



Timber Lane Tiger Shark News

Week of May 15, 2017

May 15 – Monday practice at normal times, to make up for missing this Friday

May 16 – Coke fundraiser pick-up at the pool during your practice – the only day!

May 16 – Last day for heat sheet ads (\$10/page)

May 19 – Team pictures at the pool – individuals at 5:00, team at 6:00

May 19 – Need volunteers for home meet set up, starting immediately after pictures

May 20 – 2nd meet, Home meet against Inverness Wipeouts, stay to help clean-up!

Rule Reminder:

No one is allowed on the deck in practice. No kids, no parents, NO ONE except the coaches and board members assisting with practice. We have been lenient with picture taking and videoing, but we are now not even allowing that on the deck during practice. Save it for the meets. The only place that you are allowed to be is under the pavilion, in the loungers along the west fence, or outside the fence. Please do not talk to your swimmers during practice, coach needs their full attention at all times. Board members will be strictly enforcing these rules going forward.

Fundraiser Pick-up:

Please do not forget that fundraiser pick-up is tomorrow, Tuesday, May 16th. We will have all the product delivered to the clubhouse earlier in the day and it will be ready for pick-up starting at 4:45. You must pick-up your product Tuesday before 7:45pm. We do not have any where to store product that is not picked up. Any product that is left behind will be donated to the team's concession stand.

Pictures:

Pictures were rescheduled to this Friday, May 19th in order to accommodate for the delivery of our suits and team shirts. Individual pictures will start at 5:00, and the team picture will be at 6:00. Please do not park in the area directly behind the tennis courts. We will have cones in this area. If you park here, you will have to move. This area will show up in our team picture. We want to ensure that our pictures look as good as possible. PLEASE do not park there!

Ribbons:

Coach will distribute ribbons at the first practice after the meet. So the ribbons from last week's meet against Lexington Woods will be distributed this evening before each practice.

Our First HOME Meet is this SATURDAY!

Coaches Note:

This week is our second swim meet of the season and it is against Inverness at our pool. The swimmers need to be at the pool and ready to warm-up by 7:00 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. Also, all swimmers must attend two practices during the week to be eligible to swim in the meet that week (some exceptions apply, see coach if you have a question). Swimmers must attend their scheduled practice, unless the coaches have spoken to a parent. We are looking forward to a great week of practice.

Parking:

During home meets, front parking is reserved for officials, head concessions, and equipment managers of both teams. You will have to park on the street. You may use the circle drive for loading and unloading only. Do not block the entrance or exit of the parking lot while loading/unloading. Also, do not park in the red or at Bay Seafood – you will be ticketed!

Concessions:

Food and drinks will be sold at the swim meet by our team – all proceeds directly benefit Timber Lane Tiger Sharks. The swim meet can run up until noon, 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 is allowed to set up on the outer edges of the pool deck during home meets. After pictures we will have set-up for the meet. If you have a representative help with the meet set-up, you are allowed to set-up your personal tent area Friday night in order to get the area that you want. If you do not participate in meet set-up, you will be allowed to set up before the meet on Saturday. 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.

Heat Sheet Ads:

Heat sheet ads for sponsors and families must be in by May 16th to be in the first home meet heat sheet. It is not too late to purchase a heat sheet ad. This is your own personal cheering page for your swimmer(s) that you design and will be printed in the program for each home meet. The cost is \$10 for a full page and \$5 for a half page. Email timberlane.tigersharks@yahoo.com if you are interested or you have an ad to turn in.

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.

Team Store:

Our team store is still currently open, but will close after the first meet. Please note that the website only states that sizes S-XL are available, but we are able to accommodate all sizes, they are just not listed because they are a little more expensive. Please email timberlane.tigersharks@yahoo.com if you would like to order a larger size than the website offers. The store site is timberlaneteamshop.com.

Volunteer Requirements:

We will have a set-up Friday, May 19th immediately after the team picture, about 6:30 and a clean-up May 20th after the meet. Each family is required to work either a set-up or clean-up shift for each of the two home meets. In addition, each family must have a representative work 1 shift at every meet (home and away meets). You must meet this requirement to receive your \$100 volunteer deposit back. Also, 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 Each family must have a representative work 1 shift at every meet (home and away meets). You must meet this requirement to receive your \$100 volunteer deposit back. Also, 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!!***

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