



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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SHEBOYGAN COUNTY YMCA CHINOOK SWIM TEAM REGISTRATION PACKET



September 29, 2025 – March 2026

Team Unify Website www.teamunify.com/wisyc

Parent Facebook Group: Sheboygan YMCA - Swim Team

WELCOME TO THE SHEBOYGAN COUNTY YMCA SWIM TEAM!

The YMCA and coaching staff are very proud of the program that the Chinooks have to offer. We are a non-profit, 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. Our Head Coach develops programs and workouts for each swim group based on skill level, age, and level of competition desired. We offer opportunities to compete at local, state, and regional levels, with the Y State Meet being the focus. We believe that being a member of a swim team can develop many enduring life skills such as self-discipline, goal setting, sportsmanship, confidence, persistence, responsibility, and time management.

PARENT MEETING

Date: Monday, September 15

Time: 4:30pm

Location: Sheboygan Y's Multi-Purpose Room (Located Downstairs)

It is very important for parents to attend the team parent meeting. This meeting provides essential information about the swim team, including team expectations, communication tools, meet registration procedures, volunteer opportunities, and how families can best support their swimmers. Attending ensures that parents understand how the team operates and are prepared to successfully complete team registration and stay up to date throughout the season. **If you are unable to attend, it is your responsibility to get any needed information and have your child registered prior to the first day of practice.**

REGISTRATION

Swim Team registration starts Monday, September 8, 2025, and all swimmers are required to be registered before their first day of practice. Please register on DAXKO, the YMCA's new registration program, after reviewing this packet. Families can choose to pay in full or choose a monthly bank draft. Although registration is online this year, additional paperwork included in this packet is required to be completed and turned in to the front desk or coaches before the first day of practice. Please review this packet for more details. ***Anyone with any outstanding balance on their account will not be authorized to register online for any programs, including the swim team, until the balance is paid.***

YMCA MEMBERSHIP

It is required that swimmers have a valid Y membership to participate in Swim Meets. The cost of membership is in addition to the cost of team registration and meet fees. You can start a membership in person at the front desk, or online: <https://sheboygancountyymca.org/membership.html>

TEAM LEADERSHIP CONTACT INFO

Heather Nitsch, Aquatics Director 920-451-8000 ext: 129,
hnitsch@sheboygancountyymca.org

Brayden Schuh, Head Coach bschuh@sheboygancountyymca.org

Derek Scheible, Coach dschieble1@gmail.com

Molly Reichelsdorder, Coach mollyreichelsdorfer@gmail.com

Please note that coaches work for the Y part-time and are not at the Y unless they are scheduled for coaching. Please allow 2-3 days for an email response from coaches. Please contact Heather with any urgent matters.

PRACTICE POLICY

Practice is the foundation for growth in swimming. From stroke technique to endurance, consistent participation in practices is important. 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 the coaching staff and placed in the appropriate training group. Adjustments may be made mid-season as necessary, and registration fees will be adjusted/prorated accordingly.

1. All swimmers are required to scan their YMCA membership card upon arrival for swim team practice.
2. If your swimmer is going to be late for practice or has to leave practice early, email accordingly:
 - a. Coach Brayden for Bronze 1 and Silver 1&2 Swimmers
 - b. Coach Derek for 8 & under White, Red & Blue Swimmers
 - c. Coach Molly for Bronze 2, Gold, and High School Swimmers
3. Please be proactive and notify coaches if your child is injured or sick for practice or meets.
4. During practices, if your child is not completing sets, is sitting on the side of the pool, or is dawdling out of the pool while practice is in session, they will be asked once to start participating. If they do not, they will be excused from the rest of practice, and the parent will be contacted to discuss.

YMCA COMPETITIVE SPORTS POLICY

At the Y, our program strives to uphold the values of the YMCA and develop young athletes to achieve great things both in and out of the pool. These values include:

- Developing self-confidence, self-respect, and appreciation of individual worth.

- Developing a commitment to the YMCA values - Caring, Honesty, Respect, and Responsibility.
- Appreciating how physical fitness benefits mental well-being and overall health.
- Respecting and understanding others around you.
- Developing a foundation and potential to lead and lead responsibly.

COACHES' COMMITMENT TO THE TEAM

The coaching staff is here to help your child learn and grow in this sport. The following is our commitment to your child's athletic aspirations:

1. To nurture and help develop each child's skills to set them up to achieve their dreams, talents, and efforts toward their goals.
2. To guide young athletes to achieve their goals through perseverance.
3. To be a source of encouragement to dream, work hard, and aspire to reach the goals they set.
4. To be a source of support if they struggle.
5. To teach and develop a technical foundation in all strokes and build their endurance upon that foundation.

EXPECTATIONS OF SWIM TEAM MEMBERS

The following is expected of every member of the team:

- Give yourself 100% physically and mentally every practice.
- Challenge yourself and your teammates to improve and work hard.
- Display good sportsmanship at all times, home and away.
- Demonstrate the YMCA core values at all swim events - RESPECT, CARING, RESPONSIBILITY, HONESTY.
- COME PREPARED - have all necessary equipment: swim cap, goggles, water bottle.
- Attend scheduled practices and at least 3 meets throughout the season.
- Communicate with the coach directly about scheduling conflicts or questions/concerns.

BEHAVIOR EXPECTATIONS

Swimmers are expected to show responsible behavior before, during, and after practices as well as meets. The behavior displayed by each swim team member is a reflection on the team as a whole. Negative or inappropriate behavior will not be tolerated. Each swimmer is expected to behave responsibly and respectfully at every practice so coaches can run practice smoothly and efficiently.

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

- Speaking when coaches are speaking.
- Disobeying the coaches during practices.

- Failure to respect others' private property.
- Negative behavior that does not align with the program's values or the Y's values.
- Failure to respect ALL areas of the facility and/or staff members.
- Engaging in disruptive behavior that interferes with practice or the safety of teammates.
- Profanity.
- Substance abuse.

SWIMMER SUPERVISION

Coaches are responsible for supervising the swimmers when they are **on deck**, which includes during practices and at meets.

Parents are responsible for supervising swimmers when they are **off deck**, which includes before and after practices, in the locker rooms, and between events at meets.

LOCKER ROOM AND LOCKER USE POLICY

Swim team members are expected to use the GIRLS and BOYS locker rooms ONLY. Use of the ADA locker room is ONLY for those who have disability or have received permission from the coaching staff or aquatics director. Swimmers are expected to enter and exit the pool using the locker rooms, not the ADA locker room.

Lockers are available for daily use. Remove all belongings from lockers after every practice, DO NOT LEAVE PERSONAL BELONGINGS IN THE LOCKERS OVERNIGHT! Locks are highly recommended to protect personal belongings, but the swimmer must provide them and should be removed daily after locker use.

Swimmers are expected to conduct themselves responsibly and respectfully when using the locker rooms. Please talk to your swimmer about locker room behavior and to treat it like they are on the pool deck. Running, screaming, horseplay, and mistreatment of the facilities will not be tolerated. **Locker room supervision is not provided by YMCA staff. Parents are responsible for locker room supervision.**

SHEBOYGAN YMCA 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 of anyone.

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

Sexual harassment may include, but is not limited to, explicit sexual language or proposition, 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 team
2. Contact the Aquatics Director
3. Contact the YMCA CEO

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

MEET THE 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 5. 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 a Chinook when I was a kid.

Derek Schieble

8 & Under Swim Team Coach



I have been working with the YMCA since 2013 and have been a swim team coach for the last 7 years. I started out on the YMCA swim team at age six and swam through high school and even into college. While in high school, I was a two-time state 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 1659-yard Freestyle Champion. My favorite part of the swim team is competition, and my favorite stroke is Freestyle or Butterfly. I wanted to be a swim team coach to pass along the knowledge I've gained over my 16 years of competitive swimming.

Molly Reichelsdorfer

Bronze 2, Gold & High School Swim Team Coach



I started swimming competitively with the Chinooks at the age of 6. I swam with the team through my senior year in high school, competing in local, state, and regional meets. I swam for North High School for four years on varsity and served as captain my senior year. I began coaching the Chinooks in 2022 after my freshman year of college and became a YMCA-certified swim coach. I also coach the North High Raider swim camp during the summer. I wanted to become a coach to give kids the chance to learn and grow in the sport that has been with me my whole life.

2025 - 2026 CHINOOK SWIM TEAM PRACTICE GROUP REQUIREMENTS

Please register your child for the group you feel is most appropriate for their age. Swimmers will be assessed during their first week of practice, and coaches may move them to other groups. If your child is moved to another group at any time, registration fee adjustments will be made.

Practice Group	Total Pool Time Per Week	Requirements
8 & under White This is our notice group for swimmers 5-8 years old.	2 hrs per week	Should be able to swim 25 meters freestyle and backstroke
8 & Under Red/Blue Swimmers who have 1 year of swim team experience who are 5-8 years old.	3 hrs per week	Should be legal in all 4 strokes
Bronze 2 The novice group for swimmers who are 9 years old and older focuses is on improving the four competitive strokes and techniques.	3,000 – 4,000 meters per week	Should be able to swim a 50 of freestyle and backstroke.
Bronze 1 This is the progression for Red/Blue and Bronze 2 swimmers who are 9 years old or older. Focus is on increased training, perfecting strokes, starts, and turns, and participating in meets.	5,000 – 5,500 meters per week	Completed Red/Blue 8 & under OR one year in Bronze 2. Legal in 4 strokes and consistent in flip turns.
Silver 2 This is the progression for Bronze 1 swimmers age 10 and up. Training meters are increased in addition to stroke work. Participation in meets is encouraged at a rate of once per month.	5,000 – 6,500 meters per week	Must be legal in all 4 strokes swimming 50 freestyle consistently under 50-40 seconds
Silver 1 Swimmers aged 10 and up with prior swim team experience are in this group. Focus on building endurance and further technique.	10,500 – 11,000 meters per week	Must be able to demonstrate a commitment to training. Participation in meets is expected. Legal in all 4 strokes. 50 free time consistently less than 40-35 seconds.
Gold Swimmers must be a minimum age of 12 and up who have prior swim team experience. Training is geared toward individual talents, but a strong aerobic endurance component is present. Participation in meets is expected.	15,100 – 17,500 meters per week	Must demonstrate a strong commitment to perform at the highest level, 50 free time consistently less than 32-30 seconds.
High School Girls Must have completed one year of high school swimming for their partial season .	15,100 – 17,500 meters per week	Must demonstrate willingness to improve before and after the high school season. Swimming 50 freestyle consistently under 30-28 seconds.
High School Boys Must have completed one year of high school swimming for their partial season .	15,100 – 17,500 meters per week	Must demonstrate willingness to improve before and after the high school season. Swimming 50 freestyle consistently under 28-25 seconds.

2025 – 2026 SWIM TEAM PRACTICE GROUP SCHEDULES

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

High Schoolers: Boys Swim with the Y September-November, before their school season. Girls Swim with the Y, November-March, after their school season.

**Please check Team Unify at least 3 times per week for schedule updates.
Alerts for last-minute cancellations will be communicated there.**

****Saturday practices will be held on Saturdays when there are no scheduled meets. See Team Unify for the schedule.***

TEAM UNIFY www.teamunify.com/wisyc

Team Unify is the central hub for all swim team communication and information. This is where we manage practice schedules, meet sign-ups, results, updates, and event details. Parents are **expected to check the Team Unify app regularly** for the latest information and schedule changes.

All swim meet registrations must be completed through Team Unify, and important details such as what to bring and what to expect at meets will be posted there. Because this is the coaches' **primary source of communication with families**, it is essential that parents stay proactive and engaged on the site.

The 2025 - 2026 Swim Team Meet Schedule will be posted on Team Unify as meet dates come out. Please refer to Team Unify for scheduled events and registration for meets.

Swim Meet Fees

Parents will register the swimmer for swim meets on Team Unify and then pay their fee on Daxko prior to the meet. There will be a \$10 surcharge per swimmer per meet to cover coach travel expenses.

Please return this slip to the coaches to be added to Team Unify

Due: At first practice. Please write as clearly as possible

Swimmer Name:		Swimmer B-Day:	
Primary Parent/Guardian Name:			
Primary Parent/Guardian Phone:			
Primary Parent/Guardian Email:			
Secondary Parent/Guardian Info (optional):			
Addresses:			
City:		State:	Zip:
Swim Group Registered For (circle one): White Red/Blue Bronze 2 Bronze 1 Silver 2 Silver 1 Gold High School Boys High School Girls			

SWIM TEAM PARENT/GUARDIAN VOLUNTEER OPPORTUNITIES

Want to support the swim team with your time and talents? Want to meet other swim parents and learn more about the swim program? These are some great opportunities to get involved and show your swimmer your commitment! **Sign up at the Parent Meeting 9/15!**

Swim-a-thon:

Open (2 Parent Volunteers)

Swim-a-thon is our largest fundraising event of the swim season. It provides the funds needed to support our program, including adding/updating equipment and supplementing meet and event costs. It has traditionally been held on the Monday before Thanksgiving. Parent volunteers will assist the coaches in planning the event and putting together information to be communicated to families via Team Unify. Parent volunteers are also responsible for collecting funds raised and providing accounting to the Team/Y for results. The Parent Volunteer must be able to be present on the evening of the Swim-A-Thon.

Team Apparel:

Courtney Biddle & (2 Parent Volunteers)

Want to help design the State and Regionals T-Shirt? Do you have ideas for our team gear? This is the role for you! Help select and coordinate our team gear and the annual t-shirts.

Team Photographer/Bulletin Boards:

Open (2 Parent Volunteers)

Parent volunteers take pictures of the team and coaches, and work with other parents to secure photos taken at events and functions. We have two bulletin boards in need of some TLC and creativity – one outside each pool. Additionally, we would really like to have a year-end slideshow to show at our annual awards get-together.

State/Regional Qualifiers Pasta Party:

Open (3-4 Parent Volunteers)

Coordinate food assignments and goody bags for State and Regional qualifiers working with the coaches on the event date and planning.

Chinook Annual Awards Celebration:

Open (3-4 Parent Volunteers)

Are you a great party planner? Do you want to help us celebrate a great year of fun and teamwork, and swimming? Help us plan, coordinate and deliver our annual awards celebration!

Parent Communications

Amy Ellison (parent of high school swimmer)

Amy serves as the team's volunteer communications coordinator. She works closely with the coaches to share updates and will post important information on the parent Facebook group and Team Unify. Parents may reach out to Amy with questions, as she is a key point of contact for team communication and has many years of experience.

Swim Meet Coordinator

Michou Reichelsdorfer (parent of coach)

The Swim Meet Coordinator assists with registering the team for meets through Team Unify and helps ensure that meet information is shared with families. She also communicates meet registration with the Y's Finance Department for swim meet billing.

SWIM TEAM REGISTRATION FEES

There are two payment options: payment in full or a bank draft monthly deduction. If you choose the monthly bank draft, your monthly fee will be automatically deducted from your checking account, savings account, or credit card on the 20th business day of each month beginning on **October 20, 2025 and ending on March 20, 2026**. Please note that if you choose the monthly bank draft option, a \$100 deposit will be due at registration, and then the monthly payments will be deducted after that.

SWIM TEAM REGISTRATION

Swimmers must be registered before the first day of practice. Swim Team registration can be completed online on Daxko or in person with the YMCA Front Desk.

In addition to online registration, additional paperwork in this packet must also be turned in to the front desk staff or coaches before the first practice.

Practice Group	Paid in Full	Payment Plan Costs		Total Cost
	Total Cost	Deposit	Monthly Draft	
8 & Under White	\$384	\$100	\$64	\$484
8 & Under Red/Blue	\$384	\$100	\$64	\$484
Bronze 2	\$384	\$100	\$64	\$484
Bronze 1	\$432	\$100	\$72	\$532
Silver 2	\$648	\$100	\$108	\$748
Silver 1	\$648	\$100	\$108	\$748
Gold	\$720	\$100	\$120	\$820
High School Girls	\$540	\$100	\$108	\$640
High School Boys	\$300			

YMCA MEMBERSHIP

YOUR CHILD MUST BE A YMCA MEMBER TO COMPETE ON THE 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.
- Membership at the Y has additional benefits and programs. Contact the front desk for more information.



Sheboygan County YMCA Swim Team Meet Fees Credit Card Authorization

Swim Meet Fees must be paid for prior to the meet. If you choose to complete this form, the Y will automatically charge your card after you sign up for a meet on Team Unify.

Please complete all fields. You may cancel this authorization at any time by contacting the Aquatics Director. You will then still be responsible for paying for the meet fees on Daxko or in person at the Y Front Desk prior to the meet.

Credit Card Information
Swimmers Name:
Card Type: <input type="checkbox"/> Master Card <input type="checkbox"/> VISA <input type="checkbox"/> Discover
Card Holder Name (as shown on card):
Card Number:
Expiration Date (mm/yy):
Card Identification Code (3 digit number on back):
Cardholders' 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 Swim Meet Registrations plus the \$10 surcharge per swimmer per meet for coaches travel expenses. I understand that my information will be saved to file for future transactions on my account.

Card Holder's Signature

Date

CONCUSSION INFORMATION: WHEN IN DOUBT, SIT THEM OUT!

Please review with your child prior to the first practice

How Swimmers Can Get Concussions

While swimming is a low-contact sport, concussions can still occur. The most common causes are hitting the head on the pool wall during turns, colliding with another swimmer in the lane, or striking the bottom of the pool during diving or flip turns. Concussions may also happen from slipping and falling on the pool deck. Parents and swimmers should be aware of these risks and notify a coach or healthcare provider right away if a head injury occurs.

- No swimmer may participate in swim team practice or a meet unless a parent/guardian returns the information sheet signed by the person and, if he or she is under the age of 19, by their parent or guardian.
- A coach shall remove a swimmer from practice if the swimmer exhibits signs, symptoms, or behavior consistent with a concussion or head injury or if the coach suspects the person has sustained a concussion or head injury.
- A person who has been removed from practice or a meet may not participate in practice or a meet until they are evaluated by a health care provider and receive a written clearance to participate in the activity from the health care provider.

Signs of a concussion (what others may notice in a swimmer):

- Appears dazed, stunned, or “out of it”
- Seems confused about what they are supposed to do in practice or at a meet
- Forgets instructions or sets
- Appears clumsy in or out of the water
- Answers questions more slowly than usual
- Shows unusual behavior or mood changes
- Loss of consciousness (even briefly)
- Repeats the same questions or seems to have memory problems

Symptoms of a concussion (what a swimmer might feel):

- Headache or head pressure
- Nausea or upset stomach
- Dizziness or feeling off balance
- Sensitivity to bright lights or loud noises in the pool area
- Feeling “foggy” or slowed down
- Trouble focusing or remembering things
- Feeling confused or not thinking clearly

Injured swimmers can exhibit many or just a few of the signs and/or symptoms of a concussion. However, if a swimmer 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 or competition.

RETURN-TO-SWIM

Current recommendations are for a stepwise return-to-swim program. In order to resume activity, the swimmer 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 swimmers 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.

Return-to-Swim Concussion Protocol

The following program allows for one step per 24 hours and is designed to gradually increase heart rate, physical exertion, coordination, and eventually allow for full swimming activity. If symptoms return at any point, the swimmer must stop activity and notify their healthcare provider before progressing further.

- **Step 1:** About 10–15 minutes of light activity such as easy walking or gentle kicking in the water (no full swimming).
- **Step 2:** Light swimming (freestyle or backstroke) at a slow pace, no drills or sprints.
- **Step 3:** Moderate swimming with some structured sets, drills, and stroke work, but no racing, diving, or flip turns.
- **Step 4:** Regular practice with full strokes, turns, and starts, but no racing at maximum effort.
- **Step 5:** Full clearance for practice and competition.

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.



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, _____ (swimmer name) hereby acknowledge having received education about the signs, symptoms, and risks of swimming 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 Swimmer: _____

Signature of Swimmer: _____ Date: _____

I, the parent/guardian of the swimmer athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of swimming-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 SWIM COACH
BEFORE FIRST PRACTICE. ****



Sheboygan County YMCA Swim Team Medical Form

Swimmers Name: _____ **Swim Group:** _____

Competition Category (required for meet registration): Date of Birth: _____

☐ Male

☐ Female

Please list any medical, physical, emotional or other special needs that coaches should be aware of:

Known allergies:

Primary Parent/Guardian Name: _____

Primary Phone: _____

Secondary Parent/Guardin Name: _____

Secondary Phone: _____

Emergency Contact (other than parent/guardians)

Name: _____ Relationship to Swimmer: _____

Phone: _____

Health Insurance Information

Company _____ Policy # _____ Group # _____

Address _____ Phone: _____

Child's Physician _____ Phone: _____

Preferred Hospital _____

Child's Dentist _____ Phone _____

I hereby authorize any physical member of a state-licensed emergency medical facility to provide emergency care for my child.

Parent/Guardian 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 scan my YMCA membership card at the front desk when I arrive to the Y before practice.
- I will have all my necessary equipment, including my swim cap, goggles, and water bottle at every practice.
- I will arrive for all practices and meets 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 exhibit good sportsmanship at meets.

The Swimmer Code of Conduct must be signed and returned before 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 Team Unify is the main form of communication.

- 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 responsible for the supervision of my swimmer when they are at the Y and not yet on deck at practice.
- I will be sure my child has proper equipment, including a swim cap, goggles, and a 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 before each swim meet. I understand my child cannot participate if meet fees are not paid.

I have reviewed the Swim Team Packet thoroughly and acknowledge all responsibilities and requirements. I understand that my child cannot participate in practice until they are registered and all forms in the packet have been turned in.

Parent Signature _____ Date _____

2025-2026 Chinook Swim Team Swimmer Goals

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

Event	2024-2025 Best Time	2025-2026 Goal Time
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Swim skills I will practice and get better at:

How I will be a good teammate and show a positive attitude this season:

Swimmer Signature: _____ Date: _____