

2026 - 2027
SEASON

hurricanes

team handbook





contents

03 Welcome	17 Meet Day Expectations	31 Transportation & Travel
04 Who We Are	18 Championship & Travel	32 Facilities & YMCA Expectations
05 Our Story	19 Athlete Advancement	33 Who Do I Contact
06 Athlete Development	20 Coaching Responsibilities	
07 YBAC Pathway	21 Athlete Responsibilities	
08 Technical Level	22 Parent & Family Role	
09 Competitive Level	23 Communication	
10 Competitive Level (cont)	24 Parent Volunteer	
11 High-Performance Level	25 Athlete Code of Conduct	
12 Training Equipment	26 Behavior & Discipline	
13 Training at YBAC	27 Parent Code of Conduct	
14 Strength & Development	28 SafeSport & Protection	
15 Competition at YBAC	29 Athlete Safety	
16 Meet Entry & Commitment	30 Registration & Fees	

Welcome to YBAC

Welcome to the YBAC Hurricanes

YBAC is a year-round competitive swimming program of the Alamance County Community YMCA. Our program is built to develop athletes over time—not simply from one meet, season, or training group to the next.

We believe successful athlete development includes more than swimming fast. Athletes learn how to train, compete, communicate, lead, respond to challenges, and take increasing ownership of their development as they progress through the program.

Our coaches use a long-term development approach that brings together technical instruction, athletic development, competition, athlete education, and character development. Every athlete's path will look different, but the standard remains the same: consistent effort, respect for others, accountability, and a willingness to learn.

This handbook explains the expectations, policies, and responsibilities that support that environment. Families should use it alongside the YBAC Athlete Development Guide and team communications throughout the season.



Who We Are

MORE THAN A SWIM TEAM.

The YBAC Hurricanes is the competitive swimming program of the Alamance County Community YMCA. We develop swimmers through a long-term approach that connects technical development, athletic development, competition, leadership, and character.

Our athletes enter the program at different ages, ability levels, and with different goals. Their paths will not always look the same. Our responsibility is to meet athletes where they are, provide appropriate opportunities to grow, and prepare them for what comes next.

OUR MISSION

To holistically develop young athletes into confident leaders—both in the pool and in life—through a commitment to excellence, discipline, and character.

OUR VISION

To be a nationally recognized program where athletes are supported in reaching their athletic, academic, and personal potential through excellence, leadership, and community.





Our Story

BUILT OVER TIME. STILL MOVING FORWARD.

Competitive swimming has been part of the Alamance County Community YMCA for generations. The YBAC Hurricanes grew from that tradition into a year-round competitive program serving athletes from their first swim team experience through championship and national-level competition.

Over the years, YBAC has continued to grow and evolve while remaining rooted in the people who built the program. Generations of swimmers, families, coaches, volunteers, and YMCA staff have helped create the opportunities our athletes have today.

YBAC TODAY

Today, YBAC brings together athletes of different ages, backgrounds, experience levels, and goals within one developmental pathway. Some are learning how to be part of a team. Others are pursuing championship and national-level performance.

Wherever they are in that journey, they are Hurricanes.



Our Athlete Development Model

DEVELOPING THE WHOLE ATHLETE.

At YBAC, development is more than improving times. Our program is designed to develop the swimmer, the athlete, and the person over time.

Athletes grow and progress at different rates. Training decisions consider skill development, physical maturity, training readiness, individual goals, and the demands appropriate for each stage of development.

TECHNICAL DEVELOPMENT

Develop efficient technique, race skills, and a deeper understanding of the sport. As athletes progress, they learn to recognize and adjust body position, timing, rhythm, and pressure in the water.

ATHLETIC DEVELOPMENT

Build strength, mobility, coordination, movement quality, and physical confidence through age-appropriate training that progresses alongside the athlete.

CHARACTER DEVELOPMENT

Develop confidence, accountability, resilience, teamwork, and leadership through the daily expectations and challenges of training and competition.

HOW WE SUPPORT DEVELOPMENT

Long-Term Development

Progress athletes based on readiness and development—not simply age or short-term results.

Growth & Maturity

Consider periods of growth and physical change when making training and progression decisions.

Athlete Education

Teach athletes to understand training, recovery, nutrition, mindset, competition, and their role in the development process.

Assessment & Feedback

Use coaching observation, assessment, athlete feedback, and performance review to guide appropriate next steps.

YBAC Pathway

The YBAC Pathway provides a progressive training environment from an athlete's first experience with competitive swimming through championship and national-level development.

Each stage builds on the skills, habits, and expectations developed before it.

TECHNICAL LEVEL

Technique | Ages 4–10

Learn the Fundamentals

Introduction to competitive swimming, stroke development, confidence, and fun.

Fitness | Ages 11–18

Build Healthy Habits

Swimming for fitness and personal growth while continuing to develop skills and experience the team environment.

COMPETITIVE LEVEL

Category 1 & 2 | Ages 6–11

Competitive Foundations

Learn how to train, develop all four competitive strokes, and begin learning how to compete.

Category 3 & 4 | Ages 11–16

Competitive Development

Increase training consistency, develop race skills, and build greater ownership of training and competition.

HIGH-PERFORMANCE LEVEL

Category 5 | Ages 13–18

High-Performance Development

Advance training skills, prepare for championship competition, and integrate strength and athletic development.

Senior + National | Ages 13–21

Championship Performance

Develop leadership, advanced performance understanding, and the skills necessary for long-term training and championship-level performance.

PROGRESSION THROUGH YBAC

Athletes progress based on skill development, training readiness, physical development, maturity, consistency, and the ability to meet the expectations of the next training environment.



Technical Level

The Technical Level develops swimming skills, confidence, and healthy training habits without the increased training and competition expectations of YBAC's Competitive Level.

TECHNIQUE

Ages 4–10 | Learn the Fundamentals

An introduction to competitive swimming focused on skill development, confidence, and learning how to practice as part of a team.

Development Focus

- Build all four competitive strokes
- Develop body position, kicking, breathing, and coordination
- Introduce starts, turns, streamlines, and underwater skills
- Learn lane etiquette and practice expectations
- Build confidence and enjoyment in swimming

Training: 2 practices per week

Competition: YMCA competition opportunities

FITNESS

Ages 11–18 | Build Healthy Habits

A team environment for athletes who want to improve their swimming, fitness, and skills without following the traditional competitive pathway.

Development Focus

- Improve stroke efficiency
- Build endurance and general fitness
- Develop consistent training habits
- Improve movement quality and body awareness
- Build individual goals within a team environment

Training: 3 practices per week

Competition: YMCA competition opportunities



Competitive Level

CATEGORY 1 & 2

Ages 6–11 | Competitive Foundations

Category 1 & 2 introduce athletes to structured competitive training. Swimmers continue developing technique while learning the skills, habits, and responsibility needed to train and compete.

DEVELOPMENT FOCUS

- Develop all four competitive strokes
- Build starts, turns, streamlines, and underwater skills
- Learn how to follow structured practices and training sets
- Develop coordination, movement quality, and athletic confidence
- Build independence and responsibility within the team

CATEGORY 1

The first step into YBAC's competitive pathway, with an emphasis on learning how to train while continuing to build strong technical foundations.

Swim: Any 2 practices per week

Dryland: 2 practices per week

Competition: YMCA + USA Swimming

CATEGORY 2

Builds on Category 1 with increased training consistency and greater expectations for skill execution, independence, and competition.

Swim: Any 3 practices per week

Dryland: 2 practices per week

Competition: YMCA + USA Swimming



Competitive Level

CATEGORY 3 & 4

Ages 11–16 | Competitive Development

Category 3 & 4 build greater consistency in training while athletes continue developing technique, race skills, and ownership of their development.

DEVELOPMENT FOCUS

- Refine all four competitive strokes
- Advance starts, turns, underwater skills, and race execution
- Develop pacing and training awareness
- Build strength, movement quality, and physical confidence
- Learn how training, recovery, and preparation affect performance
- Develop greater independence and accountability



CATEGORY 3

Athletes continue building their technical foundation while adapting to increased training demands and greater responsibility within the competitive environment.

Swim: Any 2 practices per week

Dryland: 2 practices per week

Competition: YMCA + USA Swimming

CATEGORY 4

Athletes increase training consistency while developing greater ownership of practice, competition, and preparation.

Swim: Any 3 practices per week

Dryland: 2 practices per week

Competition: YMCA + USA Swimming



High-Performance Level

CATEGORY 5, SENIOR & NATIONAL

Ages 13–21 | High-Performance Development

The High-Performance Level combines advanced swim training, strength development, competition preparation, and greater athlete ownership.

DEVELOPMENT FOCUS

- Advance technical and race skills
- Build training and performance awareness
- Integrate progressive strength development
- Develop ownership of training and recovery
- Build leadership and accountability
- Prepare for championship-level competition



CATEGORY 5

Ages 13–18 | High-Performance Development

Swim: Any 4 practices per week

Dryland: 3 practices per week

Competition: YMCA + USA Swimming

SENIOR

Ages 13–21 | Championship Performance

Swim: Any 5 practices per week

Dryland: 3 practices per week

Competition: YMCA + USA Swimming

NATIONAL

Ages 13–21 | National Development

Swim: Any 5 practices per week + 2 Saturdays per month

Dryland: 3 practices per week

Competition: YMCA + USA Swimming

Training Equipment

As athletes progress through YBAC, they take greater responsibility for bringing and maintaining the equipment needed for training. All personal equipment should fit properly, be clearly labeled with the athlete's name, and be brought to each practice.

TECHNIQUE & FITNESS

Required: Training swimsuit • Goggles

Kickboards, pull buoys, and fins are available on deck for use during practice. Team equipment is limited and shared among athletes.

CATEGORY 1 & CATEGORY 2

Required: Training swimsuit • Goggles • Swim gear bag • Kickboard • Pull buoy • Fins

Athletes begin taking responsibility for bringing and maintaining their own training equipment.

CATEGORY 3 & CATEGORY 4

Required: Training swimsuit • Goggles • Swim gear bag • Kickboard • Pull buoy • Fins • Swim snorkel

CATEGORY 5, SENIOR, & NATIONAL

Required: Training swimsuit • Goggles • Swim gear bag • Kickboard • Pull buoy • Fins • Swim snorkel

Athletes in our High-Performance groups may also use paddles, resistance parachutes, resistance cords, tempo trainers, the Power Tower, and other specialized training equipment as part of designated practices. This equipment is provided by YBAC unless otherwise communicated by the coaching staff.

TRAINING ATTIRE

Athletes should wear a properly fitted athletic swimsuit appropriate for training. Female athletes should wear a one-piece training suit. Male athletes should wear briefs or jammers. Appropriate swim shorts are permitted for athletes in Technique and Fitness.

TEAM SUPPLIER + TEAM STORE

YBAC works with a designated team supplier for training equipment, team apparel, and other Hurricanes gear. Our current Team Store can be accessed through the YBAC website.

Team Store Username: ybac

Team Store Password: hurricanes

If you are unsure about equipment type or sizing, ask a coach before purchasing.



Training at YBAC

Practice is where athletes develop the skills, habits, fitness, and understanding that allow them to progress through YBAC. Each group follows a schedule and training structure appropriate for its stage of development.

OUR HOME POOL

The Alamance County Community YMCA is home to the YBAC Hurricanes. Our team trains in the YMCA's 5-lane, 25-yard indoor pool.

Athletes and families are expected to respect the facility, equipment, YMCA staff, members, and other programs sharing the space.

PRACTICE SCHEDULES

Current schedules are communicated through the YBAC website and Commit and may change due to competitions, holidays, YMCA programming, facility closures, or training needs.

Athletes should train with their assigned group. Attending another group's practice or substituting training days requires coach approval.

TRAINING COMMITMENT

Group training expectations are outlined on the preceding group pages.

For Technique, Fitness, and Category 1–5, the listed in-water and dryland sessions represent the training expectation for that group. Consistent participation supports continued development.

For Senior and National, attendance at scheduled in-water and strength training is required.

ABSENCES

We understand athletes will occasionally miss practice due to illness, school, family travel, or other obligations. When the athlete or family communicates the absence to the coaching staff before practice, it will be recorded as excused.

An excused absence is still missed training, but allows coaches to accurately track attendance and understand circumstances affecting an athlete's preparation.

ARRIVING FOR TRAINING

Athletes should arrive ready to begin on time with the required equipment. Strength athletes should have appropriate athletic clothing and footwear.

DURING TRAINING

Athletes are expected to remain engaged, follow coaching instructions, use equipment appropriately, and contribute to a productive training environment.

Parents should allow coaches and athletes to work during training. Questions or concerns should be discussed with the coaching staff outside of active practice time.

Strength & Athletic Development

Athletic development progresses with the athlete—from fundamental movement skills to structured strength training that supports development in the water.

DEVELOPMENT BEFORE LOAD

Training progresses based on movement quality, physical development, and readiness. Athletes build coordination, mobility, stability, and fundamental movement skills before increasing load or complexity.

GROWTH & MATURITY

Growth can affect coordination, mobility, and strength. Coaches consider an athlete's stage of development when adjusting and progressing training.

ASSESSMENT & INDIVIDUAL NEEDS

Movement and performance assessments help identify individual needs. Corrective or foundational work may be incorporated to support continued development.

STRENGTH TRAINING

As athletes progress, strength training becomes more structured with an emphasis on quality movement, safe progression, and preparation for the demands of training and competition.



Competition at YBAC

Competition allows athletes to apply what they learn in training, develop race skills, gain experience, and measure progress.

YMCA + USA SWIMMING

YBAC participates in both YMCA Swimming and USA Swimming competition. Opportunities vary by training group, athlete readiness, qualifying standards, and season goals.

MEET PARTICIPATION

The coaching staff selects meets that support each training group's development. Athletes are encouraged to participate in the meets identified for their group throughout the season.

EVENT SELECTION

Coaches make final event selections based on development, training, previous performance, and the purpose of the meet.

Athletes may compete in different strokes, distances, and events as they develop into more complete swimmers.

CHAMPIONSHIP COMPETITION

As athletes progress, they may qualify for YMCA, USA Swimming, state, regional, or national-level championship opportunities.





Meet Entries & Commitments

Meet information and commitment deadlines are communicated through Commit. Families are responsible for reviewing meet information and declaring whether their athlete will participate by the posted deadline.

MEET COMMITMENT

Before committing, families should review the meet dates, location, session information, and qualifying requirements. Once the entry deadline has passed, YBAC submits and is responsible for the athlete's entries with the host team.

EVENT ENTRIES

Coaches make final decisions regarding individual events and relays based on athlete development, training, meet goals, qualifying standards, and the overall competition plan.

Athletes may communicate with their coach about preferred events and personal goals.

ENTRY FEES

Meet fees are established by the host team and vary by competition. Applicable athlete, event, facility, or other meet fees will be communicated with the meet information and charged according to YBAC procedures.

CHANGES & WITHDRAWALS

Changes or withdrawals requested after the meet entry deadline are not guaranteed. Once entries have been submitted, YBAC may still be responsible for the athlete's entry fees even if the athlete does not compete.

Families may still be charged for the competition. If an athlete becomes unable to attend, notify coaching staff as soon as possible so changes can be requested when permitted.

Meet Day Expectations

Meet-day information, including arrival time, warm-up, session details, and facility information, will be communicated before each competition. Athletes and families are responsible for reviewing this information before arriving.

ARRIVAL & WARM-UP

Athletes should arrive by the designated team arrival time and report to the YBAC team area. Arriving on time allows athletes to settle in, check in with coaches, and prepare for the session without rushing. Athletes are expected to participate in the team warm-up unless otherwise directed by a coach. Warm-up is part of competition preparation and allows coaches to evaluate athletes before racing begins.

DURING THE MEET

Athletes should remain with the team and be available for their events and relays. Athletes are responsible for knowing when they compete and following meet procedures, including positive check-in or clerk-of-course requirements when applicable.

Before racing, athletes should check in with their coach for race preparation. After each race, athletes should return to their coach for feedback before returning to the team area or speaking with family.

RELAYS

Relay assignments are determined by the coaching staff based on the needs and goals of the team and may change during the competition. Athletes assigned to a relay are expected to participate unless excused by a coach. An athlete leaving early without communicating with the coaching staff can affect three other athletes and the team's ability to compete.

LEAVING THE MEET

Athletes should always check with a coach before leaving, even after completing their final scheduled individual event. Coaches will confirm that the athlete has completed all individual events, relay responsibilities, and other team obligations. If an athlete needs to leave a meet early, families should communicate with the coaching staff as soon as possible.

PARENT & FAMILY ROLE

Parents and family members should support athletes from designated spectator areas and allow the coaching staff to coach during competition. Parents should not approach officials, interfere with meet operations, or coach athletes from the spectator area. Questions regarding events, race strategy, relay decisions, or performance should be directed to the coaching staff at an appropriate time outside of active competition.

REPRESENTING YBAC

Meet behavior is an extension of our training environment. Athletes are expected to respect teammates, coaches, officials, volunteers, competitors, host facilities, and other teams. Hurricanes are expected to respond with sportsmanship, accountability, and respect.

Championship & Travel Meets

As athletes progress through YBAC, competition may include championship meets and events that require travel. These opportunities carry increased expectations for preparation, communication, and team responsibility.

CHAMPIONSHIP MEETS

Championship meets may have qualifying standards, eligibility requirements, or participation requirements established by YMCA Swimming, USA Swimming, or the host organization. Coaches determine appropriate championship opportunities based on qualification, athlete readiness, training, and the athlete's developmental and competition plan. Qualifying for a meet does not automatically mean every available event will be entered.

Athletes attending championship meets are expected to have the required YBAC team and sponsor apparel available throughout the competition. Athletes should be podium ready and prepared to represent YBAC, the Alamance County Community YMCA, and our team sponsors during awards, finals, team photos, and other official meet activities.

TRAVEL MEETS

Families are responsible for reviewing travel information, session schedules, lodging needs, and deadlines associated with each competition. Unless YBAC specifically communicates a team travel arrangement, families are responsible for athlete transportation, lodging, meals, and supervision outside of scheduled team activities.

TEAM TRAVEL

When YBAC provides team transportation or organized travel, schedules, forms, costs, supervision expectations, and travel procedures will be communicated before the event.

Athletes participating in team travel are expected to remain with the team and follow the schedule and expectations established by the coaching staff.

PREPARATION & RESPONSIBILITY

Travel and championship meets require greater athlete ownership. Athletes should arrive with required competition equipment, team apparel, nutrition and hydration needs, and anything necessary for the duration of the competition. Families should communicate travel conflicts or circumstances that may affect participation as early as possible.

REPRESENTING YBAC

Athletes represent YBAC and the Alamance County Community YMCA throughout the competition—not only while racing. Expectations for conduct, sportsmanship, respect, and team behavior apply at the pool, hotel, during transportation, at team activities, and throughout the trip.

Athlete Development & Group Advancement

YBAC training groups are designed as stages within a long-term athlete development pathway. Moving to the next group is not based on age, attendance, or swimming times alone. Athletes advance when the coaching staff believes they are prepared to succeed within the expectations and training environment of the next group.

WHAT COACHES CONSIDER

Technical Development

Stroke efficiency, starts, turns, underwater skills, and the ability to maintain technique as training demands increase.

Training Readiness

Ability to understand training sets, maintain appropriate effort, respond to coaching, and handle the workload of the next group.

Physical Development

Growth, maturity, movement quality, strength, coordination, and readiness for increased training demands.

Consistency & Responsibility

Training consistency, preparation, equipment responsibility, communication, and increasing ownership of development.

Character & Team Behavior

Coachability, accountability, respect, leadership, and the athlete's contribution to the training environment.

Performance

Competition results and time standards may help demonstrate readiness, but performance alone does not determine advancement.

GROUP PLACEMENT

Group placement and advancement are determined by the YBAC coaching staff. Athletes of similar ages or times may progress differently based on their individual development and readiness. A move to the next group should provide the right training environment for continued growth, not simply a more advanced group name.

WHEN ATHLETES ADVANCE

Group changes are made when coaches determine that an athlete is ready and when the transition best supports training and development. Families with questions about an athlete's progression are encouraged to speak with their athlete's coach about current development priorities and what is needed for the next stage.

Coaching Staff & Responsibilities

YBAC coaches are responsible for creating a safe, productive training environment that supports the long-term development of each athlete and the team.

COACHING RESPONSIBILITIES

YBAC coaches:

- Plan and deliver developmentally appropriate training
- Teach technique, race skills, and training habits
- Provide instruction, feedback, and athlete education
- Support athletic, personal, and character development
- Maintain a safe and respectful environment
- Communicate expectations with athletes and families
- Evaluate development and determine group placement
- Select meet events, relays, and competition opportunities
- Follow YMCA, USA Swimming, Safe Sport, and YBAC policies

COACHING DECISIONS

Training plans, group placement, meet selection, events, relays, and competition strategy are coaching decisions based on the development of the athlete and needs of the team.

COMMUNICATION

Athletes are encouraged to ask questions, seek feedback, and communicate directly with their coaches as they develop greater independence.

Families are welcome to communicate with coaches about their athlete. Training and development conversations should take place outside of active practice or competition.



Athlete Responsibilities

Being a Hurricane includes responsibility for how athletes train, compete, communicate, and represent YBAC.

BE PREPARED

Arrive on time with the equipment needed for training or competition. Be ready to begin when the session starts and take responsibility for personal belongings and team equipment.

BE COACHABLE

Listen, ask questions, apply feedback, and approach training with a willingness to learn. Effort and attitude are choices athletes make every day.

COMMUNICATE

Athletes are encouraged to communicate directly with their coaches as they become developmentally ready. Ask questions, discuss concerns, and communicate circumstances that may affect training or competition.

RESPECT THE TEAM

Treat teammates, coaches, officials, volunteers, YMCA staff, competitors, and facilities with respect. Athlete behavior should contribute to a safe and productive team environment.

TAKE OWNERSHIP

As athletes progress through YBAC, responsibility should increasingly shift from the parent to the athlete. This includes understanding schedules, caring for equipment, communicating with coaches, and taking an active role in training and competition.

REPRESENT YBAC

Athletes represent the Hurricanes at practices, competitions, team activities, travel events, and within the community.



Parent & Family Role

Families are an important part of the YBAC environment. The parent role changes as athletes grow, with increasing responsibility shifting to the athlete over time.

SUPPORT YOUR ATHLETE

Encourage consistent training, preparation, effort, and good sportsmanship. Focus on development and learning rather than comparing athletes or measuring progress by results alone.

ENCOURAGE INDEPENDENCE

Allow athletes to take increasing responsibility for their equipment, schedules, communication, training, and competition.

When appropriate, encourage your athlete to speak directly with their coach before stepping in on their behalf.

SUPPORT THE COACHING PROCESS

Allow coaches to coach during practices and competitions. Questions about training, group placement, events, or athlete development should be discussed directly with the coaching staff at an appropriate time.

STAY INFORMED

Families are responsible for reviewing team communication, schedules, meet information, deadlines, and other information provided through YBAC and Commit.

SUPPORT THE TEAM

Respect athletes, coaches, officials, volunteers, YMCA staff, other families, and competitors. Parent behavior contributes directly to the environment our athletes experience.



Communication

Consistent communication between coaches, athletes, and families helps YBAC operate effectively. Families should stay informed, athletes should learn to communicate for themselves, and questions should be addressed directly and respectfully.

TEAM COMMUNICATION

Commit is YBAC's primary team communication platform. Practice schedules, meet information, deadlines, announcements, and other team updates are communicated through Commit.

Families are responsible for keeping their contact information current and regularly reviewing team communication. Email may also be used for individual or team communication when appropriate.

ATHLETE COMMUNICATION

As athletes grow, they are encouraged to communicate directly with their coaches about training, competition, goals, absences, questions, or concerns.

Developing the ability to ask questions, receive feedback, and advocate for themselves is part of athlete development. Parents should support this process when developmentally appropriate.

CONTACTING A COACH

Questions about training, athlete development, group placement, meet events, or competition should be directed to the coaching staff.

Coaches should not be approached for extended conversations while actively coaching. When a longer discussion is needed, families may request a separate conversation or meeting.

QUESTIONS & CONCERNS

Communication should begin with the person most directly involved whenever possible. Athlete-specific questions should generally begin with the athlete's primary coach.

If a concern cannot be resolved at that level, it may be brought to the Director of Competitive Swimming. Matters involving YMCA operations or policies may be referred to the appropriate YMCA leadership when necessary.

KEEP COMMUNICATION PRODUCTIVE

Questions and concerns should be addressed directly rather than through other families, athletes, or team discussion channels. Communication should remain respectful, focused on the issue, and allow everyone involved an opportunity to understand and respond.

Parent Volunteer Responsibilities

YBAC competitions and team activities depend on families volunteering their time. Parent involvement allows us to provide quality competition opportunities for our athletes while supporting the larger swimming community.

VOLUNTEER EXPECTATIONS

Families are expected to participate in volunteer opportunities throughout the season, particularly at competitions hosted or supported by YBAC.

Volunteer needs may include:

- Timing
- Officiating
- Meet operations
- Hospitality
- Check-in or admissions
- Concessions
- Setup and cleanup
- Other team or competition needs

Specific assignments vary by meet and will be communicated before the event.

HOSTED MEETS

YBAC-hosted competitions require significant family support. Families should expect increased volunteer needs when our team is responsible for operating a meet.

A successful home meet is a team effort, and every position contributes to the experience we provide athletes and visiting teams.

OFFICIALS & TRAINED POSITIONS

Some positions require additional training or certification. Families interested in becoming officials or supporting other trained meet positions are encouraged to speak with the coaching staff.

Developing experienced volunteers strengthens YBAC and helps us continue providing competition opportunities for our athletes.

VOLUNTEER COMMITMENTS

When a family signs up for a volunteer position, they are expected to arrive on time and complete the assignment. If circumstances prevent participation, families should communicate as early as possible so the position can be filled.

Athlete Code of Conduct

YBAC athletes are expected to represent themselves, their teammates, the Alamance County Community YMCA, and the Hurricanes with respect and good sportsmanship.

These expectations apply at practices, competitions, team activities, travel events, and any time an athlete is representing YBAC.

RESPECT OTHERS

Athletes will treat teammates, coaches, officials, volunteers, competitors, YMCA staff, families, and facility staff with respect.

Bullying, harassment, hazing, discrimination, intimidation, or behavior that threatens the safety or well-being of another person is not acceptable.

RESPECT THE TEAM

Athletes will:

- Follow coaching instructions and team expectations
- Support teammates and contribute to a productive environment
- Use appropriate language and behavior
- Respect team, personal, and facility property
- Demonstrate sportsmanship in competition
- Follow YMCA, YBAC, USA Swimming, and Safe Sport policies

REPRESENT YBAC

Athletes are responsible for their conduct at home and away competitions, hotels, team transportation, team activities, and other events where they represent YBAC.

Online or social media behavior involving teammates, coaches, the team, or other members of the swimming community is also expected to meet YBAC standards.

ACCOUNTABILITY

Athletes are expected to take responsibility for their actions. When concerns arise, coaches will work with athletes and families to address the behavior and determine appropriate next steps.

Serious or repeated violations may result in disciplinary action, including removal from training, competition, team activities, or the program.



Behavior & Discipline

When an athlete does not meet YBAC expectations, coaches will address the behavior with the goal of protecting the training environment, reinforcing accountability, and helping the athlete make better decisions.

PROGRESSIVE DISCIPLINE

When appropriate, behavioral concerns will generally follow a progressive process:

1 | WARNING

The athlete receives a verbal or written warning. Parents may be notified depending on the athlete's age and the nature of the concern.

2 | ATHLETE + FAMILY MEETING

Continued or repeated concerns may require a meeting with the athlete, family, and coaching staff to discuss the behavior and establish expectations moving forward.

3 | SUSPENSION

Further violations may result in a suspension from YBAC for up to one week. A suspended athlete may not participate in practices, competitions, or team activities during the suspension.

4 | REMOVAL FROM THE TEAM

Continued violations following previous intervention may result in removal from the YBAC Hurricanes.

SERIOUS CONDUCT

Not every situation will follow each step of progressive discipline.

Behavior involving athlete safety, bullying, harassment, hazing, discrimination, threats, violence, serious misconduct, or violations of YMCA, USA Swimming, or Safe Sport policies may require immediate escalation, suspension, or removal.

RETURNING TO THE TEAM

When appropriate, coaches may establish expectations that must be met before an athlete returns to training or competition following disciplinary action.

Disciplinary decisions will consider the athlete's age, the nature and severity of the behavior, previous concerns, and the impact on other athletes and the team.



Parent Code of Conduct

Parents and guardians are an important part of the YBAC environment and are expected to represent YBAC and the Alamance County Community YMCA with respect and good sportsmanship.

RESPECT ATHLETES

Support athletes without criticizing, comparing, or coaching from the spectator area. Concerns involving another athlete should be brought to the coaching staff rather than addressed directly with the athlete or family.

RESPECT COACHES & OFFICIALS

Allow coaches to coach and officials to officiate. Questions about training, group placement, events, relays, or development should be discussed with the coaching staff at an appropriate time. Parents should not confront officials regarding calls or meet decisions.

RESPECT THE TEAM

Families are expected to use appropriate behavior, respect others, follow team and facility policies, and contribute to a positive environment for all athletes.

SOCIAL MEDIA & COMMUNICATION

Online communication involving YBAC, its athletes, coaches, or families should reflect the same standards expected in person.

Team concerns should be addressed directly through appropriate communication channels rather than public or group discussion.

ACCOUNTABILITY

Behavior that disrupts the team environment or violates YBAC, YMCA, USA Swimming, or Safe Sport policies may result in limitations on participation in practices, competitions, or team activities.

Safe Sport & Athlete Protection

YBAC follows USA Swimming Safe Sport, the U.S. Center for SafeSport Code, the Minor Athlete Abuse Prevention Policy (MAAPP), and Praesidium Youth Protection Training.

MINOR ATHLETE PROTECTION

MAAPP establishes requirements for interactions between Adult Participants and minor athletes, including:

- One-on-one interactions
- Electronic communication
- Locker rooms and changing areas
- Meetings and individual training
- Transportation and lodging
- Athletic training and medical treatment

Interactions must follow current Safe Sport and MAAPP requirements, including applicable observable and interruptible standards.

ELECTRONIC COMMUNICATION

Communication with minor athletes must follow MAAPP requirements. Parents or guardians must be included when required, and approved team communication channels should be used whenever possible. Photography, video, or recording is prohibited in locker rooms and changing areas.

REPORTING A CONCERN

You do not need to investigate or prove misconduct before making a report.

U.S. Center for SafeSport

Sexual misconduct, sexual harassment, child sexual abuse, sexually inappropriate communication, and other matters within the Center's jurisdiction.

USA Swimming

Physical or emotional misconduct, Code of Conduct violations, and Safe Sport or MAAPP violations.

YBAC

Bullying, parent concerns, team Code of Conduct violations, and other team policy concerns. YBAC may refer concerns to USA Swimming, the U.S. Center for SafeSport, YMCA leadership, or appropriate authorities when required. Information is available on the team website.

MANDATORY REPORTING

Suspected child abuse or sexual misconduct carries specific reporting obligations. Reporting a concern to YBAC does not replace an individual's mandatory reporting responsibilities.

NO RETALIATION

Retaliation against anyone making a good-faith safety report is prohibited.



Athlete Safety & Well-Being

Athlete health and well-being take priority over completing a practice, training set, or competition. Athletes are encouraged to communicate when something does not feel right.

ILLNESS & INJURY

Athletes should tell a coach about pain, injury, illness, or other concerns that may affect their ability to train safely.

Coaches may modify or stop training when appropriate. Athletes should not hide pain or feel pressure to push through an injury to complete a practice.

RETURN TO TRAINING

Following injury or extended illness, training may be adjusted as the athlete returns. When appropriate, YBAC may request guidance or clearance from a qualified healthcare provider before full participation. Coaches will work within any restrictions provided by the athlete's healthcare professional.

RECOVERY & PREPARATION

Sleep, nutrition, hydration, recovery, and managing demands outside of sport all affect an athlete's ability to train and perform.

Athletes are encouraged to develop healthy habits and communicate when school, travel, stress, or other demands are affecting training.

ATHLETE VOICE

Athletes should feel comfortable asking questions, requesting clarification, or communicating when they are uncomfortable or need help.

As athletes mature, learning to advocate for their physical and personal needs becomes part of taking ownership of their development.





Registration & Fees

Participation in YBAC requires completion of applicable YMCA, YBAC, and USA Swimming registration requirements.

TEAM REGISTRATION

Athletes must complete annual YBAC registration before beginning the season. Athletes participating in USA Swimming competition must also maintain current USA Swimming membership.

MONTHLY TRAINING FEES

Monthly fees are based on the athlete's assigned training group and billed according to the current YBAC fee schedule.

Training fees support the athlete's place within the program and are not based on individual practices attended.

MEET & ADDITIONAL FEES

Meet entry fees are separate from monthly training fees and vary by competition. Families are responsible for fees associated with competitions their athlete has entered.

Additional costs may include team apparel, equipment, travel, lodging, or special activities when applicable.

ACCOUNT RESPONSIBILITY

Families are responsible for maintaining current registration and account information and addressing payment concerns promptly.

Questions regarding registration, billing, or account status should be directed to the appropriate YMCA staff.

CURRENT FEES

Current training fees, registration information, and season-specific costs are available through the YBAC website.

Transportation & Travel Policies

Families are responsible for understanding transportation and supervision arrangements for competitions and team activities away from our home facility.

FAMILY TRANSPORTATION

Unless YBAC specifically provides transportation, parents or guardians are responsible for transportation to and from practices, competitions, and team activities.

Athletes should arrive by the communicated team arrival time and remain under parent or guardian supervision outside of scheduled team activities.

TEAM TRANSPORTATION

When YBAC provides team transportation, participation details, departure and return times, costs, and required forms will be communicated in advance.

Athletes using team transportation are expected to follow coach and YMCA staff instructions throughout the trip.

TRAVEL & LODGING

Families are generally responsible for arranging lodging for travel competitions unless a specific team arrangement is communicated.

All team travel, transportation, and lodging involving minor athletes must follow applicable YMCA and USA Swimming Safe Sport requirements.

CHANGES TO TRAVEL PLANS

Families should communicate changes in an athlete's transportation or travel plans as early as possible.

Athletes participating in organized team travel should not leave the team or change transportation arrangements without the knowledge of the supervising coach.

TEAM EXPECTATIONS

YBAC conduct expectations apply throughout team travel, including transportation, hotels, restaurants, competition facilities, and team activities.



Facilities & YMCA Expectations

YBAC is part of the Alamance County Community YMCA. Our athletes and families share the facility with YMCA members, staff, programs, and the broader community.

FACILITY USE

Athletes and families are expected to follow all YMCA facility rules and staff directions while on YMCA property.

YBAC athletes should use team and training areas appropriately and respect other programs taking place before, during, and after practice.

POOL DECK

Pool deck access may be limited during training and competitions. Parents and spectators should remain in designated areas unless invited onto the deck by a coach or YMCA staff member.

Coaching and athlete instruction should remain uninterrupted during scheduled training.

LOCKER ROOMS

Athletes should respect shared locker-room spaces and follow all YMCA and Safe Sport policies.

Personal belongings should be secured and removed after use. Photography, video, or recording is prohibited in locker rooms and changing areas.

EQUIPMENT & PROPERTY

Athletes are expected to care for YBAC and YMCA equipment and return shared equipment after use.

Damage, safety concerns, or facility issues should be reported to a coach or YMCA staff member.

REPRESENTING YBAC

Athlete and family behavior within the YMCA reflects on the entire program. Respect for staff, members, facilities, and other programs is expected at all times.



Who Do I Contact?

Good communication is easier when questions begin with the person closest to the situation. When you are unsure where to start, use this guide.

YOUR ATHLETE'S COACH

Start with your athlete's primary coach for:

- Training or practice questions
- Athlete development and feedback
- Group expectations
- Meet preparation and performance
- Attendance or schedule conflicts
- Equipment questions
- Athlete concerns

Whenever developmentally appropriate, athletes are encouraged to communicate directly with their coach.

DIRECTOR OF COMPETITIVE SWIMMING

Contact the Director of Competitive Swimming for:

- Group placement or advancement concerns
- Questions that remain unresolved after speaking with the athlete's coach
- Program-wide training or competition questions
- Coaching or team concerns
- YBAC policies and procedures

YMCA STAFF

Contact the appropriate Alamance County Community YMCA staff for:

- Registration or account questions
- Billing and payments
- YMCA membership
- Facility-related questions
- General YMCA policies or services

SAFE SPORT CONCERNS

Safe Sport concerns should follow the reporting pathways outlined on Page 28.

Depending on the concern, reports may need to be made directly to the U.S. Center for SafeSport, USA Swimming, appropriate authorities, or YBAC.

TEAM INFORMATION

Schedules, meet information, deadlines, announcements, and regular team communication are available through Commit and the YBAC website.

