



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



KENOSHA YMCA JAGUARS SWIM TEAM PARENT HANDBOOK AND SWIM TEAM GUIDE

Revised 09/2024

KENOSHA YMCA 7101 53rd Street, Kenosha WI 53144 | P 262 654 9622 F 262 653 9886 | WWW.KENOSHAYMCA.ORG

The Kenosha YMCA (Young Men's Christian Association) is a 501(c)(3) charitable organization under the Internal Revenue Code, thereby qualifying for maximum deductibility. An audit report will be provided upon request.





Hello Swimmers and Parents!

Welcome to the YMCA of Kenosha Wisconsin Jaguar Swim Team. These few pages outline the responsibilities, policies, and fees of the Jaguars. Please take the time to read these pages. We strive to offer a safe, fun, and instructive swim team.

We are confident that you have made a good choice in selecting the Kenosha Jaguars as a method of fitness, fun, and competition for your child/children.

We will be working diligently to make this an unforgettable and rewarding experience for all involved. As a swimming team and a community YMCA, we look forward to your assistance in the continued growth of our swimming team.

The Kenosha Jaguars will always strive to have a fun and successful program.

We want to thank you in advance for your commitment to this fast-growing team and hope that you and your children find this a great place to swim and grow.

If you have any questions, please feel free to ask a coach team or one of the experienced parents. The best time to talk to the coaching staff is after or outside of practice.

Sincerely,
The Jaguars Coaching Team

Kenosha YMCA Jaguars

As a year round program organized and operated by the Aquatics Department of the Kenosha YMCA, the Jaguars are dedicated to providing a high quality and nurturing environment for swimmers of all levels between the ages of 5 and 18. Through the facets of the swim team program, the Y looks to continue its 90+ years of community impact with a focus on building youth development, healthy living, and social responsibility. The team's vision is to build a generational strong aquatics community through consistency, dedication, discipline, and determination.

Y SWIM

YMCA and US Swimming jointly provide an unparalleled opportunity for children as the largest co-gender sport throughout the nation. To couple with the overall experience, swimming also builds a strong foundation for a lifetime of good health by teaching age-appropriate fitness habits. The Jaguars utilize a form of age group swimming with a focus on team involvement through ability and age-based practice groups.

Physical Development

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

- Develops high quality aerobic endurance which is the most important key to physical fitness
- Promotes promotional muscular development by using all of the body's major muscle groups
- Swimming acts as a catalyst to children's natural flexibility at a time when they ordinarily begin to lose it
- Nurtures the development of superior coordination from all muscle groups
- By far, the most injury free activity of all the children's sports
- Indefinitely bring kids fitness and enjoyment for life

Intellectual Development

Children can develop a greater level of 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, swimmers must develop and plan movement sequences. They improve by exploring new abstract ideas. They learn that greater progress results from using their creative talents. Finally, their accomplishments in learning and using new skills contribute to a strong self-image.

In addition to these benefits, Kenosha Jaguars 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 adult.

Facility Locker Room Policy

The Kenosha Jaguars practice at the Kenosha YMCA. The facility features a 8 lane 25 yd competition pool. We are privileged to use other aspects of the Y facilities when necessary such as the track and fitness studios.

Locker Room and Locker Use Policy

The Kenosha Jaguars utilize the team locker rooms at the Kenosha YMCA. These locker rooms are used for changing before and after daily swim practice. As a club, we follow the guidelines of the Norfolk Family YMCA, as well as guidelines encouraged by USA Swimming.

The Jaguars, along with the Kenosha YMCA prohibit all physical abuse, sexual abuse, emotional abuse, threats, bullying, harassment, and hazing in the locker room areas. Jaguar swimmers, coaches, and volunteers will be subject to disciplinary action for any violation of USA Swimming Minor Athlete Abuse Prevention Policy ([MAAPP 2.0](#)), Kenosha Jaguar Swim Team, and Kenosha YMCA policies.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Use of cell phones and other mobile recording devices with recording capabilities, including voice recording, still cameras, and video cameras increase the risk for different forms of misconduct in locker rooms. It is the policy of both the Kenosha YMCA and all USA Swimming clubs, including the Jaguar Swim Team, that use of these devices are strictly prohibited in locker rooms and other changing areas.

USA Swimming article 305.3:

Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms, or locker rooms.

Additional Guidelines

-The locker rooms are occasionally shared with all general members of the Kenosha YMCA. As such, there are likely to be people who are not associated with the Jaguar Swim Team in the changing area at simultaneous times.

-The Jaguar Swim Team members who utilize the Kenosha YMCA locker rooms should use the area in a timely manner, exiting immediately after their purpose is accomplished. We highly discourage the swimmers from lingering in the locker rooms before and after practice.

-The Jaguar Swim Team coaches make every effort to recognize when an athlete leaves practice to go to the locker room, and if they do not return in a timely manner, their whereabouts will be checked if possible.

-We discourage parents from entering the locker rooms unless it is truly necessary. If an athlete needs assistance with his or her swim gear, or an athlete's disability warrants assistance, then we ask that the parents let the club know in advance in order to facilitate assistance.

-The Jaguar Swim Team coaching staff or a USA Swimming non-athlete certified member of the club may conduct random sweeps of the locker rooms during the course of the season. Only members of the same gender will enter the respective locker rooms (women checking on female locker rooms, and men checking on male locker rooms).

Discipline Policy

Swimmers are expected to show responsible behavior before, during and after practice as well as meets. The behavior of each Jaguar member affects our team image and relationships. Negative or abusive behavior will not be tolerated. It is crucial that the practice environment remains positive and that practice sessions operate in a smooth and efficient manner.

Inappropriate behavior would include, but is not limited to

- Speaking when the coach is speaking
- Disobeying the requests or instructions of the coaches
- Failing to respect others' private property
- Behaving in any way that could reflect negatively on the program and/or the Y
- Failing to respect all areas of the facility and/or staff members
- Profanity

For These Behaviors consequences will be

- First offense – warning from guard or coach
- Second offense – 15 minutes sitting out of practice
- Third offense – 30 minutes sitting out and a CALL TO THE PARENT

Please note that any disruptive behavior which interferes with practice or the safety of another swimmer will automatically result in the swimmer being asked to leave practice

Jaguar swimmers and parents must also adhere to the following practice policy:

- Have all practice equipment with you
- Be ready to enter water or start dry land on time
- If late, enter practice without disrupting the practice group
- Stay the entire practice unless you notify a coach prior to/or at the beginning of practice
- Bleacher observation area is open, but please hold questions until the end of practice

Apparel and Equipment

The Jaguars are proudly sponsored by Arena. Since a majority of our swimmers will have similar practice equipment, please make sure that you utilize an equipment bag and label all of your swimmer's equipment.

Required at competitions

- Team cap (1 provided: additional caps can be purchased)
- Team Suit
- Goggles
- Towels

Required at Practice

- Swimsuit
- Cap
- Goggles
- Kickboard
- Pull Buoy
- Fins
- Equipment Bag
- Water Bottle

Preferred for Swim Meets

- Team Shirt
- Team Warmups
- Team Bag

Kenosha Jaguar Fees

- Y Membership Fee: All swimmers must keep a YMCA membership at all times
- Swim Team Fees: \$80 per month

Monthly Swim Fees Due on the 1st of each month

Swim fees are required the first of every month. Fees are what keep the team up and running so it is very important that we all do our share. Direct debit can be set up. Please contact Cheryl Hervat (Account Specialist) at 262 654 9622 x 203 or Stephanie Zuehls (Aquatics Director) at 262 654 9622 x 224

Should you choose to leave the team during season, mid-month cancellations will not be prorated.

Please note you will need to register for short course season and long course season. Payment methods from one season will not follow to the next season.

YMCA Jaguar tuition fees are subject to change: however, in the event of this happening, you will receive notice.

Coach Responsibilities

The coaches' job is to supervise the entire competitive swimming program as well as their individual groups. The Jaguar coaching staff is dedicated to providing a high-quality program for young swimmers that will enable them to develop the highest-level competitive excellence possible for each individual. The coaches will be in total control in matters affecting training and competition.

- The coaches are responsible for placing swimmers in practice groups. This is based on the age and ability level of each individual swimmer. When it is in the best interest of the swimmer, he/she will be placed in a more challenging training group by the coach
- Sole responsibility for stroke instruction and training regime rests with the coaching team. Each groups' practices are based on sound scientific principles and are geared to their specific swimming capabilities.
- The coaching staff making the final decision concerning which meets swimmers may attend based on competition readiness and USA membership. The coaching staff also makes the final decision concerning which events a swimmer is entered.

- 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 swimmers performance. It is the parents responsibility to offer love and understanding regardless of the swimmer's performance
- The building of a relay team is the sole responsibility of the coaching staff and relays may be altered throughout the year to allow for every swimmer a chance to be on a relay team.

Parent's 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 a good diet and sleeping habits, and always maintain an open line of communication with the coaching team and your swimmer.

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 some guidelines for a positive parent - coach relationship.

- Try to keep in mind that you and the coach have the best interests of your child at heart. If you trust the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and constructive dialog
- 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 that can range in size. On occasion, an 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.
- If another parent uses you as a sounding board for complaints about the coaches' 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
- If you have a concern with respect to the coaching program, please wait at least 24 hours prior to contacting the coach and then arrange a time to discuss the issue discreetly and respectfully.

Swimmer Nutrition

Proper diet is an integral part of a successful swimming experience. Swimmers should consume four to eight liters of fluid daily (water, real fruit juice, milk, etc.). A water bottle should accompany each swimmer to practice so that fluids can be replenished as they are being lost.

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

Before a meet, swimmers should not try to alter their already healthy diets, but should focus on recovery fluids. On meet days, liquids remain of primary importance. If your swimmer can eat a healthy breakfast, then go for it. However, if your swimmer is prone to nerves and upset stomachs, then stick to a lighter fare. During the meet, snacks such as bananas, healthy granola bars are best. Avoid the temptation to buy treats and candy from the concession stand.

Communication: Where Can I Find the Information I Need

As a growing team with several practice groups, multiple coaches, and different practice times, we truly need to communicate in formal and informal ways.

As in every organization, communication is the cornerstone of effective functioning. Coaches are available by e-mail. Encourage your swimmers to share their thoughts and concerns with their age group coach. You are encouraged to do likewise. Do keep in mind however that there is right time and place for everything and that during meets and practices coaches must give their full attention to the swimmers

Swimming 101

Kenosha Jaguars are a dual-sanctioned YMCA and USA Swim Team.

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 (list types of meets). 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 unless swimming at Y Nationals Anyone who ages up after December 1st may stay in that younger age-group for the remainder of the season.

More information regarding YMCA Swimming and Diving can be found online at www.YMCASwimmingandDiving.org

Types of YMCA Meets

- Dual/Tri Meets - Intra-League meets with 1 or 2 other YMCA teams.
- Invitationals - Usually a sanctioned meet for 10 and over swimmers. Invitationals typically require an entry fee, and entries are determined by the coaches and swimmers. Relays typically not swum unless swimmers themselves gather a team.
- Regional Championships - This meet includes athletes from all the YMCAs in Wisconsin. To qualify for this meet, you must have achieved a qualifying time or be selected for a relay team.
- YMCA National Championships - The YMCA of the USA manages these meets, held in the short course season and the summer 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

USA Swimming (USA-S)

Our main meet opportunity for our swimmers. In order to participate in this opportunity, there is a separate registration fee as well as additional entry fees for the attended meets. In USA-S meets, many of which require qualifying times for participation, each swimmer will be entered by the coaching staff into events for which he/she is eligible. Swimmers from many teams are entered in each event the events are divided into heats so each swimmer is competing with others of equal ability. The meets are classified as All ages, A, or AA meets. Each classification has progressively stringent qualifying times that a swimmer must meet in order to enter. A swimmer who has not yet achieved an A time in an event may no longer swim that event at B or C meets. Thus, at USA-S meets, swimmers are assured appropriate competition and are also encouraged to focus on a goal of improving their times rather than winning the race.

The Season ... an Explanation

- Short Course - September through March of each year and swimming is done in a 25 yard/meter pool. There are time standards that apply to championships.
- Long Course - 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 time standards that apply to championships.

Time Standards ... an Explanation

Swimmers are always trying to improve their times in each event in their age group. To help measure improvement, and to set minimum entry times for some meets (most championship meets),

time standards are established. Please note that 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 Basics of a Meet

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 - Consists of alternating motion of the arms with a flutter kick while on the back. On turn, 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 back
- Breaststroke - The oldest stroke (dating back hundreds of years), 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 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.
- Individual Medley (IM)- Features all four competitive strokes: butterfly, backstroke, breaststroke, and freestyle (respectively)
- Freestyle Relay- Four swimmers compete as a team in a freestyle relay. All four participants swim freestyle for one quarter of the event's total distance

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

Technical rules, disqualifications and techniques change on almost a yearly basis. The coaching staff of the Jaguars not only keeps up with the new advancements in technique and stroke development, but also maintains knowledge of all YMCA/USA-Swimming rules and regulations. Please consult them if you have any questions regarding technique or swimming rules.

Everything About Your Meets

Swim meets are a great family experience. They are a place where the whole family can spend time together and truly support one another. They also afford the team an opportunity to build friendships and celebrate each other's successes. But we know there is a lot going on in your life so we want to make things as easy as possible. Here are some guidelines when it comes to swim meets:

Prior to Meets

Inform the coaching staff of your swimmer's attendance in the upcoming meet. This information is due no later than the Tuesday before the meet. All swim meets information can be found on (list here). Please be accurate about your attendance as scratches affect other swimmers. Prepare a Swim Bag the night before to a meet with all of the required meet equipment.

Before the Meet Starts

Team warmups are usually held one hour prior to the start of the meet. Swimmers should be on deck dressed to swim 15 minutes before warmup 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 warmups start. If you do not communicate that you will be late for the meet, your swimmer will be scratched.

- If swimmers have a bag with their belongings, please make sure that they bring this to the pool deck with them to protect their belongings from theft.
- Parents are not allowed on the pool deck unless they have 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 concessions.
- 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 into your seat. However, swimmers are expected to be present in the designated

team area on deck as coaches cannot spend time during a meet searching for individuals before an event.

- The meet usually starts right after warmups are over.
- A meet program is usually available for sale at the concession stand. The program will have a list of all swimmer's events and seedtimes.

What to Bring to a Meet

- Team Apparel - Suit, Cap, goggles, sweats (if needed). It's advised to bring an extra pair of goggles and swim cap
- Towels - realize your swimmer will be there a while -pack at least 2
- Something to sit on (towel, old blanket)
- Food: granola bars, fruit, dry cereal, etc. - no junk food
- Drinks: water, Gatorade, water, - non- breakable containers please

The Meet Starts - Now What?

- It is important for every swimmer to know what event numbers he/she is swimming. He/She may swim right away after warmups or may have to wait a period of time.
- Generally, girl's events are odd numbered, and boys are even
- A swimmer must check the heat sheet (coaches' meet program)
- The swimmer swims their race
- After each swim
 - He/She should ask the timers for their time
 - He/She should go immediately to their coach, and the coach will ask him/her their time and discuss the swim with each other
 - 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
 - Tell your swimmer how great they did
 - Tell your swimmer you are proud of them
- They now wait 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 (are they able to leave? What are the Jaguars rules)
- Results will be posted following the meet.

A Parent's Note

The pool area is usually very warm, so make sure 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. Participating on deck is a great way to meet other parents and get a closer view of the swimmers. It also makes the time go faster.

Code of Honor

Kenosha Jaguar has defined safety and personal conduct policies that help maintain the identity of the swim team and each of its members. These policies are to be upheld by swimmers' parents, and coaches at practices, meets and outside of the YMCA

Safety Policies

- Swimmer drop off no earlier than 15 minutes prior to the start of practice
- Swimmer pick up no later than 15 minutes from the end of practice
- Running, rough housing, and any other behavior deemed harmful to you, other swimmers, the Y or the community is strictly prohibited.

Personal Conduct Policy

- As a Kenosha Jaguar, you make a commitment to your teammates and community. You demonstrate that commitment but giving your best effort at every practice and competition as well as encouraging your teammates to also give their best.
- Swimmers must demonstrate respect for all facilities, coaching staff, and YMCA staff members
- Kenosha Jaguars must adhere to the Kenosha YMCA conditions of membership.
- Obscene language and/or activities which embarrass or reflect poorly on the team, coaches, swimmers, parents, or community are strictly prohibited
- Swimmers will present a positive attitude and approach to practice and competitions
- Swimmers and families will practice healthy living habits which include proper nutrition, sleep and life balance to encourage swimmer development
- Swimmer and parents must abide by the locker room rules that include (but are not limited to): no food in the locker room, keep the locker room neat by picking up and throwing away trash, respecting the privacy of others using the locker room, staying away from other's belongings, no running or rough- housing, keeping the noise level to a minimum and no cell phone use.
- Swimmers are responsible for maintaining, taking care of, and cleaning up swimming equipment when not in use
- At competitions, only team equipment is to be worn (team suit, team cap, etc)

Failure to comply with these policies will result in disciplinary actions as determined by the coaching team. These may include, but are not limited to:

- Loss of Locker Room privileges
- Benched/suspended from practices or competitions
- Suspension from team activities or events for an amount of time determined by the coaches
- Ejection from swim team program and/or revocation of YMCA membership with forfeiture of all fees.

Swimmer Signature/Date _____

Parent Signature/Date _____

Emergency Medical Release

In case of emergency, I understand that every effort will be made to contact me, the parents/guardians of the swimmer. In the event that I cannot be reached, I hereby authorize care for my child during participation in the Kenosha Jaguars program. If treatment is deemed necessary for injury or illness, I hereby give permission to the attending physician to hospitalize and/or secure proper treatment for my child. I understand that I am financially responsible for any expense for medical care incurred on my child's behalf. I hereby release the Kenosha Jaguar Swim Team, the Kenosha YMCA, and its employees from any responsibilities for the injuries incurred during my child's participation in the Kenosha Jaguars swim team.

Parent and Guardian Signature: _____ Date; _____

Printed Name _____

In event of an emergency, the persons listed below may be called in the following order

_____ Phone _____ Relationship _____

_____ Phone _____ Relationship _____

_____ Phone _____ Relationship _____

Allergies: _____

Medications currently prescribed: _____

Please describe any medical problems or concerns: _____

Family Doctor: _____ Phone: _____

Family Dentist: _____ Phone: _____



KENOSHA YMCA JAGUARS

Photography/Video Opt-Out Form

It is understood that coaches, employees, swim team parents, and swimmers of Kenosha YMCA Jaguar swim teams (Jaguars) do regularly photograph team members at hosted activities and at other team USA Swimming and YMCA Swimming related activities. These photos are often shared amongst team parents, swimmers, and coaches and may ultimately be used on bulletin boards, promotional materials, or team social media pages.

As the parent/caregiver of _____
I allow the following:

For Kenosha Jaguars to take videos and photographs to use on the team's website and team social media pages

Consent Given

Consent Refused

For Kenosha Jaguars to take videos and photographs to include with newspaper articles or team promotional materials

Consent Given

Consent Refused

For Kenosha Jaguars to take photographs to use on the team's notice and bulletin boards

Consent Given

Consent Refused

For Kenosha Jaguars to take videos for training purposes only

Consent Given

Consent Refused

Signed: _____

Dated: _____



KENOSHA YMCA JAGUARS

Swim Team Registration

Swimmer's Information:

Name _____
Last First MI Preferred

Birthdate ___/___/___ Age: _____ Gender (circle one): M F

School: _____ Grade: _____

Address _____
City State Zip

Home Phone: _____ Alt Phone _____

Number of Years swimming: _____ Number of years competing _____

Have you competed for any other swim teams? Yes No

If yes, for which teams and how many years? _____

Parent/Guardian Information:

Primary Contact: _____ Phone: _____

Address if different:

Address City State Zip

Email: _____

Preferred method of contact: phone text email

Additional Contact: _____ Phone: _____

Address if different: _____
Address City State Zip

Email: _____

Preferred method of contact: phone text email

Do you have any competitive swimming experience? _____

If so, what was your favorite stroke? _____

What would you like your child to get out of the Kenosha Jaguars Swim Team program?

Do you have any special talents that might be beneficial to the program? (web design, marketing, certified official, etc)

KENOSHA YMCA YOUTH PERMISSION FORM

Emergency Information and Code of Conduct

This form allows youth ages 13-14 to be in the Kenosha YMCA without a supervising adult. After reviewing the YMCA's Policy and Guidelines, this form requires signature of both a parent and child

NAME (PLEASE PRINT ALL INFORMATION CLEARLY)		PHONE	
DOB	AGE	MALE	FEMALE
ADDRESS		CITY	ZIP

CODE OF CONDUCT:

1. RESPECT: Everyone (Teens, Members, Staff and Children) deserves to be treated with respect at all times.
2. RESPONSIBILITY: We are responsible for the use of appropriate language at all times and to abstain from using inappropriate language (swearing, racial or offensive language) and from intimate displays of affection.
3. CARING: The YMCA building, property, equipment and all people are to be treated with proper care and respect.
4. HONESTY: I will abide by the above code of conduct in an honest and truthful manner. I have also read and agreed to the conditions set forth by the Kenosha YMCA Policies and Guidelines.

PHOTO/TALENT RELEASE: I hereby irrevocably release, consent the Kenosha YMCA and its agents to use my photograph/likeness/voice as it pertains to my participation with the YMCA in any manner for promotional efforts without expectation of any reimbursement in connection with its use.

I have read and agree to the conditions set forth in the Kenosha YMCA Policies and Procedures. I understand the above Code of Conduct, and agree to act in accordance. I also understand that if I do not abide by the Code of Conduct and Kenosha YMCA Policies and Guidelines, I may be asked to leave the facility, and/or be put on a temporary, or permanent, suspension.

Teen Signature	Date
----------------	------

Parent/Guardian Signature