

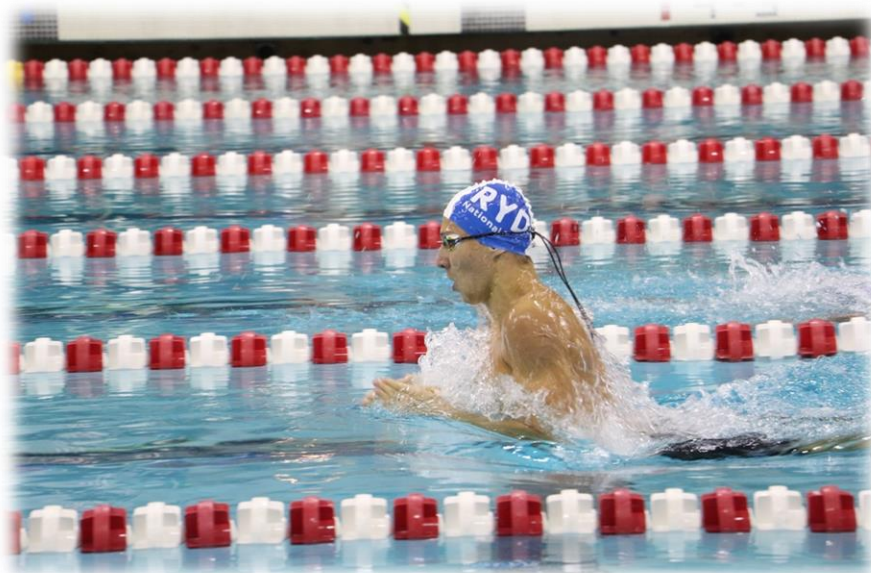


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDGEWOOD YMCA DOLPHINS

North Royalton Family YMCA

2021 LONG COURSE SEASON



REGISTRATION & INFORMATION PACKET

www.teamunify.com/leryd

The RYD Swim Team welcomes you for the 2021 long course swim season. We look forward to another great season and we thank you for being part of our team! Please read the registration packet carefully and make sure all forms and payments are completed before your child begins participation.

About RYD

The Ridgewood YMCA Dolphins Swim Team (RYD) first began competition out of the Ridgewood YMCA in 1970. Since that time, the team has grown to over 250 swimmers and now practices out of the North Royalton and French Creek YMCA pools. RYD is continually one of the top swim teams in Northeast Ohio in both YMCA and USA Swimming competition. In 2014, 2015, 2016, 2018, 2019, and 2020 RYD was the Northeast Ohio YMCA Swim League Champion. In 2018 and 2019 RYD placed 2nd at the YMCA Great Lakes Zone Championships and 10th at the 2018 YMCA Long Course National Championships. In USA Swimming competition, RYD is perennially one of the top teams on the west side in both Lake Erie Championship Meets and VCC scoring. RYD swimmers frequently qualify to compete in regional and national level competitions, with many continuing their swimming careers at the collegiate level.

Mission

To inspire success and lifelong enjoyment in the sport of swimming through programming that builds a healthy spirit, mind, and body for all.

Areas of Focus

The Ridgewood YMCA Dolphins and The Y are for Youth Development, Healthy Living, and Social Responsibility.

Vision

To help swimmers achieve their goals in competitive swimming, no matter how big or small, while developing successful swimmers, confident kids, and first class citizens.

Values

The character development core values of caring, honesty, respect, responsibility, and faith will guide all our interactions and decisions.

REGISTRATION PROCESS

Registration Opens April 12th

Practice begins September 19th

1. Please read this packet carefully. There are many changes from last year due to state mandated social distancing guidelines.
2. Swimmers new to the team must be evaluated prior to registering for the team. New swimmer evaluations will be conducted on an individual basis. Receiving a new swimmer evaluation will not guarantee a spot on the team. To schedule a new swimmer evaluation, please contact Head Coach, Mike Milliken, at mmilliken@clevelandymca.org.
3. Make sure your YMCA membership is up to date at the front desk, or for new swimmers be sure to open a YMCA membership. This monthly fee grants members full access to all Greater Cleveland YMCA Branches. **Please remember that scholarships are available for those in need.**
4. Registration for returning RYD swimmers (participated in short course 2020-2021) will open on **Monday, April 12th**. Registration for new swimmers will open on Wednesday, April 14th. Registrations will be first come, first serve, so please register promptly to secure your desired practice time. Registration can be completed in the branch or online.
5. The program fee for each group will be broken into 4 drafts. Participants are responsible for payment of the entire program fee, unless prior approval is gained from the director of competitive aquatics for proration of the program fee. **Since space is limited and groups are expected to fill, refunds or cancelations of drafts will not be given for any reason other than illness/injury or season cancellation, once a swimmer reserves a spot in a group.**
6. All team policies are posted under the "team policies" tab of the team website. Please read over all of the team policies and sign the team policy acknowledgement at the back of this packet and turn in at the time of registration or scan to Coach Mike at mmilliken@clevelandymca.org.
7. There will be a parent information meeting through Zoom on Saturday, April 17th at 9:00 AM. This will be mandatory for all parents. There are some facility rule changes and state guidelines that are very important to go over. Information for the meeting will be sent out prior to the meeting.
8. **Please be sure to thoroughly look through the COVID-19 guidelines in the back of this packet.**

PRACTICE GROUPS

Senior Elite – The Senior Elite group is only open to high school swimmers. This group is meant for swimmers that are aiming to qualify for HS States or YMCA/USA Nationals. Entry to the Senior Elite group is by the invitation of the Director of Competitive Aquatics only. In this group, swimmers will be challenged with rigorous pool and dryland workouts while continuing to improve skills and stroke mechanics. Swimmers in this group must have a USA Swimming membership. Requirements: Selection by Director of Competitive Aquatics and 100 % attendance.

Senior – The senior/senior elite group is for high school age swimmers. There will be a heavy emphasis on training while continuing to develop and refine stroke mechanics and skills. At the senior level, the training will be more event specific, with more emphasis on race pace training.

Pre-Senior – The pre senior group is for middle school aged swimmers who have mastered the basic fundamentals of each stroke and are physically and mentally prepared for more rigorous training. In this group, swimmers will be instructed on advanced stroke mechanics and skills. Training will become more of an emphasis in this group, with a focus on aerobic capacity and individual medley proficiency. Swimmers will be educated on advanced race strategies and will begin to participate in dryland activities.

Age Group – The Age Group level is for elementary and middle school aged swimmers that are proficient in all strokes, starts, and turns. The coaches will place the emphasis on stroke development and learning in this group, with some aerobic individual medley work. Skills and drills will be worked on at all practices and basic race strategies will begin to be taught.

Discovery – So, you have taken swim lessons or participated on a recreational team? Now it is time to discover the world of competitive swimming! In the Discovery group, swimmers will learn the skills necessary for success in competitive swimming in a fun and supportive environment. Swimmers only need to be able to swim one length of the pool of freestyle and backstroke to be placed in the Discovery group. The coaches will teach all four strokes, starts, and turns. Swimmers will also be educated on the rules and etiquette of swim meets and practices. Fun and games will also be incorporated into practices to keep young swimmers interested and engaged.

YMCA SWIM TEAM PROGRAM FEES

The YMCA swim team program fees are payable at the YMCA front desk only. The program fee for all groups will be broken into four drafts and will be drawn on the 19th day of each month April through July.

SENIOR ELITE -	\$540.00 (\$135.00 Draft)
SENIOR -	\$400.00 (\$100.00 Draft)
PRE-SENIOR -	\$400.00 (\$100.00 Draft)
AGE GROUP -	\$300.00 (\$75.00 Draft)
DISCOVERY -	\$240.00 (\$60.00 Draft)

YMCA of the USA competitive swimming rules require that all participants have a youth or family YMCA membership. Membership information is available at the front desk.

Refunds will only be given in the event of absence due to injury or illness with documentation from a medical professional.

Financial assistance for the swim team program fee and YMCA membership fee is available to those in need. Please ask for a scholarship application at the front desk.

RYD TEAM FEE

There is also a \$50.00 team fee for each swimmer. This fee must be paid at registration and is nonrefundable. The team fee helps to cover administrative costs, such as the cost of the team website, swimmer registration, and team and coach registrations and certifications.

TEAM ATTIRE

At swim meets, if a swim cap is worn, it must be a RYD cap. RYD caps are available for sale at the front desk of the YMCA or can be ordered from the team vendor at the beginning of the season. Aquatic Outfitters of Ohio is the team vendor for RYD. Team swimsuits, apparel, and equipment can be ordered from Aquatic Outfitters at the beginning of each season. Information and order forms will be emailed out.

FAST SUITS/CAPS

The coaches set a specific season plan for the swimmers in each group to allow them to peak at certain competitions. A big part of this plan is saving fast suits for these targeted competitions. It is also crucial to swimmer development that the athletes learn to swim fast and efficiently without that aid of racing suits. The coach for each group will communicate to the swimmers and parents in the group which target meets will be approved for fast suits. Swimmers are encouraged to purchase a team suit to be worn at all other meets. The coaching staff appreciates your support in ensuring proper swimmer development and peak performances at the big meets. **A national tech suit ban from YMCA/USA Swimming for 12 and under swimmers is now in effect.**

PRACTICE COMMITMENT

All swimmers are encouraged to attend practice on a regular basis. In order for swimmers to achieve at the highest possible level, they must attend practice regularly. Each day, the coaches give valuable instruction and carefully planned workouts. In the world of swimming, there is no such thing as "make up work". Consistently missing practice will mean missing out on specific work each day. This can seriously hinder a swimmers long term development when it comes to stroke technique and fundamentals. In the situation of a prolonged illness, please notify your child's coach.

SWIM MEETS/CHAMPIONSHIP MEETS

The majority of competitions in the long course season are USA Swimming competitions. In order to participate in USA swimming meets, a swimmer must be USA Swimming registered. The registration fee is \$75.00 and must be paid during an open registration period, which will be announced at the parents meeting. For more information on YMCA and USA swim meets see the FAQ pages under the events tab on the team website. Swimmers must wear RYD apparel on deck at swim meets. At meets that are run in a prelim/final format, swimmers are required to swim finals. Swimmers that do not swim finals at any prelim/final format meet will be withheld from the following season's championship meet.

SWIM MEET REGISTRATION

If you are interested in entering your swimmer into a meet, you must first visit the meet page to view the meet information. You can visit the meet page by clicking on the meet name on the homepage or by selecting it from the "events" page. The meet entry fees and payment link are found on this page. You can also find the meet packet at the bottom of the page that will have all of the information on the meet. You must then pick events for your swimmers in order for them to be entered in the meet. To do this, you click the "attend/decline" button on the meet page. From there, you must choose "Yes, please sign (swimmer name) up for this event" from the drop down box. After you do that, you will see a list of events that your swimmer can enter, choose the desired events by clicking the box next to the event. After you have selected your swimmers events, count the total number of events that you have signed your swimmer up for, you need to know how many events they are entered in to determine the entry fee for that meet. Once registration is completed on the team website and the registration deadline has passed, you will be billed through the YMCA's payment software (Daxko) and your card on file will be charged. **You will be responsible for meet fees once the deadline has passed, even if your swimmer does not attend the meet. Please be sure that you have an up to date method of payment on file with the YMCA. If payment does not go through, your swimmer will be removed from the meet entry.**

Parent Involvement

Although the team is fortunate to have a professional staff of experienced coaches, we still rely heavily on the parents to be an active part of their swimmers' journey in the sport. In order to run swim meets and team functions, we will need parent volunteers. The volunteer commitment for each family is outlined in the parent commitment contract on the team website. In addition to volunteerism, we ask that parents do their best to be present at practices and meets regularly. Per YMCA policy, children 12 or younger cannot be left unattended at the YMCA, so parents must be in the building or designate another adult in the building to be responsible for the child during practices, meets, and team functions. Swimming is a very technical sport that requires a learning environment at practice each day. If swimmer behavior becomes a detriment to individual progress or a distraction to the group, we will ask for parental assistance in correcting problematic behavior. Regular behavioral problems may result in verbal warnings, removal from practice, suspension from practice/competition, or removal from the team. Ultimately, success in the sport is a collaborative effort between knowledgeable coaches, motivated athletes, and supportive parents.

RYD SWIM TEAM

2021 LONG COURSE MEET SCHEDULE

Meets in **red** are YMCA Dual Meets or championships. Meets in **blue** are YMCA Invitationals. All other meets are USA meets. Meets marked with * are only for swimmers who meet the qualifying standard.

May 14-16	Robert F Busbey Invitational	CSU
June 4-6	CCS Age Group & Open	Canton Mckinley HS
June 17-20	Holtrey Summer Classic	Spire
June 25-27	Freedlander Invitational	Wooster, OH
July 10-11	Avon Classic	Avon, OH
TBD	Lake Erie Age Group Championships	TBD
TBD	Lake Erie Senior Championships	TBD
August 5-8	USA Great Lakes Zone Championships	Elkhart, IN

** An updated meet schedule will be posted on the team website with additional meets as they are announced.

RYD SWIM TEAM

2020-2021 SHORT COURSE SEASON PRACTICE SCHEDULE

APRIL 19 – JUNE 5

***Schedule will be reassessed at the end of May, with updated schedule posted for June 6 – July 30.*

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Elite	3:00-5:00 PM @ N. Royalton	3:00-5:00 PM @ N. Royalton	3:00-5:00 PM @ N. Royalton	3:00-5:00 PM @ N. Royalton	5:30-6:30 AM @N. Royalton *Reservation Required	7:00-8:30 AM @ N. Royalton *Reservation Required
Senior A	3:00-4:00 PM @ N. Royalton	3:00-4:00 PM @ N. Royalton	3:00-4:00 PM @ N. Royalton	3:00-4:00 PM @ N. Royalton	OFF	OFF
Senior B	4:00-5:00 PM @ N. Royalton	4:00-5:00 PM @ N. Royalton	4:00-5:00 PM @ N. Royalton	4:00-5:00 PM @ N. Royalton	OFF	OFF
Pre-Senior A & B	5:15-6:45 PM @ N. Royalton	5:15-6:45 PM @ N. Royalton	5:15-6:45 PM @ N. Royalton	5:15-6:45 PM @ N. Royalton	5:30-6:30 AM @ N. Royalton *Reservation Required	OFF
Age Group A & B	OFF	7:00-8:00 PM @ N. Royalton	OFF	7:00-8:00 PM @ N. Royalton	OFF	7:00-7:45 AM @ N. Royalton *Reservation Required
Discovery	OFF	7:00-7:45 PM @ N. Royalton	OFF	7:00-7:45 PM @ N. Royalton	OFF	OFF

RYD Swim Team
LC Practice Schedule
(4/19/21 - 6/5/21)

Swimmers must practice with their designated practice group, unless special permission is granted from the head coach.

Practices are subject to change or cancellation. Please check your email and the team website often to stay up to date on the practice schedule.

Senior and Senior Elite Groups do not practice during the high school season.

Practice Site

North Royalton Family YMCA
11409 State Road
North Royalton, OH 44133

Swim Team Communication and Important Information

Since we have a large swim team and our groups practice at different times and at different sites our main form of communication is through e-mail. It is very important to make sure you list your current e-mail address at registration. If you are not receiving e-mails within the first week, please e-mail Coach Mike at mmilliken@clevelandymca.org to make sure we have your correct e-mail address.

Weekly update emails will be sent out during the season. These emails will include important team information. It is important that you read these emails entirely.

Our team website is <http://www.teamunify.com/leryd>. You can find contact information, current announcements, team records, USA and YMCA Invitational Information, forms, practice information and other useful information on our website.

The team can also be found on Facebook under Ridgewood YMCA Dolphins Swim Team.

COVID-19 Guidelines

We are fortunate that the YMCA is allowing our swim teams back into the water, considering the strict guidelines from the state of Ohio. Many pools are not opening for the summer and many teams are displaced, so it is a privilege for us to be in the water. In order for the team to continue to practice, it is incredibly important that all guidelines are strictly followed. In addition to the information listed below, there will also be a Zoom information meeting and a video sent out to provide more information.

Rules

- Swimmers must maintain 6 foot distancing at all times. This includes before and after practice, anywhere on YMCA property.
- Swimmers must wear masks at all times upon entering the YMCA, until the time they leave their swimmer area to enter the pool. Upon exiting the pool and returning to their swimmer area, they must put their mask back on.
- Swimmers will not have access to the locker rooms or showers. Swimmers must arrive with their swimsuit under their clothing and undress on the pool deck. After practice, swimmers will dry off and get dressed on the pool deck, then immediately exit the facility.
- The use of restrooms is discouraged, so please use the restroom at home, before coming to the YMCA.
- Swimmers must bring their own equipment. Shared team equipment cannot be used at this time. Swimmers should arrive with a prefilled water bottle, goggles, and swim cap, but nothing else.
- Swimmers will be given a health survey before practice each day. If they have any symptoms of COVID-19, they will be immediately sent home.
- **If swimmers continually display the inability to follow these rules, they will be dismissed from the team for the winter session.** The health and safety of participants, staff, and other YMCA members is our top priority.

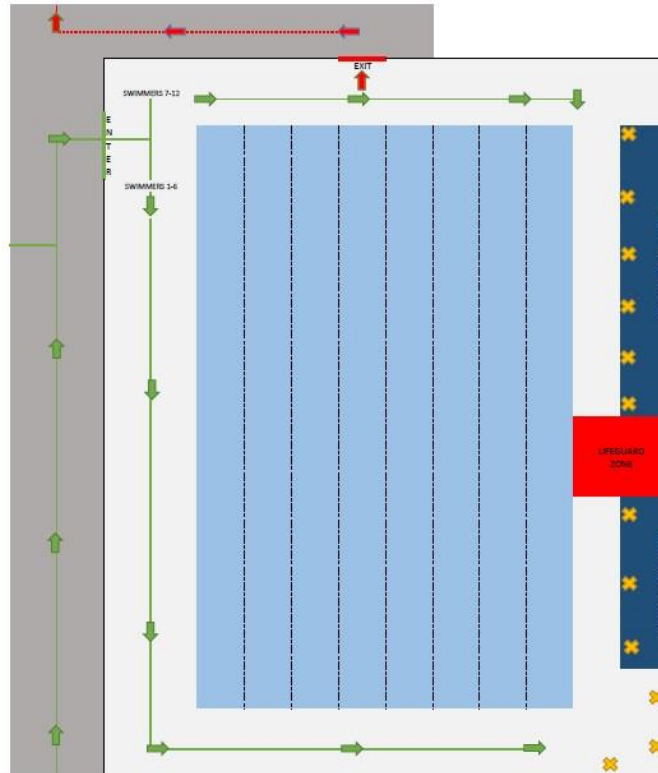
Practice Entry/Exit Procedures

1. **If swimmer has experienced fever, cough, sore throat, loss of smell, difficulty breathing, or has been in contact with anyone that has or is suspected to have COVID-19, STAY HOME.**
2. Swimmers will not have locker room access, so they must change into their swimsuit at home and wear a swimsuit under their clothing when travelling to the YMCA. Swimmers must also bring a prefilled water bottle, as water fountains are off and sharing of drinks is prohibited.
3. Arrive no earlier than 10 minutes prior to practice.
4. Swimmer is dropped off at front door. 6 foot distancing must be observed when entering the building, so be sure to leave 6 feet of space between yourself and anyone else in line while waiting to scan in.
5. Swimmer will self-scan in using membership card. Swimmer will not be permitted to enter the building without their membership card. They will not be permitted to give their name as a means to sign in.
6. Swimmer will proceed towards pool by turning right after membership desk. The main facility hallway traffic is moving in a counter clockwise direction. Swimmers will line up in hallway outside of pool on purple YMCA stickers and wait to be told to enter the pool area by a coach.
7. Swimmers more than 5 minutes late for practice will not be permitted, as this will disrupt the flow of traffic and compromise social distancing guidelines. If there is a specific challenge getting to practice on time,

special arrangements will be considered. This must be discussed with Head Coach Mike Milliken prior to the first day of practice.

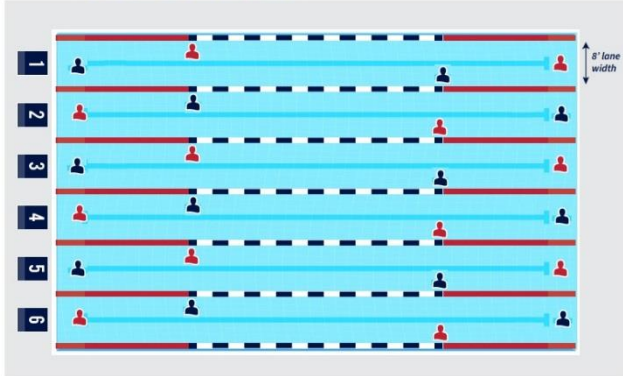
8. As swimmers are instructed to enter the pool deck, they will proceed, single file and six feet apart, to a designated number on the bleachers or pool deck. Swimmer must immediately prepare for practice, leaving belongings on their assigned marking on the bleachers.
9. Once all swimmers are prepared for practice, the coach will instruct swimmers to proceed single file, staying six feet apart, to their assigned lane. Swimmers will then enter the water with a three point entry. Practice will proceed, with swimmer being sure to stay 6 feet apart while resting on the wall between repetitions.
10. Upon completion of practice, swimmer will be instructed by the coach to exit the pool, then will proceed single file back to their assigned area on the bleachers. Swimmer must dry off and get dressed quickly, as there will be another group arriving.
11. Once dressed, swimmers will pick up their belongings and proceed single file to the pool exit door. Swimmers will proceed to the left in the hallway with the family changing rooms, then right into the main hallway, following a counterclockwise route back to the main YMCA exit.
12. Parents must be waiting to pick up their swimmer in the parking lot or driveway immediately at the conclusion of practice, as the swimmers are not permitted to wait in the lobby or entry area. Swimmers are not permitted to congregate in the building or parking lot before or after practice.

Pool Deck Map



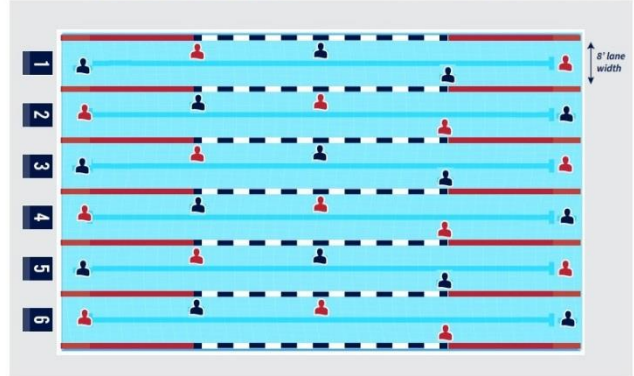
Daily Health Monitoring Form

USA Swimming
SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL 4 Swimmer Per Lane Format



Pre-Senior Pool Layout

USA Swimming
SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL 5 Swimmer Per Lane Format



Senior/Senior Elite Pool Layout

Team Policies

The Ridgewood YMCA Dolphins Swim Team has team policies and a team code of conduct in place to ensure that each swimmer has a safe and positive experience while participating in the program. These policies also outline the behavioral expectations for both swimmers and parents representing RYD. These documents can be found under the “Team Policies” tab on the team website. Please take the time to look over these documents with your swimmer to understand the expectations of both swimmers and parents on RYD.

It is impossible to run swim meets or a successful swim team without the contribution from many parent volunteers. The volunteer requirement for each family is outlined in the Parent Commitment Policy. Any parent who will be volunteering during the season will be background checked by the YMCA of Greater Cleveland for the safety of all children participating in the program. Please be sure to turn in a volunteer background check form for any family member that will be volunteering. Your contribution as a volunteer is valued greatly.

By signing below, you acknowledge that you have read and agree to adhere to the following documents on the team website under the “Team Policies” tab:

- Code of Conduct
- Bullying Policy

- Cyber Policy
- Concussion Policy
- Parent Commitment Policy

Possible disciplinary actions for violating the expectations set forth in these documents are outlined in the team code of conduct.

By signing below, I agree to adhere to the rules and expectations set forth in the Code of Conduct, Bullying Policy, Cyber Policy, Concussion Policy, and Parent Commitment Policy.

Swimmer Name

Swimmer Signature

Parent Name

Parent Signature

Date