



# Valdez Torpedoes Swim Club



Team Photo 2018

PC: Diane St.

## Team Handbook Swim Season 2019-2020

### THE VALDEZ TORPEDOES ARE POWERED BY

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[www.valdeztorpedoes.com](http://www.valdeztorpedoes.com)



## **VALDEZ TORPEDES SWIM CLUB**

PO BOX 3106  
VALDEZ, ALASKA 99686

VTSC Swimmers and Parents,

Welcome to a new season of swimming! Whether you are a new swimmer or returning swimmer, we are please you've joined us. We are excited to be involved in teaching your children life skills through the sport of swimming. Some of these skills include healthy habits of exercise and good sportsmanship through competition, as well as survival skills in the event of a water emergency. Our goal is to help children learn to swim in a safe environment and improve their skills for use in competition.

Though swimming is an individual sport, it is also very much a team effort. Swimmers; it is an honor to be a Torpedo and along with the fun you are about to have, it is important to remember to be a member of your team by honoring your coach and the other members of your team with your helpfulness, commitment, and encouragement. This team spirit makes swimming enjoyable for everyone.

We are a non-profit organization that relies on volunteer parent participation. Parents, please consider ways that you may help the team with your skills and talents. We now have a Volunteer Policy (see handbook) to help spread the work over many hands. All volunteer contributions are essential to the Club.

Please look through the Handbook and feel free to ask any questions of the Board Members.

We are looking forward to a great season!

Board of Directors  
Valdez Torpedoes Swim Club

[www.valdeztorpedoes.com](http://www.valdeztorpedoes.com)



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## Mission Statement

The purpose of the Valdez Torpedoes Swim Club is to: provide educational opportunities in competitive swimming through organized training and competition, promote good sportsmanship, self-discipline, proper health and study habits; to provide worthwhile physical and recreational outlets; to provide children with the opportunity to compete individually and as a team at the local, state, and national levels under the auspices of the USA Swimming.

From Article II: Objectives  
VTSC By-Laws August 2018



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## History

The Valdez Torpedoes Swim Club began in 1994 when a group of interested parents and children came together and decided to create a swim club to serve the local children ages 6 to 18. Consensus was that after completing the Parks and Rec swim program, swimmers had no further resource for swim instruction and no outlet for competitive swimming.

For the first three years volunteers did all the coaching for the club from September through May. In its fourth year the club hired its first paid head coach to supervise swimming instruction and competition and has been able to engage the services of a Head Coach ever since. In 2012 an Assistant Coach was hired to run the Learn to Swim Program and to train the younger club swimmers.

In the first quarter of the 2016-2017 Carl Young was hired as the Learn2Swim instructor and eventually became the Head Coach the fourth quarter of that season. The 2017-2018 season was Coach Carl's first full season as head coach. In 2018 he was the Assistant Coach for the Alaska State All Star Zones team and was Head Coach of that team in the summer of 2019. Carl is also the Diversity and Inclusion Chair for the State of Alaska Swimming.

Today the club heads into its twenty-fifth year of instruction and competition. The club started with 30 swimmers and peaked at over 125 swimmers just before the temporary pool closure in 2001. The past two seasons has seen an increase in both competitive swimmers and Learn to Swim participants. The 2018-2019 season there was a 42% increase in swimmers compared to the 2017-2018 season. In 2018-2019 we had swimmers attending 6 postal meets, 4 out of town invitationals, and 5 Championship meets. In March 2019 the pool closed for repairs and VTSC had to cut the season short with no fourth quarter.



## Board of Directors

The Board of Directors are elected to a one-year term of office at the General Membership Meeting held at the end of the swim season; traditionally in May. When a vacancy exists during the middle of a term the board position will be appointed directly by the President and approved by the Board of Directors for the duration of the unexpired term. A great deal of organizational work goes into making a successful swim club and the board members are responsible for much of it. Regular board meetings are held at least once a month and parents and families of Torpedoes are always welcome to attend. If you have questions about club practices, policies, or plans; or would like to serve as a board member or volunteer position, contact any of the board members listed below.

Board Officers	Contact Info
CHRIS MISHMASH - President	907-255-1019 travelmash@gmail.com
JEN DITMAN – Vice President	907-831-0022 jennifer.ditman.ak@gmail.com
DESIRAE ROOSMA - Treasurer	907-255-4077 roosma5@msn.com
KATE GOUDREAU - Secretary	907-831-2070
Board Members	Contact Info
RAECHEL GONDEK	rgondekak@gmail.com
SONJA MISHMASH	907-255-2010 mishmash@cvinternet.net
CAITLIN NEAHR	cneahry@gmail.com
SAM SHIRK	sam.shirk@gmail.com
Coaches	Contact Info
CARL YOUNG – Head Coach	808-989-8751 swymlyfe@gmail.com
VACANT – Assistant Coach	



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## Volunteer Policy

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The success of the Valdez Torpedoes Swim Club depends on parent participation. VTSC has a mandatory volunteer participation policy and every family is expected to volunteer throughout the season (June 1 to May 31).

Each family is required to get 3 volunteer points per quarter or a total of 12 points per season. This is per family not per swimmer! Families can volunteer for events throughout the year. Points can be earned by timing at a meet, deck set-up and clean-up, hospitality, and other assignments as they arise. Most jobs earn 1-2 points, when you sign-up for a job on the website or with the OnDeck app you will see the points that are assigned to each position. You can meet your volunteer requirement by holding a yearly positions such as Board Members, Officiating at least 3 meets, or being a Volunteer Coordinator.

VTSC families that do not receive 3 volunteer points each quarter their child is swimming will be assessed \$25 per point (under the required 3 per quarter). Every family that meets the volunteer requirements will be eligible for prizes at the annual Awards Banquet in April. Those families that have not met their volunteer obligations will not be eligible for prizes.

### HOW TO SIGN UP FOR JOBS

The Volunteer Coordinator will announce jobs through email and on the Facebook page. Most volunteering is needed during meets, prior to the event deadline, login to your account to sign up. In the 'Events' section located in the lower right portion of the home page there is a tab labeled 'Swim Meets'. Click on that tab, then click 'Job Signup'. Select the job you wish to sign up for and put your name or a representative for your family in the spot.

Through On Deck you will need to sign-in and then click on the 3 little lines in the top left corner. Click on Job Manager and any available events should be showing. Choose the day you are available, then select the position and shift you wish to cover, click the fill button and you should be added. It is your responsibility to connect with our Volunteer Coordinator to make sure you receive credit for any job completed.

**Alone we can do so little; together we can do so much.**

~ Helen Keller



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## Website/On Deck App

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We do our best to keep the website updated and a source of information for our members. Please look around on the site and familiarize yourself with what there is to offer. This is the place to go to register and pay for your swimmer, declare swimmer commitment for meets, sign up for volunteer jobs, see meet results, and get VTSC news. There is also a free swim management app called *On Deck* that is connected to our website. Through this app you can declare your commitment to meets, sign-up for jobs, see meet results, and a host of other options. You will need your Team Unify (Torpedoes Website) account log-in for this app. Honestly, it is a lot more user friendly than the website!



## Meets

**Postal, Invites, and Championship Meets** – what's the difference?

**Postal** meets are meets that are held at our pool with our Club members only. These meets are for Bronze through Senior and Master swimmers. Parents are needed for volunteer positions at all Postal meets. These meets can't happen until all positions are filled. This is a great way to get your Volunteer Points.

**Invites** are usually open meets, meaning they are open to all swimmers and don't require qualifying times to participate. All Invites, except our own Banana Meet, are held throughout the state.

**Championship** meets are held in and out of state and require swimmers to have qualifying times to participate.

Please **declare commitment** for swim meets using the On Deck app or through the website. This ensures that you will be entered in the event and helps the coaches prepare for the meet.

Need more details? Check out the 'Parent Info' tab on the website or ask a Board Member. Check the 'Team Calendar' on the website for the most up-to-date information on meets. And check out the 'Times/Standings' tab for qualifying times.

### Postal Meets

We have several postal meets on the schedule for the upcoming year. More Postal Meets and/or Time Trails may be added throughout the season as needed. September 21, 2019, October 25 & 26, 2019, November 22 & 23, 2019, December 20, 2019, January 17 & 18, 2020, and February 28 & 29, 2020. There will also be a 10 and Under State Postal meet (championship meet) on December 21, 2019.

### Fall Harvest

This is an open invite meet, you don't need qualifying times to participate. The meet is held at Bartlett Pool in Anchorage. October 25 & 26, 2019.

### IMX Challenge

Swimmers compete in a series of events and track their times against swimmers all across the nation. This meet will be held at the Bartlett Pool in Anchorage, November 15 - 17, 2019.

### Winter Splash

This is an open invite meet, you don't need qualifying times to participate. This meet will be held at the Bartlett Pool in Anchorage, January 10 & 11, 2020.

### Senior Champs

This is a qualifying meet, swimmers must have established qualifying times in specific events to participate. This year the meet will be held at the Bartlett Pool in Anchorage, January 24-26, 2020.

### Age Group Championships

This is a qualifying meet held annually in February. Swimmers must have established qualifying times in specific events to participate. The swimmers are divided into 'age groups': 10 and under, 11 years, 12 years, 13 years, and 14 years – competing only against swimmers in their age. The swimmer must qualify for time in the age that reflects their age at the time of the Championships. Age Groups is considered a first step in competitive swimming. It may be held at different locations around the state; this year it will be held in Ketchikan, February 14-16, 2020.

### Region 12 Senior Champs

This a qualifying meet, swimmers must have established qualifying times in events prior to registering for this meet. This meet is held in Oregon, March 5-8 2020.

### Northwest Age Groups

This is a qualifying meet, swimmers must have established qualifying times to participate. The swimmer must qualify for time in the age that reflects their age at the time of the Championships. Swimmers will have the opportunity to compete out of state against other swimmers from the Northwest Regions: this includes Alaska, Washington, Oregon, Wyoming, Montana, Colorado, Utah, California, and Hawaii. This event is in Washington, March 19-22, 2020.

### Banana Meet

This is VTSC's annual swim meet, established in 1997 and is open to all swim clubs in Alaska, there is no qualifying criteria to participate. The premise of the meet is that every swimmer that wins his/her heat wins a banana. After they eat the banana the peels are placed into designated team bags. At the end of the meet the peels are counted and the team with the highest number of peels wins. This annual meet has brought great swimming exposure to Valdez and VTSC. This meet will be held at the Valdez Pool, March 27 & 28, 2020.

### Central Area Champs

This is a qualifying meet, swimmers must have established qualifying times in specific events to participate. The meet is held at the Bartlett Pool in Anchorage. April 3 – 5, 2020.

### Junior Olympics (JO's)

The annual April event is open to swimmers who have established qualifying times in specific events to participate. Swimmers compete within the following age groups: 10 and under, 11-12 years, 13-14 years, and 15 and over. Swimmers compete in the age group that reflects their age at the time of this meet. Junior Olympics is always considered a great accomplishment in swimming. This meet is always held at the Bartlett Pool in Anchorage. April 23-26, 2020.

### Western Zones Age Group Championships

Swimmers must achieve qualifying times and be selected in order to earn a spot on the Alaska Zones All Star team to participate with 12 other states in the Western Zone Age Group Championship. This meet is the fastest age group swim meet held in the country for swimmers 14 and under. The event will be held in Oregon on August.



Photos: Michelle Peterson



## Swim Levels

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The **Valdez Torpedoes** offer training and practice groups for swimmers of all ages and ability levels. It is the goal of the **Torpedoes** to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

### **Bronze Group, \$95 per Quarter**

This is our entry level group. An athlete need not be able to swim to enter this group.

Bronze Group Coach: Carl Young

Workout Days/Times: Monday & Tuesday 3:30-4:30

### **Silver Group, \$95 Per Quarter**

From the Bronze group, athletes move into this group. Athletes in this group focus mainly on learning four legal competitive strokes, having fun, and perfecting start and turn technique.

Silver Group Coach: Carl Young

Workout Days/Times: Monday & Tuesday 3:30-4:30

### **Mercury Group, \$115 per Quarter**

From the Silver group, athletes move into this group. Athletes in this group have completed the Silver Group move-up skills list. This group is exposed to training for the first time while trying to prepare for the 200 Freestyle and 200 Individual Medley races. Competing at swim meets is highly encouraged at a rate of about once per month.

Gold Group Coach: Carl Young

Workout Days/Times: Tuesday through Thursday 3:30-4:30

### **Gold Group, \$128 per Quarter**

Athletes entering this group must display a desire to begin training on a more committed basis. Competition at swim meets is expected in this group. Training takes precedence over technique work for the first time in the athlete's development. Athletes in this group train for the 200 Individual Medley and 500 Freestyles.

Gold Group Coach: Carl Young

Workout Days/Times: Monday through Thursday 3:30-5:30

### **Senior Group, \$128 per Quarter**

Athletes entering the Senior group must display a strong desire to perform at the highest level they are capable of. Training is geared towards individual talents, although a strong aerobic endurance factor is present. Athletes in the Senior group are directed towards making their Junior Olympic Time Standards.

Senior Group Coach: Carl Young

Workout Days/Times: Monday through Thursday 3:30-5:30, Friday 2:30-4:30





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## Registration

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To register your swimmers go to our website, **valdeztorpedoes.com**, and set up an account. Click on the red 'Online Registration' button on the left side of the page and follow the prompts to register. In your account you will be able to pay for registration and insurance. The website will also generate invoices for meet fees and any other monies due. In addition, in your account you have access to all your swimmers' times. The website has lots of information – team calendar, upcoming events, team news, and general information from the coach and the club.

### Discounts

Families that have more than 2 swimmers in our program will receive a multi-student discount for the 3<sup>rd</sup>, 4<sup>th</sup>, etc. swimmers.

### Insurance

VTSC is registered with USA Swimming and is required to hold insurance for each swimmer. The insurance premium is due yearly during registration periods. Swimmers are not allowed in the pool if they are not current with their insurance. More information about the USA Swimming Insurance can be obtained from the Registrar.

### Scholarships

Thanks to the generosity of key sponsors the Club can offer scholarships to defray the cost of quarterly dues. Scholarships are awarded on basis of need and the availability of funds. Assistance will be provided when the swimmer meets the following requirements: accepted by the Head Coach as a swimmer for the Club, maintain a 75% level of attendance, and proof of qualification of financial assistance (such as Alaska SNAP, FDPIR or Alaska TANF). Scholarships forgive half of the quarterly dues and are evaluated on a quarterly basis. A \$5 fee is also required for USA Swimming Insurance.



Learn to Swim is a competitive stroke focused swim lesson program. Our goal is to make sure your Swimmer is Safe, Effective, & Excited about being a Swimmer! Lessons are broken down into three easy to understand levels; Beginners, Intermediate, & Advanced Swimmers.

Beginner & Intermediate Classes are held on the same days with each group working on skills designated to their levels. Advanced Classes are held on their own days in the Large Pool preparing the swimmer to Join the VTSC.

### **Beginner**

Someone who has never been introduced or is uncomfortable in the water.

### **Intermediate**

Is comfortable submerging oneself in the water & has been introduced to Freestyle. Swimmer should be able to flutter kick while utilizing basic breathing technique & is comfortable attempting Backstroke.

### **Advanced**

Knowledgeable and able to perform all components of freestyle & backstroke. Understands the risk of swimming and how to minimize those risks as a swimmer.

### **Age requirements**

The Learn2Swim starting age is 4 years old. The only exception that can be made is if the swimmer will be turning 4 during the session they are enrolled in.

### **Sessions**

You can register for your swimmer online at [www.valdeztorpedoes.com](http://www.valdeztorpedoes.com). You will need to also pay for USA swimming insurance as part of the Learn2Swim registration. Contact Coach Carl for questions or concerns.

When lesson dates are confirmed with the pool we open sessions up for registration. Notification of registration opening will be announced with an email to all members that have an account with VTSC as well as being posted on our Facebook page.





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## Parent Info

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More parent and swimmer information can be found on the website.

### Meets

Parents are needed for volunteer positions at all Postal Meets; This is a great way to get your Volunteer Points. Besides – the best seats are on deck as timers and officials. Parents are not allowed on deck unless they are volunteering. This is a USA Swimming regulation.

Swimmers are not required to participate in any meets, but they are a lot of fun and encouraged. Traveling and competing in a meet outside of Valdez is a really rewarding experience.

**Traveling** to meets outside of Valdez is the responsibility of the families. The team does not travel together to meets unless special arrangements have been made. The Club does not cover or reimburse the costs for travel, lodging, or meet fees for swimmers. Meet fees for away meets will be invoiced to your account after the meet. Meet fees usually run from \$15-\$50 per swimmer per meet, depending on the meet. Carpooling and shared lodging is a great way to defray the expense of travel meets.

**Qualifying times** can be found on the website under the tab 'Times/Standings'.

Check the **team calendar** for the latest update on what meets VTSC will be participating in. The calendar can be found on the website under the 'Team Calendar' tab at the top of the homepage or to the right of the scrolling photos.

Swimmers should pack what they need for the **meet day**– suit, goggles, cap, and towel. It is a good idea to have extras of these items as well. They should also consider having a water bottle and healthy snacks.

### Suits

**Team suits** are strongly encouraged to be worn at all meets as a way of unifying our team as Valdez Torpedoes. We usually decide on a suit and do a bulk order at the start of the season in September. Few sell the suits at cost and families are responsible for purchase. Team suits can also be purchased through our team store at SwimOutlet by clicking the tab 'Team Store' to the right of the photos on the website homepage.

Any suit is acceptable for team practice.

### Facebook

We have a Facebook page where we post any relevant information as well as meet photos. Check it out at **Valdez Torpedoes Swim Club**. Feel free to post questions or relevant information/photos on the page. If you would like something posted on the page by our Facebook admin, please see a Board member.



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## Sponsorships

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VTSC is powered by volunteers, registration fees, grants, donations, fundraisers and sponsors. If you know of an organization or business that would like to sponsor VTSC, there is more information on the website under Documents (*Become a Sponsor*). Or if you know of fundraising opportunities, please bring them before the Board. Every amount helps us grow to be a better organization for all the swimmers.



## Coach's Note

Hello everyone and welcome to our 2019- 2020 swim season!

As always I am very excited to get practices started and get our swimmers back in the water. The start to this season is very exciting since the beautiful renovations to our community swimming pool are complete, and with the renovations comes a new sense of renewal for our program. Swimming is about growth, learning, and especially fun! Everyone from the coaching staff, to the swimmers, and even parents can learn, grow, and enjoy our swim culture together as a community. It is our job as an organization and community to support and encourage our swimmers. I feel as people we are never done growing and learning, and I have definitely had my own growth spurts in my character over the last year. So this season let us learn, grow, and flourish together as a team.

Thank You,

Coach Carl Young

