



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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# DIVE INTO IT!



**RANCHO FAMILY YMCA  
SWIM TEAM  
APRIL 2013–MARCH 2014**

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## MISSION STATEMENT

The Rancho Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of Spirit, Mind, and Body.

We are also dedicated to continuing traditions, molding the lives of youth, and creating friendships and memories that last a lifetime. Please feel free to let us know of any concerns, ideas, or thoughts about swim team. In this way, staff and parents can function together as a team. Thank you for joining the Rancho Riptides Swim Team.



## PARENT AGREEMENT

**Please Read, Sign, and Return to Coach after Signing up**

I, \_\_\_\_\_ the parent of \_\_\_\_\_ have read the Rancho Riptides Swim Team Handbook. I accept the responsibility for following the guidelines of the team and understand the nature of the sport my child and I will experience. I understand that the Riptides are a competitive swim team and I will encourage my daughter/son to participate in practice, respect their teammates and coaches, and attend monthly swim meets.

Parent Signature:

\_\_\_\_\_

Child's Name:

\_\_\_\_\_



## PHOTOGRAPHIC WAIVER/CONSENT

I, \_\_\_\_\_, give my permission to the YMCA of San Diego County to use my picture or other likeness, or a picture or other likeness of any of my children, specifically,

\_\_\_\_\_, in the YMCA's general publicity and campaign materials.

Signature:

\_\_\_\_\_ Date: \_\_\_\_\_



## RESPONSIBILITIES

### Parents, ensure your child's success by:

- Attending all practices and arriving on time
- Keeping your child well nourished and hydrated before and after practice
- Bringing a water bottle to practice
- Providing healthy choices to help build their muscles and repair their bodies
- Supporting and encouraging your child by attending meets, volunteering, and making friends with other families

### Swimmers, get the most out of practices by:

- Being an active part of the swim team
- Giving 100% effort and swimming hard
- Being in the right spot in your lane
- Encouraging your teammates
- Focusing on what your coaches tell you to work on
- Speaking up when you need to
- Cleaning up after yourself
- Keeping up on your school work and exercising your mind

**As Coaches, we will provide swim team members with guidance and knowledge to become better swimmers and a better people.** We are here to help you grow and develop into stronger swimmers and develop a balanced life—physically, mentally, socially, and spiritually. We expect each swimmer to appreciate their unique talent and the talents of others. This happens naturally through learning and practicing the YMCA values of caring, honest, responsibility, and respect. Safety is important to us, and we address the needs of every swimmer on the team.

Workouts are structured to challenge your bodies, build muscles, and become effective swimmers. If you have questions, comments, or concerns, please talk to your coach. The swim team coaches love what they do and are fountains of knowledge.

## SWIM TEAM COACHES

### Head Coach Bailey Caulum

At Mater Dei High School in Santa Ana, Bailey was on the varsity water polo team for 4 years and the varsity swim team for 3 years. She played competitive college water polo at Fullerton College and practiced with the swim team. Bailey coached at Brea Olinda High School, both junior varsity water polo and swimming, for the past 2 years. She has been with the Riptides for more than a year and is excited to continue to grow the team!

### Assistant Coach Rachel Gillis

Rachel has been swimming competitively for years and earned a varsity letter her freshman year while swimming for Ramona High School. It was there she became involved in water polo. She coached the JV water polo team for two years. She has been life guarding and teaching swim lessons since she was 16, and is currently working for the YMCA. She looks forward to sharing her love of water with the families of the Y.

### Assistant Coach Kevin Horsch

Kevin grew up swimming in and around the desert of Tucson, Arizona. While camping and hiking, he would explore lakes, water holes, and the occasional waterfall, jumping in whenever possible. He swam on a competitive swim team every summer until high school, when he turned his focus to soccer and drumline. Moving to the San Diego area 12 years ago, he quickly took advantage of the ocean, spearfishing, snorkeling, and kayaking with his kids. Kevin has been teaching swim lessons and lifeguarding at the Y for almost a year and hopes to see you in the water having fun soon!



### How should we prepare for a Y swim meet?

Swim meets are on Sundays and occur each month with the exception of one month in the winter and the Championship meet. Once you receive an event sheet at practice, circle the events you would like to swim, write your birthday, and turn it into your Coach. The due date is always the Tuesday before the swim meet. If you miss the registration deadline, you will need to deck enter at the meet. There is a participation fee for each meet, which you can pay at the front desk or online before the day of the meet. You can also receive the meet sheet through email when you sign up for the newsletter.

### What should we expect from a swim meet?

A swim meet is an event where your swimmer is able to race other swimmers from different YMCA's around the county. By attending the meet, you will be able to get times for your race and can mark your progress. It is slower paced and can be nerve racking for some swimmers. Swimmers will swim no more than 5 events out of 30+. This gives racers a chance to focus on each event and push themselves to do their absolute best. Parents also get an opportunity to see their child's growth in the pool, cheer them on, and socialize with other parents.

### Why is the Championship Meet different than the other meets?

The Championship meet is a two-day meet to accommodate all the swimmers participating in the meet. On average, 250 swimmers will compete in a meet. During the Championship meet, up to 350+ swimmers will be attending. In order for all the events to be swam and every swimmer to swim, the meet is broken up. Each swimmer is required to attend at least one day of the Championship Meet. Please note the difference in fee. The Championship Meet fees are different than a regular meet so check with your coach about the appropriate amount.

## FREQUENTLY ASKED QUESTIONS

### What does my child need to bring to practice?

We suggest that your child has the following items at practice each time; swim cap (for girls), goggles, one piece swim suit (for girls) and swim suit (for boys), water and a towel. You can purchase a kickboard and pull buoy for your child if you would like to, however, the Y provides these for practice times.

### Where can I purchase the team swim suit?

Paradowski's Swim & Sport is the vendor we use for our team suits. You can contact them for more information at 858-569-6946. You can purchase any blue suit. Make sure the suit is tight. Ask your coach if you have any questions.

### If my child misses a practice can they do a make-up?

In order to keep a safe environment we must stay within our ratios for swim team. Please speak with your Head Coach Bailey about doing a make-up. Make-ups are only available on Saturdays and Fridays. **NO** make-ups are allowed during the weekdays.

### Is this a year round swim team?

Yes, the Rancho Riptides practice year-round and compete 11 months out of the year. We do not require that every swimmer stay with the team for the entire year, but we do ask that swimmers stay the season. This will enable them to create friendships, develop their skills, and see their personal growth in and out of the water.

### What is the best way to contact a coach?

You can contact a coach before or after practice. We ask that you respect practice time and do not disturb the coaches during practice. Email is always an option. The email address is [ranchoswimteam@ymca.org](mailto:ranchoswimteam@ymca.org). If you need to speak with Coach Bailey directly, you can call the RanchoFamily YMCA at 858.484.8788.

## REGISTRATION AND FEES

Swim Team is a year-round competitive team. The payments are broken up into monthly fees. The fee charged is determined by how many days a week each swimmer is participating, regardless of practice level. Monthly meet fees are not included.

### Practices Hours:

Novice	Mon-Thurs 6:00-7:00 pm
Intermediate/Advance*	Mon-Thurs 7:00-8:00 pm
All Levels	Sat 7:30-8:30 am

\*By coach approval only

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### Practice Days Fees

Practice Days Fees	Member/Participant
1 day/wk (Saturday)	\$37/\$45
2 days/wk (M/W OR T/TH)	\$67/\$85
3 days/wk (M/W OR T/TH & Sat)	\$104/\$130
4 days/wk (M-Th)	\$128/\$162
5 days/wk (M-Th & Sat)	\$165/\$207

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To change, add, or subtract days, you will need to fill out a 'Change of Days' form at the front desk. You will be notified only if your form is not accepted due to lack of space.

To cancel the draft, fill out the 'Stop Bank Draft' form at the front desk.

In the event of an extended leave of absence, each case will be dealt with on an individual level. Please notify your coach as soon as possible to discuss possible options.

Please do not turn in a draft form if you are waitlisted for the team. Once space becomes available, you will be notified and asked to fill out a draft form.

It is your responsibility to fill out the appropriate forms and turn them into the front desk. All forms are due by the 10th of each month. NO EXCEPTIONS.

In the case of a pool closure, practice will still be held. If practice is still unable to be held, a make-up practice will be given.

## SWIM TEAM REQUIREMENTS

The following are required of each swimmer participating on the Riptides Swim Team.

- An 80% monthly practice attendance based on the amount of days each swimmer is registered. Part of team camaraderie, individual improvement, skill development, and endurance is based on repetition and practice. We do understand that life happens and things come up without notice. If a swimmer is unable to attend their weekly practice days, we ask that you notify Head Coach Bailey for an excused practice. Make-ups are only allowed on Friday at 6:00-7:00 pm or during a Saturday practice. Monday thru Thursday practices are not allowed to be used as 'make-up' days.
- Each swimmer must participate in at least one meet prior to the seasonal Championship meet. Please see Swim Meet Information on page 7.
- All participants are required to use their Membership or Program Participant card in order to enter the building. If a swimmer does forget their card, the Front desk will not allow them into the facility until ten minutes after their practice has started.

These requirements are to help each child develop to their full potential as a swimmer and individual, build team spirit, and experience what it is like to be on a competitive team while still having fun.



## SWIM MEET INFORMATION

Meet sheets are due to a coach the week prior to date of the swim meet. If a sheet is not turned into a coach, you will not be entered in the meet. Make sure that you pay the meet dues before the day of the meet. Meet dues pay for pool time, lifeguards, ribbons, officials, and the meet director.

Bring the following to swim meets: a suit, goggles, cap, multiple towels, chairs, sunscreen, plenty of water, and snacks. When arriving at the swim meet find the team area and check in with your coach. You will be given your meet entries and any additional information. It is the swimmer's responsibility to make it to their races early.



While at the meet, we will need parent volunteers to time. Please let your Coach know the day of the meet. We will also need volunteer officials for the meets that are officiated. Please see a Coach for more details and volunteer opportunities. Without volunteers the meet will not run. Please support the team and your child by volunteering.

We ask that only swimmers and coaches go behind the blocks for swimmer safety. Coaches are there to coach, swimmers are there to swim, and parents are there to cheer on the swimmers!

Remember, each swimmer is required to attend one meet prior to the Championship meet. The meet calendar can be found online. Swimmers are only required to attend one day of the two-day Championship meet.

Meets are where you see your results from your hard work in practice. So try your hardest and have fun!