



TEAM HANDBOOK



UPDATED: AUGUST 2025

Welcome to the Skagit Valley YMCA Tritons Swim Team!

This Team Handbook was prepared to help provide important information for your family. We ask that you, and your swimmer, take some time to review this handbook.

The Skagit Valley YMCA Tritons Swim Team (SVYT) is a dually sanctioned YMCA/USA swim team that operates year-round. Our coaches have a vision of a team that prioritizes the enjoyment, health and wellbeing, and development of our swimmers.

SVYT swimmers and their families are expected to be caring, honest, respectful, and responsible, exemplifying the four core values set forth by the YMCA.

The best way to become familiar with the swim team is to visit our website at www.svyaquatics.org.

Coaches divide the team into various workout groups based on age and ability. There is a monthly swim team program fee for each group outside of the cost you pay for your YMCA membership. Coaches will make the final determination as to what group a child will swim in.

We communicate regularly through email and post updates to our team website. It is extremely important you give us a valid email address as soon as possible, and to check our website for events and information.

If you have any questions, please contact our head coach at j.shelly@skagitymca.org

Skagit Valley Family YMCA
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Mission Statement

Create and cultivate a passion for swimming that leads to enjoyment, success, and longevity.

Vision Statement

The SVYT swim team provides a positive and inclusive learning environment for all participants, as well as the opportunity to have fun while growing as competitive swimmers and healthy leaders.

Coaches, swimmers, and families each have important roles to play in the development of our athletes. While what we do to support the team may look different, from swimmers attending workouts to parents volunteering as timers, our team is at its very best when participation is high.

Core Values

To evolve the Program around the Y Core Values of:

- Caring
- Honesty
- Respect
- Responsibility

To create a positive, inclusive, safe, and supportive learning environment while developing successful people, not just successful swimmers.



Team Goals

- To provide a safe environment for athletes to learn life skills and build team spirit
- To have fun and foster a passion for the sport
- To aid in the development of a positive self-image and to nurture high self-esteem.
- To be supportive of swimmers goals in achieving high academic standards, and other out of team endeavors.
- To provide an environment for learning the values of hard work, commitment, self-discipline, leadership, and responsibility.
- To develop and improve health and fitness in the swimmers.
- To provide a competitive 11-month swim program in line with YMCA and USA Swimming.
- To bolster sportsmanship and camaraderie among teammates and with other teams.
- To accommodate all swimmers with appropriate training and qualified coaching based on age, ability, and dedication.
- To develop a love for the sport of swimming in all athletes to carry with them through life.
- To develop future leaders.

Skagit Valley YMCA Tritons Affiliations

The SVYT Swim Team participates in both YMCA and USA Swimming meets. These two governing bodies both provide competitive opportunities for our athletes.

YMCA Swimming

The National YMCA Competitive Swimming and Diving Committee governs YMCA swimming and conducts the YMCA National Championship meets. YMCA teams are grouped into local leagues and regional fields. SVYT is a member of the Northwest Region field and participates in the Northwest Regional YMCA Championship meets. Our league is the Puget Sound Swim Association, or PSSA, which encompasses all Western Washington. YMCA competitions are closed competitions and may include dual meets, invitational and championship meets. All SVYT swimmers are eligible to compete in YMCA meets.

USA Swimming

USA Swimming (USA) is the national governing body of amateur swimming. All SVYT swimmers are required to be USA Swimming registered. It sets the rules for competitions, implements policies, conducts national championship meets and selects athletes to represent the United States in international competitions. USA swimming requires its coaches and officials to be certified according to its standards. USA Swimming is divided into Local Swimming Committees (LSC's) to administer USA Swimming activities in small geographical areas. Our LSC is Pacific Northwest Swimming or PNS.



Our Coaches

Joseph Shelly – Head Coach



Born and raised in Mount Vernon, the local YMCA and swimming have always been a big part of Joseph's life. He began his journey as a swimmer at the Mount Vernon Y back at the old location on Fulton, starting with swim lessons at the age of 6. Eventually, he would go on to join the swim team as a 9 year old in 2007. With this team, he competed in many meets over the span of 12 years, ending with a final meet at Y Nationals in 2019.

Joseph has worked as a lifeguard, swim instructor, and assistant coach for the Skagit Valley Family YMCA. He is a state licensed math teacher; graduating magna cum laude with a bachelor's degree in secondary education at

Western Washington University and has experience working for the Issaquah and Mount Vernon School districts. Before accepting the position of head coach for SVYT, he was the head coach for Mount Vernon High School's boys swim team, as well as the head coach for the Y's Special Olympics program.

Joseph's goals have always been to maintain an inclusive environment that supports the physical and cognitive development of young swimmers, both in and out of the water. His biggest priorities are keeping swimming fun and engaging for the team, and to help athletes attain their goals in the sport through honing technique, building confidence, and promoting camaraderie with swimmers, parents, and staff.

To contact Coach Joseph directly, please email j.shelly@skagitymca.org

Artemiy Lisitskiy - Assistant Coach



Andrea Dryden - Volunteer Coach

Andrea has always loved being around the water. She joined the swim club at the age of 8 and continued to swim competitively through high school. She became a lifeguard and taught swim lessons in high school and college, water safety has always been a top priority to her. Teaching swim lessons has still been her favorite job ever.

Andrea has a Master of Nursing degree and works as a nursing instructor and now loves to run, but was brought back to the pool when her daughter joined the SVY Tritons swim team in 2022. She became a swim official in 2023 and started coaching in 2024. Andrea loves watching kids succeed both in and out of the pool, as swimming teaches many lessons that hard work and perseverance pay off. She loves helping push swimmers that little extra bit to accomplish goals and seeing the smiles on swimmers faces when they do!

Kiril Leckrone - Volunteer Coach



Isaac Smith – Substitute Coach



Isaac has been a competitive swimmer for 10+ years. He is the current record holder in the 50 freestyle for Mount Vernon High School and the current record holder for multiple records for SVYT. He is also a 3 time YMCA National Qualifier in the 50 free and 200 Medley Relay and a YMCA Regional Champion and State Champion for 5+ years.

Having grown up through the Skagit Y, Isaac has also lent his talents to the Y as a lifeguard and swim instructor. As a swim instructor, Isaac has taught a variety of levels and has been constantly involved in the Y's 4th grade swim lesson program; a program that selects students from the Mount Vernon School District and offers free swim lessons to promote water safety and reduce drowning rates in the community. Beginning around October of 2024, Isaac is a police officer with the Burlington Police Department, but still maintains his coaching position with the team.

Jenn Radford – Substitute Coach

Jenn has a profound love of the water and has been involved in the sport of swimming since she was a child. She joined a club swim team at a young age and continued swimming competitively through college. There is something about the peacefulness of the water combined with the challenges of swimming that has captivated her from the moment she jumped into the pool!

Her love of swimming led her to start teaching lessons as a summer job in high school, and since then, she has taught and coached in various settings. Prior to coming to SVYT, Jenn was the Head Coach of a USA team in Colorado and previously worked as a Lead Coach for a large USA team in Texas. In addition to her experience with club swimming, Jenn also has been involved in learn-to-swim lesson programming, coaching adult triathlon and Masters swimmers, coaching summer league and Special Olympics teams.

She received her Bachelor's degree in Recreation Administration with Minors in Exercise Science & Special Education, as well as her Master's degree in Exercise Science from Texas State University.

Jenn's priority as a coach is to give her swimmers the opportunity for growth, development, and success. She believes that supporting individuals in achieving these things while being a part of a team requires an environment where all swimmers have appropriate training and quality instruction. She prioritizes teaching and enforcing proper technique and stroke mechanics, as those areas can severely limit or enhance a swimmer's long-term achievements. She also values the fact that swimming offers the opportunity for growth and success outside of the pool. There are so many life lessons that can be learned through sport, and Jenn is thrilled to take on the challenge of not only building up individuals as athletes, but also as successful human beings!



Team Communication

Channels of Communication

Team Website

The most helpful channel to stay informed and updated for your family is the team's website, www.svyaquatics.org. You can look here to find practice schedules, calendars describing upcoming meets and team events, team records, contact information for coaches, links to state and national swimming organizations, etc.

Team E-mails

Team e-mail is used to announce and report on meets, team social events, and fundraisers, request volunteers, and make any urgent or exciting team announcements. Please make sure that the team has an e-mail address that you regularly check, as this is a primary means of team communication. In addition to receiving news, the use of email to contact coaches is highly encouraged, whether to discuss anything regarding the team or their swimmer, or to schedule an in person meeting.

Emails will be sent out to announce any change of practice times, or any cancellations due to weather. These updates will also be posted to our team website.

Team Meetings

The members meet as an entire team or practice groups to discuss success and/or issues, and to make important team announcements.



Practice Groups

Each program is designed to have swimmers in age appropriate groups, and will cover a variety of skill levels from new to championship qualifiers. Swimmers will be divided into different lanes based on skill and experience, and from there will be given developmentally appropriate swim practice workouts/curricula. With this structure, we hope to provide high quality swim practices, while also keeping swimmers in safe and appropriate social environments in which they can thrive.

Newer swimmers will focus on learning to swim the competitive strokes legally, and work on conditioning and technique that will support their development as an athlete. As swimmers progress they will continue to refine technique with support from the coaches. More advanced concepts, drills, strategies and skills will be introduced and further developed based on each swimmer's needs and goals that have been set.

Below are the practice groups and age ranges. For the practice schedule and more information, please check out the swim team's website: www.svyaquatics.org

Riptide (ages 12 and under)

Tidal Wave (ages 10-14)

Tsunami A/B (ages 13+)

Participation During High School Swim Season

SVYT realizes many swimmers participate in school swim programs and our program is supportive of such endeavors.

The swim team will work with swimmers on an individual basis to accommodate their involvement with their high school swim team. Our coaches support high school swimming and will make the necessary adjustments to set swimmers up for the greatest possible success during the high school season while keeping them on track with the rest of the training group.

During a swimmer's high school swim season, we will be offering a reduced team membership with the expectation that they will not be regularly practicing during SVYT scheduled times, and instead be focusing on attendance with their high school team. This reduced membership will allow them to hold their spot on the team, as well as be able to attend swim meets that SVYT attends. We hope that this allows our swimmers to showcase their talent with their high school peers, build a positive relationship between high school and club swim teams, and still allow SVYT swimmers to be flexible participants between their two teams. More information will be posted on the website, and plans can be arranged through contacting the head coach.



Volunteering

The success of SVYT-hosted events depends upon the support of our swimmers and their parents. Families working together and sharing the labor required to run team events ensure a more rewarding and successful swimming experience for the swimmers and their families. **Without enough family involvement and volunteerism, SVYT cannot host meets and will instead be a traveling team.**

Effective September 1st 2022, we are doing away with the workshare hour system. We will instead be trying to organize volunteers to host meets through our team meetings, email, and website. Joining SVYT will not just be a commitment from the swimmer, but we hope that parents will help support our youth by filling these critical roles.

Officials

Officials are present at all competitions to enforce the technical rules of swimming, so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. Parents are encouraged to get involved with some form of officiating.

Timers

Timers are also present at all competitions, regardless of whether or not a pool has an electronic timing system. There is no training required, and you get the best seats in the house! In general, meets need at least two timers per lane for a meet to be hosted.

General Meet Info

Meet attendance is highly encouraged. These provide the opportunities for swimmers to have fun and see their hard work pay off while allowing for team building and the development of camaraderie to occur. They also provide a way for swimmers to set goals, reach championship meet qualifications, and see what the sport has to offer on the competitive side.

Meet Entries

Meet announcements are posted on the Skagit Valley YMCA Aquatics website under the "Meets/Events" page.

To register for a meet, please read the meet announcement first. The meet announcement will include information about the date, location, events, entry limits, and a possible timeline for the meet. Each meet is different, so please read each announcement carefully. Be sure to review the meet announcement with your swimmer(s).

More specific details on meets can be found on the team website. If you have any questions about meet entries or meet attendance accommodations, please contact Head Coach Joseph Shelly.



Meet Fees

Prior to each meet, we will calculate the fees due for meet entries. These fees will be added to your Team Unify account based upon the meet announcement and number of swims. If a swimmer does not participate in a meet after the entries have been submitted, the swimmer is **STILL** responsible for payment of the entry fees.

What to bring to a meet, in general

- Need: SVYT cap, goggles, swimsuit, towel, and dry clothes (extras of any of these can come in handy)
- Bring snacks and water!
- Be at the pool at least 15 minutes prior to warm-ups starting
- (Optional) cash to purchase heat sheets or food at concession stands

Policy on team uniform for competition:

- SVY Tritons swim cap; must not be another team's cap.
- Competition style goggles (Speedo does prescription goggles!)
- Black swimsuit or team swimsuit during competition, (any appropriate competition style suit is okay during practice)
- *Tech suits are okay, use should be limited to championship meets. **USA Swimming prohibits the use of tech suits in athletes ages 12 and under.** YMCA meets also follow USA Swimming rules.

More information regarding specific items can be found on the team website www.svyaquatics.org.



Safe Sport

The YMCA and USA Swimming is committed to fostering a fun, healthy, and safe environment for all its members, and in 2010, it formally implemented a comprehensive Safe Sport program to respond to and prevent instances of abuse and misconduct within the sport of swimming. Since then USA Swimming Safe Sport has worked tirelessly to educate members, put policies in place, and empower teams to create the best possible environments for all members.

Full implementation of the Safe Sport Program involves six key components:

1. Policies and Guidelines
2. Screening and Selection
3. Training and Education
4. Monitoring and Supervision
5. Recognizing, Responding, and Reporting
6. Grassroots Engagement and Feedback

To learn more about Safe Sport, visit the [USA Swimming Safe Sport Page](#).

SVYT Safe Sport Support

Skagit Valley YMCA Tritons Swim Team is committed to safeguarding the well-being of all of its members, with the welfare of its athlete members as the top priority.

If you have any Safe Sport questions or concerns, please contact:

- Joseph Shelly, Head Coach - j.shelly@skagitymca.org
- Justin Davies, Executive Director - j.davies@skagitymca.org
- USA Swimming (719) 866-4578, see [Deal with a Safe Sport Concern](#) for more information
- To use the [online reporting](#) form or call 833-5US-SAFE (587-7233), or find more information at www.uscenterforsafesport.org.

As members of the YMCA and USA Swimming, the coaching staff is mandated reporters. A **mandated reporter** is a person who, because of his or her profession, is legally required to report any suspicion of child abuse or neglect to the relevant authorities. These laws are in place to prevent children from being abused and to end any possible abuse or neglect at the earliest possible stage.

The YMCA takes each swimmer/staff and official's safety very seriously. For all issues concerning safe sport please reference our Safe Sport Page on the website or contact Coach Joseph.

All team policies and guidelines can be accessed on our website at <https://www.teamunify.com/team/recpssvy/page/safe-sport>



Complaints/Concerns Procedures

At any time you have any questions or concerns at all, please feel free to contact our coaching staff via email, or after practice. Parents are encouraged to discuss their concerns over coaching decisions with the head coach directly.

If issues remain unsolved after consulting the head coach, the concerns can be directed at the Executive director.

Contact information:

Head coach (Joseph Shelly) - **j.shelly@skagitymca.org**

Executive Director (Justin Davies) - **j.davies@skagitymca.org**



SVY Tritons Financial Information

Members of the Skagit Valley YMCA Tritons swim team must maintain a non community member YMCA membership to the Skagit Valley Family YMCA. YMCA membership fees are billed separately from the SVYT swim team fees.

Training fees start in September, and annual, monthly, and quarterly payment options are available.

Fees are being paid in advance and are due by the 1st of each month. Accounts become delinquent after the 15th of each month, and a \$25.00 late fee will automatically be assessed unless prior arrangements have been made with YMCA administrative staff. Accounts delinquent over thirty (30) days shall be denied team privileges unless prior arrangements have been made with the Executive/Aquatic Director or Head Coach. Adult members not fulfilling their financial obligations to the team shall result in their swimmer(s) being denied practice, competition, and award privileges until these obligations are satisfied.

Families are responsible for the entire month's dues regardless of practices that may have been canceled or missed. In the event the pool is shut down for an extended period of time, a prorated credit will be added on each swimmer's account.

The team acknowledges the strain multiple swimmers can have on a family. Therefore, a 15% discount will be applied for the second swimmer, and a 25% discount will be applied for the third swimmer and subsequent swimmers.

Registration begins in August for all swimmers, and swimmers in good standing will be invited to sign up prior to open tryouts for new swimmers.

Payment Options

The preferred payment option for the SVYT Swim Team is by credit card payment through the team's Team Unify site. Arrangements for alternative means of payment must be made at time of registration. A \$25 service fee will be charged for all returned checks.

Refunds

SVYT is not able to provide a refund for swimmers withdrawing from the team during the season. All pool fees and coaching contracts are executed before the start of the season based on our registration numbers. Exceptions will be made for military families leaving the area in service to our country and medical reasons with supporting documentation.

Holding a Spot

If a swimmer chooses to leave the team to pursue other sports/take a break, swim for high school teams, we will give the family an option of reducing their monthly payments by 50% to hold their spot. This will guarantee their swimmer will be able to rejoin the team when they are ready. If the family does not choose this option, we will not be able to guarantee a spot will be available when the swimmer chooses to come back.

Registration Fees

The registration fee for the 2025-26 season is \$50.00 per family. This fee includes:

- First two (2) team swim caps for newer swimmers; replacement caps for torn caps
- Team registration (not individual) for USA Swimming and YMCA Swimming



- Coaches Registration Fees for USA Swimming and YMCA Swimming
- Anticipated administrative costs associated with the Team Website, team unify and meet mobile fees

Payment is due at registration and every open team registration period (September) thereafter.

USA Registration Fees

USA Swimming registration is required for all swimmers. Each family will be given a link to USA Swimming to register the swimmer and pay online. All USA Swimming information will be automatically sent to our team website. Registration is good for one year.

Swim Meets Costs

Each meet has its own charges, but in general, most meets have a \$10 - \$40 swimming surcharge and then a fee per event swum, which can be anywhere from \$0 to \$10.

If you choose to go to a meet that involves travel (inside or outside of Washington), please remember to factor in transportation, food, and lodging. All travel meets are optional, and attendance can be decided between the swimmer, coach, and parents. Meet fees will be charged to the credit card provided for monthly dues within ten business days after the specific meet unless other arrangements have been made in advance.

Family in Good Standing

Good Standing refers to being in compliance with a wide range of SVY requirements, both for the swimmer and family. Conduct, attendance, and monthly fees all influence a family's standing within the program. Anyone NOT in good standing may be asked to leave the program at any time. Families must maintain their Y membership to be in good standing.

Financial Aid

SVYT offers a limited number of scholarship memberships every year. Scholarships are granted based on the budget and other factors. These scholarships allow swimmers to participate at a discounted rate. Interested Parents/Guardians should email J.Shelly@skagitymca.org. Scholarships will be reviewed on an annual basis.



Code of Conduct

The Skagit Valley YMCA Tritons Swim Team (SVYT) is committed to providing a safe, caring and nurturing environment for all members. In that regard, we have prepared our Code of Conduct to assist all concerned in understanding what is expected of them in their role as swimmer, parent guardian, or as a SVYT coach. This document and relevant attachments will be updated annually, is available on our team website and reviewed with all members of the SVYT as part of team registration.

Program participants are expected to display good sportsmanship in support of the SVYT Tritons Swim Team Vision, Mission and Values and should be aware of the guidelines detailed in our team's Code of Conduct before choosing to join. Additionally, all participants in the program are subject to prevailing Skagit Valley Family YMCA (SVFY) Rules and Regulations and to the USA Swimming (USAS) Code of Conduct.

Guidelines and agreements for SVYT Swim Team participants:

- I will strive to become the best person I can be and achieve the goals I have established for myself.
- I will conduct myself in accordance with the SVYT Mission, Vision and Values, abide by the SVYT Code of Conduct and adhere to the SVFY Rules and Regulations.
- I will accept the challenges and responsibilities of family, education and community.
- I will develop a positive attitude for myself and be supportive of my teammates.
- I will strive to be the best athlete I can be, by training and performing at the highest level I can. I will encourage my teammates to do the same in practice and in competition.
- I will display proper respect and good sportsmanship toward coaches, teammates, fellow competitors, parents, officials and others involved with SVFY activities.
- I will refrain from all illegal or inappropriate behavior that might detract from the positive image and outstanding reputation of YMCA and USA Swimming, or that may be detrimental to performance objectives.
- I will not possess or use alcohol, tobacco or illegal or non-prescribed drugs. When on a Team Travel excursion, my parent(s)/guardian(s) and I will continue to protect and improve the excellent reputation the SVY swim team has throughout the state and country by adhering to the following guidelines:
- I agree to the rule that at no time will I be in the same room with an athlete of the opposite gender. I will not be out of my room after the assigned curfew.
- I agree to attend all team meetings scheduled while on team trips.
- I will become a model team traveler. I will use good manners and behavior. I will gracefully follow the directions of my coaches and chaperones, including respecting established curfews.

Unsportsmanlike Conduct, Harassment and Bullying

Unsportsmanlike conduct, harassment and bullying will not be tolerated at the SVFY pool under any circumstances and may result in immediate suspension from the team, pending further review by SVY Head Coach and the SVFY Executive/Aquatic's Director.



UNSPORTSMANLIKE CONDUCT

Displaying behaviors inconsistent with the Vision, Mission and Values of the Club such as disrespecting another individual or group, being discourteous to others, displaying bad temper, using inappropriate language, raising voices, being unfair or knowingly violating the rules, cheating, etc.

HARASSMENT

Harassing behaviors of any nature that have the purpose or effect of unreasonably interfering with an employee's or coach's work performance, with a swimmer's participation in the program, or in any way creates an intimidating, hostile or offensive environment, may result in immediate suspension from the team, pending further review by the SVYT Head Coach and the SVFY Aquatic's Director.

BULLYING

Bullying is considered a form of harassment and is potentially devastating to the victim, counterproductive to team spirit and may result in immediate suspension from the team, pending further review by the SVYT Tritons Head Coach and the SVFY Aquatic's Director.

Because bullying is increasingly prevalent in contemporary life, we will provide more detail on this important topic in separate handouts and team awareness and training sessions every season.

The USA Swimming Code of Conduct specifically prohibits bullying. Should anyone become aware of a bullying incident, he/she is expected to immediately report the matter to his/her coach, the Head Coach or the Athletic Director. The SVFY considers the act of bullying as defined in this document to include and apply to all SVFY members, guests and SVYT families.

DROP OFF/PICK UP & PARKING LOT PROTOCOLS

Arriving: Enter ONLY through the Main Entrance on the west side of the YMCA. All SVY Tritons swimmers are required to present their card for access to the Y.

Drop off: Drive around the parking lot and drop swimmers off on the passenger side of the curb. Do not require your swimmer(s) to walk in front of or behind your car and across the lane of traffic when entering the Y.

Pick up: Swimmers should be picked up at the Main Entrance on the west side of the YMCA.



Rules and Regulations Agreement and Signature

As parent(s)/guardian(s) of swimmer(s) on the SVYT swim team, or as swimmer(s) on the SVYT swim team, I/we acknowledges that I/we have received, that I/we have read, and that I/we agree to abide by the standards and guidelines outlined in the SVYT Code of Conduct documents and the SVFY Rules and Regulations referred to in this document as long as we are SVFY members and SVYT program participants. I/we understand that failure to comply with those standards—whether that failure be our own or our children’s—may result in suspension or termination from the Skagit Valley Family YMCA and/or the SVYT Swim Team.

Swimmer Signature _____ date _____

Parent Signature _____ date _____

