



Timber Lane Tiger Shark News

Week of May 8, 2017

May 13 – First Swim Meet! at Lexington Woods Pool

May 15 – Team pictures at the pool – individuals at 5:00, team at 6:00

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 – Need volunteers for home meet set up, starting at 7:30

May 20 – 2nd meet, Home meet against Inverness Wipeouts

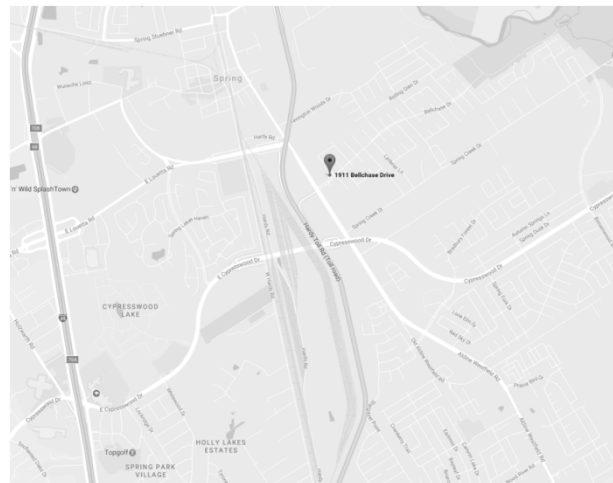
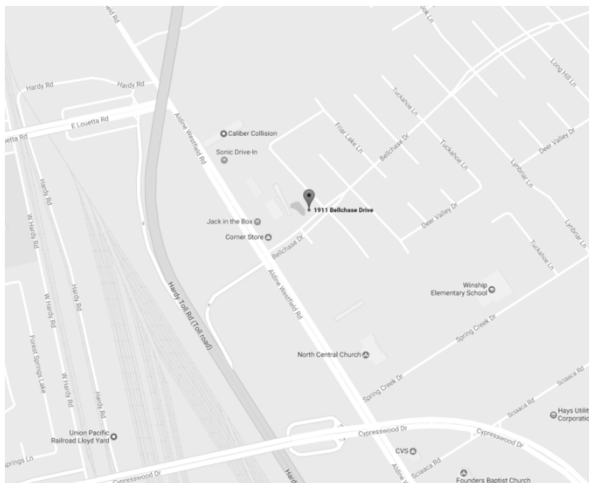
Our First Meet is this SATURDAY!

Coaches Note:

This week is our first swim meet of the season and it is against Lexington Woods 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. 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:

The meet is located at the Lexington Woods Pool: 1911 Bellchase Dr, Spring, TX 77373. During meets, front parking is reserved for officials, head concessions, and equipment managers of both teams. You will have to park on the street. Do not block the entrance or exit of the parking lot while loading/unloading. Also, do not park illegally or you will be ticketed!



Concessions:

Food and drinks will be sold at the swim meet by the home team. But please feel free to bring in your own snacks and beverages. 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:

There will be no seating on the deck. Our team will be assigned an area to set-up. No chairs will be provided, usually it is just an open grass area. Please feel free to bring a tent or 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.

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Volunteer Requirements:

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