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TYPHOON SWIM TEAM PARENT HANDBOOK & SWIM TEAM GUIDE

Written by the Parent Advisory Committee
Approved by the Coaching Staff
Revised 9/01/14





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WELCOME TO TYPHOON SWIMMING

As a year-round program organized and operated by the Aquatics Department of the Hamden/North Haven YMCA, a branch of the Central Connecticut Coast YMCA, the Typhoons are dedicated to providing a high-quality and nurturing environment for swimmers of all levels between the ages of 5 and 18. Through the facets of the swim team program, the Y looks to continue its 40-years of community impact with a focus on building youth development, healthy living, and social responsibility.

The coaching team, Parent Advisory Committee and our entire Y community would like to warmly welcome you to Typhoon Swimming!

Y SWIM

YMCA and US Swimming jointly provide an unparalleled opportunity for children as the largest co-gender sport throughout the nation. To couple with the overall experience, swimming also builds a strong foundation for a lifetime of good health by teaching age-appropriate fitness habits. The Typhoon Swim Team utilizes a form of age group swimming with a focus on team involvement through ability-and age-based practice groups.

Physical Development

Many physicians and pediatricians consider swimming the ideal activity for developing muscular and skeletal growth. Why do doctors like it so much?

- Develops high-quality aerobic endurance which is the most important key to physical fitness.
- Promotes proportional muscular development by using all of the body's major muscle groups.
- Swimming acts as a catalyst to children's natural flexibility at a time when they ordinarily begin to lose it.
- Nurtures the development of superior coordination from all muscle groups.
- By far, the most injury-free activity of all children's sports.
- Indefinitely bring kids fitness and enjoyment for life.

Intellectual Development

Children can develop a greater level of intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages advanced mental processes. As they learn new techniques, swimmers must develop and plan movement sequences. They improve by exploring new abstract ideas. They learn that greater progress results from using their creative talents. Finally, their accomplishments in learning and using new skills contribute to a strong self-image.

In addition to these benefits, Typhoon Swimming offers the swimmers a close-knit group of friends to complement their school friends, and one which will grow with them as they progress through their childhood to full adulthood.

Once a Typhoon, always a Typhoon!

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ABOUT OUR TEAM

Team Name & Identity

The team of coaches and all the families involved with Typhoon Swimming are extraordinarily proud of our swimmers' accomplishments both in and out of the pool. To that end, we like to insure that we are consistent with our team name and identity. Our official team name is Hamden/North Haven YMCA Typhoon Swim Team.

The term HNHT refers to our club code for swim meet purposes only. To preserve the identity of the team, we strongly prefer our athletes to be referred to as Typhoon Swimmers, and our program to be referred to as either "The Typhoons" or "Typhoon Swimming".

Be proud that you are a Typhoon Swimmer; you represent you, your team, and your community!

Vision Statement

Our focus is to provide a high-quality, fun, and motivating swim team program that derives from a swim by ability and age structure and supports swimmer development in and out of the water.

Mission Statement

The Typhoons hold tightly to a philosophy that commits its coaching team to develop our athletes to the highest level of personal excellence as a swimmer, individual, and community member by encouraging healthy individual growth of spirit, mind, and body.

Team History

Mantarays (2001-2006)	Sea Dragons (2006-2008)	Typhoons (2008–Today)
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In the summer of 2008, the Typhoons emerged following a coaching change and program restructure. The inaugural season consisted of 22 swimmers and two coaches. At that point, the Typhoons were truly a young developmental team that set its roots in a technique-first and speed later philosophy. Maintaining that philosophy, the Typhoons grew to 46 swimmers and added an assistant coach in their first short course season (2008/2009). In the following year, the Typhoons grew to over 65 swimmers, four coaches, and a strong parent association.

During the first four years, Typhoon swimmers achieved significant accomplishments including:

- New England Regional Champion
- 24 top 12 placements at Y Regionals
- Top 16 age group swimmer
- Age Group League Championship Title (8 and under girls)
- All team records broken (184 total)

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The Team Today

Today's Hamden/North Haven YMCA Typhoons consist of approximately 70 swimmers ranging in age between 5 and 18 from the Hamden, North Haven, Bethany and surrounding communities. The coaching team includes one full time coach that oversees the entirety of the program, and 3 head age-group coaches. Practices are divided between the Hamden/North Haven YMCA main facility and Albertus Magnus College in New Haven, with home swim meets being held at Albertus Magnus College.

Through the team experience and the sport of swimming, our swimmers have a unique opportunity to learn skills that will serve them well for a lifetime. They learn how to set personal goals and how to work hard to make those goals a reality. They also learn a range of basic to elite swim technique, how to be a member of a community, and the importance of friends and teammates.

Our swimmers develop self-discipline, self-confidence and are able to enjoy the experience of swimming on one of the up and coming teams in Central Connecticut.

Once a Typhoon, Always a Typhoon!

Team Structure

The Typhoon swim team is a program run by the Hamden/North Haven YMCA and upholds the mission, vision, and values of the YMCA. We are dual-sanctioned through YMCA Swimming and Diving as well as USA Swimming. This allows our swimmers to experience local, state, regional and national meets at all levels of the sport. However, USA Swimming membership is not mandatory.

Practice Groups

Typhoon Swimming utilizes a unique Swimmer Development Model that is designed to cultivate the swimmer's physical, mental, and emotional development through systematic increases in commitment level and intensity of practice sessions. The emphasis on the early stages of participation is placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge is introduced to the training program. To facilitate the implementation of the swimmer development model, the Typhoons use a four-group practice structure:

Silver (6-10) – An introduction to competitive and semi-competitive swim team programs. Swimmers in this group must be able to demonstrate a continuous freestyle and backstroke swim of 25 yards.

Gold (8-11 years old) – Swimmers typically have two years of entry-level swim team experience and are able to demonstrate all four strokes legally and efficiently. Gold swimmers are required to be competent with flip turns and increased distances of continuous swimming.

Junior (10-13 years old) – An introduction to upper level competitive swimming. In most cases, swimmers have over 4 years of competitive swimming experience or are entering a high school program. This is considered the preparation group for the Senior level (National focus) training group.

Senior (12 and up) – Focusing on YMCA National Championship and New England Regional qualifying times and reaching their fullest potential in and out of the pool. Senior swimmers have at least 5 years of competitive swimming experience.

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Practice & Attendance Policy

To help each of our swimmers develop to their fullest potential in and out of the water, each Typhoon swimmer has a responsibility of attending the minimum required number of practices for their respective practice group. In order to progress from one practice group to the next, swimmers need to demonstrate the willingness and ability to attend a higher number of practices.

<u>Group</u>	<u>Practices Provided</u>	<u>Minimum Attendance</u>
Silver	4	3
Gold	5	4
Junior	6	5
Senior	6	5

Advancement of swimmers to the next age-group practice squad is based on coaching staff discretion.

Typhoon swimmers and parents must also adhere to the following practice policy:

- Have all practice equipment with you.
- Be ready to enter water or start dry-land on time.
- If late, enter practice without disrupting the practice group.
- Stay the entire practice unless you notify a coach at the beginning of practice.
- Bleacher observation area is open, but please hold questions until the end of practice as there should be little to zero parental influence on deck during a practice.



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CODE OF HONOR

Typhoon Swimming has defined safety and personal conduct policies that help maintain the identity of the swim team and each of its members. These policies are to be upheld by swimmers, parents, and coaches at practices, meets, and outside of the Y.

Safety Policies

- Swimmer drop-off no earlier than 15 minutes prior to the start of practice.
- Swimmer pick-up no later than 15 minutes from the end of practice.
- Running, rough-housing, and any other behavior deemed harmful to you, other swimmers, the Y or the community is strictly prohibited.

Personal Conduct Policy

- As a Typhoon swimmer, you make a commitment to your teammates and community. You demonstrate that commitment by giving your best effort at every practice and competition as well as encouraging teammates to also give their best.
- Swimmers must demonstrate respect of all facilities, coaching staff and YMCA staff members.
- Typhoon swimmers must adhere to the Hamden/North Haven YMCA's conditions of membership.
- Obscene language and/or actions which embarrass or reflect poorly on the team, coaches, swimmers, parents, or community are strictly prohibited.
- Swimmer use of tobacco, alcohol, or other drugs is not tolerated; parents should refrain from drug, alcohol and tobacco use while at the Y or other swim-team related events/activities.
- Swimmers will present a positive attitude and approach to practice and competitions.
- Swimmers and families will practice healthy living habits which includes proper nutrition, sleep, and life-balance to encourage swimmer development.
- Swimmers and parents must abide by the locker room rules that include (but are not limited to): no food in the locker rooms, keep the locker rooms neat by picking up and throwing out trash, respecting the privacy of others also using the locker rooms, staying away from other's belongings, no running or rough-housing, and keeping the noise level to a minimum.
- Swimmers are responsible for maintaining, taking care of, and cleaning up swimming equipment when not in use.
- At competitions, only team equipment is to be worn (i.e. team suit, team cap, etc.).

Failure to comply with these policies will result in disciplinary actions as determined by the coaching team or the Hamden/North Haven YMCA Leadership team. These may include (but are not limited to):

- Loss of locker room privileges.
- Benched/suspended from practices or competitions.
- Suspended from team activities or events for a certain amount of time as determined by coaches.
- Ejection from swim team program and/or revocation of YMCA membership with forfeiture of all fees.

Swimmer Signature/Date_____

Parent Signature/Date_____

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APPAREL AND EQUIPMENT

The Typhoons are proudly sponsored by SPEEDO. Since a majority of our swimmers will have similar practice equipment, please make sure you utilize an equipment bag and label all of your swimmer's equipment.

Required at Competitions

- Team Cap (1 provided; additional caps can be purchased)
- Team Suit
- Goggles
- Towel(s)

Required at Practice

- Swim Suit (All)
- Cap (All)
- Goggles (All)
- Kickboard (All)
- Pull Buoy (Juniors & Seniors)
- Fins (Gold, Juniors & Seniors; recommended but not required for Silvers)
- Equipment Bag (All)
- Water bottle (Juniors & Seniors; recommended for Silvers & Gold)

Preferred for Swim Meets

- Team shirt
- Team warm-ups
- Team bag



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COACHING TEAM

There is nothing that has a greater impact/influence on the quality of a children's sport than the excellence of the coach. The Typhoons consist of one full time professionally trained coach, and three part-time head age-group coaches. All coaching staff must be certified in YMCA Swimming & Diving Principles, CPR, Lifeguarding, First-Aid, Blood Borne Pathogens, and Oxygen Administration. Our coaching staff assures that the time your children spend in swimming will be high-quality time!

Head Coach: Arthur Tyler

Arthur Tyler is returning for his second year as head swim coach for the typhoons. He has been coaching and instructing for the past 6 years, and will be running the Sliver Squad this year. Arthur was a club swimmer for 7 years and was a state finalist all four years of high school swimming. His coaching style focuses on technical improvement and progressive development of his swimmers' understanding and knowledge of the sport.

Head Age Group Coach: Jon Krueger

Jonathan Kruger will be entering his 3rd season as assistant coach for the Typhoons. Coach Jon has participated in competitive swimming for a combined 17 years. His background consists of four years of Division 2 college swimming, four years of high school swimming, and an additional several years with various club teams. With a vast understanding of stroke technique and training regimens, Jon's coaching style incorporates proper training as well as smart swimming.

Head Age Group Coach: Sam Cox

Sam Cox is entering her 4th season with the Typhoons this fall. She has coached since 2009 and is an accomplished long distance swimmer and triathlete. This season promises to be eventful and full of exciting performances and she looks forward to it very much.

Coach Responsibilities

The coaches' job is to supervise the entire competitive swimming program as well as their individual groups. The Typhoon Swim Team coaching staff is dedicated to providing a high-quality program for young swimmers that will enable them to develop the highest level of competitive excellence possible for each individual. The coaches will be in total control in matters affecting training and competition.

- The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
- Sole responsibility for stroke instruction and training regimen rests with the coaching team. Each group's practices are based on sound scientific principles and are geared to their specific swimmer's capabilities.
- The coaching staff makes the final decision concerning which meets swimmers may attend based on competition readiness and possible USA swimming membership. The coaching staff also makes the final decision concerning which events a swimmer is entered.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. It is the parent's job to offer love and understanding regardless of their swimmer's performance.

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- The building of a relay team is the sole responsibility of the coaching staff, and relays may be altered throughout the year to allow every swimmer a chance to be on each relay team.

The coaching staff is constantly updating and improving the Typhoon Swim Team program. It is the swimmers' and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

PARENTS, YOUR SWIMMERS NEED YOU

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your swimmer makes depends on these relationships.

There is no question that you have done and do a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. However, human nature is such that a parent loses some of his/her ability to detach and remain objective in matters concerning his/her children's activities. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as a member of our Typhoon Swim Team.

The Coach is Just That....The Coach

We want your swimmer to relate to his/her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, complaint, or question please contact your age-group coach as soon as possible.

The Best Kind of Parent

The coach's job is to motivate and constructively evaluate the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Ten and Under Swimmers

Ten and under swimmers 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 kids to learn to love the sport.



It Won't Happen Every Time

Even the very best swimmer will have meets where they do not do 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 meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered for optimal performance results. Swimmers must train through certain meets and compete tired in order to ensure steady improvement throughout a season.

Parents' Responsibilities

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits, and always maintain an open line of communication with the coaching team and your swimmer.

Problems with the Coach?

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

- Try to keep in mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 10-25 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.
- If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

Swimmer Nutrition

Proper diet is an integral part of a successful swimming experience. Swimmers should consume four to eight liters of fluids daily (i.e. water, milk, real fruit juice, and...water). A water bottle should accompany your swimmer to each practice so that fluids can be replenished as they are being lost.

Carbohydrates, fats, proteins, vitamins and minerals are all essential to proper diet. Recommended percentages reflect 70-75% of daily caloric intake from carbohydrates, 10-15% from fats, and 15-20% from proteins.



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Before a meet, swimmers should not try to alter their already-healthy diets, but should focus on recover fluids (skim milk is perfect). On meet days, liquids remain of primary importance. If your swimmer can eat a healthy breakfast (bagels, bananas, oatmeal, pancakes, etc.) then go for it. However, if your swimmer is prone to nerves and upset stomachs, then stick to toast or a lighter fare. During the meet, fluids are still a priority, complemented by snacks such as bananas, bread sticks or dry cereal. Avoid the temptation to buy Rice Krispie treats, candy and doughnuts from the concession stands.

Health Concerns

A few health issues may occur but all can be treated and in some cases prevented.

- Swimmer's Ear—An infection of the external auditory canal, this can be prevented by drying off the ear with a towel and perhaps a few warm blasts with a hair dryer. Over the counter remedies or a solution of three parts alcohol, one part vinegar and one part water applied daily can change the pH of the canal to discourage growth.
- Athlete's Foot—Sometimes difficult to avoid, so be on the lookout for and treat with over-the-counter preparations. Wearing sport sandals on deck, and in the showers and locker rooms, helps to prevent this malady from occurring.
- Water Warts—See a dermatologist to prevent from spreading.
- Fatigue—Ensure a good night's sleep every night and (please, please, please) no sleepovers before a meet.
- Other Health Concerns—Chronic pain requires medical attention. Repeated use injuries are not uncommon in any sport. Parents are advised to listen to their swimmer when complaining of pain and to contact their swimmer's age-group coach regarding any health concerns. Persistent pain is a sign of injury and should not be neglected or dismissed. Likewise, coaches need to hear from parents if their swimmer is troubled in any way. Typhoon Swim Team coaches are interested in the health and well-being of your child and should be made aware of any concerns you or your swimmer might have. The coaches will also notify you of any nagging pain that your swimmer expresses during practices.



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TYPHOON PARENT ASSOCIATION

As a parent of a swimmer on the team, you automatically become a member of the Typhoons Parents' Association. Behind every successful swim team is a group of individuals who raise money, arrange travel, record times, punch stopwatches, officiate at meets, organize fun activities for swimmers, disburse information and coordinate team attire. This and much more is accomplished through the Typhoon Parents' Association. Your interest and support of our team contribute to and are important to the success of the swim team.

Meetings for the Parents' Advisory Committee are held monthly at the Hamden/North Haven YMCA. All parents are invited to attend these meetings. The Advisory Committee also has an Annual Planning & Evaluation Meeting and an Annual Meeting in the spring for election of officers to the Advisory Committee. All members in good standing may vote at the Annual Meeting.

The Typhoon Swim Team Parents' Advisory Committee needs each and every parent to make the team flow—there is a niche for everyone!

Welcome!

Communication: Where Can I Find the Information I Need?

As a growing team with several practice groups, multiple coaches and many different practice times, we truly need to communicate in both formal and informal ways. In addition to consulting the coaching staff, if you have any questions about any part of the team's activities, you should feel free to contact the Parent Liaison, or any other Advisory Committee member.

As in every organization, communication is the cornerstone of effective functioning. Coaches are available by phone, e-mail, or in person. Encourage your swimmers to share their thoughts and concerns, triumphs and tragedies directly with their age-group coach. You are also encouraged to do likewise. Do keep in mind, however, that there's a right time and place for everything and that during meets and practices, coaches must give their full attention to the swimmers.

The coaches, along with the Parent Advisory Committee, will have a parent orientation at the beginning of a new season. The coaches will utilize the Typhoon Swim Team website (<http://www.cccymca.org/locations/hamden-northhaven/swim/hamdennorth-haven-typhoons/>) to post news and information. Additionally, the Parent Advisory Committee Secretary will send out weekly emails with updates regarding a variety of topics, including:

- Practice information (days, times, cancellations, etc.)
- Meet schedules
- Information about the coaches
- Driving directions
- Meet results
- Any other pertinent piece of information regarding the Typhoon Swim Team

Parent Participation

The Typhoons rely heavily on the support and participation of its Parents' Association. You will be required to partake in several activities throughout the swim team season. Though discouraged, if you decline to participate, you will be assessed a \$20 fee toward the Typhoon Swim Team which will be utilized for the swimmers. "Parents who hold a position on the Parent Advisory Committee and/or are the Chairperson of either the banquet, concession stand or other subsequent committees are exempt from having to

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participate in meets and accumulate participation points. Additionally, parents who are employees of the Hamden/North Haven YMCA as a member of the coaching staff and/or aquatics department are also exempt from participating in meets and accumulating participation points.”

Working At Swim Meets

Every year, the Typhoon Swim Team hosts 4-8 home meets, and potentially 2-3 larger meets. Profits from swim meets are a large part of the Parents’ Association revenue which directly impacts team activities, events, and equipment. It takes somewhere around 30-40 people to run a home swim meet, and that means that your swimmers and coaches need you! Here are some of the jobs that are needed:

- Timer (typically need 20)
- Concession worker (3-4)
- Concession donations (home meets)
- Meet official (2)

Fundraiser Workers

The Typhoons may hold fundraisers throughout the year under the direction and guidance of the Parent Advisory Committee and the Fundraising Chair. Each event will require planning, preparation, at-event-coordination, and after-event analysis. We will ask the Parents’ Association to form fundraising committees on a per season basis.

SWIMMING 101

Typhoon Swimming, as a dual-sanctioned YMCA and optional USA Swim Team, participates in the Yankee Cluster Swim League. YMCA Swimming and Diving meets will always remain a priority, but US Swimming does provide additional competition opportunities for those swimmers looking for both experiences.

YMCA Swimming

Our values and philosophy are generated from the National YMCA movement. YMCA competitive swimming offers wonderful teachable moments where participants can develop values for a lifetime. As a YMCA team, we participate in the Cluster dual/tri meets, local invitationals, Regional Championships, and the YMCA National Championships. We abide by all the rules of the National YMCA Swim Committee. An athlete’s age for YMCA competition is determined by their age as of December 1st of the year the season starts unless swimming at Y Nationals. Anyone who ages up after December 1st may stay in that younger age-group for the remainder of the season.

More information regarding YMCA Swimming and Diving can be found online at www.YMCASwimmingandDiving.org

Type of YMCA Meets

- Dual/Tri Meets – Intra-League meets with 1 or 2 other YMCA teams. All Typhoon swimmers are required to attend dual/tri meets throughout the season. Each swimmer will participate in 2 – 3 individual events and 1 – 2 team relays. These meets range from 4 – 5 hours in length, and entries are based on where swimmers are needed for the team.

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- Invitationals – Usually a sanctioned meet for 10 and over swimmers. Invitationals typically require a splash/entry fee, and entries are determined by the coaches and swimmers. Relays are typically not swum unless swimmers themselves gather a team.



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- Cluster Championships – All of the League teams gather over the course of a weekend (typically late February for the short course season, and late July for the summer season) and compete against one-another in a scored championship meet. There are entry fees for this meet, and entries are based on where the swimmer has the best chance to improve their personal time or score in their events.
- Regional Championships – This meet includes athletes from all of the YMCA's in New England. To qualify for this meet, you must have achieved a qualifying time or be selected for a relay team. This meet is usually held at Harvard and/or Boston University in mid-late March. This meet is only held during the short course season.
- YMCA National Championships – The YMCA of the USA manages these meets, held in the short course season and the summer season. Y Nationals are large meets with over 250 teams competing against each other. Both of these meets require the swimmers to meet certain qualifying time standards.

USA Swimming (USA-S)

As an additional opportunity for our swimmers, the Typhoons provide a USA-S option. In order to participate in this opportunity, there is a separate registration fee as well as additional entry fees for the attended meets. In USA-S meets, many of which require qualifying times for participation, each swimmer will be entered by the coaching staff into events for which he/she is eligible. Swimmers from many teams are entered in each event. The events are divided into heats so each swimmer is competing with others of equal ability. The meets are classified as All ages, A, or AA meets. Each classification has progressively stringent qualifying times that a swimmer must meet in order to enter. A swimmer who has not yet achieved an A time in a certain event may not swim that event at an A meet. Conversely, a swimmer who has achieved an A time in an event may no longer swim that event at B or C meets. Thus at USA-S meets, swimmers are assured appropriate competition and are also encouraged to focus on the goal of improving their times rather than winning the race.

The Seasons...an Explanation

- Short Course – September through March of each year and swimming is done in a 25 yard/meter pool. There are Short Course (SC) time standards which apply to New England Regional Championships and YMCA National Championships. All swimmers participate in the Yankee Cluster Championship.
- Long Course – April through July (and into August) each year. Meets are conducted in either a 25 yard/meter or a 50 meter pool. There are Long Course (LC) time standards which apply to YMCA National Championships. All swimmers participate in the Yankee Cluster Championship.

Time Standards...an Explanation

Swimmers are always trying to improve their times in each event in their age group. To help measure that improvement, and to set minimum entry times for some meets (mostly championship meets), time standards are established. Please note that these times are established on a yearly basis, change almost every year, and are primarily meant to increase the speed of which a swim meet is run.

HAMDEN/NORTH HAVEN YMCA

1605 Sherman Avenue Hamden, CT 06514

P 203 248 6361 W www.hnhymca.org



The Basics of a Meet

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. All four of these strokes are included in swim meets at various distances and have their own qualifying technique rules. These four strokes are also combined into an event called an individual medley (IM).

- Freestyle – In the event that your swimmer is in a freestyle event, they are able to swim any stroke. However, the stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up and down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall (most often their feet in the event a flip turn is used).
- Backstroke – Consists of alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.
- Breaststroke – The oldest stroke (dating back hundreds of years), requires some of the most complex movements: simultaneous movements of the arms on the same horizontal plane, and a simultaneous kick with a somewhat circular motion. On turns and finishes, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.
- Butterfly – Some consider this stroke to be the most beautiful, but the most difficult. It features a simultaneous recovery of arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep their legs together and may not flutter, scissors, or use the breaststroke kick. Similar to breaststroke, both hands must touch simultaneously on turns and finishes.
- Individual Medley (IM) – Features all four competitive strokes: butterfly, backstroke, breaststroke and freestyle (respectively).
- Freestyle Relay – Four swimmers compete as a team in the freestyle relay. All four participants swim freestyle for one quarter of the event's total distance.
- Medley Relay – Four swimmers perform all four strokes (one stroke per swimmer). The first swimmer swims backstroke, second is breaststroke, third is butterfly, and lastly freestyle.

Technical rules, disqualifications and techniques change on almost a yearly basis. The coaching staff of the Hamden/North Haven YMCA Typhoon Swim Team not only keeps up with the new advancements in technique and stroke development, but also maintains savvy knowledge of all YMCA swimming rules and regulations. Please consult with them if you have any questions regarding technique or swimming rules.



EVERYTHING ABOUT YOUR MEETS

Swim meets are a great family experience! They're a place where the whole family can spend time together and truly support one another. They also afford the team an opportunity to build friendships and celebrate each other's successes. But, we know there is a lot going on in your life so we want to make things as easy as possible. Here are some general guidelines when it comes to swim meets:

Attendance Policies

- Silver Group – 75% of all YMCA meets, mandatory attendance at Cluster Championships, and mandatory attendance at New England Regionals if qualified or on a relay team.
- Gold Group – 90% of all YMCA meets, mandatory attendance at Cluster Championships, and mandatory attendance at New England Regionals if qualified or on a relay team.
- Junior Group – 100% of all YMCA meets, mandatory attendance at Cluster Championships, and mandatory attendance at New England Regionals if qualified or on a relay team.
- Senior and Senior Plus Groups – 100% of all YMCA meets, mandatory attendance at Cluster Championships, mandatory attendance at New England Regionals if qualified or on a relay team and Y Nationals, if qualified.

Prior to the Meets

- Inform the coaching staff of your swimmer's attendance in the upcoming meet. This information is due no later than the Tuesday prior to the swim meet. All swim meet information can be found on our website. Please be accurate about your attendance as scratches significantly affect our relay teams and, therefore, other swimmers.
- Parents are encouraged to participate by timing whether home or away, or work concessions if at home. Parent participation is required for our team; you can sign-up on the bulletin board located in the hallway to the pool.
- Parents are encouraged to prepare a swim bag the night prior to a meet with all of the required meet equipment as mentioned above in the equipment section.

Before the Meet Starts

Team warm-ups are usually held one hour prior to the start of the meet (usually listed in the meet information posted on our website as well as on our team board). Swimmers should be on deck and dressed to swim 15 minutes before warm-up for stretching and to check in with the coaching staff. It is very important to be on time or inform the coach of possible delays as scratches are typically due when warm-ups start. If you do not communicate that you will be late for the meet, your swimmer will be scratched.

- If swimmers have a bag with their belongings, please make sure that they bring this on to the pool deck with them to protect their belongings from theft.



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- Parents are not allowed on the pool deck unless they have a specific meet-related work responsibility. Spectator areas are provided for family members. Should you need to see your swimmer, alert the coach and meet with your swimmer in either the locker room or concession area.
- After warm-up, your swimmer will go back to the team bench where the team will be sitting and waiting for their events. This is a great time to take a bathroom break, get a drink, or just settle in to your seat. However, swimmers are expected to be present in the designated team area on deck as coaches cannot spend time during a meet searching for individuals before an event.
- The meet usually starts right after warm-ups are over.
- A meet program is usually available for sale at the concession stand. The program will have a list of all swimmers' events and seed times.

What to Bring to the Meet

- Team Apparel: Suit, Cap, Goggles, Sweats (if needed). It's advised to bring extra goggles and cap.
- Towels...realize your swimmer will be there for a while...pack at least 2.
- Something to sit on (extra towel, old blanket, portable chair).
- Games, books, travel games, cards, and anything else that will pass the time. We always encourage swimmers to cheer and support each other as a priority. During long meets however, swimmers may play cards, read books, or use a personal music device. Electronic devices such as iPads are prohibited from being on deck.
- Food: granola bars, fruit, yogurt, cereal (dry), bagels (light butter), and/or sandwiches. Be sure that the food is nutritious—no junk food!
- Drinks: water, fruit juice, water, Gatorade, water, Allsport, and.....that's right....water! Only plastic containers, please.

The Meet Starts...Now What?

- It is important for every swimmer to know what event numbers he/she is swimming. He/she may swim right away after warm-up or may have to wait for a period of time.
- Generally, girls' events are odd-numbered and boys' events are even-numbered.
- A swimmer must check the heat sheet (coaches' meet program) which is posted next to our team.
- The swimmer swims their race.
- After each swim:
 1. He/she is to ask the timers for their time
 2. He/she should go immediately to their coach, and the coach will ask him/her their time and discuss the swim with each other, and



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3. The coach will provide positive comments about the swim as well as suggestions for improvement.
- Things you, as a parent, can do after each swim:
 1. Tell your swimmer how great they did,
 2. And Tell your swimmer how proud you are of them.
 - They now wait until his/her next event is called and starts the previous procedure all over again.
 - When a swimmer has finished all of his/her events, they are able to change but must wait until the entire team is finished to leave. The only exception is the 8 and under groups during the SC season.
 - Results are posted following the meet on the Typhoon's website.

A Parent's Note

The pool area is usually very warm, so make sure that you dress appropriately—in layers. Use your time at the meets to have fun and meet other parents, and you might enjoy the meets just as much as your swimmer. Participating on deck is a great way to meet other parents and get a closer view of the swimmers. It also makes the time go much faster!



Typhoon Swim Team Parent Association Bylaws

Article I: NAME and ARTICLES of ORGANIZATION

The name of this organization shall be the Typhoon Swim Team Parents Association hereinafter referred to as the Association. The Association operates under the tax-exempt 501 (c)(3) Hamden/North Haven YMCA as determined by the Internal Revenue Service and shall be governed by these Bylaws.

Article II: PURPOSE

The purpose of the Association shall be to support the Hamden/North Haven YMCA Typhoon Swim Team under the rules of YMCA Swimming as follows:

- To promote competitive swimming by affording swimmers the opportunity to learn and to develop their skills and by instilling good sportsmanship and team loyalty in the spirit of the YMCA;
- To raise funds to be used for the benefit of the program and its participants;
- To maintain and manage an annual budget for the Association that provides financial support for the program and its participants;
- To assist the coaches and the Hamden/North Haven YMCA staff in the administrative and clerical duties associated with a competitive swimming program; and,
- To organize and conduct social functions for the participants of the program.

Article III: MEMBERSHIP and DUES

Section 1. General: The members of the Association shall be the parents of the swimmers on the Hamden/North Haven YMCA Typhoon Swim Team. The Director of Aquatics of the Hamden/North Haven YMCA and the Typhoon Swim Team Coaches shall serve as Ex-Officio, non-voting members who may attend and participate in all meetings of the Association.

All members of the Association shall be encouraged to actively participate in Association work, activities and programs.

Section 2. Dues: Each Hamden/North Haven YMCA Typhoon Swim Team family is required to volunteer throughout the season for various jobs included, but not limited to meet timer, runner, concession worker, or fundraiser worker. Should a family voluntarily decline to participate as a volunteer, they will be required to pay a fee as described in the Typhoon Swim Team Participation Policy.

Section 3. Suspension or Expulsion: Any member whose conduct and actions are deemed to be detrimental to the purpose of the Association may be suspended or expelled by a majority vote of the Parent Advisory Committee. If a member wishes to appeal such action, he or she must submit a written request for a hearing before the Parent Advisory Committee within ten (10) days of notification of suspension/expulsion.

Article IV: VOTING

Only Parent Advisory Committee shall have voting privileges on general topics of business. Association members may vote for Advisory Committee Officers. Association members may also express their opinions either during meetings or with the Parent Liaison prior to the meeting. The Parent Liaison will act as the voice for the Association majority.

All Association members in good standing shall have the right to hold office.

A member shall be considered in good standing if all requirements and/or fees are current and if his or her conduct and actions are in support of the Association's purpose.



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Article V: PARENT ADVISORY COMMITTEE MEMBERSHIP

Section 1. Composition: The Parent Advisory Committee of the Association shall consist of the following elected officers:

- | | |
|-------------------|-----------|
| Co-President (2) | Treasurer |
| | Secretary |
| Ex-Officio Member | |

Section 2. Duties of the Parent Advisory Committee: The management of the Association will be vested in the elected officers. The Advisory Committee Members shall insure the fulfillment of the purpose of the Typhoon Swim Team Parents Association, assume fiduciary responsibility for all Association funds and resources, establish policies that serve the needs and interests of the Association in support of the Hamden/North Haven YMCA Typhoon Swim Team, establish policies for governance of the Association, and, in conjunction with the Director of Aquatics and the Typhoons coaching staff, plan strategically for the Association and the Typhoon Swim Team.

Section 3. Elections: A Nominating Committee to be appointed by the Parent Advisory Committee shall nominate the elected officers. The Nominating Committee will consist of four-five members: a current Committee member who is not a Co-President, a member of the coaching staff and two-three general members of the Association. The Nominating Committee shall serve for one calendar year from the date of this appointment.

With adequate time prior to the Annual meeting, the Parent Advisory Committee will actively and publicly solicit volunteers from the Association membership to participate on this committee. If more than three members of the Association volunteer, selection will be by lottery. Once convened, the Nominating Committee will elect its own Chair. The Nominating Committee will be responsible for nominating a slate of candidates for current year vacancies for the Parent Advisory Committee. The Nominating Committee will present its recommended slate of candidates to the Association membership at least 30 days prior to the Annual Meeting.

Additional nominations may be made by 10 or more members of the Association who present their nomination(s) in writing to the Nominating Committee no later than 30 days before the Annual Meeting. The Nominating Committee shall then present such additional nominations to the entire Association membership at least 30 days before the Annual Meeting. The election of officers shall take place prior to the Annual Meeting. Coaching staff shall have final approval of elected officers.

During this same time period, the Nominating Committee will be responsible for identifying and recruiting volunteers to the best of their ability for appointment to volunteer positions as articulated in Article IX with the expectation that these appointments be made by the Co-Presidents at the Annual Meeting.

Article VI: TERMS of OFFICE and VACANCIES

Section 1. Terms of Office: The following officers shall be elected to serve a two year term: Co-President; Secretary; Parent Liaison; Ex-Officio.

The Treasurer shall be elected for one (1), two-year term only. Prior to the end of the two-year term, the current Treasurer will provide training and support for the incoming Treasurer in order to promote ease of transition for this key committee position in the upcoming term.

No elected officer of the Parent Advisory Committee shall be eligible for more than two consecutive terms in the same position with the exception of the Ex-Officio member. If the Nominating Committee cannot fill a position to the best of their abilities, the Parent Advisory Committee may vote to ask the current position holder to stay on for an interim term.



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The term of office shall be from September 1 through August 31 for the number of years consistent with the defined term of office.

It is understood that the work of the Parent Advisory Committee occurs at committee meetings. Committee members are expected to attend all meetings. Committee members must attend a minimum of 75% of the meetings each year to be eligible to remain in office.

Section 2. Vacancies: In the event a vacancy occurs on the Parent Advisory Committee during the term of office, the Co-Presidents may consult with the Nominating Committee and/or with other members of the Parent Advisory Committee, and may recommend a replacement candidate to fulfill the remainder of the current term. Any such candidate must be voted on by a majority of the Parent Advisory Committee at the next regularly scheduled Committee meeting. Any officer elected in this manner must be re-nominated and elected in accordance with the procedures identified in Article V. Sec. 3.

Article VII: FISCAL YEAR

The Association shall operate on a fiscal year that runs from September 1st through August 31st.

Article VIII: DUTIES of OFFICERS

Co-Presidents: Shall be responsible for the overall running of the Association, which includes the following but are not limited to: developing initiatives that continuously support the Typhoon Swim Team on a yearly basis; setting the agenda for monthly Parent Advisory Committee meetings and directing those monthly meetings; monitoring the work of their colleagues on the Committee ensuring that identified duties and responsibilities are carried out; ensuring that the Parent Advisory Committee and the organization adhere to the Association's Bylaws; acting as the liaison for the Association membership with the Typhoon Coaching staff, the Hamden/North Haven YMCA and other organizations as necessary. The Co-Presidents, working collaboratively with the Nominating Committee, shall appoint members to fill the following appointed volunteer positions as laid out in Article IX and any additional ones deemed necessary. The Co-Presidents, with majority support of the Parent Advisory Committee, may appoint committees from time to time as deemed necessary to complete special projects or policy reviews as needed by the Association as set forth in Article IX, Section 3, Other Committees.

The Co-Presidency duties shall be sub-divided between administrative (refer to above for details) and meet management tasks (i.e. recruitment and organization of swim meet timers, collaboration with the Parent Liaison to ensure accurate documentation of parent participation, as per the participation points policy, etc.)

Additionally, the Co-Presidents will coordinate and organize swimmer recognition honors in preparation for the Typhoons Swim Team Banquet.

The Co-Presidents shall work collaboratively to ensure that all duties of the Typhoons Swim Team, both administrative and swim meet management, are completed as described herein.

In order to be eligible for election to this position, an association member must have served on the Parent Advisory Committee in another capacity for a minimum of one (1) term.

Secretary: Shall be responsible for the recording of minutes for all official meetings held by the Association. The Secretary shall also be responsible to distribute team information on a set day per week. The Secretary shall maintain a permanent copy of the records of all meetings and business correspondence in the swim team office. The Secretary shall serve as the Association's Parliamentarian.



Treasurer: Shall be responsible for the preparation of and accounting for the Association's annual budget, shall maintain appropriate financial records for the Association, shall be responsible for the collection and deposit of all Association funds, shall disburse all Association funds as authorized by the Parent Advisory Committee and Typhoon Coaching staff, shall present a financial report at each monthly Parent Advisory Committee meeting, shall present an Annual Financial report to the Association at the final meeting for each swim season (i.e. Short Course and Long Course), and shall insure that all necessary tax reports are compiled and filed as required by law to safeguard the not for profit status of the Association. The Treasurer and/or Central Connecticut Coast YMCA's CFO will be the primary signatory of each and every financial account maintained by the Association.

Article IX: APPOINTED VOLUNTEER POSITIONS and COMMITTEES

Section 1. Appointed Volunteer Positions: Association members shall be appointed annually to the following volunteer positions by the president or vice-president to ensure the Association's purpose and goals are accomplished each year (these are for non-Committee positions that report to the Parent Advisory Committee):

Banquet Chair: Shall be responsible for coordinating all banquet events for the Typhoon Swim Team. The Banquet Chair shall recruit for, organize, and coordinate the Banquet Committee as outline in Article I. Section 3. The Banquet Chair shall present one event summary per banquet activity and report all progress at the monthly Parent Advisory Committee Meeting.

Fundraising Chair: Shall be responsible for coordinating all fundraising events for the Typhoon Swim Team, and shall recruit and organize the Fundraising Committee as outlined in Article IX. Section 3. The Fundraising Chair shall present one event summary per fundraising activity at the proceeding Parent Advisory Committee Meeting. This position shall be appointed on an ad hoc basis, depending on identified monetary needs from the Parent Advisory Committee.

Concession Coordinator: Shall recruit workers for all meets hosted by the Typhoon Swim Team and coordinate food donations. The Concession Stand Coordinator will also arrange for refreshments (e.g. water, soda) to be available for disbursement at specific points throughout hosted meets to swim meet timers and officials.

Section 2. Standing Committees:

- **Nominating Committee:** There shall be a Nominating Committee as described in Article V, Section 3 and Article VI.
- **Fundraising Committee:** There shall be a Fundraising Committee consisting of Association Members and led by the Fundraising Chair, when appointed. The number of members on this committee shall be determined by the Fundraising Chair, in collaboration with the Co-Presidents. The Fundraising Committee will be recruited by the Nominating Committee and/or the Fundraising Chair. The Fundraising Committee will hold meetings no less than one time per two months and report to the Parent Advisory Committee as to their progress in supporting the Typhoon Swim Team via fundraising events and activities.
- **Banquet Committee:** There shall be a Banquet Committee consisting of Association members and led by the Banquet Chair. The number of members on this committee shall be determined by the Banquet Chair, in collaboration with the Co-Presidents. The Banquet Committee will hold meetings no less than one time per two months and report to the Parent Advisory Committee as to their progress in supporting the Typhoon Swim Team via organization and planning of the team banquet.

Section 3. Other Committees: The Co-Presidents, with majority support of the Parent Advisory Committee, may appoint from time to time other committees as it may deem advisable for special



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projects or policy review for the Association and shall clearly designate the appointed committees' charter/scope of work, membership and duties. The Parent Advisory Committee shall appoint a Chairperson for each appointed committee from Association members in good standing.

Once convened, each committee will determine the time and place of its meetings. A majority of the members of the appointed committee will constitute a quorum for business. Each committee will submit to the Parent Advisory Committee reports of its work. The appointed committees may make recommendations to the Parent Advisory Committee for further action or consideration. No committee shall enter into any contracts or incur any indebtedness or financial obligations on behalf of the Association or the Hamden/North Haven YMCA. The appointed committee will be dissolved upon the completion of its assigned charter/scope of work. Conversely, if a special committee becomes of permanent value, it may be designated as a Standing Committee through the Bylaws Amendment process as described in Article XII.

Article X: MEETINGS

Section 1. Monthly Parent Advisory Committee Meetings: The Association shall hold monthly Advisory Committee meetings on pre-determined dates and times.

Announcement of the meetings and agendas shall be disseminated to the entirety of the Association at least 7 days prior to the meeting.

All Association members in good standing may attend the Advisory Committee meetings.

Only members of the Parent Advisory Committee shall have the right to vote at this meeting, unless a bylaw amendment or vote to fill a Committee vacancy is included on the agenda. In that case, all voting members in good standing present at the meeting vote on the bylaws amendment(s) or nominations proposed.

Regarding voting, Robert's Rules of Order shall prevail at all meetings and the meeting chair shall withhold his/her vote unless it influences the outcome of the vote.

A majority of the Parent Advisory Committee shall constitute a quorum for the transaction of business. Voting by proxy shall be permitted as approved by the Co-Presidents.

Section 2. Annual Planning and Evaluation Meeting: A Planning and Evaluation Meeting for the entire Association shall be held annually. In lieu of an Annual Planning and Evaluation Meeting, the Parent Advisory Committee can decide to survey the entire membership to solicit input on member reaction to the past year and expectations/goals for the upcoming year.

The date, location, format and agenda will be determined by the Parent Advisory Committee and shall be disseminated to the Association members at least thirty (30) days prior to the meeting.

The meeting shall be open to all members of the Association in good standing.

All voting members in attendance will be permitted to vote at the meeting. A majority of the Parent Advisory Committee shall constitute a quorum for this meeting. Voting by proxy shall be permitted as approved by the Co-Presidents.

Section 3. Annual Meeting: One meeting per year will be deemed the Annual Meeting and its agenda will include the election of officers for the following year. In addition, the Co-Presidents shall report on the year's activities and the Treasurer shall report on the financial condition of the Association. The date,



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location, format and agenda will be determined by the Parent Advisory Committee and shall be disseminated to the Association membership at least thirty (30) days prior to the meeting. All voting members of the Association in good standing and attendance may vote at this meeting. Voting by proxy shall not be permitted. Fifteen voting members of the Association shall constitute a quorum at the Annual Meeting.

Section 4. Special Meetings of the Parent Advisory Committee: Special Meeting of the Parent Advisory Committee may be called at the discretion of the Co-Presidents, or by written request of two (2) members of the Parent Advisory Committee with three (3) days' notice given to the Association in advance of the meeting.

The call for the special meeting must specify the purpose of the meeting. No business shall be transacted at any special meeting except that for which the call is issued.

A majority of the Parent Advisory Committee shall constitute a quorum for the transaction of business. Voting by proxy shall not be permitted.

Section 5. Special Meetings of the Association: Special meetings of the Association membership may be called by the Co-Presidents, or can be called upon written request of two (2) members of the Parent Advisory Committee, or five (5) members of the Association.

The call for the special meeting must specify the purpose of the meeting. No business shall be transacted at any special meeting except that for which the call is issued.

Notice of the special meeting shall be disseminated to the Association at least fourteen (14) days prior to the special meeting.

All voting members of the Association shall be permitted to vote at this meeting.

Thirteen (13) voting members of the Association shall constitute a quorum for any special membership meetings. Voting by proxy shall not be permitted.

Robert's Rules of Order, revised edition, shall be the parliamentary authority for all Association meetings.

Article XI: INDEMNIFICATION

The Association shall indemnify, hold harmless and make whole, in the manner and to the full extent permitted by law, any Indemnified person in respect of any threatened, pending or completed action, suit or proceeding, whether or not by or in the right of the Association, and whether civil, criminal, administrative, investigative or otherwise, by reason of the fact that Indemnified person bears or bore one of more of the relationships to the Association specified in this Article and was acting or failing to act in one or more of those capacities or reasonably believed that to be the case.



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To the full extent permitted by law, the indemnification provided in this Article shall include expenses (including attorney's fees, disbursements and expenses) judgments, fines, penalties and amounts paid in settlement of any judgment, order, decree or other court, administrative, or arbitration decision or settlement arising out of or in connection with such action, suit or proceeding.

The indemnification provided by this Article shall not apply to any Indemnified Person who's otherwise indemnified conduct is finally determined to have been in bad faith, self-dealing, gross negligence, wanton and willful disregard of applicable laws, rules and regulations, or who is convicted of a crime (including felony, misdemeanor and lesser crimes).

Indemnified Person as used in this Article, shall mean any person who is or was a Parent Advisory Committee member or Officer who was serving at the direct request of the Association as an official, committee chairman or member, coordinator, volunteer, or agent of another person or entity involved with the sport of swimming, including the successors, guardians, conservators, heirs, executors, administrators, and trustees of such Indemnified Person.

The Association may maintain insurance, at its own expense, to protect itself and any such person against any such liability, cost or expense.

Article XII: DISSOLUTION

Section 1. Plan of Dissolution: In the event the Association dissolves pursuant to action of the members, action of the Parent Advisory Committee, action of the Parent Advisory Committee and members together, or by a court judgment, the Parent Advisory Committee shall adopt a plan of dissolution for the satisfaction of its liabilities and the distribution of its assets, pursuant to Connecticut General Statutes.

Section 2. Distribution of Assets Upon Dissolution: After payment of all liabilities and obligations of the Association and after the return of all assets which were held by the Association upon condition that they be returned upon the dissolution of the Association, all remaining assets shall be transferred to one or more domestic corporations engaged in activities substantially similar to the Association and qualified as a 501(c)(3) Corporation by the Internal Revenue Service.

Article XIII: AMENDMENTS of the BYLAWS

Amendments may be proposed by any member of the Association in good standing.

These bylaws may be altered or amended by majority vote of the entirety of the Association present at any regular, special or Annual meeting provided all alterations or amendments shall have been approved by the Parent Advisory Committee and shall have been disseminated to the Association for at least thirty (30) days prior to such meeting. Any alteration or amendment to these bylaws, which is so approved, shall become effective immediately.

A review of these Bylaws shall be conducted annually by the Parent Advisory Committee.

To the full extent permitted by law, the indemnification provided in this Article shall include expenses



Typhoon Parents' Association Participation Policy (Short Course Season)

The Hamden/North Haven YMCA Typhoon Swim Team embraces a team philosophy that commits it to develop the highest quality experience for every participant. This encourages significant growth in spirit, mind and body for all swimmers, and builds caring, honesty, respect, and responsibility. These goals can only be attained with the dedicated efforts of all Typhoon Swim Team parents. Parent support and involvement is vital to the success of our swim team.

Parent Commitment & Participation Points

Effective September 1, 2009, the Typhoon Swim Team implemented a participation point system for all families based on the age of the swimmer. The point requirements are:

- 8 & Under Swimmer – 6 points
- 9 & Over or Multiple Swimmers- 10 points

Volunteer points can be earned by working at swim meets, accepting an appointed Parent Advisory Committee position or special committee position. The number of participation points for each activity (upon full completion) is:

- 1 point - Attendance/Participation at Parent Advisory Committee Meeting or Fundraiser (per event)
- 2 points - Concession Donation (per home meet, for any/all items donated)
- 2 points - Timer, Concession Worker, (per half meet/event) or Concession Stand set up OR Take Down
- 4 points - Timer, Concession Worker, (per full meet/event) or Concession Stand set up AND Take Down
- 6 points - Head Timer and Meet Official (per meet)

Effective with the 2014-2015 Short Course Season, all families/parents will be required to participate in a minimum of one (1) swim meet, as either a timer, official or concession stand worker.

Lack of Participation Points

You will be subject to a non-compliance fee of \$10.00 for each minimum point not earned (i.e. if your commitment was 10 participation points and you earned 5 points, you would be assessed \$50.00). Points not earned will be billed to families following the Annual Meeting or Banquet. Non-compliance fees will be deposited into the custodial account which is used for team banquets, team equipment, and other team-related items. Parents will also be assessed \$20.00 for not participating in at least 1 swim meet as either a timer, concession worker or official.

Excess Participation Points

Should a parent (or family) accrue participation points in excess of the requirements, they will be awarded 1 drawing ticket per point for the Annual Meeting. The drawing will consist of private coaching sessions, free swim team gear, or other rewards.

Late Registrants and Intent of Policy

Late registrants will be issued a pro-rated point requirement based on the number of months for participation.

The intent of this policy is not to raise money but to emphasize the importance of family involvement!

Parent Signature/Date _____