



## 2022-2023 Registration Handbook

# Welcome Aboard!

Thank you for joining the Tsunami Swim Team! We are very excited and honored to have you on our team. We hope your time with TST will be fulfilling and enjoyable.

The Tsunami (pronounced: su-na-me, which means: “great wave”) Swim Team is a program for children who want to become competitive swimmers. It is designed specifically for young people willing to dedicate time and effort in pursuit of a challenging goal - SWIMMING EXCELLENCE!! To that end, the program offers year-round training in conjunction with swimming technique instruction.

The Tsunami Swim Team is a member of USA Swimming, Inc. USA Swimming is the nationwide governing body for the sport of swimming in the United States. USA Swimming divides the nation geographically into Local Swim Committees (LSC) similar to leagues. Tsunami is affiliated with the Missouri Valley LSC that includes the western half of Missouri and the entire state of Kansas.

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Dear Prospective Member,

Thank you for your interest in Tsunami Swim Team of Kansas City (TST), a 501-C3 non-profit United States Swimming club. TST exists to provide a competitive swimming program for youth, adolescents and young adults. We are committed and dedicated to providing a safe environment for our swimmers that allows them the freedom to fully develop their human and competitive swimming potential. Through teamwork, we provide a place for families to strengthen their relationships and prepare young people to be world-class citizens. We make a difference in the world by producing and developing outstanding people who are ready to be productive members, leaders, and influential people in society. Competitive Excellence in swimming is valued and the pursuit of lifelong excellence is the standard.

The team competes in local, regional, and national level competitions sanctioned by USA Swimming, Inc., the governing body for amateur swimming in this country. Our financial success and positive team culture have helped us maintain a stable and professional coaching staff. We pride ourselves in offering such a strong, caring, professional, and accomplished staff. The team comes first at Tsunami and we live the value of "FTT (For The Team)".

The program at TST is designed to assist members in all aspects of competitive swimming, creating the framework for long-term health, welfare, and steady development of our athletes. The development of strong technical skills, solid work habits, good sportsmanship, and an appreciation of teamwork are all essential in the goals set forth for each member at TST and are enhanced the more a swimmer participates.

The coaching staff's vision allows for tremendous long-term development of our members. Our program consists of:

***The Teaching Program (Novice)*** allows our age group swimmers to learn the proper techniques and fundamentals essential for long-term success at an age appropriate rate. Our tremendous supporting staff allows for proper swimmer-coach teaching ratios.

***The Age Group Program (Age Group II Red/Blue & Age Group I Red/Blue)*** affords the athletes more teaching sessions to hone their knowledge of the four competitive strokes and builds kids esteem, skill, and fitness level to make the transition into Senior level swimming. Swimmers learn time management and appreciation of hard work.

***The Senior Program (Senior II, Senior I, Elite High Performance)*** challenges our athletes to prepare, achieve, and succeed at the highest level of swimming competition.

With a new quadrennial having officially started in 2021, the staff has set a new vision for our group structure, designed to elevate all groups competitively and create better Slow based on prior commitment, current ability, and increased interest from new families. This packet along with the *New Parents* page available on our website will familiarize you with all facets of the Tsunami Swim Team and competitive swimming in general. It is our hope that our site will help you better understand and enjoy the inner workings of the Tsunami Swim Team and the world of competitive swimming. We applaud your commitment towards ensuring your child's development and are ready to assist you throughout your membership with TST. Please feel free to e-mail us if you have any further questions.

Sincerely,

Tom Kleiboeker, Head Coach

# Team Philosophy

The purpose of the Tsunami Swim Team of Kansas City is to provide the nurturing team environment and leadership to guide athletes toward the maximum development of their ability. The program is centered on promoting high self-esteem and goal achievement. Goals are achieved through the pursuit of personal excellence and educationally sound values as it relates to their success in training, competition, and life in general.

We encourage kids to become well-rounded and courageous in the face of a challenge, in the hopes they become the leaders of tomorrow. It is our belief that the process of achieving is as significant as realizing the achievement itself. We train, or coach, our swimmers to seek development in all competitive strokes and events offered by USA Swimming and view development of world-class swimmers as a long-term operation, that is, small changes add up to major principles.

At each level of the Tsunami Program, swimmers are instructed to strive for excellence. Excellence in this sense represents the achievement of that level at which you know that you have done your utmost to become the best you are capable of becoming. This philosophy is consistent throughout the program, and every Tsunami swimmer is encouraged to: **“BE THE BEST YOU CAN BE”**

## Vision

Tsunami Swim Team of Kansas City is committed and dedicated to providing an environment for its swimmers that allow them the freedom to Dream Big, Achieve what was never thought possible, and fully develop their human and competitive swimming potential.

## Mission

*“EMPOWERING YOUNG PEOPLE TO BE CHAMPIONS IN LIFE THROUGH EXCELLENCE IN SWIMMING”*

The Tsunami Swim Team of Kansas City is a USA Swimming program with the purpose to continuous improvement in all areas as well as a place to have fun and get great exercise.

- Recruit individuals who share our vision.
- Provide swimmers with the highest quality of coaching and a safe environment. Create and maintain an enjoyable and productive training environment.
- Recognize each individual’s value and role they play in the team's success and future.
- Encourage positive mental attitudes and positive reactions to challenging situations.
- Encourage mutual respect and sportsmanship.
- Encourage pride in a job well done.
- Teach and develop life skills through involvement with competitive swimming. Improve every year.
- Develop a quality team atmosphere, where TEAM is valued.
- Advance the sport of swimming.
- Provide swimmers the opportunities to grow and succeed to their highest level, including the Olympic Dream.



## **Values**

The Tsunami Swim Team of Kansas City embraces those values that support and promote our Vision and Mission statements. These values are derived from the gradual acquisition of life enhancing attributes such as:

**Respect • Courage • Perseverance • Teamwork • Sportsmanship • Commitment • Positive  
Attitude • Character • Passion • Leadership**

***Athlete Centered - Coach Driven - Admin Assisted***

# Long Range Objectives

## **Personal and Physical Development**

To provide an opportunity for young people in the Kansas City area to engage in a wholesome, lifesaving, lifetime sport and recreational activity.

To promote physical fitness and encourage proper conditioning and health habits.

To provide opportunities for healthy social, emotional, and educational development, and encourage peer and family participation.

To foster the development of high self-esteem and help cultivate positive self-images.

## **Competitive Development**

To create an environment in which the desire for self-improvement and goal achievement motivates the individual to fully develop his/her natural abilities and to help others do likewise.

To provide opportunities to learn the values of hard work, dedication, self-discipline, perseverance, and self-responsibility.

To promote the ideals of honesty, integrity, good sportsmanship, and team loyalty.

To provide quality facilities, instruction, training, and competition at all peer and ability levels.

## **Community Involvement**

To promote maximum involvement in age group programs of all children, adults, physical educators, physicians, and others concerned with the development of young people, and to encourage maximum cooperation among these individuals in the scheduling of aquatic facilities and programs in the greater Kansas City area.

To cultivate the support of community-oriented individuals, corporations, and foundations to help fund programs and improve facilities.

# Short Term Objectives

## Instruction, Training and Competition

Provide a graduated competitive swimming program based on age and ability in conjunction with the Elite High Performance age group program sponsored by USA Swimming, Inc. • Provide a quality Senior Program in conjunction with the programs sponsored by USA Swimming, Inc. and the United States Olympic Committee.

## State, Regional, and National Administration

Participate in the direction and management of Missouri Valley Swimming to further the growth and development of competitive swimming in our LSC. Participate in the administration of USA Swimming, Inc., to represent the interests of Missouri Valley Swimming and establish the Tsunami Swim Team of Kansas City as a contributor to the Elite High Performance swimming program.

## Team Structure

The Tsunami Swim Team of Kansas City is structured to provide swimmers with an avenue to develop at their own pace and desire. Our goal is to properly instruct and train our swimmers systematically for long-term development by establishing clearly defined priorities, training plans, and performance standards for each level of instruction. Swimmers who are willing to abide by the Tsunami Swim Team of Kansas City Code of Conduct will be placed in the appropriate training group and lanes based on commitment level, evaluation and/or training capabilities to insure proper flow from group to group.

Prerequisites for group advancement/continued placement may include: experience, maturity level, a positive attitude, a desire to be promoted, maintain behavioral standards, and a willingness to upgrade commitment levels as required in respect to workload and attendance (additional goals/criteria specific to each group may be listed below). In addition, swimmers shall show initiative to communicate these desires prior to moving up. New swimmers will be evaluated as needed. The Head Coach has final say regarding all ongoing training, and group/lane placement matters and may consider overall numbers and ages for each group as well as previous attendance % and commitment to practices and meets. The following information is subject to revision as deemed appropriate by the coaching staff. **Prior season group assignment does not guarantee new season group assignment.**

The groups (Teaching Program, Age Group & Senior Program) are divided by age/grade, training ability, time standards, attendance, maturity, attitude, and Head Coach's discretion/recommendation. The entire staff will ultimately make the decision on the most appropriate group for each swimmer. When looking to move groups, each athlete should look at being placed in the middle of the next group rather than the achieving the minimum standards. We want athletes to **thrive** in their new group, not just survive.

# Training Groups - Senior Program

## Elite High Performance

This is the highest level competitive group that Tsunami Swim Team offers. Recommended for swimmers 13 and over who wish to participate in Sectional, National and potentially International competitions with a strong emphasis on USA Junior Nationals, NCSA Juniors, and USA Nationals. We also work to qualify as many swimmers as possible to be USA Scholastic All-Americans in the classroom. This high intensity/ high reward group trains 8+ pool practices a week, 3 dryland practices per week. Swimming in college is another main objective of swimmers in the Tsunami Elite High Performance Group and assistance with the recruiting process is offered to all group members. There is also a strong emphasis on community service as well as giving back to and being leaders of the team.

## Elite High Performance Standards and Goals

Ultimately, Elite High Performance Coach has full discretion for group appointments throughout the year and entry is by invite only. Interested families must contact or meet with Head Coach to go over expectations prior to participating each year.

## Senior I

Designed for high school swimmers who are experienced and proficient, qualify for the Missouri Valley LSC Championships, and are working towards the Sectional, Futures, & High School State performance. This program provides both a stepping-stone for athletes to be successful in the Tsunami Elite High Performance program and also provides a demanding and comprehensive training program for those athletes who cannot meet the physical, mental, or attendance expectations of the Elite High Performance program. Senior I swimmers are expected to attend 83% (falling below will result in reassignment) of workouts and communicate with the coach about their training schedule, including daily goals to remain in the group. It shall be the sole discretion of the head coach to assign lanes and curriculum within the group to preserve the integrity of the training environment and shall be determined by maturity, goals, commitment level (past and present practice and meet attendance) and actual physical/skill attributes appropriate for the group. **To ensure proper integrity of this group, swimmers must have qualified for a 2022 SC or LC Championship time standard and have an IMX score from previous season.**

## Senior I Standards

- 13-18 years old
- Practice 6-8 times/week for approximately 2 hours per session, including morning practices.
- Multiple dryland sessions per week recommended as part of practice structure.
- Achieve recent MV Senior Championship qualifying time from Short Course or Long Course.
- Able to complete the following test sets: 10x100 free on 1:30; 5x200IM on 3:30; & 1000 kick under 19:00 - short course meters.

For High School Season Dual Participation option, see page 9 below.

## Senior II

This training group is designed for high school swimmers who are qualified for the Missouri Valley LSC District Championships and are working towards multiple Missouri Valley Championship level cuts and competing efforts at the High School Conference & State level. Swimmers must be 13 years old to be considered for the group. Head Coach will have final approval on appointment and exceptions. It shall be the sole discretion of the lead coach to assign lanes and curriculum within the group to preserve the integrity of the training environment. These assignments shall be determined by maturity, goals, commitment level (past and present) and actual physical/skill attributes.

### Senior II Standards

- **13-18 years old**
- **Standard:** swimmers should be able to train moderately and be motivated to be high school swimmer, be goal oriented and positive. No IMX score required. Must compete in hosted meets.
- **Focus:** development of technique/skill.
- **Stroke work:** emphasis on refining and executing technique, turns and underwater speed, learn pacing and race strategy, stroke balance and moderate training.
- **Objective:** train to reach high school potential & work towards USA Swimming championship times. Able to complete the following test sets: 10x100 free on 1:40; 8 x 100 (2 of each stroke) on 2:00, 4x200 IM on 3:40; & 10 x 100 kick on 2:00.

### High School Season - Dual Participation Option (Senior I & Senior II)

Swimmers in this group who wish to dual participate (not mandatory) during their high school season must pay \$150 team registration fee + \$75 per month (max 10 practices per month/meet sessions) while in high school – invoiced on the 1<sup>st</sup> of each month or as an on demand charge during the month. Normal monthly training fees are active after the athlete's high school swim season is over. **Meet days during this period are subject to the total number of days representing TST.**

**High School Boys Dual Participation – September – October only**

**High School Girls Dual Participation – December – January only**

*\*Swimmers who are not at or near the time standard for any group may be considered to move up if they are extraordinary in other areas such as training ability, attendance, maturity and leadership - Senior Coaches will determine. All senior swimmers, beyond these guidelines and objectives, are expected to demonstrate the highest level of character and integrity and move toward a leadership role on this and all teams in which they participate. When looking to move groups, each athlete should look at being placed in the middle of the next group rather than the achieving the minimum standards. We want athletes to thrive in their new group, not just survive. Often times moving up may not be in the best interest of the athlete.*

# Training Groups - Age Group Program

## Age Group I - Blue

This group is for the committed and motivated young swimmers who begin to prioritize swimming over other sports/activities in preparation for Elite High Performance levels of swimming at the senior level. Athletes will be introduced to advanced aerobic training while continuing to refine their competitive strokes. Race strategy and stroke mechanics are continually discussed and knowledge of training paces is stressed. Nutrition and strength improvements outside the pool are discussed and become an increased concern. 60% attendance is the minimum recommended level of attendance expected in order for improvement.

### Age Group I - Blue Standards

- 11-14 years old (*age can vary and does not guarantee placement; Coaches have final discretion on this*)
- Currently at or nearing Championship qualifying times for respective age group
- Ability to meet minimum training expectations (10x100 fr @ 1:40 SCM or similar)

### Age Group I - Blue Goals

- Develop mature training/racing habits required to pursue the highest level of age group swimming and prepare for advanced Senior level swimming.
- Fine-tune technique to develop stroke balance; improve pacing and race strategy in all strokes/events.
- Race all strokes and their age group's IMX events regularly during competitions. Emphasis will be on 200s of stroke, 400 IM and the 500 up to the mile.
- Participate in Team-hosted meets and others around LSC, including qualified Championship meets.
- Be motivated, committed, and competitive at the Championship level and in pursuit of long-term goals.
- Take ownership of their swimming by seeking out improvement both in and out of the water.
- Work on developing/improving leadership skills for both practice, competitions, and away from the pool.
- Demonstrate healthy eating and sleeping habits while managing commitments.
- Actively listen and respect coaches and fellow swimmers at all times.

## Age Group I - Red

This group is designed to progressively develop the less experienced or less committed athletes as they move from stroke development into more advanced skills practices. There will be increased emphasis on competitive training where race strategy and knowledge of training paces is discussed. With no requirement for attendance, swimmers are encouraged to attend 3+ of these in order to adapt and improve.

## **Age Group I - Red Standards**

- 11-14 years old (*age can vary and does not guarantee placement; Coaches have final discretion on this*) and previous swim team experience recommended.

## **Age Group I - Red Goals**

- Develop advanced technique and stroke balance; improve pacing and race strategy in all strokes/events.
- Race all strokes and their age group's IMR/IMX events during competitions. Prepare to race 200s of stroke, 200/400 IM and the 500 free.
- Participate in Team-hosted meets and others around LSC.
- Be motivated, committed, and competitive at the Championship level and in pursuit of long-term goals.
- Develop ownership of their swimming by seeking out improvement both in and out of the water.
- Work on developing/improving leadership skills for both practice, competitions, and away from the pool.
- Demonstrate healthy eating and sleeping habits while managing commitments.
- Actively listen and respect coaches and fellow swimmers at all times.

## **Age Group II - Blue**

This group's primary focus continues to be on technique development of all four strokes for the more advanced swimmer. An introduction to interval training is incorporated throughout the workout and discussion on more advanced skills and race strategy. While no set requirement to attend, swimmers are encouraged to attend 3+ of these each week in order to improve and prepare for Age Group 1.

## **Age Group II - Blue Standards**

- 9-11 years old (*age can vary and does not guarantee placement; Coaches have final discretion on this*)
- Currently at or nearing Championship qualifying standards
- Ability to meet minimum training expectations (10x50 @ 1:00 SCM or similar)
- Previous year-round swim team experience recommended

## **Age Group II - Blue Goals**

- Develop the necessary skills to progress to the Age Group I Blue training group.
- Be motivated, committed, and competitive at the District and Championship level.
- Continue improving stroke technique, body awareness/balance, starts, turns, and streamline skills.
- Race all strokes and their age group's IMX events during competitions, with an emphasis on the 100s of stroke, 200 IM and the 200/500 Free.
- Participate in Team-hosted meets and others around LSC, including qualified Championship meets.
- Learn about taking ownership of swimming through both setting and working towards long-term goals.

- Learn how their attitude affects how they swim and how others around them swim.
- Develop their leadership skills for practice, competitions, and away from the pool.
- Actively listen and respect coaches and fellow swimmers at all times.

## **Age Group II - Red**

With the primary focus still is on continued technique development of all four strokes, there will be a transition to a more competitive focus through the introduction of basic interval training while maintaining proper form. While there is no attendance requirement, it is recommended that swimmers come consistently in order to improve. The more often they attend workout, the more engaged they will be while making friends (which will make them want to come more!).

### **Age Group II - Red Standards**

- 9-13 years old (*age can vary and does not guarantee placement; Coaches have final discretion on this*)
- Legal in all 4 competitive strokes
- Previous swim team experience recommended (year-round or summer league)

### **Age Group II - Red Goals**

- Develop the skills required to progress into the Age Group I, or Age Group II Blue group.
- Improve stroke technique, body awareness/balance, starts, turns, and streamline skills.
- Participate in Team-hosted intrasquads/meets and other meets in LSC.
- Race all strokes and their age group's IMR/IMX events during competitions, as well as preparing to race in all distances of each stroke, the 200 IM, and the 200 Free
- Be motivated and committed to reach the District and Championship level.
- Learn about taking ownership of swimming through both setting and working towards long-term goals.
- Learn how their attitude affects how they swim and how others around them swim.
- Work on developing their leadership skills for practice, competitions, and away from the pool.
- Actively listen and respect coaches and fellow swimmers at all times.

## **Training Groups - Teaching Program**

### **Novice**

This is our introductory group into year-round swimming that allows maximum opportunity to participate in other activities. The priority is to teach the fundamentals of the four competitive strokes by means of drills and games that make swimming fun! Swimmers are learning all the rules of competition for USA Swimming and proper workout etiquette. While there is no attendance requirement, it is recommended that swimmers come consistently in order to improve. The more often they attend workout, the more engaged they will be while making friends (which will make them want to come more!).

## Novice Group Requirements

- 6-10 years old (*age can vary and does not guarantee placement; Coaches have final discretion on this*)
- Ability to swim a 25 of both freestyle and backstroke
- Previous swim experience recommended (swim lessons or summer league team)

## Novice Group Goals

- Develop the skills to progress into the Age Group II Red group.
- Introduce and improve stroke technique, body awareness/balance, starts, turns, and streamline skills.
- Participate in Team-hosted intrasquads/meets and other meets in LSC while gaining the skills and confidence to race all 4 strokes legally.
- Learn about District and Championship competition level with the pursuit of reaching these levels.
- Learn about goal setting for both short and long-term success.
- Learn about how their attitudes can affect themselves and others around them.
- Actively listen and respect coaches and fellow swimmers at all times

## Tsunami Swim Team Move Up Policy

At the beginning of our short course season (August), the coaching staff discusses each athlete's progress individually and will announce athletes who have been promoted to new training groups. Many variables are taken into consideration including an athlete's practice attendance, daily attitude and effort, physical development, the progress of their swimming skill set, their performances in practices and competitions, as well as overall numbers in all groups. If you receive an email regarding group placement, your swimmer has been promoted to a new training group. While we know these decisions can be emotional for athletes and families, this process of using an athlete's complete portfolio is deemed to be most effective given that successful development of the person and athlete is the goal. Swimmers who move up to higher groups are immediately subject to the new group's financial commitment and behavioral standards. The following is a rough outline of factors the coaches use when determining practice group move-ups:

**Attendance** • Being at practice frequently enough to learn new skills is often good enough. During the later stages, it is a very important factor in determining what group and lane a swimmer will be placed daily. Attendance should be AT LEAST at the expectation for the group as well as practice engagement.

**Maturity** • Perhaps the most important of the four criteria is maturity including character, responsibility, work ethic, discipline and integrity. • A swimmer moving up should be a positive influence on the group and not in any way take away from the group's quality in the pool or the locker room.

**Training Ability** • Ability to swim through the workout well including longer Free and IM sets and kicking. • Ability to train with the group on the hardest sets and most challenging intervals.

**Times & Ability** • Current times should be at or near the standard for the group. • If the times are less than the standard, the swimmer should have the ability to improve quickly.

A swimmer who meets all four criteria would most likely move up.

If a swimmer meets three of the four criteria, they may be moved up if they are exceptional in the other areas. Regardless, it is always the coaches' decision.

The coaches will in most cases have a meeting and make the decision based on the collective input of the staff.

The decision should always be based on what is fair for the swimmer in question, fair in relation to the rest of the group, and positive for the group into which the swimmer is moving. As a result, group and lane assignments are ultimately at the coach's discretion.

## Coaching Responsibilities

Per our policy, the coaches' job is to supervise the entire competitive swim program. The Tsunami Coaching Staff is dedicated to providing a program for young athletes that will enable them to learn the value of striving to reach their goals – to improve oneself. Therefore, the coaches must be in total control in matters affecting training, practices, and competition, including entries. Failure to adhere to this policy shall be a violation of code of conduct.

The coaches are responsible for placing athletes in practice lanes, groups and sites. This is based on the age and ability level of each individual, among other factors, such as attendance (meet and practices, past and present). When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.

Sole responsibility for stroke instruction and all “wet training” issues rests with the Tsunami Coaching Staff including training, move-ups, lane assignments, practice and meet schedules/assignments, meet events, approved suits, relays, etc. **Families and swimmers may not sign up for a meet outside our published meet schedule.**

The coaching staff will establish the qualifying criteria for participation in each meet and make the final decision concerning meet schedule for each group within TST. TST will not participate in all meets offered by Missouri Valley. Schedules are proposed and meets may be added or deleted. Meet dates may vary from the proposed schedule. **Swimmers are not to scratch a session (s) or event (s) unless an emergency and with prior approval from lead coach.** Failure to adhere to this policy may warrant scratching from the meet or suspension from the team.

At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. The building of a relay team is the sole responsibility of the coaching staff. The coaching staff will be responsible for sending in the final entry list for entries. All deck entries must go through the coaching staff before final approval.

## **Coach Policies & Information**

### **Bad Weather Policy**

Practices will be held at all times (exceptions: extreme weather emergency or Facility scheduling pool issues). For the summer months, if the weather is bad (lightening, tornado) during practice time swimmers may do dryland exercises or swim inside or relocate to another facility or practice may be canceled. Tsunami will communicate via text and email for emergency changes.

### **Observing Practices**

For every pool, parents may observe (behind the glass at William Jewell or on deck at Clayview). We recommend our parents not watch practice every day as this will help to encourage our swimmers to develop both trust in their coach and self-independence in their training. Parents are not covered by USA Swimming Insurance on deck during practices or meets.

### **Pick Up Policy**

Swimmers should be picked up promptly after all practices. Many times, our coaches have other obligations following practice, and if a parent is late picking up their swimmer, our coaches must stay with that swimmer. If you are running late, please let the coach know through a phone call or text message or have another parent supervise your child until you arrive. Please have that parent advise the coach of the arrangement if you cannot reach the coach. Parents who chronically pick up their child late, as determined by the coach, may be fined as determined by the staff and board.

### **Line of Communication**

If you have questions about anything that has to do with the "wet side" of swimming (coaching, what to do at meets, move-ups, etc) please contact your lead coach FIRST. If the answer you get is not satisfactory, please follow the lines of communication as set out below. FOR ISSUES THAT ARE "DRY SIDE" – that is billing, registration, policies, etc. you may contact the team business manager or Board Members directly.

### **Policy - Steps to Resolve Questions/Concerns**

Concerns with a coach shall be addressed with that coach first! Get to know the coach so you can be assured that his/her philosophy, attitudes, ethics and knowledge is such that you are happy to have your child under their leadership. Understand that you and the coach have the best interest of your child at heart and have a constructive dialogue. If an

assistant coach cannot satisfactorily resolve your concern, then ask the Head Coach to join in the dialogue as a third party. Should the Head Coach be unable to resolve the issue, please contact a Board Member. The best way to speak with the coaches or board members is to set an appointment during office hours. All coaches and board members e-mails are available through the website. When contacting a coach or board member after practice, please be considerate.

## **Concerns**

One of the traditional swim team communication gaps is that some parents feel more comfortable in discussing their disagreements over coaching ability, philosophy, or team policies with other parents rather than taking them directly to the coach or board. Not only is the problem never resolved that way, but, in fact, this approach often results in new problems being created and this behavior will not be tolerated. Parents shall refrain from gossip with other parents and all swimmers, including their own and address any concerns with the coaching staff FIRST, then if needed, a board member. We appreciate our membership following this policy. Thank you.

# Fees & Expenses

## Expenses Other Than Training Fees

### **Annual Registration Admin. Fee - \$150 per swimmer, per year**

*Due upon registration. (see pages 20-21 for fee schedule) - Non-Refundable* A portion of this fee pays the annual USA Swimming membership for the year 2022/2023 (subject to USA Swimming) and will provide your swimmer with insurance coverage at practice and meets. This fee supports the administrative efforts of the Tsunami Swim Team, which includes website maintenance, monthly statement and informational mailings, team activities, computer upgrades, and other business-related expenses. Each swimmer will receive a Team T-shirt to be worn at meets. (Team Cap available upon request).

### **Tsunami Swim Team Apparel - Varies**

Each swimmer will receive a Tsunami Team Shirt following payment of the annual registration and the 1<sup>st</sup> month's training fees. (Free Team Latex Cap upon request). Additional Tsunami Apparel and Equipment (e.g. sweatshirts, polo shirts, shorts, visors, ball caps, towels, silicone caps, etc.) are available for purchase during year through the team and through Swim Things, Inc. (816) 224-2600.

Tsunami Spirit Wear will be offered 3 times per calendar year through Show Me Logos.

### **Hospitality Fee - \$20.00**

Each family will be billed a concession fee for each major meet that Tsunami Swim Team hosts or co-hosts regardless of swimmer participation. Tsunami Swim Team currently hosts one to two meets per year. This provides the concession committee the funds to facilitate its operation. Fee guidelines are subject to change.

### **General Equipment Costs - Varies**

Each swimmer will need certain training equipment. All of these items can be purchased through Swim Things. All practice groups are expected to be at their designated area with their practice equipment ready to start practice on time. Standard equipment for all groups is a practice suit, swim cap, goggles, water bottle, pull buoy, kickboard, and towel. Additional equipment may be required.

## Team Dues & Discounts

If a swimmer is moved to a different practice group during the year, the family will be billed a revised amount for each month that athlete participates in the new group during the year. Dues must be paid online (via bank authorization or credit card payment). For families with more than one registered swimmer, the team applies a discount per additional swimmer.

***The discounts will be applied to the swimmer with the lowest dues requirements. (see pages 20-21 for fee schedule) Tsunami Swim Team reserves the right to seek legal enforcement of financial obligations owed, including those who leave and attempt to swim for another USA Club. No such swimmer will be permitted to swim in a Tsunami Swim Team Hosted meet until final resolution of past financial obligation.***

## Late Fee Guidelines

If payment is not received before the last business day before the 15th, a \$15.00 late fee will be assessed to the swimmer's family account. Once fees are delinquent 30 days, a reminder email and/ or letter will be mailed to the swimmer's family and an additional \$15.00 will be billed to the account. At 60 days delinquent, another reminder letter and another \$15.00 will be billed to the account, and the swimmer is subject to removal from training and meets until the account is brought current. If no arrangements have been made and the account goes past 70 days delinquent, the matter will be forwarded to a collection agency. If an account is late for 3 consecutive months, going forward, the account will be charged a service fee of an additional \$35 per month. **Any special fees that require being pushed onto credit card due to, but not limited to, expired cards, et al., will also have all applicable service fees applied.** Questions about your bill should be directed to the business manager or board member.

In order to participate in swim meets with TST, a swimmer must be in good financial standing with the team. This means that a swimmer's financial account must be current (within 30 days of due date). If a swimmer has pre-arranged a payment plan with the team, the swimmer can continue to practice with the team; however, meet participation will not be allowed. If no arrangement has been made, and the swimmer's account is past 30 days delinquent; the swimmer will be removed from practice.

## Meet/Coaches' Fees

Meet fees will vary from time to time over the season. Usually, there is a \$5.00-\$7.00 per individual event fee. In some cases, a facility fee may also apply. In addition, there is also a coaches' fee of \$10.00 for local meets. National level Meets, Team Trips, special out of town meets, and Missouri Valley championship meets carry a variable coaches' fee ranging from \$15- \$50. Some meets carry a flat fee that covers all costs. These fees are subject to change by the Head Coach. You will be billed for meet fees signed up for, even if the athlete does not attend. Coaches' fees are non-refundable. **Meet fees will be billed online. A flat \$10 late fee will be assessed on entries submitted after the Tsunami declaration deadline.**

## Purpose of Coaching Fees

Tsunami will assess a coaching fee on a per swimmer per meet basis. The purpose of the coaching fees is to establish a fund to offset the costs for assistant coaches' meet fees, and all coaches' travel and lodging costs and any mailing regarding entries. The fee is set in a manner to off-set the costs of all fees associated with coaches for both local and travel meets. The assessment is designed to cover the costs for coaches associated with meets where the team has a full roster and meets where the team has a reduced roster.

## Short Course Fee Schedule - 2022-2023

(Payment is deducted on the 1st of the month. Fees will be charged Sept-March)

Training Group	Monthly Dues	Amount Due if Paid in Full Using ACH (Non-refundable)
Elite High Performance	\$180	\$1260 - \$126 (10% discount) = \$1134/swimmer
Senior I	\$155	\$1085 - \$108 (10% discount) = \$977/swimmer
Senior II	\$150	\$1050 - \$105 (10% discount) = \$945/swimmer
Age Group I Blue	\$150	\$1050 - \$105 (10% discount) = \$945/swimmer
Age Group I Red	\$145	\$1015 - \$101 (10% discount) = \$914/swimmer
Age Group II Blue	\$145	\$1015 - \$101 (10% discount) = \$914/swimmer
Age Group II Red	\$135	\$945 - \$94 (10% discount) = \$901/swimmer
Novice	\$100	\$700 - \$70 (10% discount) = \$630/swimmer

**OPTION #1** Elect at registration to pay ACH through your checking = no increase to your training fees or any other items billed through our site. TST will cover this cost.

**OPTION #2** Pay credit or debit = 3.5% charge on training fees and any other items billed through our site. No discount for paying in advance, no discount for multiple swimmers.

**OPTION #3 - Non-Refundable.** Pay training fees in advance for the year using ACH = the same 10% discount you have received in the past. Additional monthly expenses to be billed using the same ACH method. Paying training fees in advance for the year using credit = 0% discount. **Each swimmer can only receive one discount as;**

1. 10% off if paid by ACH in full, **OR...**
2. A family discount on MONTHLY fees at 15% for subsequent swimmers, after first swimmer is billed, **providing ACH is used.** The discounts will be applied to the swimmer with the lowest training fees. Paying by credit card = no discount.

For all swimmers, new yearly registration of \$150.00 is due per swimmer by credit card. Tsunami will cover the 3.5% fee for registration fees only. Questions regarding monthly fees, current status, and participation shall be handled by the Head Coach and/or Board.

**Paying in full seasonally is non-refundable.**

## Long Course Fee Schedule - 2022-2023

(Payment is deducted on the 1st of the month. Fees will be charged April-August)

Training Group	Monthly Dues	Amount Due if Paid in Full Using ACH (Non-refundable)
Elite High Performance	Pay Seasonally	\$900 - \$90 (10% discount) = \$810/swimmer
Senior I	\$155	\$775 - \$77 (10% discount) = \$698/swimmer
Senior II	\$150	\$750 - \$75 (10% discount) = \$675/swimmer
Age Group I Blue	\$150	\$750 - \$75 (10% discount) = \$675/swimmer
Age Group I Red	\$145	\$725 - \$72 (10% discount) = \$653/swimmer
Age Group II Blue	\$145	\$725 - \$72 (10% discount) = \$653/swimmer
Age Group II Red	\$135	\$675 - \$67 (10% discount) = \$608/swimmer
Novice	\$100	\$500 - \$50 (10% discount) = \$450/swimmer

**OPTION #1** Elect at registration to pay ACH through your checking = no increase to your training fees or any other items billed through our site. TST will cover this cost.

**OPTION #2** Pay credit or debit = 3.5% charge on training fees and any other items billed through our site. No discount for paying in advance, no discount for multiple swimmers.

**OPTION #3** Pay training fees in advance for the year using ACH = the same 10% discount you have received in the past. Additional monthly expenses to be billed using the same ACH method. Paying training fees in advance for the year using credit = 0% discount. **Each swimmer can only receive one discount as;**

1. 10% off if paid by ACH in full, **OR...**
2. A family discount on MONTHLY fees at 15% for subsequent swimmers, after first swimmer is billed, providing ACH is used. The discounts will be applied to the swimmer with the lowest training fees. Paying by credit card = no discount.

For all swimmers, new registration of \$150.00 is due per swimmer by credit card. Tsunami will cover the 3.5% fee for registration fees only. Questions regarding monthly fees, current status, and participation shall be handled by the Head Coach and/or Board. **Paying in full seasonally is non-refundable.**

# Fundraising Opportunities

## 2022-2023 Family Obligation

- \$300 if paid in full via fundraising or account debit by December 1st. Families joining after March 1st will owe \$200 and be invoiced April 1st (or after, if joining after April 1st).

OR

- \$400 if paid quarterly - \$100 each installment (December 1st, February 1st, March 1st and May 1st).

## Proposed Fundraising Opportunities

*subject to change*

**Corporate Sponsorship can count toward your commitment.** Please inquire with the Board Treasurer, if interested. Note: Sponsorship does not cover Service Hours.

See also: Corporate Sponsorship form, page 34.

\*\*\*Individual/group fundraisers may be added throughout the year to assist those swimmers and families interested in raising funds to help offset the costs of team travel (airfare, hotel, transportation).

## Service Hours

Each family is responsible for donating time or food at our team sponsored meets. Service Hour assignments can also be achieved at a championship meet, when we are required to provide timers. The Service Hour year runs from September 1 thru August 31.

The number of hours required per family is:

- 14 hours per year for Age Group or Senior Group families
- 10 hours per year for Novice only families
- For families who join January 1 or later, the requirement will be 8 hours per year, regardless of level.
- For any family who has a Novice swimmer and an upper level swimmer, the obligation is that of the older swimmer's level, not a sum of the two.

**At the end of the year, or if you inactivate prior to the year-end, and you have not fulfilled your entire commitment, your account will be billed at \$75.00 per hour for each unfulfilled hour.** In addition, the penalty for not showing up to an agreed event or not communicating three days in advance= \$100 fine. For families who join after the TST Spring Tri-Meet, service hours may be waived or reduced to assist with potential timing opportunities at non-TST meets.

<p><b>Summer/Fall 2022</b> Price Chopper Coupons earn \$5 per coupon sold</p>
<p><b>Fall 2022</b> Shakespeare's Pizza and Eileen's Cookie Dough earn \$5 per pizza/dough sold</p>
<p><b>Winter 2023</b> Trash Bags earnings TBA</p>

For the 2022-2023 season, we will return to the policy of counting service hours worked at TST hosted meets and District/Champs meets or any special meet in which our specific help is needed by the meet host.

## Financial Agreement

***To be completed online, during registration***

This agreement is a binding financial agreement between the Tsunami Swim Team of KC, their agents and the person or persons listed below as the financial guarantor or guarantors for the listed swimmers on this agreement. By signing this agreement the signer agrees to all financial terms listed below as well as agreeing to pay for any additional expenses incurred or entered into on the behalf of one or all of the listed swimmers below. Failure to settle any financial obligations entered into any or incurred on behalf of one or all of the listed swimmers below, will result in potential financial penalties, which include, but are not limited to, late fees and any fees incurred in the collection of said debt. Tsunami Swim Team of Kansas City and their agents will consider failure to settle any financial obligations in a timely and reasonable manner a breach of this contract, and forfeiture of all deposits and refunds that may have been made by the guarantor or guarantors. The guarantor or guarantors agree by their signature that they have entered into this agreement with the Tsunami Swim Team of Kansas City and/or their agents willfully and without duress. **All fees will be billed online through our team website. Payments are to be made via ACH or through a credit or debit card on the site. Your swimmer will not be registered with the team until account information is provided. 30-day written notice is required for canceling membership or inactivation, at which time all outstanding balances are due.**

**Financial Terms:** Training Fees will be assessed when one or all of the listed swimmers participate one day in a practice or meet for that given month. No month will be prorated unless otherwise directed by the Tsunami Swim Team of Kansas City and/or its agents.

**Training Group (Circle)** Novice / Age Group II Blue Or Red / Age Group I Blue Or Red / Senior II / Senior I / Elite High Performance

**Payment Method (Circle)** Monthly / Seasonal

\*For multiple swimmer families there will be a 15% discount offered on training fees, please consult the Multiple Swimmer Family Discount Training Fee Schedule (pgs. 20-21). This discount applies only to the training fees.

**Tsunami Swim Team Registration Fee** (due upon initial registration): \$150.00 per swimmer – supports administrative efforts and covers insurance for athlete. See handbook for more information. Any suspended or canceled swimmer will be assessed \$25 for reactivating during the year, including high school swimmers.

**Hospitality Fee** \$20.00 Each family will be billed a concession fee for each major meet that Tsunami Swim Team hosts or co-hosts regardless of swimmer participation.

**Fundraising** Each family is responsible for a \$300 or \$400 per family commitment. This can be fulfilled through multiple fundraising options throughout the year TBA. Fundraising specifics can be found on page 22.

**Service Hours** Each family will be required to work at our team-sponsored meets. Your level of participation will be based on your swimmer(s) training group. Please see the handbook (page 23) for the levels assigned per group.

**Officials** - Any official who works our hosted meets will be reimbursed for non-athlete certification.

## **General Code of Conduct for Parents & Swimmers**

**(All polices can be found on our homepage under Parent Resources/Athlete Protection)**

### **General Code of Conduct**

Show positive support and actions toward other TST parents, teammates, coaches, officials in daily activities. Confrontational behavior towards other TST members will not be tolerated. In an effort to make TST swimming an enjoyable and rewarding experience for all participants, the following code of conduct will apply:

1. Good sportsmanship should be the first priority of all swimmers and parents.
2. Use of alcoholic beverages by the athletes is unacceptable.
3. Use of performance enhancing drugs/stimulants by an athlete is unacceptable.
4. Use of drugs other than those prescribed by a physician is unacceptable.
5. Use of tobacco or vaping by an athlete is unacceptable.
6. Possession of any item that can be considered a weapon at any team function is prohibited.
7. The following will not be tolerated: Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards another TST parent or member, meet official or USA Swimming Coach and which is related to any decision made by such official or coach in connection with a USA Swimming sanctioned competition, practice or team event.
8. If you disagree with a coach, a board member, or an official, please speak with them in a private setting. If you disagree with another parent, please speak to a board member.

9. Any other act, conduct or omission not provided for above, which is detrimental to the image or reputation of Tsunami Swim Team, USA Swimming, a LCS or the sport of swimming.

## **Training Policies**

1. Care and consideration should be shown to others at all times so as to ensure safe and effective training sessions.
2. Swimmers should strive to be on poolside 15 minutes before appropriate start time.
3. All equipment should be ready before warm up begins
4. Swimmers should only enter water when instructed to do so, and then in an orderly manner.
5. Medication should not be taken poolside unless under parental guidance. The team cannot provide any medication for swimmers. It is important that full details of all medication currently being taken are provided to the coaching staff in writing.
6. Parents shall not coach their child at any time.
7. Swimmers should not participate if they are feeling unwell. Must be fever free for 24 hours.
8. Swimmers shall show respect for authority (coaches, officials, Parents, etc.) by following the curriculum given, no matter the group or lanes assigned.

## **Meet Policies**

1. Swimmers are expected to meet with their coach before and after each of their events. Parents are not allowed at the coaches' table unless asked by one of the coaches.
2. Swimmers need to check to see if they are on a relay. Swimmers who leave a meet and cause a relay to be scratched will be charged the full fee for the relay.
3. Parents will not enter swimmers in a meet outside of our published meet schedule. Parents will not scratch events or sessions unless an emergency or with prior approval of the Coach.
4. In prelims/finals meets, all swimmers who qualify for finals are expected to participate in the finals. For Elite High Performance Team Effort meets, such as Sectionals and above, swimmers will be expected to commit to the entire meet.
5. Swimmers and parents are expected to display proper respect and sportsmanship toward coaches, officials, swim meet administrators and fellow competitors.
6. In accordance with USA Swimming rules, parents are expected to remain in the spectator area and off the immediate competitive deck unless they are working the meet in an official capacity.
7. Swimmers are expected to remain with the team at all times. Swimmers are not to leave the pool, hotel, or any other place at which the team has gathered without the permission of a coach or chaperone.
8. Swimmers of the opposite gender are not allowed in the others' room without permission of the coach/ chaperone present. Chaperones will approve all movies.
9. All swimmers are expected to adhere to the curfew established. Cell phones may be removed by the chaperone.

10. When group meals are arranged, all swimmers and chaperones are expected to participate and share in the expense of the meal.
11. Chaperones must agree to fulfill their responsibilities to the swimmers entrusted in their care and to the other chaperones/coaches. Swimmers may not be chaperones. Chaperones will be subject to a background screening (through USA swimming) prior to the trip.

**Code of Conduct Violations Will Be Processed as Follows:**

1. First Offense: A written certified letter to the swimmer and/or parent explaining the Code of Conduct Violation which could lead to:
  - A written warning with the understanding that if any further offense is violated, automatic suspension or expulsion from the team will result,
  - OR Suspension from ALL team activities for a set amount of time,
  - OR Expulsion from the team (Drug usage, weapons, etc)
2. Second Offense: Suspension or Expulsion from the team.

The following questions are limited mostly to major problems we encounter with some frequency. If your swimmer has any other significant medical problems, please list them under item four (4) below. If any health problems arise during the season, please advise the coaching staff immediately.

## Medical Questionnaire Form

ATHLETE NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

PARENTS (GUARDIANS): \_\_\_\_\_

T-Shirt Size (**Circle One**): YM, YL, AS, AM, AL, AXL, A2XL

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ HOME PHONE(\_\_\_\_\_) \_\_\_\_\_

CELL PHONE: (\_\_\_\_\_) \_\_\_\_\_

E-MAIL: \_\_\_\_\_

FAMILY DOCTOR: \_\_\_\_\_ PHONE: (\_\_\_\_\_) \_\_\_\_\_

Does the swimmer:

1. Wear glasses? YES \_\_\_\_\_ NO \_\_\_\_\_

Have severe impairment without glasses? YES \_\_\_\_\_ NO \_\_\_\_\_

Wear contacts? YES \_\_\_\_\_ NO \_\_\_\_\_

2. Have allergies? YES \_\_\_\_\_ NO \_\_\_\_\_

Have asthma? Medication? YES \_\_\_\_\_ NO \_\_\_\_\_

DISCUSS: \_\_\_\_\_

3. Have seizures? YES \_\_\_\_\_ NO \_\_\_\_\_

If on medication, what kind? \_\_\_\_\_

4. Any other medical problems? Please list briefly

5. List routine or occasional medication (s) and their purpose:

6. List any known drug allergies and the reaction:

DATE COMPLETED \_\_\_\_\_

# Tsunami Swim Team of Kansas City

## Authorization & Release

\_\_\_\_\_ (**Athlete name**) has our permission and consent to travel and participate in USA Swimming sanctioned swim meets with the Tsunami Swim Team of Kansas City. In the event of illness or injury to said swimmer while traveling to or from, or while participating in any such meet, and after an attempt has been made to reach the parents or guardians of the child informing them of such injury, either the Tsunami Coaches, or any official chaperone may hereby authorize treatment by a physician or dentist for said swimmer as fully as we or either of us could do if we were present. In consideration of said child being permitted to travel with the swim team, and the further consideration of the coaches and/or other official chaperones accompanying the team, we do hereby release and agree to hold harmless, unless negligence is involved, the Tsunami Swim Team of Kansas City, Tsunami Swim Team of Kansas City Board of Directors, and the Coaches and official chaperones from any and all claims, liability, costs and expense arising out of or resulting from said swimmer going on any such meet or from the procurement of medical treatment for said swimmer as mentioned above. This authorization is valid from September 1st through August 31st of each year this is executed.

SIGNED THIS \_\_\_\_\_ DAY OF \_\_\_\_\_ 20\_\_\_\_\_

\_\_\_\_\_  
*FATHER or Legal Guardian (1)*

\_\_\_\_\_  
*MOTHER or Legal Guardian (2)*

\_\_\_\_\_ *Personal Medical Insurance Carrier/Group*

\_\_\_\_\_ *Personal Medical Insurance Policy Number*

*In an emergency situation, where we are not reachable by the listed phone numbers, please contact:*

*Name:* \_\_\_\_\_

*Phone:* \_\_\_\_\_

*Relation:* \_\_\_\_\_

### **Consent for Website Publication**

\_\_\_\_\_ *I consent to the publication of my child's name and/or photograph on the TST Website or other media including the team phone directory.*

## Speedo Partnership



Dear Parents,

We would like to remind all of our swimmers and families about our competition swimsuit/apparel requirements. As you may already know, we are a Speedo sponsored swim team. Speedo offers TST a lot of benefits as part of our sponsorship contract. Some of these benefits include discounted warm-ups, swimsuit deals, discounts on various team equipment, and free or discounted Speedo technical suits for our Sectional and National qualifiers, as well as providing us with all of our coach's shirts and banners all through our official dealer, Swim Things. We have worked very hard to build and maintain our sponsorship relationship with Speedo and we are responsible for holding up our end of our contract with them.

All TST athletes should wear a Speedo suit and other apparel in any competition. Our Speedo competition suits must be solid navy, navy and red combo, or solid black as an option for a technical suit. Since the consequence could be as severe as losing our sponsorship with Speedo and all that they offer us, we ask you to please try to purchase a Speedo brand suit. We understand that you may run across other apparel or equipment that may better suit your convenience needs from time to time, however, practice suits, goggles, caps, parkas, and team meet suits should be purchased at Swim Things (816 224-2600); they are the official dealer of Tsunami apparel and can answer all your equipment questions. Swim Things is able to embroider only Speedo apparel.

Please thank Speedo's generosity by making sure to follow team policy in buying Speedo brand products whenever possible. We want to continue this mutual support and we thank you for your understanding and adherence to this policy. We apologize if this wasn't communicated often or clear enough.

Sincerely,

Coach Tom

## Canceling Membership or Moving

It is the responsibility of the member to notify the Head Coach and the Tsunami Swim Team Business Manager, in writing, of their intention to inactivate, terminate, transfer or cancel a team membership 30 days in advance. Contract fees will not be prorated. The member is responsible for all fees that accrue up to and including ninety (90) days after the date written notification is received by the team. Any outstanding fundraising or service hour fees will be billed within 90 days of notification. If the team does not receive written notification, all fees will remain owing and continue to accrue through the end of the contract term. If a member quits the program, or is dropped from the program because of overdue bills, current and overdue account balances are immediately due and payable in full. Failure to pay bills when due will render the swimmer ineligible to participate in any USA Swimming sanctioned activities. If a swimmer practices or participates in a meet with Tsunami, this will be considered participation with the team and all fees will apply. If a situation arises that you feel entitles you to terminate this agreement without paying remaining fees, you must contact the Board in writing. Your situation will be considered, evaluated and a determination will be made. The Board's determination will be conclusive and final. A swimmer will not be considered inactive unless the team receives written notification. Swimmers may participate both with Tsunami Swim Team and their rec-league/ high school swim team at the same time. Those families who have paid for their USA Insurance with Tsunami Swim Team of Kansas City do not have to pay for their summer league insurance as long as that league is a member of USA Swimming.

# Team Communication

Good communication is vital to the success of any organization, and Tsunami Swim Team is committed to continued improvement in this area. We have set up various systems to help with the disbursement of information to our swimmers and families. Our website [www.tsunamiswimteamkc.org](http://www.tsunamiswimteamkc.org) is the most valuable communication tool that we have. Please bookmark it and check it regularly.

**Email** – The fastest and most efficient form of communication for the team and coaches is e-mail. Please provide us with an email address that you check on a regular basis. Last minute practice changes and other timely information will be handled this way along with Twitter or Texting.

**Twitter** – Instructions to follow us on Twitter can be found on the next page. Last minute cancellations and weather announcements will be made here. Group texting will now be possible by coaches via ON DECK or their personal phones.

**Verbal** – Our Coaches make announcements before, during and after practices. Please ask your swimmers about the daily announcements.

**Parent Meetings** – Meetings will be conducted several times a year to provide parents more information on the sport of competitive swimming, upcoming events and much more. Your attendance is encouraged.

The preferred time to speak to a coach is via phone or email to schedule a mutually convenient time. The coaching staff maintains the following office hours:

Monday - Friday 9:00 a.m. - 2:00 p.m. Evenings & Weekends by appointment. NOTE: Coaches will occasionally miss office hours due to swim meets, etc.

## Twitter Instructions

1. Go to Tsunami Home page and click on the link at the bottom: "Follow us on Twitter".
2. If you currently have Twitter set up, sign in and add @tstkc to follow us. If you want the tweets to come to your personal phone or swimmer's cell-phone follow the steps below.
3. If you do not have Twitter then follow the steps online to sign up. Add @tstkc to your Twitter and then again follow the steps below to have tweets come to your cell phone.

## **Current Twitter Steps: How to Add Your Phone to Your Twitter Account**

1. You do not need a data plan to receive Twitter messages on your phone. An operational cell phone can receive Twitter messages. By enabling your cell phone to receive Tsunami Tweets, you will receive real-time updates from Tsunami regarding practice schedules and weather delays.
2. Send a text to your Twitter code (40404) with the word START
3. Twitter will reply and ask you to sign up if you're new. If you already have an account you will be asked for your username.
4. Send your username (do not send any additional characters in the message, or Twitter won't be able to read it correctly)
5. When Twitter asks for your password, carefully send your password (remember: passwords are case sensitive!)
6. Twitter will ask you to send "OK" if you want to use Twitter on your phone. Send OK, and you're all set! Now you can send messages to your Twitter code, and they will post as Tweets on your Twitter profile for all your friends to read.
7. To get others' updates, Tsunami Swim Team, for example, delivered to your phone now, you'll need to turn on mobile updates (on your Twitter account) for those whose Tweets you wish to see on your phone. Until you do this, you will not receive any Tweets to your mobile phone. Check out these other phone commands for more tips and tricks.