

**RYE YMCA AQUATICS DEPARTMENT  
WAVE RYEDERS SWIM TEAM**

**THE AQUATICS DEPARTMENT AND THE ENTIRE STAFF OF THE RYE YMCA ARE COMMITTED TO PROVIDING A WORTHWHILE AND ENJOYABLE EXPERIENCE FOR ALL OUR SWIMMERS. OUR GOAL IS TO PROMOTE FUN, CAMARADERIE, NEW FRIENDSHIPS, NEW SKILLS, PHYSICAL FITNESS AND POSITIVE VALUES THAT EXTEND BEYOND THE SWIMMING ENVIRONMENT.**

## **TEAM PHILOSOPHY AND INSTRUCTIONAL GOALS**

- **PROVIDE AN ENJOYABLE EXPERIENCE. SWIMMING IS FUN.**
- **PROVIDE A SAFE EXPERIENCE.**
- **TEACH FUNDAMENTAL SKILLS AND STRATEGIES NECESSARY FOR SUCCESS IN SWIMMING (DICTATED BY THE AGE AND LEVEL OF SWIMMER):  
STROKES (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY)  
STARTS (FORWARD START, BACKSTROKE START, RELAY START)  
TURNS (FREESTYLE FLIP TURN, BACKSTROKE TURN, BREASTSTROKE TURN, BUTTERFLY TURN).**
- **INSTRUCTIONAL APPROACH:  
INTRODUCE THE SKILL  
DEMONSTRATE THE SKILL  
EXPLAIN THE SKILL  
ATTEND TO SWIMMERS PRACTICING THE SKILL**
- **DEVELOP THE SWIMMERS' PHYSICAL AND MENTAL SKILLS WHILE FOSTERING SPORTSMANSHIP.**
- **GIVE EACH CHILD A CHANCE TO DEVELOP AT HIS/HER OWN PACE.**
- **OFFER PRIMARILY POSITIVE, SELF-IMAGE ENHANCING FEEDBACK.**
- **SWIM MEETS ARE AN IMPORTANT PART OF THE SWIMMING EXPERIENCE.**
- **TEACH YOUNG ATHLETES TO SWIM WITH GRACE AND SPORTSMANSHIP, ACCEPTING ALL RESULTS WITH GOOD BEHAVIOR WHILE LEARNING TO ANALYZE THEIR EFFORTS FOR PERFORMANCE CLUES THAT WILL HELP IN THE FUTURE.**
- **FOSTER HEALTHY ATTITUDES TOWARDS COMPETITION: ATHLETES FIRST, WINNING SECOND.**
- **PROMOTE TEAM SPIRIT, CHEERING FOR FELLOW SWIMMERS, DEVELOP TEAM HARMONY AND EXCITEMENT.**

## ***IMPORTANT NOTES***

- 1. ALL SWIM TEAM MEMBERS ARE EXPECTED TO RESPECT POOL RULES, OTHER SWIMMERS, FACILITY EQUIPMENT AND PROPERTY AT HOME AND AWAY MEETS, AND THE YMCA STAFF. DISCIPLINE PROBLEMS MAY RESULT IN ACTION UP TO AND INCLUDING SUSPENSION OR REMOVAL FROM THE TEAM.**
- 2. ARRIVE ON TIME FOR PRACTICES AND MEETS. LATE ARRIVALS ARE DISRUPTIVE FOR THE COACHING STAFF AND THE TEAM.**
- 3. IF YOUR CHILD MUST LEAVE PRACTICE EARLY, PLEASE PROVIDE THE COACHING STAFF WITH A BRIEF NOTE BEFORE THE PRACTICE SESSION BEGINS.**
- 4. PLEASE NOTIFY THE COACHING STAFF IN ADVANCE IN WRITING IF YOU ARE GOING TO MISS A MEET.**
- 5. SWIMMERS SHOULD ATTEND AS MANY WORKOUTS AS REQUIRED BY THE COACHING STAFF.**
- 6. ALL SWIM TEAM MEMBERS ARE REQUIRED TO WEAR SWIM CAPS. CAPS ARE AVAILABLE FOR PURCHASE AT THE FRONT DESK.**
- 7. SWIMMERS SHOULD NOT WEAR SWIM TEAM UNIFORMS TO PRACTICE SESSIONS UNLESS REQUESTED BY THE COACHING STAFF.**
- 8. PARENTS ARE NOT ALLOWED ON THE DECK DURING PRACTICE. THE COACHING STAFF WILL BE AVAILABLE FOR CONSULTATION IN THE LOBBY AFTER EACH PRACTICE SESSION.**
- 9. ABSOLUTELY NO STREET SHOES ALLOWED ON THE DECK.**
- 10. IF YOUR CHILD IS SICK OR NOT FEELING WELL, PLEASE KEEP YOUR CHILD HOME SO AS NOT TO EXPOSE THE ENTIRE TEAM AND COACHING STAFF. PLEASE PHONE US IN ADVANCE.**
- 11. AS THE WEATHER TURNS COLDER, DRESS SWIMMERS WARMLY , INCLUDING HATS AND COATS.**
- 12. NO FOOD OR BEVERAGES ARE ALLOWED ON THE POOL DECK EXCEPT FOR PLASTIC WATER BOTLES.**
- 13. PLASTIC WATER BOTTLES ARE RECOMMENDED FOR REHYDRATION DURING PRACTICE.**