

YMCA OF LINCOLN
SEA TURTLES
SWIM TEAM



Summer 2022
May 31–July 23

Welcome

Welcome to the Lincoln Copple Family YMCA Sea Turtle Swim Team! Our mission is to offer a program that stresses individual and team improvement while striving to promote the character values of honesty, caring, respect, and responsibility for the program, coaches, parents, teammates, & other teams. Participant must be able to swim 25 yd. continuous freestyle w/ rotary breathing and 25 yd. continuous backstroke. We recommend passing level 5 or 6 swim lesson level or a session of sting rays.

How to Register—

Step 1— Summer Membership Fee

Registration Opens—April 1st, You may register for either AM or PM practice time.

Register Online [Click Here AM](#) [Click Here PM](#)

- \$135/swimmer with a YMCA Membership
- \$300/swimmer for YMCA Community Member

Important—

Fill out Park & Rec Form located on page 6 and return via email, front desk or to swim coach on first day of practice. This form is required to participate in the Lincoln Park and Recreational league.

Financial Assistance is available, you can apply online. [Click Here](#)

Communication

Throughout the season you will receive informational emails.

Any team information, sign up or announcements will be e-mailed out to the team.

Park & Recreation Form—

This form is located on page 6 of this handbook. A form for each swimmer must be filled out, no extra payment goes with the form as the fee is included in your registration fee. This form must be returned to the director via email, dropped off at the front desk or given to the swim coach no later than June 4 for swimmers to compete.

Please make sure you included your email on the Park & Rec form so you receive all the information. Information will be sent out on a needed basis.

If you're having trouble receiving team information please contact:

Jill Hitz (531) 289-7863 or jhitz@ymcalincoln.org

Practice Schedule May 31st—July 23rd

Practice Times are dependent upon what you register for. You may choose either am or pm.

	MON	TUES	WED	THUR
AM	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30
PM	7:15-8:15	7:15-8:15	7:15-8:15	7:15-8:15

Copple Family Y Outdoor Pool *If inclement weather, practice will be moved inside.

What to Bring to Practice

Swimmers are required to bring a swim suit, goggles, a cap (if preferred), and towel to practice. In addition, swimmers are strongly encouraged to bring a water bottle to all practices in order to maintain hydration levels. Swimmers are responsible for filling their water bottles before practice begins.

Locker Rooms

Please be respectful of the locker room and the other members who use that space. During practices, swimmers are asked to place all bags and belongings in a locker or they can be brought on the pool deck and hung up on the hooks. Do not leave valuable items unattended in an unlocked locker.

Please do not leave your bags and personal belongings unattended in the locker room on benches or the floor! Swimmers are expected to get through the locker rooms as quickly as possible.

During Practices

Now that you have taken the “big plunge” and decided to join the Sea Turtle Swim Team, you may be wondering, “What do I do at practice?” Here are some tips compiled from several years of experience and different programs. Sea Turtle coaches will do all they can to help new and returning swimmers to learn and practice these tips. If everyone follows them practices will run very smoothly.

Arrival and Departure

Swimmers should be ready to swim no less than 5 minutes prior to the start of practice. At the end of practices, swimmers are expected to help put away all equipment and remove the lane ropes.

Before Practice

- Help put in any lane lines that need to be put in.
- Learn the names of the swimmers in your lane.
- Learn to read the pace clock.

During Practice

- Listen carefully when the coach gives directions or explains the set. Ask questions of your lane mates or the coach if you don't understand.
- Talk with one another and find out who is swimming what. When swimmers are swimming different strokes in the same lane, the person swimming faster stroke should lead. The order is: freestyle, backstroke, butterfly, breaststroke, kicking.
- Always swim in a circle, staying to the right of the lane. All swimmers must stay completely within their half of the lane. Serious accidents can occur when people swim down the middle of the lane.
- Count your laps and stop at the appropriate number
- Support your fellow swimmers always with encouragement, recognition of good effort, and cheerful enthusiasm.

Swim Meet Schedule

City Park and Rec Meets

The meets are held on Saturday mornings. 4 regular season meets will be held.

*To be eligible for the city championships, participants must participate in at least 2 regular season meets.

June 18,25, July 2 & 9 Saturday Dates.

June 18	@ Belmont	July 2	@ Ballard
June 25	@ Belmont	July 9	@ Eden

Time

Session 1: 11 & Up Warm-ups 7 a.m.; Meet Start: 8am

Session 2: 10 & Under Warm-ups 9:30 a.m. Meet Start: 10:30 a.m.

(At this time it is undetermined if we will have 1 or 2 sessions, directors will be in contact if this changes)

City Championship Meet: Saturday, July 23rd @ Lincoln Southeast Pool Warm Up 7am Meet Start 8:30am

*To be eligible for the city championships, participants must participate in at least 2 regular season meets.

What To Bring To A Meet

<ul style="list-style-type: none">• Swim Suit(s)• Swim Cap(s)• Towel (s)• Goggles• Warm Clothes• Activities (books, cards, games)	<ul style="list-style-type: none">• Healthy Snacks/drinks (only water allowed on deck)• Permanent Marker• Highlighter• Pen• Enthusiasm!!
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Meet Sign Up & Line Up

Coaches will need to know if you are attending a meet by the Friday the week prior to the meet. We know things can come up, do not hesitate to talk to the coaches or Aquatic Director if you are any questions or concerns.

Swimmers will have the opportunity to choose two of their individual events at regular season meets. The other events will be chosen by the coaches. Only coaches will be able to determine relays. For this reason, the meet line-ups can vary throughout the summer.

Attendance Policy

Whether a swimmer is solely committed to swimming, a multi-sport athlete, or simply interested in a variety of extra-curricular activities, Copple Family YMCA Sea Turtle coaches takes measures in order to cater to athletes with varying degrees of commitment levels. At the same time, there is no escaping the fact that regular practice attendance helps promote conditioning and develops fitness while also boosting group camaraderie and team spirit! Crocodiles coaches recommend at least 3 practices a week, but would love to see you 4 times a week.

Weather Policy

Because our practices will be held in our outdoor pool, weather can always play a part in our practices. If weather threatens our practice outdoors practice will be moved inside.

If inclement weather is forecasted for a meet day, all swimmers should report as normal to the pool. Typically storms do pass and we still can get the meet finished before the cut off time. They will not cancel unless they feel they can not get the meet completed in a timely fashion after the storm has passed. We will send an email out if a meet does get canceled.

Swim Meet Job Descriptions– Parent Volunteer

Parents are welcome to get involved with the program in several ways. You can get involved by volunteering at meets and by bringing positive enthusiasm to swim meets to support your swimmers! Anyone who has been to a swim meet know that a solid volunteer group is integral to a successful swim meet. Parent volunteers are needed for each meet as times, judges, scorer, awards table, etc. We will be setting up a meet volunteer schedule. We ask that each swimmers parent volunteer for at least one meet. The weekly parent email will be confirming the volunteer schedule prior to each meet.

Timer: This is the most popular meet job among both new and experienced swim parents. Two timers are needed for each lane. The head timer oversees all lanes and ensures that all timing sheets are collected by the runners. He/she also serves as a backup timer in case a watch is not started correctly or malfunctions in one of the lanes.

Runner: The duty of these volunteer is to pick-up the event cards from the timer and DQ slips from the Officials and take them to the computer table.

Awards Table: These volunteers receive the label printouts from the computer to label all ribbons and then distribute them to the teams attending the meet.

Official: Stroke & Turn Judges watch swimmers to make sure strokes, turns, exchanges, and finishes are performed legally. The starter announces and starts each event. These positions require special training. It requires taking a short training course. If you are interested in volunteering for this please let the Parent Representative or Aquatic Director know.

Philosophy

To provide an environment which allows each swimmer to reach his or her maximum potential consistent with his/her own goals.

- To sponsor a positive team environment.
- To provide an opportunity to learn sportsmanship through all levels of competition.
- To provide an environment that will develop self-esteem, mindfulness and hard work.
- To have fun!

It is the coaches' responsibility to create an environment in which all swimmers in each practice group can have fun while also striving to reach his or her full potential. It is the swimmer's responsibility to always exhibit appropriate behavior. The coaches and staff strives to teach our swimmers to live, train and compete according to the YMCA Core Values: Caring, Honesty, Respect, and Responsibility.

Behavior

Swimmers are asked to remember that they are representatives of the Lincoln Y Sea Turtle Swim Team. As representatives, we ask them to behave in a manner that is responsible and respectful of others. Often swimmers share the locker rooms and other areas in the YMCA or meet facilities with other members, and must therefore act responsibly and respectfully at all times. Swimmers are expected to leave the YMCA facilities and any host facilities cleaner than the way they found them.

Swimmers at all program levels will be expected to value sportsmanship and respect for teammates, coaches and opponents. They will be encouraged to work together to help foster a positive training environment that is as enjoyable as it is productive.

Swimmers who disrupt practices, have trouble following their coaches' directives, or disrespect their teammates, coaches or the facilities they use will be redirected and their parents will be informed.

2022 REGISTRATION FORM

CITY SWIMMING AND DIVING LEAGUE



Athlete's Name _____ <input type="checkbox"/> This is my 1st year	BIRTHDATE (MM/DD/YY) _____	AGE (6-18 ONLY)* _____	<input type="checkbox"/> M <input type="checkbox"/> F
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*In order to join and compete in swimming events, swimmers age 10 & younger must be able to swim one length of the pool unassisted and without stopping; swimmers age 11 & older must be able to swim two lengths of the pool unassisted and without stopping.
 *In order to join and compete in the diving events, a diver must be able to complete a forward dive from a 1-meter diving board and must possess the skills which, in the judgment of the diving coach, are necessary to avoid injury to the diver.

*IMPORTANT: Make sure the age and birth date are accurate. If this is a June or July birth date, the participant will have to move up at that birth date or before to have results to be eligible at the Champ meet. You may want the child to swim/dive at the older age group all season.

List adults responsible for participant in case of emergency: *Primary Contact Parent/Guardian's Name _____	Check which PRIVATE POOL team swimmer/diver wants to compete for: <input type="checkbox"/> Copples YMCA <input type="checkbox"/> Cooper YMCA <input type="checkbox"/> Eastridge** <input type="checkbox"/> Fallbrook YMCA <input type="checkbox"/> Hillcrest** <input type="checkbox"/> Meadowlane** <input type="checkbox"/> Waverly <input type="checkbox"/> Country Club** <small>**Pools with diving teams.</small>
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Secondary Contact Parent/Guardian's Name _____	Check one or both teams: <input type="checkbox"/> Swimming <input type="checkbox"/> Diving <input type="checkbox"/> Both
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Mailing Address _____ <input type="checkbox"/> This is a new address	City _____	NE State _____	Zip _____
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Phone Numbers _____ <small>Athlete's Home Phone</small>	T-shirt size; check with the coach for information about t-shirts: (please circle size) Child Size M L Adult Size S M L XL XXL
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Primary Contact phone numbers: Day _____	Cell _____
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*Parent's e-mail address: _____

VOLUNTEER SIGN UP *This is important!!! Swim meets can only take place when you volunteer to help. Mark which meet(s) you will work below:*

1st Volunteer's Name: _____ Swim coach will follow up.

Circle weekly swim meet(s) you'll work:	Meet 1 6/18/22 (Sat)	Meet 2 6/25/22 (Sat)	Meet 3 7/2/22 (Sat)	Meet 4 7/9/22 (Sat)
Volunteer 1 st Choice _____ Job: 2 nd Choice _____				

2nd Volunteer's Name: _____ Swim coach will follow up.

Circle weekly swim meet(s) you'll work:	Meet 1 6/18/22 (Sat)	Meet 2 6/25/22 (Sat)	Meet 3 7/2/22 (Sat)	Meet 4 7/9/22 (Sat)
Volunteer 1 st Choice _____ Job: 2 nd Choice _____				

Volunteer's Name for Champ City Swim Meet: _____ City Swim Meet 7/23/21

Job you would like to do for Champ. City Swim Meet: 1st Choice _____
 2nd Choice _____

Parents, please note: no signature—no participation

WAIVER AND RELEASE OF ALL CLAIMS
 Please read this form carefully and be aware that in participating you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of this participation.

For and in consideration, the undersigned parent(s)/guardian(s) of the participant(s) in the program are fully aware and understand the specific risks of that activity including physical injury, sickness and disease including COVID-19, and death and agree to assume the full risk arising from participant's activity without limitation; furthermore, the undersigned and the participant(s) waive all claims of whatsoever kind or nature against the City of Lincoln, its officials, officers, agents, employees and volunteers that the undersigned or participant(s) may incur on account of participation in the activity and this program; and finally, to the fullest extent permitted by law, the undersigned and participant(s) shall indemnify, defend, and hold harmless the City of Lincoln, its officials, officers, agents, employees and volunteers from any claims, damages, losses, and expenses, including but not limited to attorney's fees arising out of the activity, including physical injury, sickness and disease including COVID-19, death, and losses, including those that are caused in whole or in part by the intentional or negligent act or omission by the City. This shall be construed under the laws of the State of Nebraska and any portion shall be severable to the extent any portion is rendered invalid. In consideration for participation in the activity, the undersigned have read, understand, and agree to all of the terms herein, which are binding on the participant(s).

Please fill out this Park & Rec form and return via email , front desk , or to swim coach on the first day of practice.

This form is required to participate in the Lincoln Park and Recreational League.

PHOTO: The undersigned grant irrevocable permission to the City of Lincoln for use of photographs and video of the participant(s) for use in promotions/advertising.

I have read and fully understand the above warning of Risk and Waiver and Release of All Claims.

***Required Signature of Parent/Guardian** _____

Please remember that your swimmer won't be able to get into the water until this release has been signed and payment made.

Date _____