



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

**Water Rat Swim Team**  
**Westport Weston**  
**Family Y**



## About the Water Rats

The Westport Weston Family Y Water Rat Swim Team is a year-round, nationally recognized competitive swim program organized and operated by the Aquatics Department of the Westport Weston Family Y. The Water Rat Swim Team competes in Y competitions at the local level through dual meets and at the state and national level. The team is also a registered USA Swimming Team sanctioned by Connecticut Swimming, Inc. and competes in USA competitive swimming at the local, regional, state, zone and national level.

With a roster of more than 200 children, we are one of the largest swim teams in New England. Consistent with the Family Y's mission to develop and nurture the potential of every child, promote healthy living and foster a sense of social responsibility, our team members acquire excellent swimming skills, make new friends and learn how to set goals while developing self-discipline and self-confidence.

## Team Vision

To become a world-class competitive swim team.

## Team Mission Statement

The Westport Weston Family Y Water Rat Swim Team embraces a team philosophy that commits it to develop the highest level of competitive excellence for every swimmer, while simultaneously encouraging spirit, honesty, team pride, personal commitment and individual growth.

**Practice Starts: Monday, September 19, 2011**  
**Register online at [westporty.org](http://westporty.org)**

## 2011-2012 Seasons

### Short Course

Fall Practice  
Schedule I

September 19 - November 27

Fall-Winter Practice  
Schedule II

November 28 - March 14

### Long Course

Spring Clinics  
April 2 - April 13

Spring Practice  
Schedule I  
April 23 - June 24

Summer Practice  
Schedule II  
June 25 - July 22



## Practice Pools

### Brophy & Stauffer Pools

Westport Weston Family Y  
59 Post Road East  
Westport, CT 06880

### Hunt Club Pool

Fairfield County Hunt Club  
174 Long Lots Road  
Westport, CT 06880

### Staples Pool

Staples High School  
70 North Avenue  
Westport, CT 06880

### Mahackeno Pool

Camp Mahackeno  
14 Sunny Lane Lane  
Westport, CT 06880

## Team Code of Honor and Safety Policies Swimmers, Parents and Coaches Agreement

The Water Rat's Mission is to develop excellence for every level swimmer and to encourage spirit, honesty, team pride, commitment and individual growth. In order to meet our goals and to make sure our swimmers are safe at practice and meets, we enforce the following rules and guidelines. The following Code of Honor and Safety Policies should be read and fully understood by both swimmers and parents.

### SAFETY POLICIES

Swimmers are to be dropped off no more than 15 minutes prior to the start of practice and picked up no more than 15 minutes following the conclusion of practice. There will be no running or roughhousing in the pool area, locker rooms or anywhere on the premises during practice, home swim meets or away swim meets. Swimmers are only to be in the pool area with proper coach supervision.

### PERSONAL CONDUCT

Participation on the Water Rat Swim Team involves each swimmer making a commitment to a winning tradition, giving his or her best effort at every practice session and in every competition, encourage teammates to their best performance to enable individual and team achievement as well as good sportsmanship. Swimmers must adhere to the WWFY conditions of membership as stated in the WWFY brochure.

Obscene language and/or actions which embarrass or reflect poorly on the team, coaches, teammates or the WWFY are prohibited.

The use of tobacco, alcohol or drugs will not be tolerated.

Attendance at practices is critical to individual and team achievement; each team member will communicate with his/her coach regarding conflicts.

Swimmers are expected to be on deck and ready for the scheduled practice time and for warm-ups for swim meets.

Swimmers will present a positive attitude/approach to practice, interaction with coaches and teammates.

Team members will strive for excellence during practice and competition. Each swimmer/family is expected to be aware of and to practice good health habits. This includes emphasis on proper nutrition and optimal sleep to encourage well-being and maximal performance.

All team members are expected to follow the locker room rules that include but are not limited to: no food in the locker rooms; keep the locker rooms neat by picking up and throwing out trash; respect the privacy of others also using the locker rooms; stay away from other's belongings; no running or roughhousing; keep the noise level to a minimum.

During swim meets parents are allowed on the pool deck only in a volunteer capacity.

Swimming equipment is expected to be properly maintained and returned to its rightful place when no longer in use. At competitions, only approved team apparel is to be worn.

**FAILURE TO COMPLY WITH THE ABOVE PROCEDURES MAY RESULT IN DISCIPLINARY ACTIONS TO BE DETERMINED BY THE COACHES. THESE MAY INCLUDE (BUT ARE NOT LIMITED TO) ONE OR MORE OF THE FOLLOWING:**

1. Loss of locker room privileges;
2. Being "benched" or suspended from practice and/or swim meet;
3. Suspension from all team activities for a period determined by the coaches;
4. Ejection from the team with forfeiture of all fees;
5. Revocation of membership in the Westport Weston Family Y.

Parents and swimmers understand that it is an honor and privilege to be a member on the Water Rat Swim Team at the Westport Weston Family Y. When parents register their children for the team, they will be asked if they have read, understood and agree to abide by the Water Rat Swim Team Code of Honor and Safety Policies. By agreeing, parents also accept that the Water Rat Swim Team is responsible for team members only when they are on the pool deck. Parents understand and accept that it is the parents' responsibility to ensure their child's safety and orderly conduct before and after practices and swim meets.

## Water Rats Parents Club

### Volunteer Policy 2011-2012

The Westport Weston Family Y enriches the community by promoting youth development, healthy living and social responsibility. It does this by emphasizing caring, honesty, respect and responsibility in its programs, including the Water Rat Swim Team.

PET-WRAT is the Parent Encouragement Tax of the Westport Weston Family Y Water Rat Parents Club. The annual PET-WRAT fee, paid at registration in September, is the major source of income used to fund the Parents' Club annual operating budget. Families have the opportunity to earn back their PET-WRAT fees through volunteering.

#### PET-WRAT Fees for 2011-2012

One swimmer on the team	\$275
Two or more swimmers on the team	\$350

The PET-WRAT fee is payable in full at registration in September. No swimmer will be allowed to begin practicing with the team until the PET-WRAT fee is paid or waived because of financial need. (*PET-WRAT fees are lowered or waived only for families who receive financial assistance from the Westport Weston Family Y.*)

In order to staff swim meets with parent volunteers the Water Rat Parents Club adapted its PET WRAT requirements, effective September 2009. Water Rat families are now urged to perform on-deck assignments – as either officials or timers – during both the Short Course and Long Course seasons.

The PET WRAT volunteer point system remains the same. Parents are required to help manage the Water Rat Swim Team by performing volunteer jobs, which help them earn points. The number of Water Rat swimmers in a family, and their ages, determine the number of PET WRAT points a family must earn.

Parents who are not certified USA Swimming Officials, can work on-deck as timers and PET WRAT points will be granted for each swim meet they work.

Parents can sign up to work at swim meets at the annual Water Rat Expo in September. They also can use the team website at any time to register to work at swim meets. Later in the season, the Volunteer Coordinator will choose timers from a list of those who have not volunteered in person or online.

**Parents who fail to sign up at WRAT Expo or fail to register online will be assigned to work at swim meets as needed by the Coordinator.**

Parents must find a replacement if they cannot work at a swim meet for which they have registered or been assigned. If they fail to work on deck or find a replacement their child may be prevented from participating in future swim meets. This sanction can be appealed by requesting to meet with the Volunteer Coordinator and one of the co-presidents of the Water Rat Parents Club.

The online signup system will not be used for championship meets. As in the past, the parents of championship swimmers will be assigned to work at championship meets after Connecticut Swimming allocates jobs to the team. These assignments will be made irrespective of past volunteer work.

Parents who do not fulfill their volunteer point requirements may jeopardize their child's continued membership in the Water Rat Swim Team. Swimmers may be excluded from the team if their parents consistently fail to participate in the team's management.

## Parent Commitment

### PET-WRAT Points

8/Under swimmer	15 volunteer points
Age Group swimmer	25 volunteer points
Senior swimmer	25 volunteer points
2 or more swimmers, including an 8/Under	30 volunteer points
2 or more Age Group/Senior	35 volunteer points

Volunteer points can be earned by working at swim meets, by becoming a swim meet official, by accepting an appointed volunteer position, or by serving on the Parents' Club Board of Directors. Parents will be asked to sign an acknowledgement of this commitment when they register their child at the Expo in September.

### Water Rat-Hosted Meets

You will sign up to work at Water Rat-hosted swim meets on the team website [wrat.org](http://wrat.org). We will post these events and the available positions on the team web site prior to the meet. It is your responsibility to check the website and sign up for positions. At the meet, it is your responsibility to check in with the Meet Manager to verify that you have fulfilled your commitment. If you cannot fulfill an assignment, you are responsible for obtaining a substitute. Failure to fulfill your assignment or to provide a substitute at a home meet may result in a fine of \$50.00.

### Away Meets

A Volunteer Coordinator will be responsible for coordinating all volunteers at an away meet. To earn volunteer points at an away meet, sign in with the Volunteer Coordinator upon arrival at the meet. You may work at an away meet as a timer, an official, or at any other job that the host team needs to be filled.

### Off-deck Volunteering

You can also earn volunteer points by accepting an appointed volunteer position or serving on the Parents' Club Board of Directors. Additional volunteer opportunities for which points can be earned may be posted from time to time as the need arises.

### PET-WRAT Rewards

Families who volunteer above the minimum level will have the opportunity to earn cash back through our PET-WRAT Rewards Program. Families may earn cash back for volunteering above the minimum level and also through participating in our grocery card program. Once the minimum level of volunteer points has been met, you will receive \$1.00 for each volunteer point earned in excess of the minimum. Volunteer rewards will be capped at the amount of your PET-WRAT fees. Grocery card rewards in excess of your PET-WRAT fees will be credited to a Travel Fund that can be accessed if your child attends a travel meet, Eastern Zones, Sectionals or YMCA Nationals.

### Non-compliance

If you do not meet your minimum volunteer commitment, you will be subject to a non-compliance fee of \$10.00 for each minimum volunteer point not earned. For

example, if your commitment was 25 volunteer points and you earned 15 points, you would be assessed \$100.00. Families who meet their volunteer commitment will not be assessed the non-compliance fee. Points not earned will be billed to families in August of each year

### Additional Information

An adult other than the parent may satisfy volunteer obligations, as long as the substitute can competently perform the volunteer task.

New members who join the Water Rat Swim Team mid-way through the year will have their volunteer commitment pro-rated over the remaining months of the year.



*The intent of this policy is not to raise money but to emphasize how important it is that we work together to provide well-run meets for our children. The team cannot run a meet without adequate parent support. This policy is intended to provide flexibility for families throughout the meet season to fulfill the minimum volunteer commitment. Many of our parents volunteer in excess of 100 hours during the year. Families not doing their fair share jeopardize the smooth management and operation of team events and subject the club to increased membership fees.*

## Water Rat Swim Team 2011-2012 Team Fees

The table below shows the annual swim team program fees, which may be paid in full or on a six (6) month installment plan. These fees are to be paid directly to the Westport Weston Family Y by check, credit card or bank draft. To secure your child's place on the team, online registration must be completed by September 10, 2011 or a \$50 late fee will be assessed.

### Water Rat Program Fees

Practice Group	Total Fee	Montly Payments	Total Fee If Paid after 9/11/2011
Red 8/Under	\$1,206	\$201	\$1,256
Blue 8/Under	\$1,260	\$210	\$1,310
Junior Age Group (JAG) II	\$1,350	\$225	\$1,400
Junior Age Group (JAG) I	\$1,500	\$250	\$1,550
State Age Group (SAG)	\$1,878	\$313	\$1,928
Team Age Group (TAG)	\$1,824	\$304	\$1,874
Senior II	\$2,016	\$336	\$2,066
Senior I	\$2,118	\$353	\$2,168

### PET-WRAT Fees for 2011-2012

One swimmer on the team	\$275
Two or more swimmers on the team	\$350

### USA Swimming Escrow Account

8/Under	\$275
Age Group	\$325
Senior	\$350