

## **EASTERN MASS, Y.M.C.A. SWIM LEAGUE**

### **COMPETITIVE PHILOSOPHY**

As participants in the Eastern Mass. Y.M.C.A. Swim League -coaches, swimmers and parents - we agree with and support the following tenants of Y.M.C.A. competitive swimings

- To develop the whole person - spirit, mind and body. A competitive swimming program should emphasize overall personal development.
- To ensure the participation of all team swimmers and divers. It is more important that all swimmers participate and have fun than that a few good swimmers dominate the action.
- To develop further fundamental skills and teach good physical fitness habits.
- To promote and teach the elements of fair play.
  - Respect for oneself - taking responsibility for one's own behavior and learning.
  - Respect for one's teammates - contributing to the good of the whole team.
  - Respect for the other team.
  - Respect for the rules and the officials who uphold them. ^
- To keep winning in perspective. 1 - To help swimmers set and evaluate individual goals.
- To encourage lifetime involvement in sports and physical activity

Furthermore, we acknowledge and support these expectations

As Coaches - to teach the fundamental skills of competitive swimming and diving.

- to develop team concepts.
- to promote and teach the values of fair play.

- to encourage all team members to participate and enjoy the sport.

- to follow the rules and policies of the Eastern Mass. Y.M.C.A. Swim League.

As Swimmers - to follow the rules and policies of the swim team and the Eastern Mass. Y.M.C.A. Swim League.

- to respect other team members and competitors as well as their property and facilities.

- to respect and support the decisions of the coach.

- to communicate with their coach when there is a concern.

- to contact the coach of the team you are leaving if you are planning to transfer to another team.

As Parents - to follow the rules and policies of the swim team and the Eastern Mass. Y.M.C.A. Swim League.

- to work toward Level I and II certification.

- to give positive support and encouragement toward their child's participation.

- to agree that coaching and disciplining of the swimmers is the coaches' responsibility.

- to respect other team members and competitors as well as their property and facilities.

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