

NEW PIRANHA PARENT'S PRIMER

INFORMATION:

- Current: Home Page, e-blasts and bulletin board in lobby
- Policies: Team Handbook – on the web - have a look...there is lots of good info here!
- **Question about coaching? Talk to a coach during office hours... NOT on deck!** Email is a great way to initiate a conversation; all Piranha staff members are very diligent at checking, and replying to, emails.
- Questions (practice schedule, spirit wear, meet issue, membership issue etc., etc): any of the coaches or Mary, by email or phone call.

PRACTICES:

- Expectations and recommendations for # practices per week are outlined in the Team Handbook. Parents are not permitted on deck. You are welcome to watch from the lobby.
- Coaches will not let swimmers leave early unless they have a note from a parent.
- Swimmers should be on deck at least 5-10 minutes before scheduled practice time. Scheduled time is when the kids are to have received instructions and are to be diving into the pool. Late swimmers are very disruptive to their peers.
- Please abide by the YMCA's Parking Lot Safety Policy in the handbook.
- In the event of a last minute practice cancellation we will notify parents via email or text, as well as a posting to our website.

MEETS:

- Meet dates are located on the website under the *schedules* tab, **and current meets are also on ACTIVE.**
- **DEADLINES FOR MEET SIGN UP:** Deadlines are set up by the coach based on the meet host deadline for entries to the meet. **The deadlines are hard ones.** As much as the coaches want to accommodate special circumstances there is a major risk of the entire team being excluded entirely from a meet if our entry is not firm when it needs to be.
- All swimmers must attend AT LEAST 1 CT USA swim meets during the season to be eligible for all CT Championship meets. All swimmers are eligible to swim in all meets, except for meets designated as 'Qualifiers' in the comments section of your meet schedule. These are usually end of the year meets.
- **Warmup times and other information will be emailed to all meet participants days before the meet. Coaches must submit a scratch sheet during warmup which means your child must be on time or risk being scratched. If you are running late, please reach out to a coach or parent of another child to communicate whether you will be attending. Once a child is scratched there is no way to get them back in the meet and you will be held financially responsible for your entry.**
- Piranha families will be expected to volunteer as a timer or other meet worker throughout the season.
- **Home and/or Away Meets**
 - All swimmers are required to wear their Team Speedo suit and either their Piranha sweatshirt or warm-up. All Piranhas are expected to wear Piranha gear ONLY on deck at meets. A Team that dresses as a Team is more apt to act like a Team.
 - All swimmers should check in with a coach before and after their races. Always notify a coach before leaving the pool deck, especially at the end of a session or meet.
 - Timers: About 30 minutes before the start of every meet, the head official will hold a 'timers meeting'. At this meeting he will review the protocols to be used and have everyone do a practice 'time' to ensure they know how to work/that each watch is actually working. Timing really is very EASY!! You get to be down on

deck with the swimmers. Time goes by very quickly, and it is a highly valued and necessary responsibility!!! Please do not hesitate to step up and time!

- The spectator gallery can be very hot and crowded (and noisy!!). Dress accordingly!!
- In the summer we will compete in outdoor facilities so again, dress accordingly. The Team will have a canopy for shelter. Swimmers should be prepared for all types of weather.
- Swimmers: Bring reading materials, snacks (no nuts), drinks, 2 towels, sweatpants, sweatshirt, Team gear etc. for seating on deck, plus plenty of water and sunscreen for outdoor facilities.
- Parking can be an issue. Carpool if you can.

PHOTOGRAPHY/VIDEOTAPING at MEETS & PRACTICE:

- As a Piranha you signed off that the Y and/or Piranhas are allowed to take pictures and video of your child for promotional and advertising purposes, print and social media. If you do not wish to have your child's picture/video taken, please email the Piranha Office immediately.
- Please note that most meets DO NOT allow videotaping or photography of any kind on deck or at deck level by parents. Some hosts do not allow it anywhere and this exclusion is at the discretion of the meet host. For all meets using USA swimming rules there is no photography or videotaping of any kind from behind the blocks or at the turn end of the pool. This applies to coaches as well. Please check the "Photography/Video" of the handbook for more details.
- THERE IS NO VIDEO TAPING OF ANY KIND FROM THE LOBBY OR DECK BY PARENTS DURING PRACTICE!

REQUIREMENTS FOR TEAM MEMBERSHIP:

- YMCA Membership
- Current season ACTIVE account
- Annual USA Swimming membership; member in good standing

PIRANHA SOCIAL MEDIA OUTLETS:

- Facebook – search Piranha Swimming @ Darien YMCA
- Instagram – search PiranhaswimCT (updated)
- Twitter - search Piranha Swimming at Darien YMCA