

Tidal Waves Swim Association Parent Handbook

Welcome!

Welcome to the Tidal Waves Swim Association (TWSA) swim team! Becoming a part of a swim team can be an exciting experience while at the same time, seem a little overwhelming. Swimming is different from other types of sports and activities, and you will probably have some questions. For this reason, we wanted to gather helpful information to aid you in the process of becoming a swim parent/participant. We are glad you joined and are looking forward to a great season full of excitement and memories to last a lifetime!

Meet the Board

The Tidal Waves began in the summer of 2009. The team consists of a non-paid volunteer board of parents who donate their time and effort to make this experience possible. The board serves for two seasons and then other volunteers take the lead. The present leadership board consists of: president, vice president, secretary, treasurer and pool representative(s). The current board members are listed on the team website. Their responsibilities are:

President

- The president will preside at all board and parent meetings
- Finds sponsors and builds long-term relationships with sponsors to maintain funding (until a fundraising and development position is formed)
- Knows, understands, and enforces the rules of conduct during meets and practices
- Recruits swimmers and markets the team
- Establishes committees as necessary
- Oversee all leadership positions and delegates tasks to appropriate individuals
- Communicates effectively with parents, swimmers, coach, and board members
- Negotiate for a concession vendor each season
- Maintains a positive climate

Vice President

- Learns the position of the president and performs duties in case of his/her unavailability and assists the president in preparation of all team events
- Responsible for the administration of rules and regulations adopted by the Board, handling all protests arising out of them and recommending any changes
- Communicates effectively with parents, swimmers, coach, and board
- Maintains a positive climate

Secretary

- Update the website registration process as needed and monitor active registrations
- Maintains website and administrates Facebook page.
- Maintain the Roster of Swimmers to assist Pool Rep in communication with CASL
- Notifies parents of upcoming meetings and their locations as well as any changes to the schedule
- Maintains competition records of all the meets and keeps track of times
- Keeping records of volunteer signups as necessary
- Maintains a positive climate

Treasurer

- Receives all monies from fundraisers and concession stand
- Coordinate T-Shirt design and ordering
- Maintains balanced budget
- Submits a weekly budget to the president
- Responsible for maintaining accurate monetary records
- Collect fees/monies from participants
- Maintains a positive climate

Pool Representative

- Represents team at scheduled meeting of the CASL Board and serves on CASL Board Committees
- Represents the team in required votes at CASL meetings
- Submits registrations and pool check list to CASL board
- Knows, understands and enforces the rules of conduct during meets and practices
- Communicates changes in CASL regulations and by-laws to the president
- Greets officials and pool representatives from opposing teams
- Decides lane assignments
- Attends meetings with officials and judges
- Knows and enforces all Pool Safety Rules

Coaches

The coaching staff will consist of a Head Coach as well as the necessary number of assistant coaches to provide an adequate coach/swimmer ratio. The coaches' responsibilities include, but are not limited to:

- Conduct practices and instruction
- Submit times for city meet
- Complete rosters for dual meets
- Maintain a positive climate
- Communicate effectively with TWSA Board, parents and swimmers

Practice

- *Practice Schedules are listed on the website.*

All practices are optional, but coaches advise you attend at least four practices per week to see improvement in your swimming times. We seek to build a great team atmosphere where the kids know one another, and the great swimmers can serve as an example to the new swimmers. So we encourage all swimmers to come enjoy practices with the Tidal Waves.

Practice will be held in the rain as long as lightning does not occur.

NOTE: Parents are welcome to observe during practice times, but the coaches request you follow the guidelines below:

1. Avoid distracting the coach or swimmer during practice. If you need to speak to the coach, please do so before or after practice.
2. Leave the coaching to the experts. The coaches were hired to coach because of their expertise and knowledge of the sport.
3. Have reasonable expectations. Our summer program is NOT a replacement for swim lessons. Although you will see some stroke instruction and improvement, a beginning swimmer will benefit from small group or private swim lessons.
4. Be willing to help out when you are needed or when asked.
5. Be supportive and respectful of all swimmers and coaches at the meets. Keep in mind the coaches spend a lot of time putting the line up together – trying to balance competition and participation. Please do not undermine their decisions.
6. All parents are expected to display sportsmanlike conduct during every meet. Any questions or complaints about the actions of the officials or opposing team must be directed to the team Pool Representative, who will replay the question or complaint to the referee. CASL rules prohibit parents or swimmers from approaching judges and/or referees directly. **Disregarding this rule could cause the team to incur sanctions or prompt removal from the competition.**

What Do I Need to Have For My Child to Swim?

- Swimsuit – available for purchase through All-American.
- Goggles
- Swim cap
- Kickboard
- More than one towel
- Dry, warm clothes for meets
- Folding chairs, sunscreen, umbrella
- Plenty of water to drink

- Healthy snacks

Helpful Tip: Label all your child's swim supplies and place in a carry bag. Carry an extra pair of goggles just in case your swimmer needs them.

Helpful Tip: To prevent swimmer's ear, keep a mixture of one part rubbing alcohol and one part vinegar and put a drop in each ear after and during swim meets.

TWSA Team Rules and Expectations

1. Follow directions quickly
2. Respect your coach, teammates and yourself
3. Follow ALL the pool rules
4. Do not enter the water until instructed
5. Do not climb on lifeguard stands
6. Do not bring alcoholic beverages or tobacco products. They are prohibited on OSC (Ooltewah Swim Center) property.
7. Notify your coach if you have to leave practice early.

CASL Dual Swim Meets

Each CASL team participates in six regular season dual meets against other teams in their division. Start times for the meets are either 5:30 or 6:00 p.m. All Ooltewah Swim Center home meets will begin at 5:30 p.m. If a meet begins at 5:30 p.m., plan to arrive at the host pool at 4:30. We will need to check our swimmers in and get them in the water for warm-ups by 5:00. Maps to away swim meets will be available on the CASL website or you can MapQuest from our team website.

What You Need to Know About Swim Meets

Each dual meet consists of 68 events and will last anywhere from 2 – 3 hours. The order of the events is always the same.

1. Exhibition Freestyle
2. Freestyle
3. Breaststroke
4. Medley Relay
5. Individual Medley
 - 10 minute break
6. Exhibition Backstroke
7. Backstroke
8. Butterfly

9. Freestyle Relay

- Announcement of the Winning Team!

Swim meets can be very hectic – especially with the younger swimmers. Experienced parents should help make sure all of our new parents comprehend and understand what is happening at the first few meets.

Swimmers need to check in with the designated coach as soon as they arrive at the pool for the swim meet. If you are going to be late or will miss the meet, please be sure you have informed a coach as soon as possible. (There will be a vacation list on the bulletin board that can be used, and it is mandatory for you to sign if you are going to miss a meet.) We do not want any empty lanes that cost us points. Swimmers and parents need to listen to the announcer and keep up with which events are coming up. Swimmers need to be behind the starting blocks and be ready to swim two events before the event they are swimming. – This means having goggles ready and swim cap on.

Each team is allowed to enter three swimmers in each event to swim for points. One alternate will be listed in case someone does not show up. If the alternate does not get to swim for points, they will swim in the exhibition heats. Lineups are determined by the coaches, and there are many factors that go into these decisions such as swim times, attendance, what is best for the team, etc.

Each swimmer must RSVP through the team website for each meet. Every swimmer will swim at every meet. If they are not swimming for points, they should swim in both exhibition events. Please ask about this if you have any questions. We do not want to find out after a meet that a child did not get to swim because they were overlooked. See a coach or board member if your child's name is not listed on the lineup sheet or the exhibition list, and we will get it straightened out before the meet starts.

Lineups are reviewed before every swim meet. New times are entered and point swimmers may change as others improve. If a swimmer would like to “challenge” a point swimmer, just let the Coach know, he/she will set that up at a practice.

You cannot leave a meet early if your child is scheduled to swim an event. This will be considered an absence. ONLY in the case of an emergency can you leave early, and you should notify a pool representative as soon as possible. The lineup cannot be changed once a meet has started.

Volunteer Positions

Each regular season meet will have volunteer positions that must be filled for our team in order for the meet to run efficiently and be successful. The majority of swim meet volunteer positions are filled by parents. It is imperative that we have participation from everyone. If you choose not to volunteer you must have paid the opt out fee during registration. The positions and a brief description are listed below. It is understandable and expected for new parents to feel overwhelmed and resistant to participant. Please

know that our swim family is full of experienced parents who will gladly work with others to train and explain the positions and details of our meets. There will be volunteer sign ups on our website. Please make sure you are signed up prior to the day of the meet. If you have questions or want to learn a new position that may already be filled, please ask one of the board members and they will help facilitate training.

-Lane Timers: These positions are responsible for obtaining accurate and official times for each event. There will be timers for each lane our team uses during the meets. The lane timers begin their stopwatch at the light flash and audible horn of the event and stop taking time when the swimmer touches the wall at the end of their heat. Times are then documented by a recorder.

-Recorder: Person who works in tandem with a lane timer by documenting the times for the swimmer in their lane.

-Runner: The runner collects place sheets from the Score Keeper, and DQ sheets from the officials. These sheets are taken to the scorer's table for official entry into the meet management system.

-Place Judges: At the conclusion of each heat, place judges determine the order in which the swimmers finish. This is important to determine the point distribution and ultimately the winning team. Each judge is assigned to a finishing position and will have a counterpart from the opposing team. The judge determines what lane finished in the position they are responsible for and hold up that lane number. The opposing team's counterpart should agree and the finishing order is documented by the score keeper. If there are discrepancies between judges, the score keeper must reach agreement.

-Score Keeper: Documents the finishing order for each heat.

-Score Keeper Assistant: Assists the score keeper in gathering and documenting all place data.

-Deck Parent: Deck Parents monitor the area in which we keep the 10 & under children throughout the entire meet. The Deck Parents supervise these children and are responsible for taking all of the 10 & under children to their events.

-Announcer (Home Meets): Communicates all public address messages (score updates, sponsor recognition, general announcements)

-DJ (Home Meets): Play music during warm-ups, set up and dismantle stereo equipment before and after the meet.

CASL City Meet

The CASL City Swim Meet is a two-day Championship swim meet. Swimmers from teams in all three CASL divisions will compete in the meet. The City Meet is a fun and exciting experience for both new and experienced swimmers. It is also one of the few meets for which swimmers have the opportunity to select their own events. Details and the registrations forms will be distributed later in the season. All league teams compete in this meet for top honors in each division. *Your registration fees have already paid for the City Meet.*

Events at Swim Meets

CASL provides two meet officials who conduct and oversee the events. Each swimmer can be entered in a maximum of three individual and two relay events. The assignment of swimmers to various events is the responsibility of the coaching staff. To be able to compete in an event, the swimmer must be able to complete the stroke correctly. Incorrect execution of a stroke results in disqualification (DQ) and the loss of points for the team.

The staff recognizes dedication to practice and reliability of the swimmer. **The coaching staff must try to balance participation with the best lineup for the team's benefit.**

A swimmer's age for purposes of competition is their age on June 1. A swimmer does not change age groups during the season.

At meets, swimmers compete against other swimmers of the same sex and age group. There are six age groups:

- 6 & under
- 7 & 8
- 9 & 10
- 11 & 12
- 13 & 14
- Seniors (15-18)

A meet includes competition in seven event types. There are five individual events: Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley. There are two relays: Freestyle Relay and Medley Relay. Each age group participates in each event except those swimmers under age 9 do not swim Individual Medley. (See chart below.)

All swimmers who are not swimming for points are encouraged to swim in the exhibition heats. The exhibition events are freestyle and backstroke only. Exhibition heats are timed, and improvements in these will mean the swimmer may be swimming for points in the next meet.

EVENTS	6 & Under	8&Under	9andOver
Freestyle	25 yards	25yards	50yards
Breaststroke		25yards	50yards
Butterfly		25yards	50yards
Backstroke	25 yards	25yards	50yards
IndividualMedley		N/A	100yards
FreestyleRelay		100yards (4swimmersx 25yards)	200yards (4swimmersx50y ards)
MedleyRelay		100yards (4swimmersx 25yards)	200yards (4swimmersx50y ards)