

# Titans

## Town of Tonawanda

### Titans Swim Club



## Membership Information

### USA Swimming

#### Let Us Teach You To Fly

- Stroke Development Groups
  - Age Group Competitive Team
  - Senior Competitive Team
  - National Oriented Swimmers
- Revised 9/09

For further Information

Contact:

Tim Bennett

863-6933

Website

ttcswimming.com

#### Staff

Ten Certified Coaches and a Strength and Conditioning Specialist

#### Equipment

Underwater camera and Video analysis. Medicine Balls and stretch cords. Three Vasa Trainers. Hy Tek Workout Manager. Race Analyzer

#### Dry land

Extensive stretching and strengthening for all groups. Supervised weight training and toning for the Level 7-8 swimmers.

#### Stroke Development Program

Provides a broad base of swimmers eligible for the competitive program. Swimmers are assigned to a group after an evaluation by the coach. Parents and swimmers are considered part of the team and have an opportunity to contribute to the team strength, team growth, and team unity.

#### Stroke Development

**Group 1:** Shallow and deep water orientation, introduction to front and back crawl, width work, and attempt at one length front and back crawl. Practice available three days per week. Fee: \$442/year

**Group 2:** Continued work on front and back crawl. Swimmers practice skills by doing width(s) of the pool. Limited work on practicing 1 and 2 length(s) of the pool. Practice available three days per week. Fee: \$442/year

**Level 1:** Work on coordination of Breaststroke. Work on starts and turns. May compete in several easy meets during the year. Practice available three days per week.

*Team suit, cap, and T-shirt required*

Fee: \$442/year

#### Competitive Programs

**Level 2:** Goal is to learn butterfly and improve the other competitive strokes. Emphasis is on stroke improvement and beginning to building endurance. Practice is available four days per week.

*Team suit, cap, and T-shirt required*

Fee: \$585/year

**Level 3 and 4:** For swimmers with increased endurance, who have refined their skills beyond an intermediate level to the "swimmer" level. Practice is available four days per week.

*Team suit, cap, and T-shirt required*

Fee: \$612/year

**Level 5 and 6:** For swimmers who have achieved an increased level of endurance and competence in the four competitive strokes. Practice available five days per week.

*Team suit, cap, and T-shirt required*

Fee: \$681 and \$694/year

**Level 7 and 8:** Ability and commitment determines placement in these groups. Swimmers must be at least 13 years old. Practice is available six days per week.

Weight room is available 3 days per week.

Double practices are offered over Christmas break and from April to August.

*Team suit, cap, and T-shirt required*

Fee: \$793/year

#### Family rates:

\$1,700.00 Maximum for family w/3 swimmers

\$1,892.00 Maximum for family w/4 swimmers

\$2,079.00 Maximum for Family w/5

swimmers

\$56 USA fee applicable for each swimmer in the family.

## Club Policies:

- All swimmers join for the duration of the season, which runs from September to mid August.

- Due are payable:

**September 15th** 34%+ USA Fee (\$56.00), which includes one time account fee (new swimmers only)

**October 15th** 33%

**February 1st** 33%

- A \$25 one-time meet account maintenance fee will be included in the first payment of your first year.

- Swimmers become members of USA swimming (at a cost of \$56), which provides insurance valid through December 31. If joining on or after September 1, membership is valid through December 31 of the following year.

- Additionally, all families are asked to contribute \$10 in lieu of past donations of food or paper products for the May Meet.

**Town of Tonawanda Aquatic and Fitness Center Membership** is required for Level 3-8 swimmers (\$75 for the year) Rates are subject to change without notice. Current rates are available at the front desk.

## Practices:

**At the Aquatic & fitness Center** practice may be observed through the glassed in spectator area.

**At the school pool sites**, practices may be observed from the bleacher area. Please do not stand in the doorways. Parents must accompany the swimmers into the pool area to check that the practice has not been cancelled unexpectedly

## Please observe the following during practice:

- Have younger children accompanying parents sit quietly- no running in the bleachers or out in the hallways.
- Refrain from waving, gesturing, or coaching.
- Bring your concerns to the coach after practice or arrange to speak to the coach later.
- Be sure showers are turned off before leaving.
- Be prompt in picking up swimmers from all practices.
- Parents are responsible for supervising locker rooms.

Swimmers may be suspended from the program for continual misbehavior at practice, meets, in locker room, etc.

## Meet Entries

Coaches complete entries for the swimmer entering meets that are appropriate to their age and level of ability. Meet entries may be handed to the swimmer at practice or mailed home to the parents who then decide if the swimmer is able to attend a specific meet. Meet information is on our web site at <http://tscswimming.com>.

## Relays

Swimmers will be entered in relays unless parents check “no” on the meet entry form. Once entered, the swimmer is committed financially. Coaches may need swimmers for a relay who are not entered in an individual event on a given day.

Scratched relays due to the absence of a swimmer (unless excused medically), will result in that swimmer being charged for the entire cost of the relay.

## Fees for Individual Events and Relays

Meet entry fees for individual events are to be paid by check at the time entry forms are returned to the entry chairman. Checks are to be made payable to the Town of Tonawanda Titans Swim Club. Relay fees are not paid when entering the meet. Fees for the relays are charged to the swimmer after the meet. Billing for relays is done four times a year.

- Midway through Short Course
- After Short Course Season
- After the Titans Meet in May
- At the end of Long Course

If the relay bill is not paid in a timely manner, a swimmer may be denied entry to further meets and will be assessed a late fee.

## Parent Involvement

### Phone Tree

Parents are expected to participate in the phone tree of swimmer’s group.

### Timing at Meets

Parent volunteers are necessary. All parents are expected to take turns timing at meets where their child (ren) is swimming, especially at the Silver District meet in February (usually the first weekend).

## Titans Host the Halloween Meet in October, Silver Districts in February & LC Meet in May

Parents are expected to work one Session at each meet. Parents may choose to officiate, time, sell programs, work in the food tent, etc. A fund-raising assessment of \$80 will be charged to families who are unable to commit to one four hour session at these meets.