



TYPHOONS
HAMDEN / NORTH HAVEN

HANDBOOK

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HAMDEN/NORTH HAVEN YMCA
a branch of Central Connecticut Coast YMCA

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WELCOME TO THE TYPHOON SWIM TEAM

The Hamden North Haven YMCA Typhoon Swim Team is a year-round YMCA Swim Team program organized and operated by the Aquatics Department of the Hamden North Haven YMCA. Of note, the Hamden North Haven YMCA has been a part of the Hamden, North Haven, Bethany and surrounding communities since its inception in 1970. Consistent with the YMCA's mission, the team focuses on building strong kids, strong families and strong communities.

The Typhoon Swim Team participates in YMCA competition at the local, state, regional, and national level. There are plans for the team to expand into the USA Swimming realm within the next few years which will allow further competition at the local, regional, state, zone, and national level.

The primary source of information about the team is the Typhoon website at www.typhoonswimming.com. The Typhoon Swim Team website is intended for both swimmers and parents and is updated on a regular basis. We encourage parents and swimmers alike to visit the website daily to check for possible practice schedule changes, view upcoming swim meet information, check for announcements about Parents' Board meetings, sign up for volunteer opportunities, and obtain any other information pertaining to the swim team and swimming in general.

The purpose of this handbook is to provide an introduction of the team and the sport of swimming to all members and to document various policies that affect all swimmers, year after year. All families should read this document so that they may become familiar with the important facts and rules of the swim club.

Y SWIM?

Age group swimming (based off of USA Swimming) is America's largest program of guided fitness activity for children. It builds a strong foundation for a lifetime of good health by teaching healthy fitness habits. The Typhoon Swim Team utilizes a form of age group swimming with an emphasis on individual ability level.

Physical Development

Many physicians and pediatricians consider swimming the ideal activity for developing muscular and skeletal growth. Why do doctors like it so much?

1. Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. The Typhoon Swim Team uses every minute of practice time developing technique skills while swimming throughout.
2. Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as efficiently.
3. Swimming acts as a catalyst to children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
4. Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
5. Swimming is the most injury free activity of all children's sports.
6. Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still in training and racing well into their 80's.

Intellectual Development

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages advanced mental processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a strong self-image.

In addition to these benefits, the Typhoon Swim Team offers the swimmers a close-knit group of friends to complement their school friends, and one, which will grow with them as they progress through their childhood to full adulthood. Once you are a Typhoon, you are always a Typhoon!

The sport of competitive swimming involves a commitment and discipline that will help all participants feel like winners in and out of the pool. Under the guidance of our experienced coaching staff, swimmers will learn the value of consistent practice, goal setting and individual and team success. It is the team's overall goal to contribute to the growth of all participants.

ABOUT OUR TEAM

Team Name & Identity

We are proud of our team and the accomplishments of our members and we like to insure that we are consistent in our team identity. Our official team name is the **Hamden North Haven YMCA Typhoon Swim Team**. The term HNHT refers to our swim club code for swim meet purposes only. To preserve the identity of the swim team, we'd prefer to refer to our swimmers as Typhoon Swimmers. Be proud that you are a Typhoon Swimmer! You represent not only your team but your entire community!

Vision Statement

To become a high-quality, fun, and motivating age group and ability level swim team that focuses on overall swimmer & community development.

Mission Statement

The Hamden North Haven YMCA Typhoon Swim Team holds a team philosophy that commits it to develop the highest level of personal excellence as a swimmer, individual, and community member by encouraging the healthy individual growth of spirit, mind, and body.

The swimmer, coach and parents are all necessary components in carrying out this philosophy. In order to accomplish these goals, we expect the following from our swimmers:

- Attend training sessions on time and with all the necessary equipment (cap, goggles, kickboard, pull buoy, fins/paddles (for Junior and Senior groups), swimsuit and towel)
- Attend required meets wearing team apparel (make sure these items are labeled appropriately)
- Keep communication lines open with your coach; share goals, concerns & questions
- Inform your coach when you cannot make practice or fulfill other team obligations
- Establish reasonable and achievable goals and practice to succeed in those goals
- Practice good sportsmanship by also complimenting your competitors on a good race
- Respect the Hamden North Haven YMCA facility and follow the YMCA rules and regulations (outlined in our membership brochure)
- Most Important.....**HAVE FUN!!**

Team History

The Hamden North Haven YMCA Swim Team originated as a fully recreational swim team known as the Mantarays. From the Mantarays came the conception of the Sea Dragons in the short course season of 2006/2007. The Sea Dragons, at the end of the 2007/2008 short course season went through a program renovation (coaching staff, program setup, etc) where the team members voted on a new team name: Typhoons. With that said, the Typhoon Swim Team has been in existence since April 2008. The Typhoons have had one New England Regional Champion (2008/2009) as well as other swimmers placing in the top 10.

The Team Today

Today's Hamden North Haven YMCA Typhoons consists of approximately 70 swimmers from the Hamden, North Haven, Bethany and surrounding communities. The staff includes one full time coach who oversees the entirety of the program and two/three part-time age group coaches. Swimmers from the age of 5 through 18 compete at all levels with the Typhoons. Practices are held at the Hamden North Haven YMCA main facility, and home swim meets are held either at the YMCA main facility or at Albertus Magnus College in New Haven.

Through the team experience and the sport of swimming, our swimmers have a unique opportunity to learn skills that will serve them well for a lifetime. They learn how to set personal goals and how to work hard consistently and efficiently to make those goals a reality. They learn a range of basic to elite swim technique, how to be a member of a team, and the importance of friends and teammates.

Our swimmers develop self-discipline and self-confidence, and are able to enjoy the experience of swimming on one of the up and coming teams in Central Connecticut. The swimmers motto...once a Typhoon Swimmer, Always A Typhoon Swimmer!

Beyond the Typhoons

Our swimmers excel in the water and also demonstrate a strong aptitude for academics. This is no surprise as swimming is not only physically challenging but mentally challenging as well; it takes a high level of work and commitment to become a competitive swimmer. Our goal is to have our swimmers continue to compete, have a passion for the sport of swimming throughout their college years (and beyond), and utilize the work ethic they learn through the Typhoon Swim Team in their academic career.

Team Structure

The Typhoon Swim Team is managed by the Hamden North Haven YMCA, and is affiliated with the national YMCA organization. As such, the Typhoon swimmers may compete in the National YMCA program ranging from local meets within the state of Connecticut to the annual meets of New England Regional Championships in Boston, MA and YMCA National Championships in Fort Lauderdale, FL.

Practice Groups

The Typhoon Swim Team utilizes a 4 stage age group program which is designed to develop the swimmer physically, mentally, and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis on the early stages of participation is placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge is introduced to the training program.

Practice Groups Cont'd

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels, and goals. At each level, the goals and objectives are specific and directed towards meeting the needs of the swimmer(s). The long-term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

Currently, there are 4 practice groups for the Typhoon Swim Team:

Practice Groups Cont'd

Silver Group (ages 5—11)

- The Silver Group signifies an introductory level to competitive and semi-competitive swimming. The primary goal for this group is to have fun and learn at the same time. Swimmers in the Silver group must be able to swim a full length (25 yards) without a floatation and with their arms out of the water during recovery.

Gold Group (ages 7—13)

- Swimmers in the Gold Group typically have some competitive experience, have participated in the pre-team clinics, or have been formally trained in all four competitive strokes. The primary goal is to learn more efficient swimming techniques while still having the most fun possible! In order to be at the Gold level, a swimmer must either age up (turn 12), or swim up (be able to swim a legal 100 yard/meter IM, a 50 yard freestyle in less than 0:52.00, and complete a head-first entry from the blocks).

Junior Group (ages 10—17)

- The Juniors generally have more than two years of competitive swimming experience, or have been involved with a high school level swim program. The swimmers in the Junior Group are typically focused on improving their personal best times and achieving goals that are set at the beginning of the season with the coaching staff. In order to practice in the Junior group you must have a legal 200 yard/meter IM, and swim the 100 yard freestyle in less than 1:35.00.

Senior Group (ages 11—18)

- The Senior Group represents that highest level of competitive swimming in Connecticut. Swimmers at the Senior level typically have more than four years of experience in competitive swimming, or are involved in a high school swim team program. Seniors must be focused on achieving personal best times, and completing goal sets established by the swimmer and the coaching staff. In order to swim with the Senior Typhoons, you must swim a 500 yard freestyle in less than 7:20.00, a 200 yard IM in less than 3:15.00, and a 100 yard freestyle in less than 1:20.00.

TRAINING SESSIONS

The Typhoon Swim Team offers a year round competitive swimming program comprised of two seasons. Short course practices begin in September with dual meet competition ending in February. At the end of the Short course season, the Typhoons will bring swimmers who have qualified and relay teams to the New England Regional Championship in late March. The Typhoons will also bring swimmers who have qualified to YMCA Nationals in early April. Competitions take place in 25 yard/meter pools against other YMCA teams.

Training Sessions Cont'd

Long course (summer) season practices start in late April (or early May) with competitions ending in late July/early August. Most competitions for the summer season will take place in 25 yard/meter pools, but there will be opportunities for swimmers to compete in meets utilizing a 50 meter pool.

Practice and Attendance Policies

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice. These policies have been developed over several years of experience and are designed to provide the best possible practice environment for all.

- Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to higher groups. The requirements for attendance are:

<u>Group</u>	<u>Total Sessions</u>	<u>Required Sessions</u>
Silver	3	2
Gold	3	2
Junior	4	3
Senior	5	4

- In case a youngster is late for practice, it is our hope that the parents will contact the coach explaining the reason for tardiness.
- Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, a note from the parent for each dismissal is required.
- Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation (more often in the summer time or during championship season which occurs at the end of the seasons). This notification will occur via e-mail and via post on our website (www.typhoonswimming.com).
- Parents are allowed on the pool deck during practices, but not allowed to interrupt the session unless it is an emergency. It is our hope that you hold your questions, comments, or concerns to the end of practice. To note, the coaching staff will hold seasonal office hours to accommodate parents.

CODE OF HONOR AND SAFETY POLICIES

The Typhoon Swim Team has developed safety policies and personal conduct policies that will help maintain the identity of the swim team and each of its members. These policies are to be upheld at practices, meets, and outside of the pool. We will strictly enforce the following rules and guidelines with our swimmers, and should be read carefully by both swimmers and parents.

Safety Policies

- Swimmers are to be dropped off no more than 15 minutes prior to the start of a swim practice and picked up no more than 15 minutes following the conclusion of practice
- There will be no running or roughhousing in the pool area, locker rooms or anywhere on the premises during practice, home swim meets or away swim meets.
- Swimmers are only to be in the pool area with proper coach supervision.

Personal Conduct

- Participation on the Typhoon Swim Team involves each swimmer making a commitment to their teammates and community. Commitment to giving his/her best effort at every practice and every competition is expected. Encouraging teammates to achieve their best and support of the entire Typhoon Swim Team is required.
- Swimmers must adhere to the Hamden North Haven YMCA conditions of membership as stated in its brochure.
- Obscene language and/or actions, which embarrass or reflect poorly on the team, coaches, teammates or the Hamden North Haven YMCA are strictly prohibited.
- The use of tobacco, alcohol or drugs will not be tolerated.
- Attendance at practices is critical to individual and team achievement; each team member will communicate with his/her coach regarding conflicts.
- Swimmers will present a positive attitude/approach to practice, interaction with coaches and teammates.
- Swimmers are expected to be on deck and ready for scheduled practice time and for warm-ups for swim meets.
- Team members will strive for excellence during practice and competition.
- Each swimmer/family is expected to be aware of and to practice good health habits. This includes emphasis on proper nutrition and optimal sleep to encourage overall well-being.
- All team members are expected to follow the locker room rules that include but are not limited to: no food in the locker rooms; keep the locker rooms neat by picking up and throwing out trash; respecting the privacy of others also using the locker rooms; staying away from other's belongings; no running or roughhousing; keeping the noise level to a minimum.
- Swimming equipment is expected to be properly maintained and returned to its rightful place when no longer in use.
- At competitions, only approved team apparel is to be worn (team suit, team cap, etc)

FAILURE TO COMPLY WITH THE ABOVE PROCEDURES MAY RESULT IN DISCIPLINARY ACTIONS TO BE DETERMINED BY THE COACHES. THESE MAY INCLUDE BUT ARE NOT LIMITED TO ONE OR MORE OF THE FOLLOWING:

1. Loss of locker room privileges
2. Being "benched" or suspended from practice and/or meets
3. Suspension from all team activities for a period of time determined by the coaches
4. Ejection from the team with forfeiture of all fees; revocation of YMCA membership

Parents and/or swimmers will be asked to read and sign the Code of Honor & Safety Policies each season.

APPAREL AND EQUIPMENT

Required at all competitions:

- Team Suit
- Team Cap
- Goggles

Required for practice sessions:

- Swim Suit
- Cap
- Goggles
- Kickboard
- Pull Buoy
- Fins (Junior and Senior Groups)
- Paddles (Junior and Senior Groups)
- Old Sneakers (Senior Group)

Preferred for swim meets:

- Team Sweats
- Team Bag

All apparel and equipment (except the old sneakers) can be ordered through our Equipment Manager. Please make sure you label all of your equipment and apparel appropriately as they all look similar.

COACHING STAFF

There is nothing that has a greater impact/influence on the quality of children's sport than the excellence of the coach. The Typhoon Swim Team consists of one full time professionally trained coach, and two or more part-time assistance coaches. All coaching staff must be certified in CPR, Lifeguarding, First-Aid, Blood Born Pathogens, and Oxygen Administration. It is also a preferred characteristic for our coaches to be members of the American Swimming Coaches Association. Our coaching staff assures that the time your children spend in swimming will be high-quality time!

Andy Scherer

- Head Coach
- Andy has served over 11 years as a swim team coach in both assistant and head coach capacities. Andy oversees the overall program including all individual swimmer developments, coaching, practices, meet entries, and board development. Andy's swimmers have achieved regional and national accomplishments. Coach Andy's focus is and will always be on technique; he firmly believes that proper technique and forming appropriate muscle memory will improve overall performance and reduce injury.

Kaitlin Petersen

- Head Age Group Coach—Gold Group
- Kaitlin joined the Typhoon Swim Team in the summer of 2009 with the intent to truly have an immediate impact on the swimmers and the overall team. Kaitlin has over 10 years of competitive swimming experience through Cheshire High School where she was team captain. Coach Kait maintains the Typhoon philosophy that developing technique and a passion for swimming will help retain swimmers through their later years and into adulthood.

Coaching Staff Cont'd

Nicole Fuller

- Head Age Group Coach—Silver Group
- Nicole joined the Typhoon Swim Team during the Short Course season in 2009. Coach Nicole has over 3 years of competitive swim coaching experience in Massachusetts as well as over 10 years as a competitive swimmer. Coach Nicole loves to have fun with her swimmers and focuses on technique while having fun!

Alisse DeAngelis

- Summer Season (Long Course) Assistant Coach—Silver Group
- Alisse joined the Typhoon Swim Team during the Short Course season in 2008. She has just over 10 years of competitive swimming experience most of which through Omni Swimming and Hamden High School. Coach Alisse never stops having fun with the swimmers and always focuses on proper technique and a love for the sport!

Coach Responsibilities

The coaches' job is to supervise the entire competitive swimming program as well as their individual groups. The Typhoon Swim Team coaching staff is dedicated to providing a program for young swimmers that will enable them to develop the highest level of competitive excellent possible for each individual. Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the Typhoon Swim Team coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. The coaching staff makes the final decision concerning which meets the Typhoon Swim Team swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. It is the parent's job to offer love and understanding regardless of their swimmer's performance.
5. The building of a relay team is the sole responsibility of the coaching staff

The coaching staff is constantly updated and improving the Typhoon Swim Team program. It is the swimmers and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

PARENTS

To have a successful program there must be understanding, communication, and cooperation among parents, swimmers, and coaches. The progress your swimmer makes depends to a great extent on these relationships. The following are some potential scenarios that may happen.

Encourage Good Communication

- The coaches want your swimmer to relate to his/her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, complaint, or question please contact the coach as soon as possible.

Problems With The Coach?

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but this approach often results in new problems being created. Listed below are suggestions for a parent raising some difficult issues with a coach:

1. Try to keep in mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group (squad) that can range in size from 10—25 members. On occasion, and individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.
3. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

Ten and Under Swimmers

- Ten and under swimmers are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike. Parents and coaches must be patient and permit these youngsters to learn to love the sport.

It Won't Happen Every Time

- Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered for optimal performance results.

Responsibilities

- Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits, and always maintain an open line of communication with the coaching staff and your swimmer.

Nutrition

Proper diet is an integral part of a successful swimming experience. Swimmers should consume four to either liters of fluids daily. A water bottle should accompany your swimmer to each practice so that fluids can be replenished as they are being lost. Yes, swimmers sweat! Proper fluids to maintain adequate hydration include water, milk, water, real fruit juices, and (once again) water.

Carbohydrates, fats, proteins, vitamins and minerals are all essential to proper diet. Recommended percentages reflect 70—75% of daily caloric intake from carbohydrates, 10—15% from fats, and 15—20% from proteins.

Before a meet, swimmers should concentrate on eating complex carbohydrates (pasta). This should be the main course at every dinner meal (the famous pasta load). Avoid fats and sodas. Make a good fruit salad for dessert and wait until the competition is over to splurge on food.

On meet days, liquids remain of primary importance. If your swimmer can eat a healthy breakfast (bagels, bananas, oatmeal, pancakes, etc) then go for it. However, if your swimmer is prone to nerves and upset stomachs, then stick to toast or a lighter fare. During the meet, fluids are still number one complemented by snacks such as bananas, bread sticks, or dry cereal. Avoid the temptation to buy Rice Krispie treats, candy and doughnuts from the concession stands.

Health Concerns

A few problems may occur but all can be treated and in some cases prevented.

- **Swimmer's Ear**—An infection of the external auditory canal, this can be prevented by drying off the ear with a towel and perhaps a few warm blasts with a hair dryer. Over the counter remedies or a solution of three parts alcohol, one part vinegar and one part water applied daily can change the pH of the canal to discourage growth.
- **Athlete's Foot**—Sometimes difficult to avoid, so be on the lookout for and treat with over-the-counter preparations. Wearing sport sandals on deck helps to prevent this malady from occurring.
- **Water Warts**—See a dermatologist to prevent from spreading
- **Fatigue**—ensure a good night's sleep every night and (please please please) no sleepovers before a meet.
- **Other Health Concerns**—Chronic pain requires medical attention. Repeated use injuries are not uncommon in any sport. Parents are advised to listen to their swimmer when complaining of pain and to contact their swimmer's coach regarding any health concerns. Persistent pain is a sign of injury and should not be neglected or dismissed. Likewise coaches need to hear from parents if their swimmer is troubled in any way. Typhoon Swim Team coaches are interested in the health and well-being of your child and should be made aware of any concerns you or your swimmer might have; the coaches will also notify you of any nagging pain that your swimmer expresses during practices.

TYPHOON PARENTS' ASSOCIATION

As a parent of a swimmer on the team, you automatically become a member of the Typhoons Parents' Association. Behind every successful swim team is a group of individuals who raise money, arrange travel, record times, punch stopwatches, officiate at meets, organize fun activities for swimmers, disburse information and coordinate team attire. This and much more is accomplished through the Typhoon Parents' Association. Your interest and support of our team contribute to and are important to the success of the swim team.

Meetings for the Board of Directors of the Parents' Association are held monthly, generally during the first week of the month, at the Hamden North Haven YMCA. All parents are invited to attend these meetings. The Association also has an Annual Planning & Evaluation Meeting and an Annual Meeting in the spring for election of officers to the Association's Board of Directors. All members in good standing may vote at the Annual Meeting (typically for Board of Director positions). Each practice group will schedule a New Parents Meeting at the start of each season—we encourage all parents to attend.

The Typhoon Swim Team Parents' Association needs each and every parent to make the team flow—there is a niche for everyone! For more information, you can refer to the Association By-Laws on page 19.

Welcome!

Communication...Where Can I Find Out Things I Need To Know

As a growing team with several practice groups, multiple coaches and many different practice times, we truly need to communicate in both formal and informal ways. In addition to consulting the coaching staff, if you have any questions about any part of the team's activities, you should feel free to contact the Parent Liaison, or any other Board member.

As in every organization, communication is the cornerstone of effective functioning. Coaches are available by phone, e-mail, or in person; encourage your swimmers to share their thoughts and concerns, triumphs and tragedies directly with their coach. You are also encouraged to do likewise. Do keep in mind, however, that there's a right time and place for everything and that during meets and practice, coaches must give their full attention to the swimmers.

Coaches meet with parents at the beginning of each season (fall and spring) to discuss and outline their goals and expectations. In addition, the coaches will have a parent orientation within the first two weeks of a new season. The coaches will also use the Typhoon Swim Team website to post news and information. You can find the Typhoon's website on www.typhoonswimming.com.

Along with coaches posting information, you can find the following:

- Informational blog
- Swimmers and Parents Forum
- Practice information (days, times, cancellations, etc)
- Meet schedules
- Information about the coaches
- Driving directions
- Meet results
- Any other pertinent piece of information regarding the Typhoon Swim Team and Parents Association

Overall, your best source of immediate information is the Typhoon Swim Team website at <http://www.typhoonswimming.com>.

Volunteerism

The Hamden North Haven YMCA Typhoons rely heavily on the support and volunteerism of its Parents' Association. You are required to volunteer for several activities, swim meets, fundraising, social events, etc, throughout the swim team season.

Working At Swim Meets

Every year, the Typhoon Swim Team hosts 4—8 home meets, and potentially 2—3 larger meets. Profits from swim meets are a large part of the Parents' Association budget. It takes somewhere around 30—40 people to run a home swim meet, and that means that your swimmers and coaches need you! Here are some of the volunteer jobs that are needed:

- Timer (typically need 20)
- Runner (1)
- Photographer (1 or 2)
- Concession worker (4—5)
- Meet official (certification required) (2)

Fundraiser Volunteers

The Typhoon Swim Team holds several fundraisers throughout the year under the direction and guidance of the Parent Association Board members and the Fundraising Chair. Each event will require planning, preparation, at-event-coordination, and after-event analysis. We will ask the Parents' Association to form fundraising committees on a per season basis.

Social Event Volunteers

The Typhoon Swim Team holds several social events, such as end-of-season banquet, summer picnics, and other similar types of activities, for the swimmers throughout the year. These events are coordinated by a social event coordinator under the direction and guidance of the Parent Association Board members. Each event will require planning, preparation, at-event-coordination, and after-event analysis.

COMPETITIVE SWIMMING

The Hamden North Haven YMCA Typhoon Swim Team participates in the Yankee Cluster swim league which is a part of YMCA Swimming and Diving. We, currently, are not affiliated with USA Swimming, but it is in our plans for the near future.

YMCA Swimming

Our values and philosophy are generated from the National YMCA movement. YMCA competitive swimming offers wonderful teachable moments where participants can develop values for a lifetime.

As a YMCA team, we participate in the YMCA Yankee Cluster Swim League Championships, the New England Regional Championships, and the YMCA National Championships. We abide by all the rules of the National YMCA Swim Committee. An athlete's age for YMCA competition is determined by their age as of December 1st of the year the season starts. Anyone who ages up after December 1st may stay in that younger age group for the remainder of the season.

Information regarding YMCA Swimming and Diving can be found at www.ymcaswimminganddiving.org.

Types of Meets

The Hamden North Haven YMCA Typhoon Swim Team participates in several types of swim meets. Our meet schedule is developed by both the coaching staff as well as the input from the Yankee Cluster League Board of Directors.

YMCA Dual and Tri Meets

This is a meet with other YMCA swim team(s). Swimmers usually compete in 2—3 individual events per person and also participate in 1—2 relays. The coaches will prepare a lineup for these meets by the Wednesday before the meet and distribute to parents via e-mail and posting on the Typhoon Swim Team information board (located in the pool area). The duration of this meet is usually 4—5 hours. Entries are made based on the events the coaches feel the swimmer has most improvement and/or where the swimmer is needed the most. Swimmers must participate in 3 YMCA dual/tri meets to be eligible to participate in the YMCA Regional and YMCA National Championships.

YMCA Cluster Championships

The Yankee Cluster is comprised to YMCA swim teams from around the state of Connecticut. All of these teams gather over the course of a weekend (typically late February for the short course season, and late July for the summer season) and compete against one-another in a scored championship meet. There are entry fees for this meet, and entries are based on where the swimmer has the best chance to improve their personal time or score in their events.

YMCA New England Regional Championships

This meet includes athletes from all of the YMCA's in New England. To participate in this meet, you must have achieved a qualifying time. This meet is usually held at Harvard and/or Boston University in mid-late March. This meet is only held during the short course season.

YMCA National Championships

The YMCA of the USA manages these meets, held in the fall short course season and the summer long course season. Y Nationals are large meets with over 250 teams competing against each other. Both of these meets require the swimmers to meet certain qualifying time standards.

Explanation of the Swimming Seasons

Short Course Season

This season runs from September through March of each year and swimming is done in a 25 yard/meter pool. There are Short Course (SC) time standards which apply to New England Regional Championships and YMCA National Championships. All swimmers participate in the Yankee Cluster Championship.

Long Course Season

This season runs from April through July (and into August) each year. Meets are conducted in either a 25 yard/meter or a 50 meter pool. There are Long Course (LC) time standards which apply to YMCA National Championships. All swimmers participate in the Yankee Cluster Championship.

Explanation of Time Standards

Swimmers are always trying to improve their times in each event in their age group. To help measure that improvement, and to set minimum entry times for some meets (mostly championship meets), time standards are established. Please note that these times are established on a yearly basis, change almost every year, and are primarily meant to increase the speed of which a swim meet is run.

The Basic Strokes

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. All four of these strokes are included in swim meets at various distances and have their own qualifying technique rules. These four strokes are also combined into an event called an individual medley (IM).

Freestyle—In the event that your swimmer is in a freestyle event, they are able to swim any stroke. However, the stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up and down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall (most often their feet in the event a flip turn is used).

Backstroke—This, similar to freestyle, consists of alternation motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

Breaststroke—This is the oldest stroke (dating back hundreds of years), but it also requires some of the most complex movements; simultaneous movements of the arms on the same horizontal plane, and a simultaneous kick with a somewhat circular motion). On turns and finishes, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Butterfly—Some consider this stroke to be the most beautiful, but the most difficult. It features a simultaneous recovery of arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep their legs together and may not flutter, scissors, or use the breaststroke kick. Similar to breaststroke, both hands must touch simultaneously on turns and finishes.

The Basics Cont'd

Individual Medley (IM) — This event features all four competitive strokes; butterfly, back stroke, breaststroke and freestyle (respectively).

Freestyle Relay—Four swimmers compete as a team in the freestyle relay. All four participants swim freestyle for one quarter of the event's total distance.

Medley Relay—Four swimmer perform all four strokes (one stroke per swimmer). The first swimmer swims backstroke, second is breaststroke, third is butterfly, and lastly freestyle.

With regard to technical rules, and disqualifications—rules and technique change on almost a yearly basis. The coaching staff of the Hamden North Haven Typhoon Swim Team not only keeps up with the new advancements in technique and stroke development, but also maintains savvy knowledge of all YMCA swimming rules and regulations. Please consult with them if you have any questions regarding technique or swimming rules.

SWIM MEETS

Swim meets are a great family experience! They're a place where the whole family can spend time together and truly support one another. But, we know there is a lot going on in your life so we want to make things as easy as possible. With that said, here are some general guidelines when it comes to swim meets:

Attendance Policies

- Silver Group—attendance at 75% of home meets and 50% of away meets
- Gold Group—attendance at 75% of home meets and 75% of away meets
- Junior Group—attendance at 100% of home meets and 75% of away meets
- Senior Group—attendance at 100% of home meets and 100% of away meets
- Yankee Cluster Championships should be attended by all swimmers

Prior to the Meets

- Inform the coaching staff of your swimmer's attendance in the upcoming meet. This information is due no later than the Tuesday prior to the swim meet. All swim meet information can be found on our website.
- Parents are encouraged to volunteer to time whether home or away, or work concessions if needed. If you are interested in volunteering, please let the coaching staff know by the Wednesday prior to the swim meet.
- Parents are encouraged to prepare a swim bag the night prior to a meet with the following: team suit, team cap, goggles, towels, and sweats (if needed).

Before the Meet Starts

- Team warm-ups are usually held one hour (or so) prior to the start of the meet. This time will be listed in the meet information posted on our website as well as on our team information board. Swimmers should be on deck and dressed to swim 15 minutes before warm-up for stretching and to check in with the coaching staff. It is very important to be on time or inform the coach of possible delays as scratches are typically due when warm-ups start. If you do not communicate that you will be late for the meet, your swimmer will most likely be scratched if late.

Before the Meet Starts Cont'd

- If swimmers have a bag with their belongings, please make sure that they bring this on to the pool deck with them to protect their belongings from theft.
- Parents are not allowed on the pool deck unless they have a specific meet-related work responsibility. Spectator areas are provided for family members. Should you need to see your swimmer, alert the coach and meet with your swimmer in either the locker room or concession area.
- After warm-up, your swimmer will go back to the team bench where the team will be sitting and waiting for their events. This is a great time to take a bathroom break, get a drink, or just settle in to your seat.
- The meet usually starts right after warm-ups are over.
- A meet program is usually available for sale at the concession stand. The program will have a list of all events, seed times, and swimmers' events listed.

What to Bring to the Meet

- Team Apparel: Suit, Cap, Goggles, Sweats (if needed). It's advised to bring extra goggles and cap.
- Towels...realize your swimmer will be there for a while...pack at least 2
- Something to sit on (extra towel, old blanket, portable chair)
- Games, books, travel games, cards, electronic gadgets, and anything else that will pass the time. Pack these items at your own risk.
- Food: granola bars, fruit, yogurt, cereal (dry), bagels (light butter), and/or sandwiches. Be sure that the food is nutritious—no junk food!
- Drinks: water, fruit juice, water, Gatorade, water, allsport, and.....that's right....water! Only plastic containers, please.

The Meet Starts....Now What Happens

- It is important for every swimmer to know what even numbers he/she is swimming. He/she may swim right away after warm-up or may have to wait for a period of time.
- Generally, girls events are odd numbered and boys' events are even-numbered.
- A swimmer must check the heat sheets (coaches' versions of meet programs) which will be posted on the wall next to our team's bench area.
- The swimmer swims their race.
- After each swim: (1) He/she is to ask the timers for their time, (2) he/she should go immediately to their coach, and the coach will ask him/her their time and discuss the swim with each other, (3) Generally, the coach will provide positive comments about the swim as well as suggestions for improvement
- Things you, as a parent, can do after each swim: (1) Tell your swimmer how great they did, and (2) Tell your swimmer how proud you are of them.
- The swimmer now waits until his/her next event is called and starts the previous procedure all over again.
- When a swimmer has finished all of his/her events, they are able to change but must wait until the entire team is finished. The only exception is the 8 and under groups during the SC season. These swimmers are typically done prior to the 500 yard freestyle event in the middle of the swim meet.
- Results are usually posted following the meet on both the team's website as well as the team information board.

Special Parents' Note

The pool area is usually very warm, so make sure that you dress appropriately—in layers. Use your time at the meets to have fun and meet other parents, and you might enjoy the meets just as much as your swimmer. Volunteering on deck is a great way to meet other parents and get a closer view of the swimmers. It also makes the time go much faster!

TYPHOONS SWIM TEAM PARENTS ASSOCIATION BYLAWS

Article I: NAME and ARTICLES of ORGANIZATION

The name of this organization shall be the Typhoon Swim Team Parents Association hereinafter referred to as the Association. The Association operates under the tax-exempt 501 (c)(3) Hamden North Haven YMCA as determined by the Internal Revenue Service and shall be governed by these Bylaws.

Article II: PURPOSE

The purpose of the Association shall be to support the Hamden North Haven YMCA Typhoon Swim Team under the rules of YMCA Swimming as follows:

- To promote competitive swimming by affording swimmers the opportunity to learn and to develop their skills and by instilling good sportsmanship and team loyalty in the spirit of the YMCA.
- To raise funds to be used for the benefit of the program and its participants.
- To maintain and manage an annual budget for the Association that provides financial support for the program and its participants
- To assist the coaches and the Hamden North Haven YMCA staff in the administrative and clerical duties associated with a competitive swimming program; and,
- To organize and conduct social functions for the participants of the program.

Article III: MEMBERSHIP and DUES

Section 1. General: The members of the Association shall be the parents of the swimmers on the Hamden North Haven YMCA Typhoon Swim Team. The Director of Aquatics of the Hamden North Haven YMCA and the Typhoon Swim Team Coaches shall serve as *Ex-Officio*, non-voting members who may attend and participate in all meetings of the Association.

All members of the Association shall be encouraged to actively participate in Association work, activities and programs.

Section 2. Dues: Each Hamden North Haven YMCA Typhoon Swim Team family is required to volunteer throughout the season for various jobs included, but not limited to (meet timer, runner, concession worker, fundraiser worker, or social event helper). Should a family voluntarily decline to participate as a volunteer, they will be required to pay a fee as described in the Typhoon Swim Team Volunteer Policy (see page 26).

Section 3. Suspension or Expulsion: Any member whose conduct and actions are deemed to be detrimental to the purpose of the Association may be suspended or expelled by a majority vote of the Board of Directors. If a member wishes to appeal such action, he or she must submit a written request for a hearing before the Board of Directors within ten (10) days of notification of suspension/expulsion.

Article IV: VOTING

Only Board of Directors shall have voting privileges on general topics of business; Association members may vote for Board Officers. Association members may also express their opinions either during meetings or with the Parent Liaison prior to the meeting. The Parent Liaison will act as the voice for the Association majority.

All Association members in good standing shall have the right to hold office.

A member shall be considered in good standing if all requirements and/or fees are current and if his or her conduct and actions are in support of the Association's purpose.

Article V: BOARD of DIRECTORS

Section 1. Composition: The Board of Directors of the Association shall consist of the following elected officers:

- President
- Vice President
- Secretary
- Treasurer
- Equipment Manager
- Fundraising Chair
- Parent Liaison
- Meet Manager
- An *Ex-Officio* member

Section 2. Duties of the Board of Directors: The management of the Association will be vested in the elected officers. The Board of Directors shall insure the fulfillment of the purpose of the Typhoon Swim Team Parents Association; assume fiduciary responsibility for all Association funds and resources; establish policies that serve the needs and interests of the Association in support of the Hamden North Haven YMCA Typhoon Swim Team; establish policies for governance of the Association, and, in conjunction with the Director of Aquatics and the Typhoons coaching staff, plans strategically for the Association and the Typhoon Swim Team.

Section 3. Elections: A Nominating Committee to be appointed by the Board of Directors at its February meeting shall nominate the elected officers. The Nominating Committee with consist of five (5) members: a current Board member who is not a President, a member of the coaching staff, and three (3) general members of the Association. The Nominating Committee shall serve for one calendar year from the date of this appointment.

With adequate time prior to the February meeting, the Board of Directors will actively and publicly solicit volunteers from the Association membership to participate on this committee. If more than three members of the Association volunteer, selection will be by lottery. Once convened, the Nominating Committee will elect its own Chair. The Nominating Committee will be responsible for nominating a slate of candidates for current year vacancies for the Board of Directors. The Nominating Committee will present its recommended slate of candidates to the Association membership at least 30 days prior to the Annual Meeting.

Additional nominations may be made by 10 or more members of the Association who present their nomination(s) in writing to the Nominating Committee no later than 20 days before the Annual Meeting. The Nominating Committee shall then present such additional nominations to the entire Association membership at least 10 days before the Annual Meeting. The election of officers shall take place at the Annual Meeting.

During this same time period, the Nominating Committee will be responsible for identifying and recruiting volunteers to the best of their ability for appointment to volunteer positions as articulated in Article IX with the expectation that these appointments be made by the President at the Annual Meeting.

Article VI. TERMS of OFFICE and VACANCIES

Section 1. Terms of Office:

- The following officers shall be elected to serve a two-year term: President; Vice-President; Secretary; Equipment Manager; Meet Manager; Parent Liaison

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- The Treasurer shall be elected for a two year term. The Treasurer must announce at the beginning of the second year of the first term, his/her intention to seek/not seek a second term so that any necessary transition for this key Board position may be addressed by the Board of Directors.

No elected officer of the Board of Directors shall be eligible for more than two consecutive terms in the same position with the exception of the *Ex-Officio* member. If the Nominating Committee cannot fill the position to the best of their abilities, the Board may vote to ask the current position holder to stay on for an interim term.

The term of office shall be from September 1 through August 31 for the number of years consistent with the defined term of office.

It is understood that the work of the Board of Directors occurs at Board meetings. Board members are expected to attend all meetings. Board members must attend a minimum of 75% of the Board meetings each year to be eligible to remain in office.

Section 2. Vacancies: In the event a vacancy occurs on the Board of Directors, the President and Vice-President may consult with the Nominating Committee and/or with other members of the Board, and may recommend a replacement candidate to fulfill the remainder of the current term. Any such candidate must be voted on by a majority of the Board of Directors at the next regularly schedule Board meeting. Any officer elected in this manner must be re-nominated and elected in accordance with the procedures identified in Article V. Sec. 3.

Article VII: FISCAL YEAR

The Association shall operate on a fiscal year that runs from September 1st through August 31st.

Article VIII: DUTIES of OFFICERS

President and Vice-President: Shall be responsible for the overall running of the Association, which includes the following but are not limited to: developing initiatives that continuously support the Typhoon Swim Team on a yearly basis; setting the agenda for monthly Board meetings and directing those monthly meetings; monitoring the work of their colleagues on the Board ensuring that identified duties and responsibilities are carried out; ensuring that the Board and the organization adhere to the Association's Bylaws; acting as the liaison for the Association membership with the Typhoon Coaching staff, the Hamden North Haven YMCA and other organizations as necessary. President and Vice-President, working collaboratively with the Nominating Committee, shall appoint members to fill the following appointed volunteer positions as laid out in Article IX and any additional ones deemed necessary. The President and Vice-President with majority support of the Board of Directors may appoint committees from time to time as deemed necessary to complete special projects or policy reviews as needed by the Association as set forth in Article IX, Section 3, Other Committees.

Secretary: Shall be responsible for the recording of minutes for all official meetings held by the Association. Shall also be responsible to distribute team information on a set day per week. The Secretary shall maintain a permanent copy of the records of all meetings and business correspondence in the swim team office. The Secretary shall serve as the Associations Parliamentarian.

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Treasurer: Shall be responsible for the preparation of and accounting for the Association's annual budget, shall maintain appropriate financial records for the Association, shall be responsible for the collection and deposit of all Association funds, shall disburse all Association funds as authorized by the Board of Directors and Typhoon Coaching staff, shall present a financial report at each monthly Board meeting, shall present an Annual Financial report to the Association at the Annual Meeting, shall insure that all necessary tax reports are compiled and filed as required by law to safeguard the not for profit status of the Association. The Treasurer and/or Central Connecticut Coast YMCA's CFO will be the primary signatory of each and every financial account maintained by the Association.

Equipment Manager: Shall be responsible for the ordering of team apparel, disbursement of equipment information, recruitment of vendors for team equipment, and disbursement of equipment upon arrival. The Equipment Manager will maintain a record of all orders, receipt of orders, and journal of disbursement in the swim team office.

Parent Liaison: Shall be responsible for the organization and communication of Association members. The Parent Liaison shall act as the primary means of communication for all new Association members.

Fundraising Chair: Shall be responsible for coordinating all fundraising events for the Typhoon Swim Team, with the coordination of the Nominating Committee, shall recruit and organize the Fundraising Committee as outlined in Article IX. Section 3. The Fundraising Chair shall present one event summary per fundraising activity at the proceeding Board Meeting.

Meet Manager: See below for detailed description of this role.

Ex-Officio: The *Ex-Officio* member will serve in an advisory capacity to the Board of Directors and will be responsible for mutually agreed upon special projects as approved by the majority of the Board of Directors. The first right of refusal for this position will be to the age group coaching staff. Should the age group coaching staff decline this position, then the head coach will act in this capacity.

Article IX: APPOINTED VOLUNTEER POSITIONS and COMMITTEES

Section 1. Appointed Volunteer Positions: Association members shall be appointed annually to the following volunteer positions by the president or vice-president to ensure the Associations purpose and goals are accomplished each year (these are for non-Board positions that report to the Board of Directors):

Parent Coordinators: Working in conjunction with the Typhoon Swim Team coaching staff, Board of Directors (primarily the Parent Liaison) shall report pertinent parent feedback, questions, comments, and/or concerns to the Parent Liaison no later than 2 days prior to a scheduled Board meeting. There will be four (4) Parent Coordinators one representing an individual practice group.

Meet Manager: Working in conjunction with the Typhoon Swim Team coaching staff shall organize and recruit head timers and timers, runners, and bullpen manager of swimmers throughout the duration of home swim meets. This person shall arrange for refreshments (e.g. water/soda) to be available for disbursement at specific points throughout hosted meets.

Section 2. Standing Committees:

Nominating Committee: There shall be a Nominating Committee as described in Article V, Section 3 and Article VI.

Parents Association Bylaws

Fundraising Committee: There shall be a Fundraising Committee consisting of four (4) Association members and led by the Fundraising Chair. The Fundraising Committee will be recruited by the Nominating Committee and the Fundraising Chair. The Fundraising Committee will hold meetings no less than one time per two months and report to the Board of Directors as to their progress in supporting the Typhoon Swim Team via fundraising events and activities.

Section 3. Other Committees: The President and Vice-President with majority support of the Board of Directors may appoint from time to time other committees as it may deem advisable for special projects, such as a social event, or policy review for the Association and shall clearly designate the appointed committees' charter/scope of work, membership and duties. The board of Directors shall appoint a Chairperson for each appointed committee from Association members in good standing.

Once convened, each committee will determine the time and place of its meetings. A majority of the members of the appointed committee will constitute a quorum for business.

Each committee will submit to the Board of Directors reports of its work. The appointed committees may make recommendations to the Board of Directors for further action or consideration by the Board of Directors. No committee shall enter into any contracts or incur any indebtedness or financial obligations on behalf of the Association or the Hamden North Haven YMCA.

The appointed committee will be dissolved upon the completion of its assigned charter/scope of work. Conversely, if a special committee becomes of permanent value, it may be designated as a Standing Committee through the Bylaws Amendment process as described in Article XII.

Article X: MEETINGS

Section 1. Monthly Board Meetings: The Association shall hold monthly Board meetings on pre-determined dates and times. The Board of Directors will decide these events no later than the first Fiscal Year Board meeting.

Announcement of the meetings and agendas shall be disseminated to the entirety of the Association at least 7 days prior to the meeting.

All Association members in good standing may attend the Board meetings.

Only members of the Board of Directors shall have the right to vote at this meeting, unless a bylaw amendment or vote to fill a Board vacancy is included on the agenda. In that case, all voting members in good standing present at the meeting vote on the bylaws amendment(s) or nominations proposed.

Regarding voting, Robert's Rules of Order shall prevail at all meetings and the meeting chair shall withhold his/her vote unless it influences the outcome of the vote.

A majority of the Board of Directors shall constitute a quorum for the transaction of business. Voting by proxy shall be permitted as approved by the President and Vice-President.

Section 2. Annual Planning and Evaluation Meeting: A Planning and Evaluation Meeting for the entire Association shall be held annually. In lieu of an Annual Planning and Evaluation Meeting, the Board of Directors can decide to survey the entire membership to solicit input on member reaction to the past year and expectations/goals for the upcoming year.

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The date, location, format and agenda will be determined by the Board of Directors and shall be disseminated to the Association members at least thirty (30) days prior to the meeting.

The meeting shall be open to all members of the Association in good standing.

All voting members in attendance will be permitted to vote at the meeting. A majority of the Board of Directors shall constitute a quorum for this meeting. Voting by proxy shall be permitted as approved by the President and Vice-President.

Section 3. Annual Meeting: One meeting per year will be deemed the Annual Meeting and its agenda will include the election of officers of the following year.

In addition, the President and Vice-President shall report on the year's activities and the Treasurer shall report on the financial condition of the Association. The date, location, format and agenda will be determined by the Board of Directors and shall be disseminated to the Association membership at least thirty (30) days prior to the meeting.

All voting members of the Association in good standing in attendance may vote at this meeting. Voting by proxy shall not be permitted.

Fifteen voting members of the Association shall constitute a quorum at the Annual Meeting.

Section 4. Special Meetings of the Board of Directors: Special Meeting of the Board of Directors may be called at the discretion of the President and/or Vice President, or by written request of two (2) members of the Board of Directors with three (3) days notice given to the Association in advance of the meeting.

The call for the special meeting must specify the purpose of the meeting. No business shall be transacted at any special meeting except that for which the call is issued.

A majority of the Board of Directors shall constitute a quorum for the transaction of business. Voting by proxy shall not be permitted.

Section 5. Special Meetings of the Association: Special meetings of the Association membership may be called by the President and/or Vice President, or can be called upon written request of two (2) members of the Board of Directors, or five (5) members of the Association.

The call for the special meeting must specify the purpose of the meeting. No business shall be transacted at any special meeting except that for which the call is issued.

Notice of the special meeting shall be disseminated to the Association at least fourteen (14) days prior to the special meeting.

All voting members of the Association shall be permitted to vote at this meeting.

Thirteen (13) voting members of the Association shall constitute a quorum for any special membership meetings. Voting by proxy shall not be permitted.

Robert's Rules of Order, revised edition, shall be the parliamentary authority for all Association meetings.

Article XI: INDEMNIFICATION

The Association shall indemnify, hold harmless and make whole, in the manner and to the full extent permitted by law, any Indemnified person in respect of any threatened, pending or completed action, suit or proceeding, whether or not by or in the right of the Association, and whether civil, criminal, administrative, investigative or otherwise, by reason of the fact that Indemnified person bears or bore one of more of the relationships to the Association specified in this Article and was acting or failing to act in one or more of those capacities or reasonably believed that to be the case.

To the full extent permitted by law, the indemnification provided in this Article shall include expenses (including attorney's fees, disbursements and expenses) judgments, fines, penalties and amounts paid in settlement of any judgment, order, decree or other court, administrative, or arbitration decision or settlement arising out of or in connection with such action, suit or proceeding.

The indemnification provided by this Article shall not apply to any Indemnified Person whose otherwise indemnified conduct is finally determined to have been in bad faith, self-dealing, gross negligence, wanton and willful disregard of applicable laws, rules and regulations, or who is convicted of a crime (including felony, misdemeanor and lesser crimes).

Indemnified Person as used in this Article, shall mean any person who is or was a Board member or Officer who was serving at the direct request of the Association as a meet manager, official, committee chairman, or member, coordinator, volunteer, or agent of another person or entity involved with the sport of swimming, including the successors, guardians, conservators, heirs, executors, administrators, and trustees of such Indemnified Person.

The Association may maintain insurance, at its own expense, to protect itself and any such person against any such liability, cost or expense.

Article XII: DISSOLUTION

Section 1. Plan of Dissolution: In the event the Association dissolves pursuant to action of the members, action of the Board of the Directors, action of the Board of Directors and members together, or by a court judgment, the Board of Directors shall adopt a plan of dissolution for the satisfaction of its liabilities and the distribution of its assets, pursuant to Connecticut General Statutes.

Section 2. Distribution of Assets Upon Dissolution: After payment of all liabilities and obligations of the Association and after the return of all assets which were held by the Association upon condition that they be returned upon the dissolution of the Association, all remaining assets shall be transferred to one or more domestic corporations engaged in activities substantially similar to the Association and qualified as a 501 (c)(3) Corporation by the Internal Revenue Service.

Article XIII: AMENDMENTS of the BYLAWS

Amendments may be proposed by any member of the Association in good standing.

These bylaws may be altered or amended by majority vote of the entirety of the Association present at any regular, special or Annual meeting provided all alterations or amendments shall have been approved by the Board of Directors and shall have been disseminated to the Association for at least thirty (30) days prior to such meeting. Any alteration or amendment to these bylaws, which is so approved, shall become effective immediately.

A review of these Bylaws shall be conducted every three (3) years by the Board of Directors.

TYPHOONS SWIM TEAM PARENTS ASSOCIATION VOLUNTEER POLICY

The Hamden North Haven YMCA Typhoon Swim Team embraces a team philosophy that commits it to develop the highest level of competitive swimmer experience for every participant. This encourages significant growth in spirit, mind and body for all swimmers, and builds caring, honesty, respect, and responsibility. These goals can only be attained with the dedicated efforts of all Typhoon Swim Team parents. Parent support and involvement is vital to the success of our swim team. Parents are required to volunteer through out the season.

Parent Commitment & Volunteer Points

Effective September 1, 2009 the Typhoon Swim Team will implement a volunteer point system for all families. There will be a scaled requirement based on the age of the swimmer. The point requirements are:

10 volunteer points	8 and under swimmer
15 volunteer points	9 and 10 swimmer
20 volunteer points	11 and 12 swimmer
20 volunteer points	2 or more swimmers in the 8 and under & 9 and 10 category
25 volunteer points	13 and over swimmer
30 volunteer points	2 or more swimmers in the 11 and 12 & 13 and over category

Volunteer points can be earned by working at swim meets, by becoming a swim meet official, by accepting an appointed volunteer position or committee member position, or by serving on the Parents' Association Board of Directors. "Volunteer points tracking sheet" will be available at each meet / event for volunteers to sign up. The number of volunteer points for each activity upon full completion are:

2 volunteer points	Timer, Runner, Concession Worker (per half an event)
3 volunteer points	Donation of concession stand items (per event)
4 volunteer points	Timer, Runner, Concession Worker, Fundraiser, or Social Event Worker (per meet)
6 volunteer points	Meet Official (per meet)
8 volunteer points	Social Event Committee Chair (per appointment to committee)
12 volunteer points	Board Directors of the Association (per season)

Lack of Volunteer Points

Should a parent (or family) not be able to fulfill their volunteer responsibilities, you will be assigned volunteer duties. You may also be subjected to a non-compliant fee in the future.

Excess Volunteer Points

Should a parent (or family) accrue an excess of volunteer points, they will be awarded 1 drawing ticket per volunteer point for the Annual Meeting. The drawing held at the Annual Meeting will consist of private coaching sessions, free swim team gear, and other rewards.

Late Registrants and Intent of Policy

Late registrants will be issued a pro-rated volunteer point requirement based on the number of months for participation.

The intent of this volunteer policy is to emphasize the importance of volunteerism!

**TYPHOONS SWIM TEAM PARENTS ASSOCIATION
SIGNATURE PAGE**

Code of Honor and Safety Policies

I have read and will abide by the Code of Honor and Safety Policies listed on page 8 of the Handbook.

Swimmer Signature _____ Date _____

Swimmer Signature _____ Date _____

Swimmer Signature _____ Date _____

Parent Signature _____ Date _____

Volunteer Policy

I have read and will abide by the Volunteer Policy listed on page 26 of the Handbook.

Parent Signature _____ Date _____

Photograph Release Form

The Hamden North Haven YMC A Typhoons Swim Team would like to capture the excitement and fun of the swim season with color photographs and/or video footage of our swimmers in action! From time to time, photos will be taken of swimmers during meets, championships, social events etc. The Typhoons reserves the right to use these photos for news releases, the team website, banquet presentations, marketing purposes, etc.

The Typhoons feel that these are legitimate opportunities for our swimmers to be in the “lime light” and to also promote our team.

SWIMMER _____ AGE _____

SWIMMER _____ AGE _____

SWIMMER _____ AGE _____

_____ YES, I grant permission for the Typhoons to use my child(ren)’s photo for the publications listed above. I understand that there will be no compensation provided to me or my child(ren). I further release and indemnify the Typhoons , its Parent Board, employees, staff, volunteers and agents from any and all liability and responsibility for any claim or cause of action that may arise as a result of the use my child(ren)’s photo.

_____ NO, Please do not use my child(ren)’s photo.

Parent Signature _____ Date _____