



**BLOCK  
HOUSE  
CREEK**

**Swim Team  
Handbook 2011**

## 2011 Tidal Waves Board of Directors

**Angela Newberry-President**  
915-6132  
President@bhctidalwaves.com

**Kelly Blake – Vice President**  
736-1750  
VicePresident@bhctidalwaves.com

**Tina Saul – Treasurer**  
528-0773  
Treasurer@bhctidalwaves.com

**Erin Witt – Secretary**  
818-3882  
Secretary@bhctidalwaves.com

**Kristen Miller – Asst.Sec/Tres**  
818-7847  
asstsecretary@bhctidalwaves.com

**Melissa Helbert – Volunteer Coordinator**  
736-3014  
Volunteer@bhctidalwaves.com

**LJ Saul – NWSC Representative**  
658-6574  
circuitrep@bhctidalwaves.com

**Karen Erlanson - Asst.NWSC Rep.**  
623-0528  
meetdirector@bhctidalwaves.com

**Laurie McSorley – Computer Rep.**  
762-8727  
ComputerRep@bhctidalwaves.com

**Michael Tomberlin – Webmaster**  
494-6420  
WebMaster@bhctidalwaves.com

**Randall Allen– Head Coach**  
325-320-3366  
HeadCoach@bhctidalwaves.com

**Welcome to the Tidal Waves! We are so excited to have you join us this season!**

Joining a swim team is the perfect way to spend your summer. Not only do you get to see your friends almost every day, but you get fantastic exercise as well as awards like ribbons, certificates, and trophies! It is based on having fun but it is also a very big commitment. Swimming is different from most sports whereas more volunteers are needed to run meets – more dedication is necessary for each child to improve. Therefore, in joining the Tidal Waves Swim Team, you are agreeing to the following:

- 1- **One parent/adult family member will volunteer at least ½ of each meet.** Sign up early to get the volunteer position you prefer.
- 2- Your child must attend all practices and meets that they are able. Dedication is the secret to a great team. If your child will miss more than 2 consecutive days at any one time, please let the coaches know. If your child will not be attending a meet, please let the coaches know ASAP. This information can be sent via email. If your child is absent for more than two weeks without contacting a coach, we will assume that he/she no longer wants to swim and they will be dropped from the roster.
- 3- The Swim Team will not process any requests for refunds submitted after May 21, 2011.

The Tidal Waves is a non-profit organization whose goals are to:

1. Provide an enjoyable summer activity for the youth of our area
2. Assist them in developing physical fitness, self-discipline, self-confidence, good sportsmanship, and determination
3. Assist them in developing good swimming skills and improving technique
4. Instill self and team pride as they watch their improvements throughout the season and reach their goals
5. Develop a strong team environment where every swimmer is an essential part of the team

## **Eligibility Requirements of a Swimmer**

Please understand that practice is for improving skills and training. While some skills will be taught, practice is not a group swim lesson. Upon registering for the team, a swimmer must be able to swim one length of the pool on their back and/or on their stomach. Any swimmer who registers and is not able to meet this requirement after the first week of assessments will be asked to leave the team and take stroke clinics/swim lessons at their own expense. If at any time prior to the June 11th meet, the swimmer can meet the minimum requirements, he/she will be allowed to return to the team. If by that time they are still unable to swim this distance, the board will meet to determine if a partial refund of your registration fee for that child will be returned. Keep in mind that it is a NWSC rule that a swimmer must compete in 2 dual meets to be eligible to compete in any post-season meets (Divisionals and Invitationals).

Year-round swimmers age 13 and up will be allowed to compete simultaneously in the summer league program. Any year-round 12 and under may also compete simultaneously but must compete in the 13-14 age group for the NWSC meets. Swimmers 12 or younger on May 1 may practice or compete concurrently with other organized swim clubs/swim organizations no later than one week before the first scheduled dual meet (May 28). After that date and through the duration of the swim season (ending with the post seasonal meet), swimmer competing in age groups 6 and under, 7-8, 9-10, and 11-12 are not allowed to practice with any other organization or compete in a swim meet outside the NWSC. Swim camps are permitted. Any swimmer violating this rule shall be assumed to have resigned from the Member Club and is no longer eligible to practice with any Member Club nor to compete in a NWSC swim meet for the remainder of the season. There is an Exception process available and "swim ups" are available.

## **Insurance**

Insurance for the swimmers is required and will be paid at the time of registration. The charge for athlete insurance is \$7.00. Swimmers will NOT be allowed to swim this insurance. Swimmers are covered at any organized practice of Tidal Waves, every scheduled meet and all Tidal Wave team activities.

## **Communication**

Each family will have a file folder in a crate at the pool. If we have information specific to your family, a note will be emailed. All information regarding upcoming events will be available on the team web site. This information will include newsletters and reminders of upcoming events. It is the swimmer's responsibility to check the web site and their folder each week in order to stay informed about upcoming events. After meets, ribbons will also be placed in each family's folder. Please do not try to get your ribbons at the meet.

## **Sponsorships**

To help offset membership fees, Tidal Waves is offering a new way of reducing the cost parents need to pay. For the 2011 season, a reduction in membership fees will be offered to any member who brings in a sponsor or sponsors. Fifty percent of the sponsorship will be applied to a swimmer's registration fee. This will not discount uniform fee, insurance, or MUD fee. If you would like a more detailed description of the Sponsor levels and/or an application form to sign up new sponsors you can download it from the team website.

## **Sponsors**

Thank you to our sponsors: Office Depot, Avery Orthodontics, Cedar Park Vision Center, Parmer Oaks Dental Care.

## **Heat Sheet Ads**

Parents are encouraged to place ads supporting their swimmers. Family members can place these types of ads for the following prices: business card: \$25.00, ¼ page: \$40.00, ½ page: \$50.00, full page: \$65.00, back page: \$75.00. You may contact a board member for more information.

## Practice

Practice is the most important thing swimmers can do to improve their times and technique. Swimmers are encouraged to attend all practices. Please be consistent in your attendance, and let your child's coach know if you will be missing practice for an extended period of time by putting a note in the coaches' folder. Parents are welcome to stay and watch their children's swim practice, however, they are **not allowed on the deck at any time** during practice. It is easier for children to concentrate when they aren't distracted by parents or siblings. If you need to talk to a coach, please leave a note in their folder or wait until after all practices have been completed.

## Meets

Each Monday prior to a swim meet, the swimmers will be asked which events they would like to participate in the following Saturday. Swimmers are allowed to compete in a maximum of 3 individual events and 2 relays (1 relay for 6 and under) each week. The swimmer will choose one event and the coaches will choose 2 of the events with the swimmer's best interest in mind. The coaches will determine all relays positions.

Meet information will be on the website each week. It is very important that your swimmer(s) arrive at the meet on time so that they may check in and be ready to swim before warm-up begins. Swimmers must check in with their age group parent no later than 6:00 a.m. for home meets and 6:30 a.m. at away meets. Occasionally other teams will need to begin the meet earlier, but you will be advised if there is any deviation from the stated times. If your swimmer is late to the meet, they may be scratched from relays and possibly individual events. Your teammates may also lose the opportunity to swim if you are late, so please plan on arriving on time.

**Please notify the coaches via email if you will be unable to attend any meets no later than Monday on the week of that meet.** It causes a lot of stress and last minute adjustments if someone doesn't show up without notice. If a last minute emergency should arise, please call one of the board members.

The first thing each swimmer needs to do when they arrive at a swim meet is check in with their age group/pit parent. Even if they are late, have them check in with their pit parent before they join the team in warm-up so that they are not scratched from relays and/or individual events. Once your child has been checked-in, please see the volunteer coordinator for instruction. Her table is located just inside the entrance at the meet. Swimmers whose PARENTS do not check in at the volunteer table before 6:30 may be scratched from individual events.

All swimmers must stay in their pit with their age group parent during meets. This ensures that they will get to the ready bench on time to swim their events. It is **not** the pit parent's responsibility to search for each swimmer for each event. It **is** the swimmer's responsibility to stay with their age group and notify their pit parent if they are leaving to go to the concession stand, bathroom, etc. The only swimmers that may leave prior to the end of the meet are those in the 6 & under age group. Their last event is 47. Please be sure your 6 & under child has advised his/her pit-parent when they are leaving. There is a break during all meets. Generally the break takes place after event 45, but can take place at any time. Please discourage your children from leaving their pit area until this time and to return promptly. The pit parents would also appreciate it if you would check in with them on occasion to see if there are any issues that you may help in resolving.

Be prepared to do your best at a meet by taking all of the following: team suit, team cap, towels, team shirt, goggles, books, games, a blanket or tarp to sit on, and sun block. Label all of your items with your name and team name!

## The events for our dual meets are as follows (subject to change):

Event # (Boy/Girl)	Age Group	Event	Event# (Boy/Girl)	Age Group	Event
1 - mixed	6 & U	100 Free Relay			
2-3	7-8	100 Medley Relay			BREAK
4-5	9-10	100 Medley Relay	46-47	6 & U	25 Breaststroke
6-7	11-12	100 Medley Relay	48-49	7-8	25 Breaststroke
8-9	13-14	200 Medley Relay	50-51	9-10	25 Breaststroke
10-11	15-17	200 Medley Relay	52-53	11-12	25 Breaststroke
12-13	6 & U	25 Freestyle	54-55	13-14	50 Breaststroke
14-15	7-8	25 Freestyle	56-57	15-17	50 Breaststroke
16-17	9-10	25 Freestyle	58-59	7-8	50 Freestyle
18-19	11-12	25 Freestyle	60-61	9-10	50 Freestyle
20-21	13-14	50 Freestyle	62-63	11-12	50 Freestyle
22-23	15-17	50 Freestyle	64-65	13-14	100 Freestyle
24-25	9-10	100 IM	66-67	15-17	100 Freestyle
26-27	11-12	100 IM	68-69	7-8	25 Butterfly
28-29	13-14	100 IM	70-71	9-10	25 Butterfly
30-31	15-17	100 IM	72-73	11-12	25 Butterfly
32-33	6 & U	25 Backstroke	74-75	13-14	50 Butterfly
34-35	7-8	25 Backstroke	76-77	15-17	50 Butterfly
36-37	9-10	25 Backstroke	78-79	7-8	100 Free Relay
38-39	11-12	25 Backstroke	80-81	9-10	100 Free Relay
40-41	13-14	50 Backstroke	82-83	11-12	100 Free Relay
42-43	15-17	50 Backstroke	84-85	13-14	200 Free Relay
44-45	6 & U	25 Butterfly	86-87	15-17	200 Free Relay

## Equipment

Team Swimsuits: While not required, it is strongly recommended that each swimmer purchase a team suit to wear at swim meets. If they choose not to purchase the team suit, the girls must wear a one-piece racing suit, and the boys must not wear baggy shorts or cut-offs. This rule applies to meets as well as to practice. If you have a question on what is appropriate attire for practice or meets, please ask a coach.

Team T-shirts: A Tidal Wave T-shirt was included in the uniform fee. Please have swimmers wear them at all meets and team functions. It is an important aspect in the development of team spirit. You can purchase extra t-shirts at registration or at the merchandise table during home meets while supplies last.

Swim Caps: A Tidal Waves swim cap was also included in your uniform fee. This cap must be worn at meets and practices by all swimmers. Proper technique cannot be achieved when hair is in the way. Extra swim caps will be available for purchase at home meets while available.

Goggles: Although not required, goggles are strongly recommended. They improve the swimmer's vision in the water, as well as eliminate irritation caused by pool chemicals. Check the fit of the goggles before you purchase them. Goggles that don't fit properly leak, and leaky goggles are worse than no goggles because they distract the swimmers. Goggles will be available for purchase at the merchandise table.

Ear Drops: When water is left in a swimmer's ear for an extended period of time, it causes an ear infection called Swimmer's ear. This is very painful, but easily avoidable. Drops are available at most drug stores and some grocery stores. The most popular brand is called Swim Ear.

## Volunteers

The Northwest Swim Circuit and the Block House Creek Tidal Waves are **parent run organizations**. It would not be possible to run a meet without volunteers. About 100 volunteers are needed at each home meet and slightly less for the away meets. **Your help and support are required throughout the season!** Volunteering is a great way to show the children you support their efforts. At each meet, the following volunteers are needed from OUR TEAM:

<b>Position</b>	<b>Description</b>	<b>Time Commitment</b>	<b>Number of Volunteers needed</b>
<b>Set-up / Clean-up Crew</b>	Sets up tents, ropes, tables and chairs before for the meet, and take-down and store these items at the end of the meet.	2 hours before meet and 1.5 hours after the meet	5 per meet
<b>Starter</b>	Starts each event. Sole Judge of False Starts. <b>Must attend training clinic.</b>	One shift	1 per shift
<b>Announcer</b>	Responsible for calling each age group to the ready bench.	One shift	1 per shift
<b>Event Turner</b>	Flips over event/heat cards.	One shift	1 per shift
<b>Lane Timer</b>	Keeps accurate time, using a stopwatch. Instructions are given prior to each meet.	One shift	10-13 per shift
<b>Stroke Judge</b>	Observes strokes, turns and finishes to see that swimmers comply with requirements for that stroke. <b>Must attend training clinic.</b>	One shift	2 per shift
<b>Exchange Judge</b>	Observes exchanges in all relay events. <b>Must attend training clinic.</b>	Full meet	4 per meet
<b>Ready Bench</b>	Organizes swimmers into pre-determined heats before the start of each meet	One shift	4 per shift
<b>Runner</b>	Gathers event cards from swimmers and walks them to the timers. Delivers recorded cards and DQ slips to scoring table.	One shift	2 per shift
<b>Scoring</b>	Organizes score cards and DQ slips in preparation for entry into the computer program.	One shift	1 per shift
<b>Ribbons</b>	Prepares ribbons and places ribbons in folders. <b>May require staying up to 30 minutes past the end of the meet.</b>	Second shift plus 30 minutes past the end of the meet	2 for second shift only
<b>Pit Parent</b>	Verifies the swimmers in their age group have arrived. Distribute event cards, monitor swimmers whereabouts, and lead swimmers to the ready bench.	Full meet	20 per meet
<b>Heat Ribbons</b>	Hands heat winner ribbons to swimmers after each heat.	One shift	1 per shift
<b>Computer Rep</b>	Works with Computer Rep to run software during the meet	One shift	2 per shift
<b>Concessions Crew</b>	First shift sets up and sells concessions. Second shift sells concessions and cleans up and packs up stand.	One shift. First shift begins 6:15. Second shift ends 45 mins after meet ends.	5 per shift
<b>Merchandise Sales</b>	First shift sets up and sells the merchandise. Second shift sells and cleans up and packs up the merchandise.	One shift	1 per shift

There is a mandatory **OFFICIALS CLINIC** held to train and certify the following officials: *starters, stroke judges, exchange judges, meet directors, and floaters*. Even if you do not volunteer for one of these positions it is recommended you attend the clinic to help you understand what is expected of the children to prevent disqualification. The Officials Clinic has been scheduled for May 10<sup>th</sup> at 7:00.

To make the meets a success everyone attending the meets must volunteer to work for at least one shift. If you are unsure of what you would like to do, please contact the volunteer coordinator for more information. If you are unable to attend a meet, please make sure that the adult who does attend with your child is willing to do his/her part. Prior to each meet, at least one adult representing each family must sign up on the Tidal Waves website for a volunteer position. The Volunteer Coordinator will send an email announcing that volunteer sign-up has been opened. If one adult from each family does not sign up to volunteer, the swimmers from that family will not be entered into the meet. Thank you for your understanding and continued support to make all of the meets a success!

### 2011 Tidal Waves Schedule of Events

- MAY** 2<sup>nd</sup> Practice begins at the Apache Pool in Block House Creek
  - 4<sup>th</sup> Judges Clinic 7:00 Balcones Country Club
  - 10<sup>th</sup> Required Parent Meeting 6:30 pm
  - 10<sup>th</sup> Judges Clinic 7:00 pm
  - 14<sup>th</sup> Deadline for ordering Heat-Sheet ads!!!!
  - 14<sup>th</sup> Stroke Clinic 9:00-noon (time slot assigned by coach)
  - 21<sup>st</sup> Time trials at Apache Pool
  - 28<sup>th</sup> Away meet at Forest North
  - 30<sup>th</sup> Memorial Day—no practice
  - JUNE** 4<sup>th</sup> Away meet at Cedar Park
  - 6<sup>th</sup> First day of morning practice
  - 11<sup>th</sup> Home Meet vs. Wells Branch
  - 13<sup>th</sup> Picture Day and Parent-supervised Field Trip....No Practice!
  - 18<sup>th</sup> Home Meet vs. Hurricanes
  - 25<sup>th</sup> Away Meet at Steiner Blue
  - JULY** 2<sup>nd</sup> Home meet vs. Steiner Red
  - 9<sup>th</sup> Divisional Championship meet at Cedar Park
  - 11<sup>th</sup> End-of-Season Party
  - 17<sup>th</sup> Invitational meet at U.T. Swim Center
- \*\*Dates are subject to change, check website for latest details.

### Practice Schedule

#### May 2<sup>nd</sup> – June 3<sup>rd</sup> Monday – Friday

Returning 8 and Under	4:45-5:30 p.m.
New 8 and Under	5:30-6:00 p.m.
9/10	6:00-6:45 p.m.
11/12	6:45-7:45 p.m.
13 and older	7:45-8:45 p.m.

#### June 6<sup>th</sup> – July 8<sup>th</sup> Monday - Friday

13 and older	7-8:30 a.m.
11/12	8:30-9:45 a.m.
9/10	9:45-10:45 a.m.
7/8	10:45-11:30 a.m.
6 and Under	11:30 a.m. - 12:00 p.m.

\*\* Practice Times are subject to change. Check team website for latest schedule. Practice schedule July 11-15 TBA.