



## 2006 – 2007 Parent Handbook

### General

All team members are expected to be orderly, courteous, and show sportsmanship during practices, meets, and at any team-related function. In other words, team members are asked to be living examples of the YMCA character development traits of Caring, Honesty, Respect, and Responsibility. Any inappropriate behavior, as outlined in the Blue Waves Code of Conduct, may constitute cause for dismissing a swimmer from practice or a meet, or be sent home from a team function. All violations of the Code of Conduct will be reviewed by the Blue Waves coaching staff and may lead to suspension or dismissal from the team.

### Code of Conduct

In order for the team and individual swimmers to achieve their goals and maintain a constructive, safe, and positive environment for everyone, it is necessary for all participants to adhere to the following guidelines:

Swimmers should *always*:

- Act in a manner that reflects the YMCA core values.
- Make an effort to show good sportsmanship.
- Show respect for coaches and teammates as well as lifeguards in the pool area.
- Represent their team with pride.
- Come to practice and meets prepared with appropriate attire and equipment.

Swimmers should avoid:

- Disrespectful, aggressive, or destructive behavior.
- Profanity, lewd gestures, or vulgarisms.
- The use of tobacco, alcohol, narcotics, or performance enhancing drugs.
- Lying or cheating.

Swimmers are encouraged to:

- Maintain good grades and strong family relationships (these take priority!).
- Be conscious of their diet and fluid intake.
- Report any injuries or discomfort immediately.
- Give their best effort at practice and during meets.
- Ask questions and express concerns to coaches.

Any violation of the Blue Waves Code of Conduct has a negative effect on all participants, coaches, and families involved. Therefore, it's important that we all do our part to ensure a positive experience for everyone.



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### **Swimmers' Etiquette at Practice**

- Be punctual
- Be prepared
  - Suit, goggles, cap, kickboard, equipment bags, etc.
- Actively participate
  - Do what the group is doing
  - Focus on the task at hand
- The best attitude is a "Can do" attitude
  - Be willing to try new and difficult things
  - Arguing and "bargaining" with coaches is a waste of time!
- Clean up after yourself

### **Parents' Etiquette at Practice**

- Avoid being on the deck during practice
- Be available in case of an emergency.
- Someone in the building should be responsible for each athlete. Swimmers should know who is responsible for them and where they are.
- Leaving early? Let coaches know at the beginning of practice.

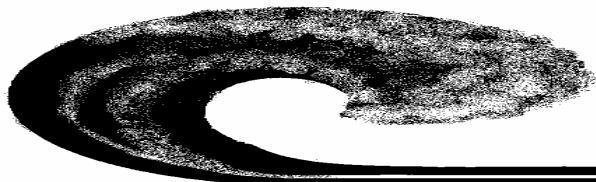
### **Swimmers' Etiquette at Meets**

- Be at the pool, in uniform, and settled before warm-up time.
- Cheer for our team and always be positive.
- Stay until the end of the meet...we're all part of the team!
- Always show good sportsmanship
  - "Good luck", "Good race", etc.
  - Stay in the pool until everyone's done.
  - Stay out of the water if it's not your event...that includes at the end of the meet!
- Stay to participate in a Team Cheer after the meet.
- Stay seated with the team...coaches should know where all swimmers are.
- Do not bring cell phones, video games, magic cards, or anything valuable, breakable, or distracting!

### **Parents' Etiquette at Meets**

- Help out! Give everyone a chance to see their kids swim.
- Stay in the spectator area to limit the clutter and chaos.
- Be supportive and positive at competitions. Constructive criticism is best at practice.

Everyone will not always be able to swim their best/favorite event. Please be aware of this and remember that the coaches plan meets based on what's best for the whole team.



## Physical Health and Nutrition

### Hydration

- Young athletes should drink 6-8 8 ounce glasses of water a day.
- Teens should drink 8-10 8 ounce glasses.
- Bring a Nalgene bottle everywhere!
- Avoid sugar loaded, caffeinated, & carbonated drinks.
- Gatorade/sports drinks are a good source of replenishment.

### Diet

- A balanced diet is best!
- Trendy, restrictive diets can limit an athlete’s performance.
- Athletes should eat a variety of foods including meats, fruits & vegetables, whole grains, pasta, and nutritional snacks.
  - Sweets are okay if moderated and not used in place of meals.
- Not all fats are bad! In fact, they’re a necessary part of a balanced diet. Unsaturated fats can be especially beneficial during training. They can be found in foods such as nuts, avocados, and olive oil.
- Picky eater? Take a multi-vitamin.
- Proteins (especially meats) help muscles recover/rebuild during heavy training.
- Try to eat extra carbohydrates (pasta) the night before a competition.
- Don’t skip meals. Breakfast should be the most important.
- It helps to plan ahead for snacks & meals so you don’t have to resort to less nutritional options for convenience.
- If you don’t keep junk food around the house, the kids can’t eat it!
- Lead by example. A good diet is beneficial to everyone!

**Snacks** The following is a list of healthy snacks for young athletes found on [www.momsteam.com](http://www.momsteam.com), a website for parents with kids involved in sports.

<b>Crunchy</b>	<b>Chewy</b>	<b>Creamy</b>	<b>Juicy</b>
Pretzels	Raisins	Pudding Packs	Juice Packs
Popcorn	Dried Fruit	Cheese Cubes	Jello Packs
Rice Cakes	Bagels	Milk	Applesauce
Animal Crackers	Breakfast Bars	Yogurt	Canned Fruit
Trail Mix	Rice Krispie Treats	Peanut Butter	Cherry Tomatoes
Granola Bars	Graham Treats	Banana	Tangerines
Baked Chips	Granola Bars		Oranges
Graham Crackers			Grapes
Cereal			
Apples			
Baby Carrots			



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It may also be beneficial for a young athlete to see a nutritionist. Developing good eating habits will be beneficial to them for the rest of their life. For more information, contact the West Suburban YMCA's nutritionist, Jen Sandeman at [jennifers@ymcainnewton.org](mailto:jennifers@ymcainnewton.org).

### **Muscles & Bones**

- Always report pain or discomfort!
- Use proper equipment (i.e. training suits, goggles, etc) to prevent injuries.
- A regular warm-up is necessary to keep muscles working properly during practices and competitions. Since we warm up at the beginning of practice and meets, it is important that the swimmers be punctual.
- Good technique is essential to an athlete's competitive performance, but is also important in preventing injuries. It is our main focus and should be re-enforced by parents.
- Use ice to treat joint pain and use Ibuprofen if athletes complain of muscle pain after a hard workout. De-hydration may also contribute to aches& pains as well as fatigue. If pain and/or fatigue persists, check with coaches or a doctor.

### **Sleep**

- 8 hours a night are recommended for young athletes.
- Proper rest and recovery are a necessary element of the training process.
- Sluggishness or a lack of interest are signs of fatigue.

### **References**

- [www.momsteam.com](http://www.momsteam.com) - a website for parents of young athletes
- [www.usaswimming.org](http://www.usaswimming.org) – tips on technique as well as nutrition and health tips for swimmers.
- [www.bam.gov](http://www.bam.gov) - a fun, instructional website on physical health.

***Don't forget to keep coaches informed and up-to-date on your child's physical health.***



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## MEDICAL HISTORY & CONSENT FORM

### EMERGENCY CONTACT INFORMATION

ATHLETE'S NAME \_\_\_\_\_

PARENT/GUARDIAN(S) \_\_\_\_\_

EMERGENCY PHONE # \_\_\_\_\_

BACKUP PHONE # \_\_\_\_\_

### MEDICAL BACKGROUND (CONFIDENTIAL)

DOES YOUR CHILD HAVE ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF? **YES/NO**

IF **YES**, PLEASE EXPLAIN: \_\_\_\_\_

DOES YOUR CHILD HAVE ANY SPECIAL NEEDS WE SHOULD BE AWARE OF? **YES/NO**

IF **YES**, PLEASE EXPLAIN WHAT THEY ARE AND HOW WE CAN BEST ACCOMMODATE THEM:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### FIRST AID & EMERGENCY MEDICAL CARE AUTHORIZATION & CONSENT

I understand that every effort will be made by the staff of the West Suburban YMCA to contact a parent, guardian, or adult caregiver of the above-mentioned child in case of an emergency or other event requiring medical attention. However, if a parent, guardian, or adult caregiver cannot be immediately contacted, I hereby authorize the staff of the West Suburban YMCA to obtain transportation and medical treatment, including but not limited to hospitalization, injections, anesthesia, and/or surgery, at an appropriate medical care facility.

By signing this document, I hereby agree to the above mentioned statement.

\_\_\_\_\_  
Parent/Guardian/Adult caregiver

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date