2026-2027

Parent Handbook

MLY Phoenix

TEAM WEBSITE: - MLYPHOENIX.COM

COMMIT SOFTWARE TEAM PORTAL IS ACCESSED AT TEAM WEBSITE – Click Log In at the Upper Right
PHONE / TABLET APP - Commit Swimming - Team

TEAM GEAR SPONSOR: SPEEDO – TEAM PORTAL

METRO SWIM SHOP – MLY PHOENIX TEAM PORTAL

AUGUST 30, 2026

Mission Statement
We strive for the best and most successful experience for every swimmer and their families. We recognize that each individual has different goals and aspirations. We will help create a path to achieving and succeeding in those individual goals. We will encourage the development of the characteristics exemplified in being a great teammate and abiding by the YMCA's core values.

Caring: To show a sincere concern for others, for their needs and well-being.

Honesty: To be truthful in what you say and do.

Respect: To follow the golden rule.

Responsibility: To do what is right, be accountable for your promises and actions.

The Goals of MLY Swimming

We begin with the end in mind, knowing that swimming is a journey and an ever-evolving process. At the end of each child's journey with us, we want them to be physically, mentally, and technically at their best. Our program is built on the fundamentals of swimming and a commitment to great technique. Starting with the youngest swimmers, we will focus on the fundamentals of swimming and developing essential skills. As the swimmer matures, we will focus on specific higher-level skills and finer points of precise technique. Physical training will be done at each level, emphasizing aerobic conditioning as swimmers mature. The journey will also include mental training to help develop confident, self-reliant, and resilient athletes.

COMMUNICATION:

Almost all communication from the team will be by email via COMMIT SWIMMING. We recommend enabling notifications for COMMIT to ensure you receive all team communications. We send Emails regarding Meets, practices, and team events; please take the time to read them, as we try to keep them concise and to the point.

SWIMMING SOFTWARE SYSTEM:

COMMIT SOFTWARE:
COMMIT SWIMMING is the software system that runs the swimming side of the team. COMMIT enables us to communicate with parents and swimmers. It is also the tool used to enter swim meets, track swimmers' times, and monitor attendance.
COMMIT SWIMMING is accessed via your computer or your phone. For your computer, go to our home page https://www.mlyphoenix.com/ and log in at the top right corner. For mobile devices: Download the Commit – Team app at either the Play Store for Android or the App Store for iPhone. search for Commit Swimming – Team
Once you log in, you will land on your dashboard, which will show you upcoming meets and where to enter your swimmer for the meet.

YMCA ACCOUNT:
Your YMCA account is for all billing purposes and security. Everyone entering the building must check in each time. The YMCA database is updated continually to check members. You and your child must check in every time you enter the building.
Payments from your YMCA account will either be for Membership, Program Fees (Swim Team Dues), or other miscellaneous fees such as meet entries, personalized caps, etc. When we bill you for a miscellaneous fee, you will receive an email with the information on what we charged and why.

The YMCA has an app you can download from the App Store or Google Play: *YMCA 360*. The YMCA 360 app is convenient for you and your swimmer. If the YMCA 360 app is on your or your swimmer's phone, the barcode is easy to access, and check-in is smooth and fast. If you enable push notifications, you will receive instant updates from us about pool closings and other happenings at the Y. If you have any questions or concerns about your YMCA account, please call our Customer Care Center at 215-220-9199.

GREATER PHILADELPHIA YMCA SWIM TEAM REGISTRATION
Now that you have your COMMIT and YMCA accounts, the Greater Philadelphia YMCA also needs a "registration" form filled out. This is automatically sent when we register you for Phoenix. We will send out links and reminders to ensure everyone is registered this way as well.

The GPY registration includes details on both the swimmers' and parents' code of conduct, as well as Safe Sport regulations, photo releases and more. Please take a couple of minutes to read through all of the forms.

YMCA VS. USA SWIMMING

MLY Phoenix is a member of both YMCA and USA Swimming. All swimmers are registered with both orginizations. Nothing in the water differs, and the two organizations follow the same swimming rules. The main difference is that times from different meets may or may not count for other meets. In short, times from meets that are USA Swimming-sanctioned "count" for both USA Swimming and YMCA Swimming qualifications. If a time comes from a YMCA Closed (think YMCA teams only) meet, the time can only be used in YMCA-only meets. Time discrepancies come up during championship season in two ways.

1. Any swimmer who wishes to swim in the YMCA Championship Series must participate in at least three YMCA Closed Meets. Current YMCA Closed meets on are written in RED on our meet schedule (see page 7 of this guide. We recommend completing the three meets early, as the YMCA Championship meets start the first week of Februrary. The Championship Series for YMCA includes 8 & Under States, Bronze, Silver, 12 & Under, and 13 & Over States. YMCA Nationals are also in the Championship Series.

2. To have a valid time for a USA Swimming Meet, the time must be achieved in a USA-sanctioned meet. Current USA Swimming-sanctioned meets are written in Black on the schedule. Some meets are dual-sanctioned, and the times at those meets are reportable for both USA and Y swimming. Please look under the Classification Tab to see what kind of meet it is. Swimmers need USA Swimming-sanctioned times for the Middle Atlantic 10 & Under Championships, Middle Atlantic Junior Champs, and Middle Atlantic Silver Champs.

Practice and Meet Attendance:

We recognize that everyone leads hectic lives, and that specific commitments to practices and meets can add significant stress for children and parents already juggling numerous responsibilities. Therefore, we do not have any specific training or meet requirements. You do not need to attend a certain number of workouts to stay in any group or attend any particular meet.

The more committed you and your swimmer are, the better chance that your swimmer improves, and the better chance the entire experience is better. Club swim meets have a reputation for being long and tedious, we do our best to offer alternatives like the Time Trials and our dual meets. We believe regardless how long the meets are, they are a critical part of the experience.

- Meets are the time when kids get to know each other and hang out. During practice, swimmers rest very little, and instruction is going on constantly. Thus, the time to talk and get to know your teammates is during meets.

- Meets are motivational, whether the swimmer achieves a best time or not. Meet performance is the only accurate objective measure in swimming. The clock tells no lies, and if a swimmer gets a best time, it leads to more motivation to train smarter and harder and get better. If not the best time, the swim is a learning experience. There is nothing like meet performance to instill motivation or experience teachable moments.

- Every swim at meets is like a mini private lesson. The swimmer is expected to speak with their coach after every event. The coach will provide immediate feedback on what was done well and what needs improvement. We love to praise our swimmers, and we love teaching them. Meets offer us an excellent opportunity to interact one-on-one with your swimmer.

It is our responsibility to create environments that foster a sense of commitment and enjoyment. We aspire for swimmers to "want" to come to practice instead of feeling like they have to.

EVENT SELECTION FOR MEETS:
Each group coach has goals for what they want each swimmer to achieve in meets. Coaches may suggest specific events they want their swimmers to enter at particular meets. We want each swimmer to be the best overall swimmer they can be, and if they choose the same events repeatedly, it becomes challenging. We strongly encourage swimmers to compete in different events for several reasons.
If a swimmer competes in a new event or one they have not swum for a long time, the likelihood of setting a best time is very high. Everyone likes best times! Also, by doing different events, swimmers may find out they are better at events than they thought and will be more motivated to train. They might not realize it now, but later in life, being able to say they did a 200 fly, a 400 IM, or a 1650 free will draw admiration from almost everyone.

WEBSITE:
Our team website www.mlyphoenix.com, has been revamped and is a great tool for general information. Below is a quick map of the website and where to find what:
Below is how the site is organized.
About (Submenus: How to Join, Missions and Goals, Coaches, Locations, College Commitments, Team Records)

Practices and Meets (Submenus: Practice Schedule, Practice Groups, Meet Schedule, Qualifying Times)

Parent Info (Submenus: Important Dates, How to Enter a Meet, FAQs, Learn about Swimming, Safe Sport, Team Handbook*)

Equipment/Gear (Submenus: Third Base Team Store, MLY Team Store, Equipment)

Photos:
We always want the latest and greatest pictures of your kids that we can show off on our website. If you have any that you would like to share, please email them to Coach Chris at chris.brookover@philaymca.org.

MEET SCHEDULE

(SCHEDULE MAY CHANGE DUE TO ACCEPTANCE INTO MEETS AND OR OTHER UNFORESEEN CIRCUMSTANCES)

MLY Meet Schedule 2026-2027

Updated 6/23/2026

Date	Meet Name	Location	Classification	Recommended Groups
September				
9/27	MLY Time Trials	Mount Laurel, NJ	YMCA Closed	ALL
October				
10/3	MLY Laps	Mount Laurel, NJ	Non-Affiliated	ALL
10/10-10/11	Charger Challenge Invitational	York, PA	USA & YMCA Closed	ALL
10/18	HACY Dual - Home	Mount Laurel, NJ	YMCA Closed	ALL
10/24	Riptide's Spooky Sprints	Piscataway, NJ	YMCA Closed	10 & Under
10/31	HACY Dual - Away	Princeton, NJ	YMCA Closed	ALL
November				
11/1	FCA	Wynnewood, PA	USA Swimming	10 & Under
11/6- 11/8	OCY Great Turkey Classic	Toms River, NJ	USA & YMCA Closed	9 &Over
11/14-11/15	JW Thanksgiving A/BB/C	Sewell, NJ	USA Swimming	11 &Over
11/14-11/15	JW Thanksgiving Developmental	Sewell, NJ	USA Swimming	10 & Under
11/29	OCY Gobble Gobble	Toms River, NJ	YMCA Closed	12 &Under
December				
12-4 12-6	**GSA/NSC "A" Prelim / Final	Middletown, PA	USA Swimming	9 & Over Qualifiers
12/6	JSY Holiday Mini Meet	New Providence, NJ	YMCA Closed	8 &Under
12/12-12/13	BWA Winter Classic A/BB/C	Sewell, NJ	USA Swimming	9 & Ovwr
12/12-12/13	BWA Winter Classic Developmental	Sewell, NJ	USA Swimming	8 & Under
12/18-12-20	OCY Winter Classic	Toms River, NJ	USA Swimming	9 & Over Qualifiers
Holiday Break				
January				
1/9-1/10	JW New Years A/BB/C	Sewell, NJ	USA Swimming	9 &Over
1/17-1/18	BWA Winter Classic A/BB/C	Camden, NJ	USA Swimming	9& Over
1/17-1/18	BWA Mini	Camden, NJ	USA Swimming	8 & Under
February				
2/6	NJ YMCA- 8 & Under State Champ	New Providence, NJ	YMCA Closed	8 &Under
2/12-2/13	**NJ YMCA- Bronze Champs	Perth Amboy, NJ	YMCA Closed	Qualifiers 9 &Over
2/19-2/21	**NJ YMCA- Silver Champs	New Providence, NJ	YMCA Closed	Qualifiers 9 &Over
2/26-2/28	**NJ YMCA- 12 & Under Champs	Toms River, NJ	YMCA Closed	Qualifiers 9-12
March				
3/11-3/14	**NJ YMCA- 13 & Over Champs	Lancaster, PA	YMCA Closed	Qualfiers 13 &Over
3/20-3/21	**Middle Atlantic- 10 & Under Cham	Sewel, NJ	USA Swimming	Qualifers 10 &Under
3/18/2027-3/21	**Middle Atlantic- Junior Champs	Lancaster, PA	USA Swimming	Qualfiers 11-14
3/26-3/28	**Middle Atlantic- Silver Champs	Newark, DE	USA Swimming	Qualfiers 11 &Over
Spring Break				
03/29-04/02	**YMCA Nationals	Greensboro, NC	YMCA Closed	Qualifers 13 and Over

Meet Schedule is tentative and may change dates or times. Entries must be accepted by hosting team. Meets are designated USA Swimming or YMCA Closed. YMCA Closed is important as all swimmers must compete in at least three YMCA Closed meets to be eligible for any YMCA championship meet. Swimmer must also have times from a USA Swimming sanctioned meet in order to swim in MA Championship meets. Select YMCA meets are also USA Swimming sanctioned.

All meets marked with two asterisks (**) are meets that have qualifying times. Your swimmer must be faster than the qualifying time to swim in the events offered. Most meets labeled championship have qualification times.

COACHES:
We have the best coaches in South Jersey. I am incredibly proud of this staff and their passion for helping kids. Below is a list of Head Coaches and Assistant Coaches by group and their emails.

I ask that you do not contact the coaches before or during training sessions, as it will not allow them to concentrate on your swimmers. Feel free to speak to any coach after practice or email them with questions or concerns.

MLY COACHING STAFF 2024-2025

Chris Brookover	Program Director	chris.brookover@philaymca.org
	Head Coach – Senior / Junior / Ignite	
Cindy Passalacqua		cindy.passalacqua@philaymca.org
	Team Administrator	
	Head Coach - Mini	
	Assistant Coach – Age Group	
Joe Cucinotti	Head Coach – Age Group	jcucinotti827@yahoo.com
	Assistant Coach - Mini	
Jamie Bowne	Assistant Coach – Junior	
Kristina Reddell	Assistant Coach - Senior	
Rob Wilson	Assistant Coach - Senior	
Daniel Huber	Assistant Coach – Mini	
Laura Wilson	Assistant Coach – Mini	
Collin Canfield	Assistant Coach – Senior	
Xander Rausch	Assistant Coach – Junior / Ignite	
Naomi Basa	Assistant Coach – Junior / Senior	
Tristan Lisowski	Assistant Coach – Ignite / Age Group	

FUNDRAISING:

The Aquatic 5K or Laps for the Campaign is set for Saturday, October 5. We will have different sessions divided by groups for the swimmers to participate. Our Goal as a Team is to raise $10,000.00. . This breaks down to less than $60.00 per swimmer. Laps for the Campaign is an easy fundraiser as your swimmers can send out emails to potential sponsors, and the sponsors log into the system and pledge and pay right away. We know this is a great way to help the team and the YMCA, and we thank all of you for participating.

VOLUNTEERING:
Every team needs help in many different areas to be successful. To that end, we ask that you get involved and be ready to volunteer for the many positions and jobs available during the year.

TIMERS
We need timers for almost every meet. I understand you pay to have our kids swim in the meets. Why do we need time as well? I don't know the answer, but I know that being on deck and timing makes the meet go very fast, and you get the best seat in the house. You can sign up for timing via our software system; however, there are numerous situations when timers are needed, and your help makes our team more respected.

GROUP PARENT REPRESENTATIVES
We ask each training group to have at least two adults as representatives. Their role will include communicating with the coaches, leading special events, and collecting money for the coaches.

OFFICIALS
Officials are critical to the success of our team. The ability to bring officials to meets we attend makes a difference. It shows the host team we are willing to bear our share. It shows we are serious and have parents that care about the rules and running of meets. Please contact our head of officials Jacob Conlon – jmconlon@gmail.com

SUMMARY:

Our team is not the largest around, and that is by design. We believe every swimmer is important regardless of their skill or ability. Every swimmer deserves attention and instruction, and we strive to ensure everyone is given as much coaching as possible. So it is with our parents that we may not have the most, but we have a lot of very nice people who care about the quality of their children's experience and are willing to help where they can to make it great.

We look forward to a great year with your help.

Coach Chris and the Staff