

GREENSBURG YMCA SOS (Support Our Stingrays)  
SWIM TEAM PARENTS ORGANIZATION

BY-LAWS

ARTICLE I

Name

The name of this organization is the Greensburg YMCA Swim Team "Support Our Stingray" (SOS) Parents Organization.

ARTICLE II

Purpose

Under the auspices of the YMCA Board of Directors and consistent with the overall purpose of the YMCA, the SOS Parents Organization seeks to promote and support youth competitive swimming through its many programs and activities.

ARTICLE III

YMCA Affiliation

The Swim Team Parents Organization is part of the YMCA of Greensburg and as such has a direct link to the Aquatic Director. It is subject to the policies and decisions of the YMCA Board of Directors.

ARTICLE IV

Membership

All parents or legal guardians are eligible to be members. A \$10 membership fee per family per year entitles adult family members to voting rights at SOS Meetings.

ARTICLE V

Election of Officers

At the conclusion of the winter swim season election of officers will take place. Officers must have a child on the swim team.

ARTICLE VI

Swim Team Parents Board

Section 1 - Swim Team Parents Board Membership

The Swim Team Parents Board shall consist of three (3) elected officers, one (1) ex-officio member (the immediate past president) and any committee chairs. The elected officers shall be a president, treasurer and a secretary. The committee chairs shall volunteer or be recruited by the newly elected exec-board and chair the following committees:

Timing System Volunteers, Banquet, Invitational Concessions, Invitational Volunteer Recruitment, Dual Meet Concessions, Dual Meet Volunteer Recruitment, Team Wear, Team Parties.

Committee chair will make recommendations to elected officers and/or membership and seek approval for any decisions requiring disbursements of funds. Any money raised or received as a result of committee fund raising shall be turned over to the treasurer to be deposited into the SOS account.

### Section 2 - Purpose

The Swim Team Parents Board shall act on behalf of the SOS in recommending and identifying ways the organization can best support the swim team.

### Section 3 - Officers

#### A. President:

The president shall preside at all regular and special meetings of the Parents Board and SOS Organization. The president is an ex-officio member of all standing committees of the Parents Board and a member of the Aquatics Program Committee of the YMCA Board of Directors. The president shall be kept informed of all committee decisions. The president and elected officers along with the Aquatic Director must approve any expenses which are charged to SOS.

B. Treasurer: The Treasurer shall be responsible for working closely with the Aquatic Director to account for all non-fee related income of the SOS. Responsible for: chairing annual budget with officers to create budget, present budget to Aquatic Program Director for final approval, monitoring revenue and expenses from SOS dues, fundraisers, concessions, or any other committee activity by recording expenses and deposit receipts, deposits any cash or check payments generated from fundraisers into SOS account, audits account with Aquatic Director.

C. Secretary: The secretary shall see to it that Board members and/or Swim Team Parents are notified in a timely fashion for all regular and special meetings, that minutes are recorded at each meeting, and that these minutes are distributed to and/or made available to the Swim Team Parents Organization. Responsible for: recording the minutes of meetings, sending thank you notes, maintaining historical records, club mailings, writing necessary letters, and sending gifts.

D. Past President: The past president shall act as a member of the Parents Board and shall use his or her experience from the previous year to advise the Board.

### Section 4 - Duties of the Swim Team Parents Board

#### Standing Committees:

Timing System Corps of Volunteers - Swim team parents who are willing to learn how to install dismantle, store and run the timing system for the invitational and dual meets throughout the year, are welcome to this committee.  
2-3 needed for each meet.

Banquet - A committee which plans the end of year (April) recognition banquet. Responsible for choosing location, selecting caterer, menu, gift, program, decorations, etc.

Invitational Concession Chairman - Responsible for scheduling workers, setting the menu and recruiting donations of food for the November Invitational.

Invitational Volunteer Recruiter - Responsible for putting sign up sheet on bulletin board and seeing that volunteer needs are met for the invitational, including concession workers, timers, scorers, runners, etc.

Dual Meet Concession Chairman - Responsible for setting menu, recruiting donations of food, and scheduling workers. (December & February)

Dual Meet Volunteer Recruiter - Responsible for putting sign up sheets on bulletin board and seeing that volunteer needs are met for each meet, including timers, scorers, runners, concession stand workers, etc. (December - February)

Team Wear - A committee which researches costs and makes recommendations for official GYST team bags, shirts, pants, etc. which could be purchased by the team or by individuals for gifts.

Team Parties - Person is responsible for working with coaches in coordinating Halloween, Christmas, special occasion parties for the team, usually held after a practice session. Responsible for ordering pizzas, pop or recruiting for treats from other parents.

#### Section 5 - Meeting and Special Meetings

With the consent of the Swim Team Parents Organization, the Swim Team Parents Board shall perform the following general duties:

- A. Recommend policy and practices related to youth competitive swimming for the Association.
- B. Works with the YMCA Aquatic Director in the operation of the youth competitive swimming program.
- C. Works with the YMCA Aquatic Director in the preparation of the annual banquet.
- D. Works with YMCA Aquatic Director in preparation of all Invitationals and dual meets.

#### Section 6 - Meeting and Special Meetings

There shall be regular meetings of the Swim Team Parents Board. Special meetings may be called at the discretion of the Swim Team Parents Board President.

#### Section 7 - Quorum

A quorum will consist of majority of SOS members present at the meetings.

#### Section 8 - Vacancies

The Swim Team Parents Organization shall have the power to fill all vacancies occurring on the Swim Team Parents Board between annual meetings.

### ARTICLE VII

#### Amendments

These By-Laws may be altered or amended by a vote of two-thirds (2/3) of the Swim Team Parents present at a special meeting called for that purpose provided that notice of the meeting and such proposed alterations or amendments be given at least thirty (30) days prior to the special meeting of SOS members present.

# GREENSBURG YMCA STINGRAYS

## **YMCA MISSION:**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Sports programs have been one way that the YMCA has instilled ideals and values based on its purpose and goals. YMCA programs seek to help individuals and families grow personally, set personal goals and work toward them, clarify values, improve personal and family relationships, appreciate diversity, become better leaders and supporters, develop specific skills and have fun.

## **YMCA/USA COMPETITIVE SWIM TEAM STRUCTURE:**

The YMCA/USA Competitive Swim Team is a program of the Greensburg YMCA Aquatics program. It is under the direct supervision of the Aquatic Program Director. The coaching staff are employees of the YMCA and report directly to the Aquatics Program Director. In addition to the YMCA staff, the Parent Board provides leadership for the team. The Parent Board works with the Aquatics Program Committee and Aquatic Director.

The Parent SOS Board members are guided by a set of by-laws and are elected by the swim team membership. SOS assists with the development of a team fund raising program, team merchandise and publicity. Additionally, parents assist with the smooth running of dual, invitational and championship meets hosted by the Greensburg YMCA.

## **PARENT VOLUNTEER OPPORTUNITIES:**

In order for the team to operate effectively, it is essential for all parents to be actively involved. Volunteering to serve on one of the SOS committees, working at the dual meets and assisting with fund raising are ways parents become involved.

A variety of fund raising activities will be conducted throughout the season.

## **SWIM MEETS:**

Assistance is needed in the following areas:

Timers	Setup/cleanup	Daktronic System	Awards
Concessions		Scoring	Referee - Level I & II Officials

## **GREENSBURG YMCA AUTUMN INVITATIONAL:**

This meet serves as the major fund raiser and its success is essential in order for the team to meet the budget. It is anticipated that all GYST swimmers will participate in this meet. Donations are sought from local businesses and individuals for heat sheet advertising.

## **TEAM PRACTICE:**

Parents are always welcome and are encouraged to stay during practice. Feel free to talk with the coaching staff about practice or your swimmers progress before or after practice. We do ask that you do not interrupt the coaching staff during practice.

When dropping off or while waiting for your swimmer, please take time to look for and read materials posted on the bulletin board for swim team. Every effort will be made to keep you well informed regarding swim team news.

Safety of team members is a serious concern for the coaching staff. Supervision of swimmers in the pool is the main priority of coaches. We ask that swimmers not be dropped off more than 15 minutes before the start of practice and be picked up no later than 15 minutes after the conclusion of practice.

#### **YMCA/JSA GREENSBURG YMCA COMPETITIVE SWIM TEAM PHILOSOPHY:**

It is the overall philosophy of the Greensburg YMCA/Stingrays Swim Team to provide a setting where all team members will have an equal opportunity to develop their overall skills as swimmers in competitive strokes, to enhance the physical condition of each member of the team and to provide an environment where each swimmer can feel a part of the team and experience pride of achievement both individually and as a team. Overriding this philosophy is the desire to create an environment that will be fun for the swimmers.

In order to achieve this philosophy, the team will be organized and operated attempting to comply with the following general goals and parameters:

1. Swimmers will commonly have events or strokes in which they excel. Coaches will be aware of those events and will seek to foster those events as the season reaches its conclusion in the District, State and National meets. It is not, however, the philosophy of the swim team to encourage a swimmer to limit himself or herself to specific events or strokes. It is the philosophy of the swim team to assist each swimmer to develop a broad range of abilities in the competitive strokes while fostering those strokes where the swimmer does excel.
2. In selecting swimmers for relays for the District Meet, the coaching staff will strongly consider a swimmer's attendance, enthusiasm, attitude and ability in addition to times. The coaching staff will use their discretion to develop strong relays based upon the principles of the mission of the YMCA.
3. Not all swimmers have the same physical attributes and athletic abilities but all swimmers deserve the same level of consideration from the coaches so that each swimmer can achieve his or her maximum potential. In this regard, practice time and accessibility to coaches will be equal for all swimmers within an age group. Swimmers who, however, are capable of performing at a level beyond the norm for their age level will be permitted to train with older age groups when the coaching staff, swimmer and parents mutually agree that it is in the swimmer's best interest.
4. Parents are encouraged to take an active role in the swim team both in supporting their children by encouraging their children to attend practice regularly and be attentive while attending practice. Parents are also encouraged to help at meets and be a part of the Parent Board. Parents are further encouraged to express any concerns they may have to the coaches, however, not to take any action which would undermine the authority of the coaching staff.
5. Each swimmer who chooses to be a part of this team is entitled to and will be treated as a full member of this team regardless of that swimmer's individual ability. Statements or actions by other members of the team seeking to belittle individual swimmers or treat those individual swimmers as less than full members of the team will not be tolerated. Such actions will be dealt with within the established disciplinary procedures for the swim team which can include suspension or expulsion from the team.
6. Swimmers may request their own events for Dual Meets, but final entry selections are done by the coaches. Swimmers may select their own Invitational Entries. All relays, (Dual & Invitational Meets) are made up by coaching staff.

## GREENSBURG YMCA/USS

The Greensburg YMCA/USS is a chartered member of Allegheny Mountain Swimming. AMS is an alternative competitive swim program affiliated with United States Swimming (U.S.S.). The membership fee is \$35.00 per year and is optional.

### YOUR ROLE AS PARENTS

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals on your child.

Do not overburden your child with winning or achieving best times. The most important part of your child's swimming experience is that they learn about themselves while enjoying the sport. This healthy environment encourages learning and fun which will develop a positive self-image within your child.

The best way to help a child achieve their goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that they are still learning. As long as they gave their best effort, you should make them feel like a winner.

**Don't coach your child.** It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction. Encourage their efforts and point out the things they did well.

Most importantly, make sure your child knows that win or lose, scared or heroic - you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear or failure. Be the person in their life that they can look to for constant positive reinforcement. If they are comfortable with you - win or lose they're on their way to maximum achievement and enjoyment.

## Responsibilities of Swimmers

1. Be on time to practice. Each swimmer should be on deck 15 minutes before scheduled practice to stretch. Arrive in time to have all of your equipment and be at your assigned lane ready to swim when your coach signals you may enter the water.
2. Follow the pool and team safety rules in order to insure the safety of all swimmers on the pool deck and in the water. Remember, no diving in less than 5 feet of water.
3. At the completion of practice, return all equipment to proper storage, gather all personal belongings and exit the practice facility in a timely fashion. Do not keep your parents and the coaching staff waiting.
4. Swim in 3 (three) closed YMCA dual or invitational meets to be eligible to swim in the YMCA District meet.
5. Swim in 3 (three) closed YMCA dual or invitational meets and 1 (one) sanctioned YMCA meet to be eligible to swim at the YMCA National meet. (For ages 12 and older).