



Dear High School Swimmers,

It is time for the 2007 swim team season and with that comes a busy YMCA. There are a few things we need each swimmer to keep in mind when they are at the YMCA. Please follow the guidelines written below:

1. Please bring your own towel to swim practice. The YMCA is not responsible for providing you with a towel.
2. If you practice at the West YMCA **and you are not a full-facility member**, you must use the Aquatic Center Locker Rooms. The Family Locker Rooms are a member service and are for members only. At the Downtown YMCA, all swimmers use the Downstairs Family locker rooms.
3. At no time should any swimmer be in the Special Needs Locker Room, unless approved by your coach and the aquatic director.
4. The Adult Locker Rooms are for those 19 and older only. High School swimmers are NOT allowed in the upstairs locker room for any reason.
5. When in the locker rooms, please pick up after yourself and your team. We want to maintain clean locker rooms at all times and that can only be done with your help. Please put towels in their proper bins, pick up your trash, and keep the area clean. Soap dispensers and other YMCA equipment in the locker rooms are not to be tampered with.
6. Treat all members and YMCA staff with respect. The YMCA's Character Values are: **CARING, HONESTY, RESPECT & RESPONSIBILITY**. Please follow these values when you are at the YMCA.
7. Show your YMCA membership card or Activity Pass when entering the YMCA. You will not be allowed to practice without showing it at the front desk. This pass is only good for the time you are here for swim practice. It does not allow you to get into the building at any other time or to use the equipment, unless you are a YMCA member.
8. The YMCA is not responsible for lost or stolen articles. You are responsible for bringing your own lock to keep your items safe.
9. A coach must be on deck before swimmers can enter the water.
10. The hot tub is not a gathering place for the team. Please be respectful for those adults who are using the hot tub. If the hot tub gets too crowded with high school swimmers, you will all be asked to leave the hot tub.
11. No pushing, shoving, or wrestling team members on deck or into the water.
12. At no time should swimmers be using the diving blocks during practice, except under the direct supervision of their swim coach. When diving off the blocks, swimmers may only dive in, swimming in one direction. There will be no swimming back in the lane where diving is taking place.
13. On Tuesdays when you have a swim meet, **please have you and your parent's park directly across the street in the YMCA parking lot**. If your park in the bike lanes you will be ticketed.
14. During swim meets, all food, bags and personal belongings must be kept in the bleachers.
15. All swimmers must warm up, cool down, and practice in their assigned lane. At no time should a high school swim program participant be in a lane that was not designated as a high school swim lane.
16. If your team is responsible for the meet set please make sure that you are available before the meet to make sure that the meet is set up on time.
17. If your team is responsible for cleaning up after a meet, please make sure you stay after and help clean up.

Thank you for helping us keep the YMCA at it's best. Have a fun and successful swim team season! If you have any questions or concerns, feel free to contact the aquatic director at the Downtown or the West Y-City YMCA.