YMCA/USA Swim Meets | NOT required | Draft Monthly Fee | | Joiner's Fee |
| Silver | Youth (up to 12) | | | | \$12.50 | n/a | |
| Gold | Teen (13-17) | | | | \$20.00 | n/a | |
| Senior | Yg. Adult (18-21) | | | | \$23.00 | \$35.00 | |
| HS Preseason | Adult (22-64) | | | | \$40.00 | \$60.00 | |
| HS Seasonal | Family Program | | | | \$69.00 \$40/yr | \$60.00 n/a | |
| Spring/Summer Season | Bronze | N/A | Required for all Levels | Required for all YMCA Meets | Lasers Swim Attire Prices (estimated) | | |
| | Silver | | | | Girl's Suit | \$50 | Suits and Caps are required for all YMCA Meets, other attire is an optional. |
| | Gold | | | | Boy's Suit | \$31 | |
| | Senior | | | | Boy's Jammers | \$35 | |
| | | | | | Cap | \$12 | |

**Northwestern Connecticut YMCA Lasers Swim Team
Emergency Medical/Hospital Release and Indemnification**

Athlete's Name: _____

Parent/Guardian Name: _____ Phone: _____

Doctor's Name: _____ Phone: _____

Medical Insurance: Insurance Company Name: _____

Policy Number: _____

Allergies, medications or other conditions: _____

Emergency Contact – Person to contact in the absence of the Parent/Guardian

Name: _____ Relationship: _____ Phone: _____

Address: _____

The undersigned, parent or guardian of _____ (“the Minor”), on behalf of
(Name of child)

himself or herself, the Minor and all persons claiming under Minor does hereby (1) authorize the Northwestern CT YMCA, its agents, officers, and employees to seek such medical treatment or assistance for the Minor as any one or more of them may deem necessary or appropriate in the event of an accident or medical emergency; (2) confirm that the Minor has no medical, physical or other conditions which would impede or interfere with the Minor's participation in the activities of the Northwestern CT YMCA; and (3) indemnify and hold harmless the Northwestern CT YMCA and their officers, directors, employees, volunteers, and board members from all liabilities, damages, claims, demands and actions of whatever nature in any way relating to or arising out of the Minor's use of the facilities of the Northwestern CT YMCA and any and all activities undertaken at such facilities or sponsored by the Northwestern CT YMCA, even if undertaken elsewhere.

Signature of Parent/Guardian

Date

Please read each statement below and if you understand and agree place you initials in the space next to the paragraph to signify your understanding and agreement.

_____ In the event my child needs emergency medical care while participating on the Northwestern CT YMCA Lasers Swim Team program, and there is no time for me to be contacted and/or I cannot be reached, my hospital preference is: _____
(Name of Hospital)

However, if circumstances are such that it is deemed necessary to admit elsewhere, permission is hereby granted.

_____ In the event my child needs emergency medical care while on the Northwestern CT YMCA Laser Swim Team, I hereby give my permission for the hospital to give such emergency treatment as is considered necessary and is based on appropriate medical judgment, including the administration of anesthesia.

_____ I agree to assume all medical expenses incurred by my child while participating on the Northwestern CT YMCA Laser Swim Team.

Northwestern Connecticut YMCA Lasers Swim Team Parental Sportsmanship

The Northwest CT YMCA Lasers Swim Team program is provided for the youth of Northwestern Connecticut. Please read and sign the following statement to show your affirmation and support of the goals of this program. In light of recent events around the country concerning parental conduct at youth athletic events, this issue has become a priority with youth athletics. The Lasers Swim Team is proud to have had very supportive, energetic and model parents and it is our intent to maintain that high standard. Further, by your signature you also affirm and support the core principals of the YMCA of **Caring, Honesty, Respect and Responsibility**.

PARENT'S CODE OF CONDUCT

1. To provide a stable, loving and supportive environment.
2. To ensure my child's prompt attendance at practice.
3. To come to meets and be supportive of my child(ren) through participation and positive actions and words.
4. To serve as a positive role model that can be emulated by all children.
5. To show good sportsmanship at all times towards coaches, officials, opponents, and teammates.
6. To let my child(ren) establish his/her own goals and make their own progress towards them.
7. To not impose my own goals and standards on my child(ren)'s performance.
8. To let the coach be the coach and not confuse my child with extraneous input.
9. To encourage my child(ren) to make his/her best effort at all times.
10. To enjoy the experience of my child(ren) growing through the swimming experience into someone I am proud of – win, lose, or draw.

Parent Guidelines:

The following are guidelines for an effective and sportsmanlike atmosphere amongst parents and coaches.

1. Do not approach a coach on the deck during a practice for any reason. This takes away from the coach's attention to the swimmers as well as presenting a safety hazard.
2. If your swimmer is late to practice make sure you have a hand written note and give it to the swimmer to bring on deck for late admission to practice.
3. Only questions or concerns regarding the training or performance of your swimmer(s) should be directed to the coaching staff. All other concerns and/or complaints regarding schedules, meets, entries, fees, fundraising, etc. should be addressed to Tim Driscoll, Head Coach, and/or the individual designated for that activity. Tim can be contacted by email tdriscoll@northwestctymca.org or by phone at 379-0708 x104.
4. If a question, comment, suggestion or complaint does not warrant immediate attention, please contact Tim during regular business hours at the above email or phone.
5. You are responsible for any written communication posted on the bulletin boards(s) and in team mailboxes.
6. A phone chain will be established to announce weather related or other cancellations. If practice is not cancelled it is your responsibility to determine whether or not it is safe to travel to practice.
7. At meets, parents should make every effort to limit contact with athletes on deck. The pool deck is a very busy place during a swim meet and the swimmers attention should be on the progress of the meet and on the support of their teammates.
8. All parents must understand their responsibility to respect the opinion of other parents on this team. If there is a disagreement, please utilize discretion especially in front of swimmers. "Bad mouthing" of any kind is detrimental to the function of any organization, is contrary to the YMCA principal of Respect, and will not be tolerated. If a problem arises between adult parties that affects the functioning or morale of this team and/or violates any aforementioned code of conduct regulations, the Northwest YMCA Laser Swim Team reserves the right to impose the following disciplinary actions:
 - First Occurrence: a written warning
 - Second Occurrence: a meeting between the adult parties involved and a team official
 - Third Occurrence: termination from the team (parents and child(ren))

Any questions concerning the Parent Code of Conduct should be directed to Tim Driscoll, Head Coach.

Northwestern Connecticut YMCA Lasers Swim Team Athlete Code of Conduct

CODE OF CONDUCT FOR NORTHWEST YMCA LASER SWIM TEAM SWIMMERS GOVERNING PARTICIPATION IN THE LASERS SWIM TEAM PROGRAM AT OUT OF TOWN OR LOCAL MEETS AND ANY LASERS SWIM TEAM MEMBER REPRESENTING THE NORTHWEST YMCA AT REGIONAL OR NATIONAL COMPETITIONS OR EVENTS.

PURPOSE:

The purpose of this code is to promote the best possible ethics for this program on an individual and team basis. All team members must agree to and abide by this code of conduct.

PART I – GENERAL CONDUCT

1. Team members will obey the coaching staff at all times.
2. All participants will wear designated team suits, caps and t-shirts during all competition.
3. Curfews will be obeyed unless participants have contacted their coach for an extension. Curfew is not enforced if participant(s) are with their parents. This applies to meet competition and related activities.
4. Consumption, possession, or purchase of alcoholic beverages is prohibited while a member of this team.
5. Consumption, possession or purchase of drugs other than those prescribed by your physician is prohibited while a member of this team.
6. Consumption, possession or purchase of smoking or chewing tobacco is prohibited while a member of this team.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid “guilt by association” with such activities at any time. Some of these activities include but are not limited to:
 - Willful damage to practice or competition facilities
 - Fighting, wrestling, or other forms of roughhousing
 - Irresponsible or unsafe conduct
 - Damages or theft occurring at any team related event or locale (hotels, restaurants, schools, etc.)
 - Profanity or other disrespectful behavior or language
8. Attendance is required at all team meetings and functions. Absences may be excused by permission of a member of the coaching staff.
9. **TARDINESS:** Practices: Each team member is allowed a 5-minute grace period. After 5 minutes the swimmer will be considered tardy. A parent’s note is required for entrance at this time – **NO NOTE, NO PRACTICE**. A parent’s note is also required for early dismissal from practice. Meets: If a team member is more than 10 minutes late to warm-up that swimmer will be scratched from that day’s events. Extenuating circumstances should be in written form in order to be re-entered in the meet.
10. Unsportsmanlike behavior towards team members, officials, other competitors and coaches at practices, meets, or other outside functions sponsored by this team will not be tolerated. Some of these behaviors include but are not limited to:
 - Being a nuisance or otherwise inconsiderate to swimmers in your lane during practice or warm-ups
 - Disrespectful social behavior on the deck, in locker rooms or other public areas
 - Failure to adhere to all rules at the practice or meet facility
 - Failure to act in a way that supports the YMCA’s core principals of **Caring, Honesty, Respect and Responsibility**
11. All swimmers must complete agreed upon training commitments the week of a meet. If a swimmer neglects to complete training commitments without proper notification of the coaching staff, they will be scratched from the upcoming meet.

12. All swimmers are expected to participate in all dual, invitational and championship meets. If unable to participate in a dual or invitational meet, written notice must be provided to the swimmer's Age Group coach no less than 72 hours preceding the meet. If a swimmer is unable to participate in a championship meet, written notice must be provided by the posted deadline (to be announced).

PART II – VIOLATION OF THE CODE

At the discretion of the Coaches, any one or all of the following penalties will be applied:

1. Swimmer and Parent will receive a verbal warning from the coaching staff;
2. Swimmer and parent will receive a written warning from the coaching staff
3. Swimmer may be scratched from the day's events or the entire meet at coach's discretion
4. Swimmer will be sent home immediately at his/her own expense from practice or meet;
5. Swimmer will be suspended from the team until the swimmer and parents have had a conference with the coaches of the team; and/or
6. Swimmer will be permanently suspended from the team but will remain responsible for all financial obligations through the end of the current season.

ATHLETE'S BILL OF RIGHTS

1. Right to have quality adult leadership.
2. Right to participate in safe and healthy environments.
3. Right to be an individual in a team atmosphere.
4. Right to proper preparation for participation in the sport.
5. Right to be treated with dignity by all involved.
6. Right to participate at a level that is commensurate with each child's development and level.
7. Right to equal opportunity to strive for success.
8. Right to be competitive while displaying good sportsmanship.
9. Right to have fun through sport.

COURSE OF ACTION

In the event that a swimmer or family feels the program is not meeting expectations, please contact the following individuals in this order to address their concerns:

1. Practice / assigned lane Coach
2. Tim Driscoll, Head Coach

Please refer to the Parental Sportsmanship (Parent Guidelines #1, 3 & 4) for the proper procedure in contacting coaches or other Northwestern Connecticut YMCA staff.