



Timber Lane Tiger Shark News

Week of May 30, 2017

May 30 – Morning Practices start, no evening practice!

June 3 – 4th meet, Away meet against Cypress Creek Barracudas, in Cypress, TX

June 10 – Last Dual Meet, Away meet against Towne Lake Wake, in Cypress, TX

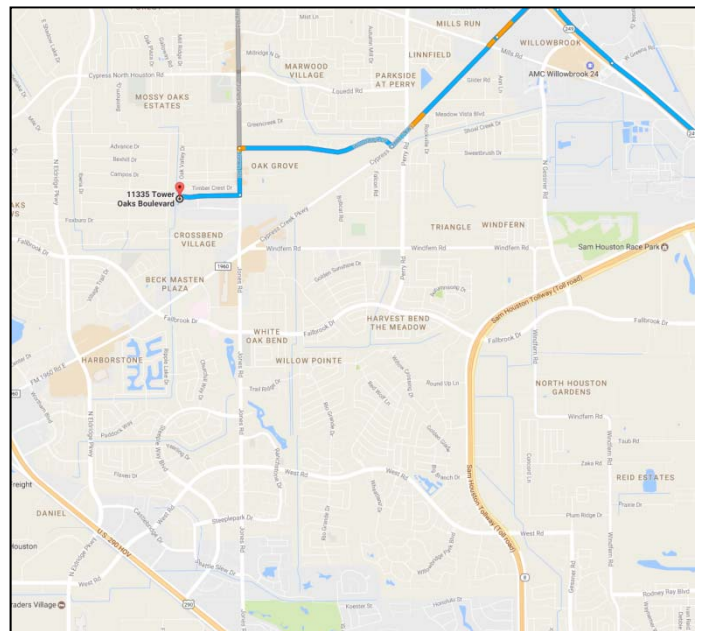
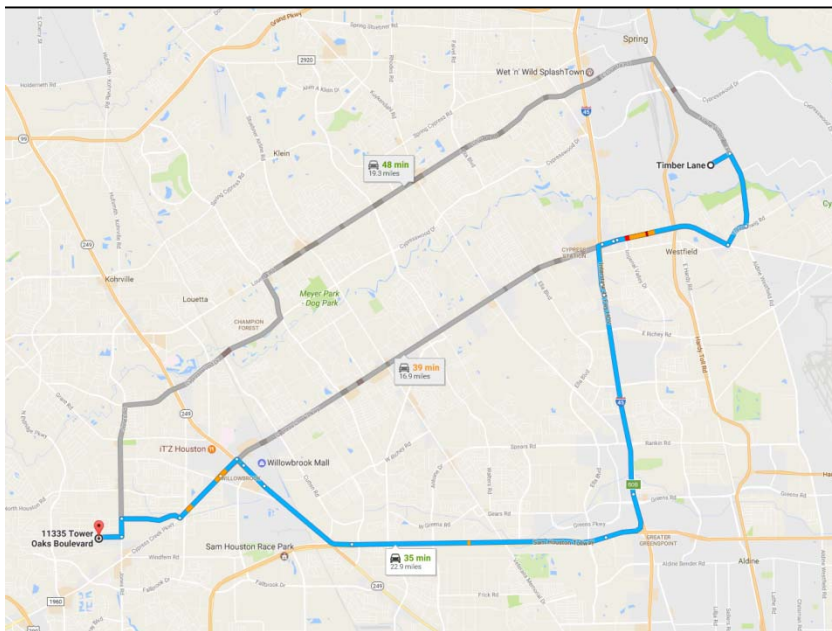
Our Fourth Dual Meet is this SATURDAY!

Coaches Note:

This week is our fourth swim meet of the season and it is against Cypress Creek Barracudas at their pool. The swimmers need to be at the pool and ready to warm-up by 7:30 am. Swimmers need to come and check in with a coach as soon as they arrive at the pool. Please let Coach Christine or Coach Monica know by Wednesday if you are unable to attend the meet as meet entries are due at the end of the day Wednesday. Swimmers must attend their scheduled practice, unless the coaches have spoken to a parent. We are looking forward to a great week of practice.

Meet Location:

The pool is located at 11335 Tower Oaks Blvd, Houston, TX 77065. It maps to be 40 minute drive from Timber Lane, so please plan accordingly. The team has stated that parking is available in the grassy area next to the parking lot and behind the pool on Neeshaw Drive. If you park on Neeshaw, you may enter from the back gate through the old tennis courts.



Concessions:

Food and drinks will be sold at the swim meet by the home team. The swim meet can run up until one, and your swimmer will need to stay hydrated and fed to keep their energy up. Please refrain from allowing kids to fill their belly with too much sugar as we do not want them getting sick during their race. Error on the side of caution for this one.

Seats/Tents/Blankets:

The home team will have a space designated for our team to set-up. Please feel free to bring a tent, tarp or umbrella to shade yourselves as well as chairs.

Meet Etiquette:

1. Swimmers and parents are not to address any official during the swim meet. If a swimmer or parent has a question of an official call you should speak directly to our team representative: Chad Luellen. He is the only person allowed to question officials and coaches.
2. Parents must monitor children's behavior at meets.
3. Swimmers may not leave meets without informing coaches if they are signed up to swim later events.
4. Criticism of the volunteers or other swimmers is not acceptable by anyone at anytime.
5. All meets and participants are governed by the NWAL rules.

Swimming 101:

For a meet, swimmers can participate in up to 5 events: 3 individual and 2 relays. Below are some of the most common disqualification calls for each stroke:

Freestyle: pulling on ropes, push off or walk on bottom

Backstroke: roll over to see finish, pull on ropes, push off or walk on bottom, 2 arm pull on turn, and/or push off wall on turn on stomach.

Butterfly: flutter kick (legs not together), underwater recovery (arms do not come out of water), 1 hand touch, stopping during stroke, pulling on ropes, and/or push off or walk on bottom.

Breast Stroke: improper kick (must frog kick at all times), pull arms down to side (must make small circles in front), more than 2 arm strokes underwater, 1 hand touch, toes turn in or down on kick (must be turned out), stopping during stroke, pulling on ropes, and/or push off or walk on bottom.

Our Website:

Please take a moment to visit our website. The web address is timberlanetigersharks.swim-team.us. Your username is the email address you used when you registered. The password is "welcome" unless you personalized your own password. If you have any problems logging on please email timberlane.tigersharks@yahoo.com. You can use this website to view the upcoming schedule, find news and handouts, as well as sign up for all your volunteer shifts.

Rules Reminder:

The deck is closed during practice. Parents and siblings must stay under the Pavilion or outside the immediate area around the pool. If it is not a swimmers practice time, they must stay under the pavilion or go outside the gate. No one is allowed at any time to enter the kiddie pool (during practice, meets, set-up or take-down). If you have a complaint, question, or concern please contact a board member. Thunder or lightning will post-pone practice for 15 minutes from the last time it was heard or seen. If you have questions about the cancellation of practice email timberlane.tigersharks@yahoo.com or check our Facebook page.

Volunteer Requirements:

Please do not make us hunt you down, volunteers are critical to running a meet. You are required to work each meet or your volunteer check will be deposited. Go online to sign up to work the meet so that you get your preferred position! The last meet we had the other team step up and provide some of our volunteers, that will not be possible this meet since we are swimming a very small team. We need all the volunteers we can get! Please remember that the meet cannot operate without volunteers and will come to a halt until all volunteer positions are filled if necessary. To sign up for volunteer shifts please visit the website.

***WE STILL NEED VOLUNTEERS FOR THE MEET
THIS WEEKEND!!***

Morning Practice Started this Week...
at the following times:

13 and Over	7:30am – 8:15am
6 and Under	8:15am – 8:45am
7 – 8 year olds	8:45am – 9:15am
9 – 10 year olds	9:15am – 9:45am
11 – 12 year olds	9:45am – 10:30am

Website: TimberLaneTigerSharks.swim-team.us/
Facebook: www.facebook.com/TimberLaneTigerSharks