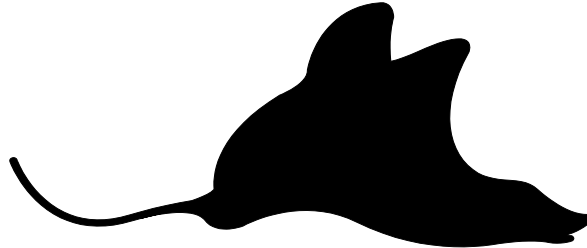




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lake Highlands YMCA Stingray's



## rays

- We are a competitive, and instructional swim team. We have one swim meet per month during the school year, one almost every weekend in June and two meets in July. Swim meets are optional, but encouraged.
- We do not require you to come to every practice. However, the more your swimmer comes to practice, the better he or she will become. You do not need to inform me if your swimmer cannot attend practice.
- **Please email me at [sshepherd@ymcadallas.org](mailto:sshepherd@ymcadallas.org) with PLEASE ADD ME TO YOUR LIST in the subject bar.**
- **Also text 81010 @8724ed to get information for stingray swim team right on your phone. This is how all last minute updates will go out, like weather or emergency closures. I will also try and follow those up with an email.**
- WEATHER: While we are an indoor pool we CANNOT swim in thunder or lightning.
- Meet information will be emailed. You can reply to the email or fill out a form at practice to enter your child. Most swim meet fees are included in your monthly dues. LONE STAR FEES and LEAGUE CHAMPS ARE NOT INCLUDED.
- New swimmers must pay a \$25 League Registration fee with their first month's dues.
- Returning swimmers must pay the \$25 league registration March 1st each year.
- Team shirts and caps can be purchased from Coach Skye or Dillon.

### LAKE HIGHLANDS FAMILY YMCA

8920 Stults Rd, Dallas, Tx 75243

P 214 221 9622 F 214 456 7545 [www.ymcadallas.org](http://www.ymcadallas.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Stingray Swim Team Try Out Form

Date:

Coach:

Swimmers Name:

Coaches Signature:

Date or Birth:

## Stingray Swim Team Level Description

Swimmer Level (Check Box)

<p><b>Cub:</b> Swimmers must be able to swim 25 yds. freestyle with face in and kick on back for 25 yds. Practice: M/W 4:30-5:00pm</p>	
<p><b>Novice:</b> Swimmers must be able to swim 50 yds. freestyle and backstroke without stopping. Working knowledge of breaststroke and butterfly advantageous. Beginner knowledge of flip turns and open turns helpful. Practice: M/W/F 4:30-5:30pm or 5:30-6:30pm</p>	
<p><b>Intermediate:</b> Must be able to swim 50 yds. of each stroke (butterfly, backstroke, breaststroke, and freestyle). Knowledge of flip turns and open turns required. Must be able to swim at least 1000 yds. during practice. Practice: M/W/Th/F 5:30-6:45pm</p>	
<p><b>Advanced:</b> Swimmers must be able to complete 100 of each stroke, and be able to swim 2000—3000 yards in practice. Must be able to do flip turns and block starts. Practice: M/W/Th/F 5:30-7:00pm</p>	

LAKE HIGHLANDS FAMILY YMCA

8920 Stults Rd, Dallas, Tx 75243

P 214 221 9622 F 214 456 7545 [www.ymcadallas.org](http://www.ymcadallas.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Swimmer Code of Conduct

<p><b>Caring</b> Be kind – Be Compassionate and show you care – Express gratitude – Forgive others – Help people in need</p>	<p><b>Respect</b> Treat others with respect; the golden rule – Be tolerant of differences – Use good manners, not bad language – Be considerate of the feelings of others – Don't threaten, hit or hurt anyone, keep your hands to yourself.</p>
<p><b>Honesty</b> Be Honest – Don't "deceive, cheat or steal – Be truthful in what you say and do- Have integrity, making sure that your actions match your values</p>	<p><b>Responsibility</b> Do what you are supposed to do – Persevere: Keep on TRYING. Always do your best – Use self-control – Be self disciplined – Think before you act and consider the consequences – Be accountable for your choices</p>

The YMCA mission statement is: "To put Christian values into practice through programs that build healthy spirit, mind and body." In order to achieve this goal, each swimmer and parent must be willing to uphold this code of conduct.

In the event that a swimmer does not demonstrate the 4 YMCA core values within one practice session, the following actions will occur:

1<sup>st</sup> Offense: Verbal warning and reminder of YMCA core values

2<sup>nd</sup> Offense: 5-minute time out

3<sup>rd</sup> Offense: Child sent home from practice and parent notified of problem and must talk with coach before child can return to practice. YMCA incident report will be filed.

\*If a swimmer is sent home more than 2 times in a month, the swimmer will be suspended pending a conference with head coach and aquatics director.

Should the swimmer be found to purposefully cause physical harm to any swimmer, coach or facility equipment, or if the swimmer is found to be using tobacco, alcohol or illegal drugs, it will automatically be considered a 3<sup>rd</sup> offense and the swimmer and parent must meet with the Head Coach before the swimmer can return to practice.

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

\_\_\_\_\_  
Signature of Parent or Guardian                      Date



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# I.C.E Information Form

Swimmer's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Gender: M F

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

(1) E-MAIL: \_\_\_\_\_

(2) E-MAIL: \_\_\_\_\_

## Emergency Contacts:

Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relation to Child: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relation to Child: \_\_\_\_\_

1. Does your child have any medical conditions coaches should be made aware of? YES (please list) NO


2. Does your swimmer currently take any prescription medications? YES (please list) NO


3. Is your swimmer allergic to any medications? YES (please list) NO


**Please return this form to Coach Dillon or Skye**

**LAKE HIGHLANDS FAMILY YMCA**

8920 Stults Rd, Dallas, Tx 75243

P 214 221 9622 F 214 456 7545 [www.ymcadallas.org](http://www.ymcadallas.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### **Required Equipment:**

- **Girls and boys with long hair must wear a swim cap**
- **All swimmers must bring and. swim in goggles**
- **We encourage you to purchase your own pair of Zoomers (swim fins) if you are able to as there are not always enough at practice.**

### **Registration Check List:**

- **\_\_ YMCA Registration & Fees – to be turned in to YMCA front desk**
- **\_\_ Completed Emergency Contact info form – turned into Coach Dillon or Skye**
- **\_\_ Swimmer Code of Conduct – turned into Coach Dillon or Skye**
  - **Coach Dillon Emery**
  - **469-610-0140**
  - [lawnranger.de@gmail.com](mailto:lawnranger.de@gmail.com)