

Foundation YMCA
Wilson Whirlpools Swim Team
Policies and Procedures

Welcome!

On behalf of the Foundation YMCA, we are thrilled to welcome you to the Wilson Whirlpools Swim Team. This packet outlines the policies and procedures to ensure a smooth and enjoyable experience for all swimmers and their families. Please read the entire packet carefully. For any questions or clarifications, feel free to contact the Coach or Aquatics Director.

Wilson Whirlpools Purpose Statement

The purpose of the Wilson Whirlpools Swim Team is to provide fun, safe, and competitive swimming opportunities for the youth of Wilson while empowering them to become strong, confident, and positive leaders in and out of the pool.

Team Structure

The Wilson Whirlpools Swim Team is divided into practice groups tailored to the swimmers' skills and goals.

Bronze Level:

- Novice level for swimmers 10 and under.
- Focus on developing foundational techniques in a fun, supportive environment.
- **Prerequisite:** Must swim 25 yards freestyle and 25 yards backstroke.
- **Schedule:** 3 practices per week, 1 hour each.
- **Cost:** \$89 per month.

Silver Level:

- Intermediate level focusing on legal strokes and building endurance.
- **Prerequisite:** Ability to swim all strokes legally.
- **Schedule:** 4 practices per week, 1 hour each.
- **Cost:** \$99 per month.

Gold Level:

- Advanced level with intensive training for senior-level competition.
- **Schedule:** 4 practices per week, 1.5 hours each.
- **Cost:** \$125 per month.

High School Development:

- Designed for swimmers preparing for high school swim teams or triathlons.
 - Focus on skill improvement, stroke development, starts, turns, and conditioning.
 - **Schedule:** 3-4 practices per week, 1.5 hours each.
 - **Cost:** \$99 per month.
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Registration

Families should consult the Coach or Aquatics Director to determine the appropriate level for their swimmer. Registration can be completed at the YMCA front desk, where all required documents and information will be provided.

Membership Requirement:

All swimmers must maintain an active membership with the Foundation YMCA.

Payment Policy

- Payments are due by the **5th of each month**. A \$15 late fee will apply to overdue payments.
 - Families are encouraged to set up automatic drafts for convenience.
 - Swimmers joining mid-month must pay within 5 days of their first practice for the full month.
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Attendance Requirements

- Regular attendance is strongly encouraged to ensure swimmers benefit fully from their training.
 - Families should notify the coach of any planned absences as early as possible.
 - Participation in **any practice** during the month will incur the full monthly fee.
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Meet Participation and Fees

- Swimmers are encouraged to compete in meets scheduled throughout the season.
 - Meet information, including date, location, and registration details, will be shared via email.
 - Families must complete an event form and pay meet fees at least **5 days before the event.**
 - Meet fees will be added to the family's YMCA account for payment.
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Uniform Policy

- Each season, the team will select a designated meet suit, available through SwimOutlet.com via the Wilson Whirlpools team store.
 - Additional team merchandise (e.g., caps, t-shirts) may be available for purchase.
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Team Communication

- The primary mode of communication will be email. Families should ensure their contact information is up-to-date.
 - Practice updates, meet schedules, and other announcements will be shared promptly.
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Parent Involvement

Parental support is essential to the success of the team. Families are asked to:

- Volunteer at a **minimum of 2 meets per season** in roles such as timers, scorers, or hospitality.
 - Assist with fundraising events or team activities when needed.
 - Encourage swimmers by modeling good sportsmanship and supporting the team's goals.
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Code of Conduct

Swimmers:

- Demonstrate respect for coaches, teammates, opponents, and officials.
- Follow all facility rules and instructions during practices and meets.
- Maintain a positive attitude and strive for personal improvement.

Parents:

- Promote a positive environment by showing respect for coaches, swimmers, and officials.
 - Refrain from coaching swimmers during practices or meets.
 - Address concerns with the Coach or Aquatics Director at appropriate times.
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Additional Policies

Weather and Facility Closures:

- Practices may be canceled due to inclement weather or facility issues.
Updates will be communicated via email.

Illness Policy:

- Swimmers showing symptoms of illness should not attend practice.
Notify the coach in such cases.

Refunds:

- Monthly fees are non-refundable except in cases of long-term injury or illness, with documentation provided.

We're excited to have you as part of the Wilson Whirlpools Swim Team family! Together, we'll foster a love for swimming, promote personal growth, and create lifelong memories.

For any questions or additional information, please contact:

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