

MacColl YMCA



2026 Handbook



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FOR SOCIAL RESPONSIBILITY**

Introduction

This handbook is intended to provide useful information to swimmers and their parents regarding the MacColl YMCA Fuller Stingrays swim team program. It outlines the various policies that will be in effect for the entire season. All parents and swimmers will need to read and signoff via registration through Swim Topia before being allowed into practice.

Mission Statement

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

Our Mission

The mission of the YMCA of Pawtucket, Inc. as part of a worldwide fellowship, to provide services and activities which help people regardless of age, sex, race, or religion, to develop in mind, body and spirit; to recognize and fulfill their responsibilities to the family, the community and each other; and to improve their health and life-styles. In keeping with its mission the YMCA's goals are:

Health Enhancement

Provide a comprehensive quality program of health and fitness services that will enhance healthy lifestyles in the community

Lifetime Skills Development

Provide a comprehensive developmental program to enhance the learning experiences of children

Strengthening The Family

Provide a broad range program of services to enhance family participation, parent-child relationship and Family unity

Training Philosophy

The purpose of this competitive swim program is to provide every swimmer with an opportunity to strive for excellence in a competitive swimming environment. While setting a record, getting a personal best time, qualifying



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for a championship meet and winning are common goals, we hope that our swimmers learn more. Personal goal setting, self-motivation, self-confidence, taking responsibility, all around improvement and maintaining health & fitness while building lasting friendships are but a few of the goals the Y will have for your swimmers.

About the Team

The Fuller Stingrays swim team is a member of the Narragansett Swim League (NSL). Our team is a program run out of the MacColl YMCA in Lincoln, RI. Our season takes place during the summer and ends with the NSL All-Pool Meet Championship. Our team is comprised of swimmers of all skill levels that have met certain criteria and have been evaluated by a member of the Fuller Stingrays coaching staff. You do not have to be a member of the MacColl Black Marlins swim team to join the Fuller Stingrays (for more information about the MacColl Black Marlins Swim Team, please contact a member of the coaching staff). Each swimmer will be provided opportunities to become more educated about aquatics, swimming techniques, nutrition, training, competitive rules and aquatic futures.

How to Become a Team Member

All swim team members must be a full-member of the MacColl YMCA. The requirements for team membership include:

1. Swimmers must be evaluated by a coaching staff member to ensure they swim at a proficient enough level to join the team. Must be 16 years of age or younger by July 1, 2026.
2. Must be a member of the MacColl YMCA.
3. Maintain active full membership throughout the entire season.
4. Make and fulfill payment arrangements for the swim team program fee.
5. Swimmers and parents must adhere to the **Code of Conduct**.
6. **Compete in at least two (2) swim meets to be eligible for the league championship.**
7. Satisfactorily complete, sign and return all registration forms.



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8. Need to arrive on time at practices with the appropriate equipment.
9. Swimmers must participate in team fundraising activities.
10. Swimmers must participate in the All Pool Meet (Aug. 1st and 2nd).

Swim Team Fees

- 10 and Unders: \$160
- 11-16 year olds: \$190

Communication

The primary form of communication between the MacColl Fuller Stingrays coaching staff and swimmers and their parents is email and SwimTopia. This allows the coaching staff to send one, consistent message to everyone. YMCA rules prohibit coaches from emailing minors directly, so all email will be sent to the appropriate parent or guardian email address. Emails and notifications will be sent for various reasons including updates on swimmer's progress, upcoming events, and practice cancellations.

For all swim team related matters please contact Kayla Ciampanelli, Coach and Team Administrator, at kciampanelli@ymcapawt.org

Swim Team Expectations

Swimming is both an individual and team sport. A swimmer's individual conduct impacts not only themselves, but on the other team members and the organization's reputation.

All swimmers are **MINIMALLY** expected to adhere to the following:

1. Will always act within the Code of Conduct guidelines.
2. Will fulfill their responsibility to themselves and their teammates by regularly arriving on time and attending practice.
3. Will arrive to practice and meets with the appropriate, necessary equipment.
4. Will participate in team fund-raising activities.

Practice

Practice is available five days a week. Swimmers may come and participate in as many practices per week as their schedules will permit. The more your



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child goes to practice the more improvement they will see in themselves. Remember, these are guidelines, and the Y understands the web of everyday family life. These attendance recommendations are not mandatory with exception. You will only be allowed to register your swimmer(s) for one time slot for the entirety of the season.

There will be no practice on the days we have swim meets or team events.

Swimmers consistently not attending weekly practices may be placed in non-scoring events and may be removed from relays. Continued and persistent absence may result in the swimmer not being allowed to participate at the league championship.

- First Day of Practice - June 22nd
- Last Day of Practice - July 30th

All-Pool Meet Dates - August 1st and 2nd Swim Meets

Participation at the All Pool Meet Championships is **MANDATORY** for all swimmers.

*Swimmers must participate in a minimum of 2 meets to be eligible for the All Pool Meet Championships.

Transportation to all meets is the sole responsibility of the parents or guardians.

Each swimmer can swim a maximum of 3 events per meet. However, the fourth event **MUST** be an exhibition (non-scoring) event. Swimmers are assigned events (individual and relays) by the coach for the whole team's benefit.

Attendance and behavior at practice are factored into the decision.

*If a child will not be able to participate in a particular meet, it is important to let the coaches know at least a week prior.



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The league requires the submission of the team information a week in advance to allow for a smooth, efficient meet.

If your child will be unable to participate due to illness or some other unforeseen emergency, please email kciampanelli@ymcapawt.org

All swim team members are asked to compete in the White and Blue Swimsuits.

- Team Swimsuit – MEETS ONLY
- Practice Suit(s)
- Extra Towel(s)
- Sweatpants and/or Sweatshirt
- Flip-flops/Crocs are encouraged.

Parent Participation

Without the assistance of volunteers, swim meets are simply not possible. Some of the areas where volunteers are needed include:

Timers: 1 Head timer and between 12-14 timers PER MEET

Bullpen: 2 (Assist getting the swimmers ready for their events)

Concession Stand: 2 FUNDRAISING**

Drop Off and Pick Up

For every swimmer to get the most out of each practice we ask that you arrive 10-15 minutes before each practice. Swimmers will also be asked to leave as soon as their practice has concluded. Detailed instructions will be sent out for where swimmers should be dropped off and picked up.

Weather Policy

If a practice is going to be canceled due to inclement weather, a member of the coaching staff will contact the team through Swimtopia. Coaches will try to decide as soon as possible to give the team plenty of notice. It is the



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responsibility of every parent/guardian to check the SwimTopia app and/or their email before they drive their swimmers to practice.

If a practice has started and needs to be cut short due to weather, a member of the coaching staff will contact the team through email and through SwimTopia. We highly recommend parents keep an eye on the weather in Lincoln, RI so you are not surprised if practice is canceled.

You do not need to email us asking if practice is being canceled, we will contact you.