



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHEBOYGAN COUNTY YMCA CHINOOK SWIM TEAM REGISTRATION PACKET



October 16, 2023 – March 2024

## Team Contact Information

Team Unify Website [www.teamunify.com/wisyc](http://www.teamunify.com/wisyc)

Email: [bschuh@sheboygancountyymca.org](mailto:bschuh@sheboygancountyymca.org)  
[bschuhymca@gmail.com](mailto:bschuhymca@gmail.com)

Facebook: Sheboygan YMCA – Swim Team

# Welcome to the Sheboygan County YMCA Chinook Swim Team!

The Chinooks are an age group swim team that operates under the YMCA State Swimming Organization and the USA Swimming rules. Our team continues to serve swimmers of all abilities, and to offer different levels of preparation and competition at local, state and regional opportunities. Coaches develop programs and workouts for each swim group based on skill level and age.

This parent handbook is a guide that will outline the responsibilities, policies, and standard practices of SCY. Please take the time to read though the entire handbook. We strive to offer a safe, fun, and instructive swim team.

## **YMCA COMPETITIVE SPORTS PHILOSPHY**

The value of youth participation in athletics is one of the underlying principles of the Y. We invest much time, money, and effort into our youth sports programs where individuals can learn in a healthy, competitive way that sports are not just for the physically gifted and talented. There are thousands of young people in our community who will not compete in the world of high school or college athletics. They can, however, learn from an early age to appreciate the joy of movement, the skills necessary for daily activities and sports participation, and the development of their overall strength and fitness.

The youth programs at the Y are also designed to help young people develop the social skills necessary for group and team interaction. These activities help them to develop basic knowledge that will help them to live healthy lives and practice good living habits. Most importantly, it is our hope that the youth sports programs at the YMCA will be opportunities for young people to understand, practice and even develop their own values and morals in interaction with other young people under the guidance of understanding and helpful adult coaches, counselors, group leaders, and parents.

At the Y, we practice a comprehensive approach to sports with an emphasis on positive physical and mental development. Our program holds these values:

- Developing self-confidence, self-respect, and an appreciation of individual worth
- Developing a commitment for daily living based on values such as Caring, Honesty, Respect, and Responsibility
- Growing as a responsible member of the family, team, and citizen of the community
- Appreciating physical fitness and mental well-being contribute to overall health
- Recognizing the worth of all people and working for mutual respect and understanding
- Developing the capacity for leading, while using it responsibly

## **TEAM GOALS**

1. To nurture each child and realize that they are different and allow them to develop as far as their dreams, talents, and efforts will take them.

2. To guide young people, through the process of achieving while inspiring them to use this knowledge throughout their lives. Encourage them to dream, help them set worthy goals, promote a strong work ethic, provide support while they struggle, and inspire them to persevere until they succeed.
3. To provide a level of coaching that will lead to the development of successful all-around swimmers. In all levels, proficient technique is a priority as well as respect to the coach's workout directions, allowing swimmers to develop character, self-confidence, and the love for the sport in a nurturing atmosphere.
4. To encourage parents to actively support their child as well as the program in a positive manner that reflects the YMCA mission and core values. Understanding their involvement is essential to the program and their child's success.
5. To provide swimmers the opportunity to get involved with and support our community.

### **EXPECTATIONS OF SHEBOYGAN Y CHINOOKS TEAM MEMBERS**

- To understand the mission of the YMCA as well as that of the swim team
- Be a proud member of Sheboygan Y Chinooks
- Give of yourself 100% physical and mentally
- Challenge yourself and teammates to improve and work harder in a supportive way
- Display good sportsmanship at all times, home and away, demonstrating the YMCA core values at all events involving the team as a whole or in part
- Make friends with teammates and learn how to be a part of a team
- Come prepared - have all equipment necessary
- Attend scheduled practices and at least three meets
- Communicate with coach directly regarding schedule conflicts or questions/concerns.

### **BEHAVIOR EXPECTATIONS**

Swimmers are expected to show responsible behavior before, during, and after practices as well as at meets. The behavior of each chinook member affects our team image and relationships. Negative or abusive behavior will not be tolerated. Due to the volume of swimmers and limited space and amount of practice time, it is crucial that the practice environment remain positive and that practice sessions operate in a smooth, efficient manner.

Inappropriate behavior would include, but is not limited to the following:

1. Speaking when coaches are speaking
2. Disobeying the request or instructions of coaches

3. Failing to respect other's private property
4. Behaving in a way that could reflect negatively on the program and/or the Y
5. Failing to respect all areas of the facility and/or staff members
6. Any disruptive behavior which interferes with practice or the safety of another swimmer
7. Profanity
8. Substance abuse

The coaching staff is responsible for the supervision of swimmers on deck during practices and meets. Parents are responsible for the supervision of swimmers when they are off deck including before and after practice, locker rooms, and between events.

### **LOCKER ROOM and LOCKER USE POLICY**

Swim team members should be using the GIRLS and BOYS locker rooms ONLY. Lockers are available for day use. It is strongly recommended that lockers be locked. Locks must be provided by the swimmer and should be removed daily. Personal belongings should not be left in lockers overnight. Swimmers are expected to conduct themselves appropriately in regard to behavior. Please talk to your swimmer about locker room behavior and to treat the locker room like the pool deck. Running, screaming and horseplay will not be tolerated. Supervision in locker rooms is not provided by the program.

### **Sheboygan Y Chinook Swim Team Harassment Policy**

The Sheboygan County YMCA is committed to maintaining an environment that is free of discrimination. In keeping with this commitment, the YMCA will not tolerate harassment or bullying by anyone.

Harassment/bullying consists of unwelcome conduct, whether verbal, physical or visual, that is based on a person's protected status, such as sex, color, race, ancestry, religion, national origin, age, physical or mental handicap, medical condition, arrest record, conviction record, or other protected group status.

Sexual harassment may include, but is not limited to, explicit sexual language or propositions, sexual innuendo, suggestive comments, sexually-oriented "kidding" or "teasing", "practical jokes" about gender-specific traits, foul or obscene language or gestures, display of foul or obscene printed or visual material, and physical contact such as patting, pinching, or brushing against another's body. Sexual harassment also includes conduct directed by a person at another person of the same or opposite gender.

#### **STEPS TO REPORT HARASSMENT OR ABUSE**

1. Contact anyone on the coaching staff
2. Contact the Aquatics Director
3. Contact the YMCA CEO

All reports will be documented and reviewed in a timely manner. Depending on the severity of the report, the police department or social services may be contacted as well by a YMCA staff member.

## Meet Our Coaches



Brayden Schuh  
Head Swim Team Coach

I've been a lifelong member of the Sheboygan YMCA and started my swim team journey in 2002 at the age of five. I graduated from North High School in 2016 & finished my last season swimming with North High as a two time state qualifier and a multi-time YMCA state qualifier. I started working at the YMCA when I was 15 instructing swim lessons, lifeguarding and now Head Swim Team coach. I was inspired to coach the next generation of Chinook swimmers, so I could help cultivate the same experiences and great environment I had as chinook swimmer when I was a kid.

I have been working at the Y since 2013 and have been a swim team coach for the last seven years. I started out on the YMCA swim team at six years old and remained swim teams through high school and even into college. While in high school I was a two time state and qualifier for South High and a two time Y National qualifier. I swam for three years collegiately at UW-Whitewater and was the 2013 WIAC 1650yard Freestyle Champion. My favorite part of swim team is competition and my favorite stroke is the Free or the fly. I wanted to me a swim team coach to pass along the knowledge I've gained over my 16 years of competitive swim.



Derek Schieble  
8 & Under Swim Team Coach

## Chinook Practice Policy

Practice is the foundation for growth in swimming. From stroke technique to endurance, consistent participation in practices is important. All we ask as coaches is that each swimmer does their best each day and demonstrates a readiness in the pool to keep pace on sets.

At practices, the coaches' workouts need to be swum, and workouts need to be done with the rest of the group you are in.

Swim team members will be evaluated by coaching staff and placed in the appropriate training group. Adjustments may be made mid-season as necessary.

### PLEASE

1. If we are not notified of any conflict with the start of practice and your swimmer is showing up consistently late we will notify you of the behavior as it disrupts the start of practice.
2. If your swimmer is going to be late for practice or has to leave practice early, email Coach Brayden for 9 & over – [bschuh@sheboygancountyyymca.org](mailto:bschuh@sheboygancountyyymca.org) and Coach Derek for 8 & under [dschieble1@gmail.com](mailto:dschieble1@gmail.com)
3. Please be proactive and talk to coaches if you child is injured or sick for practice or meets
4. Please talk to your swimmer about locker room behavior and to treat the locker room like the pool deck. Running, screaming and horseplay will not be tolerated.
5. If your child is not completing sets, sitting on the side of the pool or dawdling out of the pool while practice is in session, they will be asked once to start practicing. If they do not, they will be excused from the rest of practice and the parent will be contacted to discuss.

### Chinook Swim Team Practice Schedule

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
8 & Under White	5:00 – 6:00pm				4:00 – 5:00pm	8:00 – 9:00am
8 & Under Red/Blue	4:00 – 5:00pm		4:00 – 5:00pm		5:00 – 6:00pm	8:00 – 9:00am
Bronze 2*		4:00 – 5:00pm		4:00 – 5:00pm		8:00 – 9:30am
Bronze 1	5:30 – 6:30pm		5:30– 6:30 pm		5:30 – 6:30pm	8:00 – 9:30am
Silver 2	5:15 – 6:30pm		5:15 – 6:30pm	7:00 – 8:30pm	5:15 – 6:30pm	8:00 – 9:30am
Silver 1	4:00 – 5:15pm		4:00 – 5:15pm	7:00 – 8:30pm	4:00 – 5:15pm	
Gold	4:00 – 5:30pm		4:00 – 5:30pm	7:00 – 8:30pm	4:00 – 5:30pm	8:00 – 9:30am
High School	4:00 – 5:30pm		4:00 – 5:30pm	7:00 – 8:30pm	4:00 – 5:30pm	8:00 – 9:30am

\* Saturday practices will be held on select days with each Saturday having different practice group. Please check Team Unify throughout the season for details on Saturday practices.

## Practice Group Placement and Proficiencies

Practice groups will be put together by the coaches. Swimmers have the ability to move up throughout the season per coach's recommendation. Swimmers are put into groups based on age, skill, practice pace and meet times. The swimmer's age is based off their age their first day of competition. Our first swim meet is usually on the weekend of Halloween. We ask all swimmers to attend at least 3 swim meets, so your swimmer can be eligible for Championship & State meets. Listed below are what we as coaches are looking for in each swim group.

Competitive and target times for each group are based on 50 freestyle times (excluding 8 & unders and Bronze 2). The times are listed to give you an idea of where swimmers will usually fall and can be used as a metric for improvement. Age group competitive times are included with State times (next page).

### White (8 & under)

- 5-8 years old
- Should be able to swim a 25 freestyle and 25 backstroke
- This is the entry level for 8 and under swimmers

### Red/Blue (8 & Under)

- 5-8 years old
- 1 year of team experience
- Should be legal in all four strokes

### Bronze 2

- 9 years old and older
- Should be able to swim a 50 freestyle and 50 backstroke
- This is the entry level for 9 & older

### Bronze 1

- 9 years old and older
- Must have team experience
- Legal in all four strokes
- Looking for consistency with flip turns
- Competitive - under 45 seconds
- Target Time - under 1 minute

### Silver 2

- 10 years old and older
- Must be able to consistently do flip turns at practice
- Swimming of the 200 distances is comfortable
- Competitive - under 40 seconds
- Target Time - under 50 seconds

### Silver 1

- 10 years old and older
- Must demonstrate an improved and consistent practice pace
- Able to swim 200 distances consistently on time
- Competitive - under 35 seconds
- Target Time - under 40 seconds

### Gold

- 12 years old and older
- Able to swim 300 distances comfortably
- Practice pace nearly matching race pace on sprint sets
- Competitive - consistently 30 seconds & under
- Target Time - under 32 seconds

### High School

- Must have completed one year of high school swimming
- Demonstrates a willingness to improve before and after high school seasons
- Boys Competitive - consistently 25 seconds & under
- Boys Target Time - consistently under 28 seconds
- Girls Competitive - consistently 28 seconds & under
- Girls Target Time - consistently 30 seconds & under

Age Group competitive & state times (based on 2021-22 Season):

- 7 year old Boys 25 Free  
Competitive: Under 30 seconds  
State time: 26.99 seconds
- 8 year old Boys 25 Free  
Competitive: Under 25 seconds  
State time: 21.99 seconds
- 9 year old Boys 50 Free  
Competitive: Under 42 seconds  
State time: 37.99 seconds
- 10 year old Boys 50 Free  
Competitive: Under 39 seconds  
State time: 34.99 seconds
- 11 year old Boys 50 Free  
Competitive: Under 36 seconds  
State time: 31.99 seconds
- 12 year old Boys 50 Free  
Competitive: Under 33 seconds  
State time: 28.99 seconds
- 13-14 year old Boys 50 Free  
Competitive: Under 30 seconds  
State time: 25.69 seconds
- 15 & older Boys 50 Free (Open 11 and over)  
Competitive: Under 27 seconds  
State time: 23.19 seconds
- 7 year old Girls 25 Free  
Competitive: Under 29 seconds  
State time: 25.99 seconds
- 8 year old Girls 25 Free  
Competitive: Under 24 seconds  
State time: 20.99 seconds
- 9 year old Girls 50 Free  
Competitive: Under 41 seconds  
State time: 36.99 seconds
- 10 year old Girls 50 Free  
Competitive: Under 38 seconds  
State time: 33.99 seconds
- 11 year old Girls 50 Free  
Competitive: Under 36 seconds  
State time: 31.49 seconds
- 12 year old Girls 50 Free  
Competitive: Under 33 seconds  
State time: 28.49 seconds
- 13-14 year old Girls 50 Free  
Competitive: Under 30 seconds  
State time: 26.59 seconds
- 15 and older Girls 50 Free (Open 11 and over)  
Competitive: Under 29 seconds  
State time: 25.79 seconds

**Chinook Swim Team Fees**

Practice Group	Paid in Full	Bank Plan Costs		Total Cost
	Total Cost	Deposit	Monthly Draft	
<b>8 &amp; Under White</b>	\$350	\$100	\$55	\$375
<b>8 &amp; Under Red/Blue</b>	\$375	\$100	\$60	\$400
<b>Bronze 2</b>	\$330	\$100	\$51	\$355
<b>Bronze 1</b>	\$375	\$100	\$60	\$400
<b>Silver 2</b>	\$455	\$100	\$76	\$480
<b>Silver 1</b>	\$505	\$100	\$87	\$535
<b>Gold</b>	\$555	\$100	\$96	\$580
<b>High School Girls</b>	\$425	\$100	\$70	\$450
<b>High School Boys</b>	\$250	NA	NA	NA

YOUR CHILD MUST BE A YMCA MEMBER TO COMPETE ON THE CHINOOK SWIM TEAM. Membership must be in force for the entire year and may not be cancelled when the season is over – this is a National YMCA rule. Please contact Heather Arpke with questions – [harpke@sheboygancountyymca.org](mailto:harpke@sheboygancountyymca.org)



## Sheboygan YMCA Chinook Swim Team TENTATIVE Meet Schedule.

**Please refer to Team Unify for scheduled events and registration for meets.  
\*Meet schedule subject to change**

<b>Date</b>	<b>Location</b>	<b>Meet Name</b>	<b>Best For</b>
October 27-28, 2023	Wildcat Aquatics Club	WACY Trick or Treat Meet	All Swimmers
November 12, 2023	Schroeder YMCA	Fall YMCA Invite	Red, Blue, Silver 2, Bronze/Silver, Silver 1, Gold, HS
November 17-19, 2023	Oshkosh YMCA	Oshkosh Champions Meet	Red, Blue, Bronze 1, Silver 2, Silver 1, Gold
December 1-3, 2023	Schroeder YMCA	YMCA Finalist	Red/Blue 8 & under, Bronze 1, Silver 2, Silver 1, Gold, HS
December 16, 2023	Door County YMCA	Jingle Bell Meet	All Swimmers
January 5, 2024	Manitowoc YMCA	Snowflake	All Swimmers
January 19, 2024	Green Bay YMCA	GBY Titledown Freeze Meet	All Swimmers
February 17, 2024	Manitowoc YMCA	Tidal Wave Meet	All Swimmers
March 1- 2, 2024	Door County	Fast & Furious Meet	All Swimmers
March 9 - 10, 2024	Racine	YMCA Sectionals	Red, Blue, Bronze 1, Silver 1-2, Gold, HS
March 15-17, 2024	Schroeder YMCA	YMCA State Meet	All Swimmers
March 23-24, 2024	Minnesota	MYAS Regionals	

**There will be a \$5 surcharge per swimmer per meet to cover coach travel expenses.**



Door County YMCA  
Sturgeon Bay  
1900 Michigan Ave  
Sturgeon Bay, WI 54235



Manitowoc YMCA  
205 Maritime Drive  
Manitowoc, WI 54221



MYAS-Minnesota Youth Athletic Services  
University of Minnesota Aquatic Center  
1910 University Ave SE  
Minnesota, MN 55455



Oshkosh YMCA  
20<sup>th</sup> Ave YMCA  
3303 West 20<sup>th</sup> Ave  
Oshkosh, WI 54904



Schroeder YMCA  
Walter Schroeder Aquatic Center  
9240 North Green Bay Road  
Brown Deer, WI 53209



SE A Racine  
South Eastern Aquatics  
8501 Campus Drive  
Mt. Pleasant, WI 53406



Wildcat Aquatics Club - Marquette  
Senior High School Natatorium  
1203 W Fair Ave  
Marquette, MI 49855

## **SWIM MEET PROCEDURES**

### GENERAL INFORMATION

All information on upcoming meets will be entered into our Team Unify site. Parents and swimmers should check frequently for any new information. Anyone not responding by registration deadline will not be entered in swim meet.

Coaches will announce/post the event/events each child is swimming. Competition is conducted by age group: 8 & under, 9-10, 11-12, 13-14 and Open (ages 12 and older).

Note: In YMCA competition, swimmers age on December 1, 2022 determines the age group he/she swims for the season.

If a meet facility has a separate warmup and cool down pool, your swimmer can arrive closer to their scheduled event if they do not swim right away. If a facility does not have a separate pool, we ask all swimmers to be there for the scheduled warm up time, as we cannot guarantee swimmers will be allowed to swim during breaks. Warm up is crucial to preventing injuries and all swimmers should be ready to go at least 10 minutes prior to jumping in.

### WHAT TO BRING TO A SWIM MEET

- Swimsuit, team swim cap, and goggles. Bring at least one spare of each item incase anything rips or breaks
- Towels-multiple, as you may be in and out of the pools
- Sleeping bag, blanket, pillow or chair. Something comfortable to sit on. At most meets swimmers and parents will sit in a gymnasium or another area separate from the pool between races
- Several changes of clothes some to put on over suits in-between races and dry clothes to drive home in
- Entertainment/things to pass the time (electronics, books, homework, etc.)
- Snacks/Food/Drinks, most meets have concessions but this will ensure you have health options available to your swimmer

Note: The pool area is usually very warm. Make sure you dress appropriately. Nothing is worse than being hot at a swim meet. Dress in layers.

## CONCUSSION INFORMATION - WHEN IN DOUBT, SIT THEM OUT!

- Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
- An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
- A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

### **Some SIGNS of concussion (what others can see in an injured athlete):**

- Dazed or stunned appearance
- Change in level of consciousness or awareness  
Confused about assignment
- Forgets plays
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or memory concerns

### **Some of the more common SYMPTOMS of concussion (what an injured athlete feels):**

- Headache
- Nausea
- Dizzy or unsteady
- Sensitive to light or noise
- Feeling mentally foggy
- Problems with concentration and memory
- Confused
- Slow

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt sit them out."

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

### **RETURN TO PLAY**

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

- Step 1: About 15 minutes of light exercise: stationary biking or jogging
- Step 2: More strenuous running and sprinting in the gym or field without equipment
- Step 3: Begin non-contact drills in full uniform. May also resume weightlifting
- Step 4: Full practice with contact
- Step 5: Full game clearance

## 118.293 CONCUSSION AND HEAD INJURY

- (1) In this section:
  - (a) "Credential" means a license or certificate of certification issued by this state.
  - (b) "Health care provider" means a person to whom all of the following apply:
    1. He or she holds a credential that authorizes the person to provide health care.
    2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.
    3. He or she is practicing within the scope of his or her credential.
  - (c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.
- (2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities.
- (3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
  - (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
  - (b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.
- (4)
  - (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct.
  - (b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct.
- (5) This section does not create any liability for, or a cause of action against, any person.

### Possible Information Sheets

Coaches: <http://www.wiaawi.org/health/CoachGuide.pdf>

Parents: <http://www.wiaawi.org/health/ParentFactSheet.pdf>

Parents: <http://www.wiaawi.org/health/NFHSParentGuide.pdf>

Athletes: <http://www.wiaawi.org/health/AthleteFactSheet.pdf>

Order CDC materials: <http://www.cdc.gov/pubs/ncipc.aspx#tbi4>

**SHEBOYGAN COUNTY YMCA STATEMENT ACKNOWLEDGING RECEIPT OF CONCUSSION INFORMATION**

**Statement Acknowledging Receipt of Education and Responsibility to report signs or symptoms of concussion to be included as part of the "Participant and Parental Disclosure and Consent Document".**

I, \_\_\_\_\_ (*student/athlete name*) hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. I also acknowledge my responsibility to report to my coaches, parent(s)/guardian(s) any signs or symptoms of a concussion. I certify that I have read, understand, and agree to abide by all of the information contained in this sheet. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement.

**Printed Name of Student/Athlete** \_\_\_\_\_

**Signature of Student/Athlete** \_\_\_\_\_ **Date** \_\_\_\_\_

I, the parent/guardian of the student athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport related concussion. I certify that I have read, understand, and agree to abide by all of the information contained in this sheet. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement.

**Printed Name of Parent/Guardian** \_\_\_\_\_

**Signature of Parent/Guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

**\*\* PLEASE READ, SIGN AND RETURN THIS FORM TO YOUR COACH. \*\***

2023 – 2024 CHINOOKS SWIM TEAM – MEDICAL INFORMATION FORM

Swimmer Name \_\_\_\_\_ Birth Date \_\_\_\_\_  M  F Level \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mother's Name \_\_\_\_\_ Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Email Address Required** \_\_\_\_\_ *please notify Brayden if email changes!*

Father's Name \_\_\_\_\_ Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Email Address Required** \_\_\_\_\_ *please notify Brayden if email changes!*

**Emergency Contact** (*other than parents*)

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_

**Child's Physician** \_\_\_\_\_ Phone \_\_\_\_\_

**Preferred Hospital** \_\_\_\_\_

**Preferred Ambulance** \_\_\_\_\_

**Medications taken on a regular basis** \_\_\_\_\_

**Allergies**  Latex  
 Other (please specify) \_\_\_\_\_

**Special Concerns** (*physical, medical, emotional*)  
\_\_\_\_\_

**Health Insurance Information**

Company \_\_\_\_\_ Policy # \_\_\_\_\_ Group # \_\_\_\_\_  
Address \_\_\_\_\_ Phone # \_\_\_\_\_

**Emergency Plan**

In case of emergency, I hereby give permission to the physician selected to secure proper treatment for my child up to and including injections, anesthesia, hospitalization and/or surgery.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Date the child is starting the 2023 - 2024 Sheboygan County YMCA Chinooks Swim Team \_\_\_\_\_

Date contract received \_\_\_\_\_ *for office use only*

**SHEBOYGAN YMCA 2023 - 2024 CHINOOK SWIM TEAM**

Swimmer Name \_\_\_\_\_ Birth Date \_\_\_\_\_  M  F  
 Parent 1 Cell \_\_\_\_\_ Parent 1 Email \_\_\_\_\_  
 Parent 2 Cell \_\_\_\_\_ Parent 2 Email \_\_\_\_\_

**There are two payment options;** payment in full or the bank draft. If you choose the monthly bank draft, your monthly fee will be automatically deducted from your checking/savings account or credit/debit card on the 20<sup>th</sup> business day of each month beginning on **October 20, 2023 and ending on February 20, 2024. Please note the total payment is more if you select the bank draft option.** Please check the appropriate training group and fee below:

<b>PRACTICE GROUPS – Choose 1</b>		<b>SILVER 2</b>	
	<input type="checkbox"/>	\$455.00	Paid in Full
<b>8 &amp; Under White</b>	<input type="checkbox"/>	Bank Draft;	\$100.00 deposit, \$76.00 per month
<input type="checkbox"/>	\$350.00	Paid in Full	
<input type="checkbox"/>	Bank Draft;	\$100.00	deposit, \$55.00 per month
<b>Bronze 2</b>		<b>SILVER 1</b>	
<input type="checkbox"/>	\$330.00	Paid in Full	
<input type="checkbox"/>	Bank Draft;	\$100.00	deposit, \$87.00 per month
<input type="checkbox"/>	Bank Draft;	\$100.00	deposit, \$51.00 per month
<b>PRACTICE GROUPS – Choose 1 group &amp; 1 Payment</b>		<b>GOLD</b>	
<input type="checkbox"/>	<b>8 &amp; Under Blue</b>	<input type="checkbox"/>	\$555.00 Paid in Full
<input type="checkbox"/>	<b>8 &amp; Under Red</b>	<input type="checkbox"/>	Bank Draft; \$100.00 deposit, \$96.00 per month
<input type="checkbox"/>	<b>Bronze 1</b>	<input type="checkbox"/>	<b>HIGH SCHOOL GIRLS</b>
<input type="checkbox"/>	\$375.00	Paid in Full	
<input type="checkbox"/>	Bank Draft;	\$100.00	deposit, \$70.00 per month
<input type="checkbox"/>	Bank Draft;	\$100.00	deposit, \$60.00 per month
<input type="checkbox"/>		<input type="checkbox"/>	<b>HIGH SCHOOL BOYS</b>
<input type="checkbox"/>		<input type="checkbox"/>	\$250.00 Paid in Full

**BANK DRAFT INFORMATION - PLEASE COMPLETE ALL THAT APPLY**

Checking or Savings Account  
 Bank Name \_\_\_\_\_  
 Routing Number \_\_\_\_\_  
 Name on Account \_\_\_\_\_  
 Checking Account # \_\_\_\_\_  
 Savings Account # \_\_\_\_\_

Credit Card  MasterCard  Visa  Discover  
 Name on Credit Card \_\_\_\_\_  
 Card Number \_\_\_\_\_  
 Expiration Date \_\_\_\_\_ 3 Digit Code \_\_\_\_\_  
 Billing Address \_\_\_\_\_

I give my permission for the Sheboygan County YMCA to automatically deduct my swim team fee payment from my checking account, savings account or credit card. I have read and understand the payment methods above and know that I am responsible for the total fee due. I understand that any bank deduction changes and cancellations must be given to the Sheboygan YMCA in writing by the 10th of the month in order for it to take effect that month. I understand that the \$100.00 deposit is non-refundable under any circumstances.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



## Sheboygan County YMCA Swim Team Meet Fees Credit Card Authorization Form

Please complete all fields. You may cancel this authorization at any time by contacting us. This authorization will remain in effect until cancelled.

<b>Credit Card Information</b>
<b>Swimmers Name:</b>
Card Type: <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> Discover
Cardholder Name (as shown on card):
Card Number:
Expiration Date (mm/yy):
Card Identification Code (3 digit number on back):
Cardholders Street Address (from credit card billing address, numbers only):
Cardholder ZIP Code (from credit card billing address):

I, \_\_\_\_\_, authorize The Sheboygan County YMCA to charge my credit card above for agreed upon purchases. I understand that my information will be saved to file for future transactions on my account.

\_\_\_\_\_

Customer Signature

\_\_\_\_\_

Date



**SWIMMER CODE OF CONDUCT**

As a swimmer on the Sheboygan YMCA Chinook Swim Team, I will exhibit the values of caring, honesty, respect and responsibility at all times. I will work hard and honestly to improve my performance and participation. I will show respect for my teammates, coaches, opponents, officials and parents. I will treat others as I would like to be treated. I will follow good health and fitness principles that will enable me to perform at my best. I will have fun!

Swimmer’s Responsibilities

- I will have all my necessary equipment, including my swim cap, goggles and water bottle at every practice.
- I will arrive for all functions on time.
- I will try hard and I will listen to the coaches.
- I will maintain a positive attitude toward my coaches, teammates and times.
- I will eat a balanced diet and get plenty of sleep.
- I will behave in a safe and caring manner in the locker rooms and pools.
- I will bring my YMCA card to every practice and check in at the desk.
- I will use the correct Boys/Girls upstairs locker room (Not the ADA Locker Room)
- I will exhibit good sportsmanship at meets.

The Swimmer Code of Conduct must be signed and returned prior to the start of the season. I have read and agree with the above code of conduct and swimmer responsibilities.

Swimmer Signature \_\_\_\_\_ Date \_\_\_\_\_

**PARENT CODE OF CONDUCT**

As a parent of a swimmer on the Sheboygan YMCA Chinook Swim Team, I understand that I play a crucial role in the success of the team. I understand that email is the main form of communication. If I do not give the Sheboygan YMCA an email address, it is my responsibility to call Kara and/or the coaches to obtain the information. I will help out with at least one other fundraising activity besides the swim-a-thon.

As a parent of a swimmer on the Sheboygan YMCA Chinook Swim Team, I will remain in the spectator areas during all meets. I will show interest, enthusiasm and support for my child. I will cheer positively for our team. I will keep comments positive to all swimmers, coaches, officials and other spectators. I will show respect for other competitors. I will allow coaches to coach without interference.

Parent’s Responsibilities

- I will have my child at practice and to swim meets on time.
- I will be sure my child has proper equipment including swim cap, goggles and swimsuit.
- I will attend the parent meetings.
- I will encourage my child with lots of praise!
- I will encourage my child to get plenty of sleep and eat a balanced diet.
- I will pay meet fees prior to each swim meet. I understand my child cannot participate if meet fees are not paid.

**Waiver**

I hereby agree to waive any claim or liability on the YMCA arising out of use of the facility, and further agree that I will indemnify and save harmless the YMCA from any and all claims of every kind and description which may be brought against the YMCA on account of death, injury, or damage to persons or property received by any persons by reason of acts or omissions of the users in their use. I understand the above responsibilities and I give permission for myself and/or my child to participate and be photographed in YMCA activities, including all Sheboygan YMCA Chinook Swim Team practices and meets. I have read this participation release.

The Parent Code of Conduct must be signed and returned prior to the start of the season. I have read and agree with the above code of conduct and parent responsibilities.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**2023 – 2024 Chinook Swim Team Swimmer Goals**

**Coaches will meet with swimmers individually to talk about goals the swimmer has set, or to help develop goals for the short course season.**

List at least four (4) events and the time you are hoping to achieve for those events:

<b>Event</b>	<b>22-23 Best Time</b>	<b>23-24 Goal Time</b>
<b>1.</b>		
<b>2.</b>		
<b>3.</b>		
<b>4.</b>		
<b>5.</b>		
<b>6.</b>		
<b>7.</b>		

Stroke development and/or skills that I am going to concentrate on and develop during practice:

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Attitude and teamwork, both during practice and swim meets that I will work on this season:

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Swimmer Signature \_\_\_\_\_ Date \_\_\_\_\_