



Cumberland YMCA

Sea Otters Winter Swim Team 2011-2012



WHAT: The Winter Sea Otters Swim Team has four different practice groups: Mini Otters, JR Otters, Otters and Senior Otters for the winter (Oct to April). Each practice group has specific practice times. Groups are based on participant ability and the amount of practice the participant would like to attend. The Winter Swim Team is a member of the Chesapeake and Potomac Swim League (CPSL). The team competes against other YMCA teams from across Maryland, Delaware and Virginia.

WHO: Team members range in age from 5 to 18 years. Divisions are organized for youth aged 8 & Under, 9-10, 11-12, 13-14, 15 -18. Participants register for different practice groups based on their ability, years of competitive swimming experience, and age. The effective date of age determination shall be the swimmer's age as of December 1, 2011. The official competitive season of the C & P Swim League shall be November 1, 2011 through April 15, 2012.

FACILITIES: The Cumberland YMCA hosts a 25 yard competitive swimming pool with starting blocks, timing system, backstroke flags, and lane lines which meet the standards of competition. Other YMCA's that the team competes against hold meets and practice at various locations. All meets must be held in facilities that meet the proper standards that the YMCA of the USA sets forth.

WHEN: The practice schedule is listed below. Practice cancellations due to the holidays will be posted upon the start of the meet season. A tentative meet schedule is listed below the practices groups.

TO REGISTER: Complete the individual registration form. Upon registration bring your registration form, birth certificates, and fees to the front desk of the YMCA. Registration is open from Sept 1 to October 28, 2011. An initial fee or payment in full is required upon registration. Registrations will not be taken after Friday, October 28, 2011.

All participants must be a YMCA Member. Youth membership is \$75 for the year. Participants may be on a family membership. Membership must stay current for the duration of the swimming practices; October to the end of the practice groups season.

FEES: (Fees listed below are for the entire season. Season dates are listed next to each practice group)

Individual Registration is based on practice groups. Fee does NOT include membership. Membership is required by the YMCA to participate in the league. Fees can be paid in full or on a payment plan. If you choose the payment plan, the first month's fee must be paid at the time of registration. NO EXCEPTIONS!



PRACTICE GROUPS & FEES-

Mini Otters (Beginner/Novice)-Season October 3 to February 11, 2012

This group is recommended to swimmers 5 to 12 years of age, with zero or only one season of summer league season/ group swim lessons. Swimmers attend 2 practices weekly for one hour on Tuesday/Thursday from 4:30-5:30 pm

Full Fee: \$250 **Payment Plan- 4 payments of \$40, \$90 due at time of registration**

JR Otters (Beginner/Intermediate)-Season-October 3 to February 11, 2012

This group is recommended to swimmers 8 to 12 years of age, who have a zero or only one full year competitive swimming experience. Swimmers attend 3 practices weekly for an hour and thirty minutes from 4:30-5:45 pm on Monday/Wednesday/Friday

Full Fee: \$300 **Payment Plan- 4 payments of \$45, \$120 due at time of registration**

Otters (Intermediate)- Season- October 3 to March 12, 2012

This group is recommended to swimmers 10 to 18 years of age, who have a minimum 2 full years of competitive swimming experience. Some dryland exercises and stretches will occasionally take place at practices. Swimmers attend 3 practices weekly for an hour and thirty minutes for each practice from 4:30-6:00 pm on Monday/Wednesday/Friday

Full Fee: \$420 **Payment Plan- 4 payments of \$70, \$140 payment due at time of registration**

Senior Otters (Advanced)-Season- October 3 to March 12, 2012

This group is recommended to swimmers 13 to 18 years of age, who have a minimum of 3 years competitive swimming experience. Some dryland exercises and stretches will occasionally take place at practices. Swimmers attend All 5 practices weekly for two hours and thirty minutes 4:30-6:30 pm on Monday/Wednesday/Friday, 3:30-4:30 pm on Tuesday/Thursday

Full Fee: \$480 **Payment Plan: 4 payments of \$80, \$160 payment due at time of registration**

NO PRACITCE ON THE FOLLOWING DAYS:

Monday, Oct. 10, Thursday, Nov. 24, Monday, Dec. 26, Monday, Jan. 16, Monday, Feb. 13

Tentative 2011-2012 Meet Schedule

Meets in **BLUE** are league dual, tri our home invitational, meets in **GREEN** are optional with extra fees, meets in **RED** are optional with extra fees and qualifying times.

Saturday, Oct. 29 Halloween Meet
Saturday, November 12 Away vs. Frederick County YMCA
Saturday, November 19 Home vs. Carroll County Y YMCA
Sat & Sun, December 3 & 4 Annual Mark Schisler Invitational, Towson University
Saturday, Dec. 10 Home vs. Reston & Bethesda YMCA's
Saturday, December 17 HAGY Holiday Invitational
Sunday, Jan. 8 Away vs. Hagerstown YMCA
Sat. & Sun. , January 14 & 15 SPY Winterfest Invitational
Saturday, January 28 Home Queen City Classic
Sat & Sun, February 25 & 26 C & P Championship Meet
Sat & Sun, March 10 & 11 East Field South DISTRICT Meet, Fairland Aquatic Center



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Cumberland YMCA - Registration Form

GENERAL INFORMATION

If your information is the same as last winter season initial here: _____
And skip to the waiver on the bottom of this page.

Date of Birth _____

Age as of 12/1/11 _____ *

*Birth Certificate required with Registration ↑

Swimmer's Name: _____

Address: _____

YMCA Individual Member: _____

Parent/Guardian Name (if under 18): _____

Phone (home/cell) _____

Fee Paid: _____

Family Email _____

Mini JR Otter Otter Senior Otter

EMERGENCY CONTACT INFORMATION

Emergency Contacts Name: _____

Emergency Contact Phone (home/cell) _____

Hospital Preference: _____

Medical Problems/ allergies coaches should be made aware of: _____

Insurance Information: _____

PHONE TREE INFORMATION

Phone Tree Phone Number: _____ Circle One Please: Cell/ Home

Secondary Number for Phone Tree: _____ Circle One Please: Cell/ Home

Sizing Information: (Coaches will assist you with suit sizes if you are uncertain)

T-shirt Size: _____ Swim suit Size: _____ Cap preference: _____

***Waiver of Liability and Assumption of Risk Agreement:**

It is the purpose of this agreement to waive, exempt and relieve the Cumberland YMCA from liability for personal injury or property damage that may be incurred to the participant during participation with swim team activities.

I certify that I am in excellent health and have no physical or emotional problems that are likely to prevent me from participating in strenuous, physical play during this activity. I agree to hold harmless the YMCA and its agent and employees for any injuries sustained while participating with the Cumberland YMCA Sea Otters Winter Swim Team.

Further, I understand that the YMCA believes that all of its programs should advance the character traits of RESPECT, RESPONSIBILITY, HONESTY and CARING. As a participant in the Cumberland YMCA Sea Otters Winter Swim Team, I will be mindful of these character traits and will do my best to play within the guidelines that show respect for all of these important traits.

Participant Signature: _____ Date: ___/___/___

Parent Signature (for youth under 18) _____

CARING

HONESTY

RESPECT

RESPONSIBILITY



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Cumberland YMCA - CODE OF CONDUCT

SWIMMERS AND PARENTS ARE REPRESENTATIVES OF THE CUMBERLAND YMCA AT BOTH HOME AND AWAY MEETS. ALL SWIMMERS, COACHES AND PARENTS WILL:

- Demonstrate and model the YMCA values of Honesty, Respect, Caring and Responsibility while participating or representing the YMCA;
- Present themselves in a mature and orderly manner;
- Respect the Cumberland YMCA and the host YMCA and act accordingly;
- Respect the coaches and officials of the host YMCA and the Cumberland YMCA;
- Exhibit sportsmanlike conduct;
- Refrain from using profane and abusive language;
- Be a role model for younger team members at meets and practices;
- Show respect to team members, coaches and parents.

THE YMCA IS CONCERNED WITH THE SAFETY AND WELL BEING OF ITS MEMBERS. ALL SWIMMERS WILL:

- Ride the bus to away swim meets unless the Head Coach is notified ahead of time and gives special permission.
- Please keep hands to themselves at all times.
- Please refrain from rough housing on bus trips as well as during practices. This includes bringing any potentially harmful items to these locations.
- The use of drugs, smoking, drinking alcohol and use of illegal drugs will not be tolerated.

DISCIPLINARY ACTION

Depending on the severity of the misconduct, disciplinary action will be taken against all offenders of the Code of Conduct. Consequences may include one or a combination of the following:

- Receive a verbal warning from the Coach.
- Ejection from practice or meet.
- Suspension from all team activities for a period of time, which will be decided by the Coach.
- All YMCA and Swim Team privileges revoked with no refund of fees paid.

ADDITIONAL INFORMATION FOR PARENTS

For the benefit of the team and your child please consider the following:

- Each child is an individual and will develop at his/her own pace. Comparing children to other team members would not be beneficial to either child.
- Positive reinforcement is always helpful no matter what the outcome of the day's events.
- Remember to enjoy the experience and let the coach do the coaching.
- Being supportive and cooperative with the coaches will add to the whole positive experience.
- Help us make the YMCA and the competitive swimming fun and positive experience for you and your child.

Participant Signature: _____ Date: ___/___/___

Parent Signature (for youth under 18) _____

CARING

HONESTY

RESPECT

RESPONSIBILITY

