



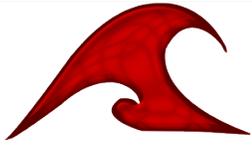
## 2017-2018 REGISTRATION HANDBOOK

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 us 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.





## Tsunami Swim Team of Kansas City

Team Website:

[www.tsunamiswimteamkc.org](http://www.tsunamiswimteamkc.org)

Team e-mail:

[information@tstkc.org](mailto:information@tstkc.org)

### Full Time Coaching Staff

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816-665-4891

ASCA Level 4,5

Head Coach

[coachtom@tstkc.org](mailto:coachtom@tstkc.org)

**Chris Novak**

Head Age Group Coach - MO

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**TEAM OFFICE:**

**Tsunami Swim Team of  
Kansas City**

17 E. Kansas Street, Suite 202  
Liberty, MO 64068

Dear Prospective Member,

Thank you for your interest in Tsunami Swim Team of Kansas City, a 501-C3 non-profit United States Swimming club. TST offers a Elite caliber, technique based, comprehensive competitive swimming program for children, youth, adolescents and young adults. We are committed and dedicated to providing a healthy environment for our swimmers that allows them the freedom to fully develop their human and competitive swimming potential and self-esteem. Teamwork and spirit are among the most highly prized virtues that will be emphasized each year. Competitive Excellence in swimming is valued and the pursuit of lifelong excellence is the standard.

In recent years, the Tsunami Swim Team has established itself as one of the top teams in Missouri Valley. The team competes in local, regional, and Elite competitions sanctioned by USA Swimming, Inc., the Elite governing body for amateur swimming in this country.

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 attends.

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

- ***The Teaching Program (Typhoons)*** 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 (Hurricanes/Cyclones)*** affords the athletes more teaching seminars 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 Development, Elite)*** challenges our athletes to prepare, achieve, and succeed at the highest level of swimming competition.

This packet along with the New Parents FAQ memo available on our website will familiarize you with all facets of the Tsunami Swim Team and competitive swimming in general. As you look through these documents, you will be introduced to our history, philosophy, team policies, structure, and basic information concerning your day-to-day participation in the Tsunami Swim Team program. It is our hope that they 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 call our office to speak with a coach or feel free to e-mail us as well if you have any further questions.

Sincerely,

Tom Kleiboeker

Head Coach

Tsunami Swim Team of Kansas City

## **TABLE OF CONTENTS**

WELCOME TO THE TSUNAMI SWIM TEAM OF KANSAS CITY .....	1
IMPORTANT PHONE NUMBERS/E-MAILS: .....	2
VISION STATEMENT .....	4
MISSION STATEMENT .....	4
TEAM PHILOSOPHY .....	5
LONG RANGE OBJECTIVES .....	5
SHORT TERM GOALS .....	6
TRAINING GROUPS: SENIOR PROGRAM .....	7
TRAINING GROUPS: AGE GROUP PROGRAM.....	9
TEAM MOVE-UP POLICY.....	11
COACHES' RESPONSIBILITIES .....	12
CONCERNS .....	12
FEES & EXPENSES OTHER THAN TRAINING FEES .....	13
PRACTICE EQUIPMENT.....	14
DUES & LATE FEE GUIDELINES.....	14
MEET/COACHES'S FEES.....	14
VOLUNTEER HOURS.....	14
COACH POLICIES AND INFO.....	15
TSUNAMI SWIM TEAM OF KANSAS CITY - FINANCIAL AGREEMENT .....	16
THE TSUNAMI SWIM TEAM OF KANSAS CITY CODE OF CONDUCT FOR PARENTS AND SWIMMERS: .....	17
MEDICAL QUESTIONNAIRE FORM - TSUNAMI SWIM TEAM of KANSAS CITY .....	19
TSUNAMI SWIM TEAM OF KANSAS CITY AUTHORIZATION AND RELEASE.....	20
2018 SHORT COURSE FEE SCHEDULE (SEPT-MAR).....	21
2018 LONG COURSE FEE SCHEDULE (APRIL AUGUST).....	22
CANCELLING MEMBERSHIP.....	23
TEAM COMMUNICATION.....	23
TWITTER.....	24
TEAMUP CALENDAR.....	25

## **VISION STATEMENT**

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 STATEMENT**

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

**The Tsunami Swim Team of Kansas City is a competitive program with the purpose and commitment to:**

- Recruit individuals who share our vision.
- Provide swimmers with the highest quality of coaching.
- 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 – history and tradition
- Self-Reliance
- Courage/Perseverance
- Sportsmanship
- Commitment – personal, family, community, and team
- Positive Attitude – being and reacting positively in challenging situations
- Communication
- Discipline
- Character - Development of personal character.
- Passion
- Leadership
- Eternal

***Athlete Centered.... Coach Driven.... Admin Assisted***

## **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”**

## **LONG RANGE OBJECTIVES OF THE TSUNAMI SWIM TEAM OF KANSAS CITY**

### ***Personal and Physical Development***

1. To provide an opportunity for young people in the Kansas City area to engage in a wholesome, lifesaving, lifetime sport and recreational activity.
2. To promote physical fitness and encourage proper conditioning and health habits.
3. To provide opportunities for healthy social, emotional, and educational development, and encourage peer and family participation.
4. To foster the development of high self-esteem and help cultivate positive self-images.

### ***Competitive Development***

1. 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.
2. To provide opportunities to learn the values of hard work, dedication, self-discipline, perseverance, and self-responsibility.
3. To promote the ideals of honesty, integrity, good sportsmanship, and team loyalty.
4. To provide quality facilities, instruction, training, and competition at all peer and ability levels.

### ***Community Involvement***

1. 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.
2. To cultivate the support of community-oriented individuals, corporations, and foundations to help fund programs and improve facilities.

## **SHORT TERM GOALS OF THE TSUNAMI SWIM TEAM OF KANSAS CITY**

### ***Instruction, training, and competition***

1. Provide a graduated competitive swimming program based on age and ability in conjunction with the Elite age group program sponsored by USA Swimming, Inc.
2. 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***

1. Participate in the direction and management of Missouri Valley Swimming to further the growth and development of competitive swimming in our LSC.
2. 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 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.

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 are 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 attendance %. The following information is subject to revision as deemed appropriate by the coaching staff.

The groups (Age Group & Senior Program) are divided by age/grade, training ability, time standards, attendance, maturity, and attitude. The coaches will make the decision on the most appropriate group for each swimmer.

## **TRAINING GROUPS: SENIOR PROGRAM**

**Elite** - This level focuses its training and competitive efforts at the highest levels of USA Swimming including National competitions and athlete actions and goals reflect the mission statement of USA Swimming: to build, promote, and achieve competitive success at its highest level. Swimmers in this group are committed to creating a performance-focused environment and have the opportunity to pursue the physical training and the emotional preparation they need to develop a career in swimming. Entrance into the Senior Elite Program requires a very special commitment aimed at success on the Elite level. Swimmers wishing to participate in Sectionals or Junior Nationals or above must participate in the Elite group. Additional practices may be added at coach's discretion and do count towards attendance requirements. **Ultimately, Elite Coach has full discretion for group appointments throughout the year and entry is by invite only. Swimmers in this group train together.**

### **Elite – 8<sup>th</sup> grade and up, attendance goal 90%**

1. **Standard:** swimmers should be fully committed to swimming at Sectional or National level and goal oriented; daily attendance is required to be in the group; swimmers will be fully accountable in all aspects of leadership.
2. **Focus:** training/leadership.
3. **Strokework:** perfect technique, turn speed and underwater speed; develop pacing and race strategy.
4. **Training:** 80% training, technical 20%, swimmers must be able to train aggressively at 5,000-9,000 yards per workout; develop stroke 200's, 400 IM, and 500 or distance Free, participate in aggressive dryland.
5. **Goal Sets:** 15x100 Free @1:15, 15x100 stroke to 20 x 100 free @ 1:05 or 1:10, aggressive stroke rate training.
6. **Objective:** work towards Sectional/Futures/National times; prepare for college swimming.
7. **Attendance:** swimmers are expected to attend 7 to 9 workouts (all AM) and ALL team effort meets.

### **Criteria to remain in the Elite Group**

- 1) Actions and attitudes match goal of Elite level packet, which will be distributed.
- 2) Swimmers must dual participate (if applicable) starting in September and set up participation with Head coach prior to practicing. This includes high school swimmers.
- 3) Active in club fundraising or clinics offered for younger team members.
- 4) Must live lifestyle appropriate for achieving greatest personal success - Nutrition, no drugs or tobacco products.
- 5) Swimmers arriving late will be counted against attendance.
- 6) Willingness to perform every event (every distance) prescribed by Head Coach.
- 7) Actively improve "Hidden Training": (nutrition, sleep, psychological factors, massage, dryland, weights).

**Senior Development-** This level is intended to provide a training program for those athletes who cannot meet the attendance, commitment, and/or training requirement of the Elite program. Senior swimmers should attend 78% of workouts to see minimal improvement and find ways to communicate with the senior coach about their training schedule and desires. Attendance, however, is not mandatory. If a swimmer in this group qualifies for a Team Championship (Districts, Short Course and Long Course Champs), they should set a good example for the younger swimmers of the program and attend. Swimmers must be 13 years old to be considered. Head Coach will have final approval on appointment and exceptions. It is possible that there will be multiple ability and commitment levels within this 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. These assignments shall be determined by maturity, goals, commitment level (past and present) and physical attributes. Swimmers in this group who wish to dual participate during their high school season must pay \$140 registration fee + \$50 for 5 or less practices per month. Any more practices and the full monthly fee will be charged.

### **Senior Development 9<sup>th</sup> grade and up or 13 years old**

- 1) **Standard:** swimmers should be able to train moderately and be motivated to be competitive high school swimmers, be goal oriented and positive.
- 2) **Focus:** competitive development, technique/skill.
- 3) **Strokework:** emphasis on refining technique, turns and underwater speed, learn pacing and race strategy, stroke balance and moderate training.
- 4) **Training:** 60% training, 40% technical, train at 4,500-6,000 yards per workout, prepare for 200 stroke, 200 IM and 500 Free.
- 5) **Goal Sets:** 15x100 Free; 20x75 stroke
- 6) **Objective:** train to reach high school potential; work towards Championship and Zone times, prepare for college swimming.
- 7) **Workouts:** swimmers may attend 4 to 6 workouts per week (at least 1 AM workout is recommended). Meets are not required but strongly recommended.

### **Goals and Expectations for the Senior Development Group:**

1. Swimmer understands and performs personal race strategies and learns coping strategies.
2. Swimmer demonstrates an ability to balance school, social, swimming and family
3. Swimmer can effectively communicate her/his commitment to her/his parent, coach and teammates.
4. Swimmer learns to accept the responsibility for his/her performance/attendance and take ownership of their swimming and how it relates to meet performance.
5. Demonstrate healthy eating and sleeping habits and manage commitments.
6. Swimmer knows the team goals and will take an active part in developing specific and attainable practice, meet, and seasonal goals by engaging in the process of goal setting with verbal and written communication to the coach.

Swimmers who are not at or near the time standard for a group may be considered to move up if they are extraordinary in other areas such as training ability, attendance, maturity and leadership. 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. 8th graders may be moved up if they meet the criteria for the senior group. This will be the coaches' decision.

## **TRAINING GROUPS: AGE GROUP PROGRAM**

**Cyclones Ages 11-13** - This group represents a progressive level with swimmers starting to make swimming a priority in their life. Swimmers are willing to attend at least 4 workouts per week and train for 90-120 minutes at each workout. These swimmers are well versed in all competitive strokes, rules of competition in USA swimming, and in lane etiquette. These swimmers move from primarily stroke instruction to actual competitive training while maintaining technique. Swimmers must be 11 years old for consideration to enter. Age does not guarantee placement. Coaches have final discretion.

### **Behavior Goals of Cyclone Group: to remain in the group**

1. Demonstrate healthy eating and sleeping habits and manage commitments.
2. Actively listens and respects coaches and fellow swimmers.
3. To consistently improve commitment level, sportsmanship, and training/racing ability from season to season.
4. Swimmers should be motivated, committed, competitive at the Championship level and pursue Sectional level times as long term goals.
5. Fine tune technique to develop stroke balance; improve pacing and race strategy.
6. More aggressive practices with increased time spent on training; prepare for 200 stroke, 400 IM and 500 Free to the mile.
7. Objective is to develop mature training/racing habits to pursue the highest level of age-group swimming.
8. Swimmers should attend 4-5 workouts per week.

**Hurricanes Ages 9-12**– These swimmers work primarily on stroke instruction where the goal is to advance to Cyclones. There is no attendance requirement for this group, but athletes will improve more quickly, and ***make more friends (which will make them want to come more!)***, the more often they attend workout. Coaches have final discretion on placement.

### **Goals and Criteria to enter Hurricane Group:**

- Athlete is motivated to listen to coaches and try to improve.
- Athletes know their attitude affects how they swim and how others around them swim.
- Courteous to other swimmers in pool.
- Swimmers self-motivated and meet minimum, competitive standards. Swimmers should attend 3 to 4 workouts per week.
- Improve technique, stroke balance, distance per stroke, starts, turns, and streamlines.
- Training will be moderate with a balance between technique and training development; prepare for 200 stroke, 400 IM and 500 Free; learn training principles and race strategy
- Objective is to improve stroke technique and conditioning to build training base; look toward District and Championship times.

## **TRAINING GROUPS: DEVELOPMENTAL TEACHING PROGRAM**

**Typhoon swimmers Ages 6-9-** This level is designed to introduce young swimmers into the sport of swimming while allowing maximum opportunity to participate in other activities. Emphasis is on teaching the fundamentals of the four competitive strokes by means of drills and games that make swimming fun. Swimmers in this group can legally swim all four competitive strokes, but still need that “competitive” refinement. Swimmers in this group are also learning to “master” all the rules of competition for USA Swimming and proper workout etiquette. This is our entry-level group. Swimmer must be able to complete the following:

- Emphasis will be stroke technique, distance per stroke, starts, turns, and streamlining.
- Training will be mild; learn to feel and move through the water; preparing for 100 stroke, 200 IM and 200 Free.
- Objective is to Improve/learn stroke technique; introduce training principals.
- Acquire basic understanding of the pace clock
- Swimmers are encouraged to attend 2 to 3 workouts per week.

Workouts are offered three days a week. It is recommended to come to at least two for regular improvement. There is no attendance requirement for this group, but athletes will improve more quickly, and ***make more friends (which will make them want to come more)!***

## Tsunami Swim Team Move Up Policy

Move Up decisions rest solely with the coaching staff and occur at the Head Site Coach's discretion and final approval. During the year, there are swimmers and parents of swimmers who struggle to understand the decision process used in determining whether or not a swimmer should be promoted. Leadership ability, experience, understanding more complex instructions, location, among others are subjects that will be considered. This process 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."

### 1. **Attendance.**

- a. 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.

### 2. **Maturity**

- a. Perhaps the most important of the four criteria is maturity including character, responsibility, work ethic, discipline and integrity.
- b. 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.

### 3. **Training ability**

- a. Ability to swim through the workout well including longer Free and IM sets and kicking.
- b. Ability to train with the group on the hardest sets and most challenging intervals.

### 4. **Times & Ability**

- a. Current times should be at or near the standard for the group.
- b. 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.*

The next time move-ups or lane assignments within a group come around, be a good "Swimming Parent" and discuss your swimmer's development in an appointment with the coach.

## COACHES' RESPONSIBILITIES

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

1. The coaches are responsible for placing youngsters 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.
2. 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.**
3. 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. **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.
4. 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.

## 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.

## **FEES & EXPENSES OTHER THAN TRAINING FEES**

**Annual Registration Administrative Fee** \*\$140.00 per swimmer per year – Due upon registration. (*see page 21 for fee schedule*)

- A portion of this fee pays the annual USA Swimming membership for the year 2017-2018 (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, and a latex swim cap.

### **Tsunami Swim Team Apparel**

- Each swimmer will receive a Tsunami Team Shirt and a team latex swim cap following payment of the annual registration and the 1<sup>st</sup> month's training fees.
- Additional Tsunami Apparel (sweatshirts, polo shirts, shorts, visors, ball caps, towels, silicone caps, etc.) are available for purchase all year long through the team and through [Swim Things, Inc.](#) (816) 224-2600.

### **Concession 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**

- Each swimmer will need certain training equipment. All of these items can be purchased through [Swim Things, Inc.](#) Please see below.

### **Practice Equipment**

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 15% discount per additional swimmer. ***The discounts will be applied to the swimmer with the lowest dues requirements.***

(*see page 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 a payment is not received by the 15<sup>th</sup> of the month, 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 will follow, 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 or unless suitable arrangements have been made. If no arrangements have been made and the account goes past 70 days delinquent, the matter will be forwarded to a collection agency. 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 \$4.50 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. Elite 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. 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 offset 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.*

**Volunteer Hours** - Each family is responsible for volunteering at our team sponsored meets. Volunteer hours can also be achieved at a championship meet, when we are required to provide timers. The hours required per family are as follows:

Hurricanes, Cyclones, Senior & Elite	16 hours per year
Typhoons	8 hours per year
Max per family	16 hours per year

**At the end of the year, or if you inactivate prior to the year-end, and you have not fulfilled your entire volunteer commitment, your account will be billed at \$60.00 per hour for each unfulfilled hour.**

## Coach Policies and 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 will do dryland exercises or swim inside or relocate to another facility. Swimmer will be allowed to contact their parents. Tsunami maintains an office line and twitter for communication and for emergency changes.

- **Observing Practices** - For every pool, parents may observe (in the bleachers at Anderson, behind the glass at William Jewell). 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 USAS Insurance on deck during practices or meets.

**Line of Communication** – Below you will find the lead coaches for sites/groups. 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 of Directors directly.

Age Group – [Chris Novak](#)

Senior Program – [Tom Kleiboeker](#)

**Policy - Steps to resolve questions/concerns:** If you have a problem, concern, or complaint with a coach, please discuss it 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. Try to keep foremost in your mind that you and the coach have the best interest of your child at heart. If you trust that the coach’s goals match yours, even though their approach might be different, you are more likely to enjoy good rapport and 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 coach’s e-mails are available through the website. When contacting a coach or board member after practice, please be considerate.

**TSUNAMI SWIM TEAM OF KANSAS CITY - FINANCIAL AGREEMENT**

**Please read all terms carefully**

This agreement is a binding financial agreement between the Tsunami Swim Team of Kansas City, 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. The 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 my 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 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.**

**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 “pro-rated” unless otherwise directed by the Tsunami Swim Team of Kansas City and/or its agents.

<b><u>Training Group</u></b>	<b><u>Payment Method-(Circle One)</u></b> <b><u>(Monthly or Seasonal)</u></b>	<b><u>Swimming Site-(List one in space below)</u></b> <b><u>(William Jewell, Clayview)</u></b>
Typhoons (Teaching Program)	_____	_____
Hurricanes (Age Group)	_____	_____
Cyclones (Age Group)	_____	_____
Senior Development	_____	_____
Elite	_____	_____

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

**Tsunami Swim Team Registration Fee** (due upon initial registration): \$140.00 per swimmer – supports the administrative efforts of the team and covers insurance for athlete. See handbook for more information.

**Concession 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 \$300.00 per family commitment. This can be fulfilled through multiple fundraising options throughout the year TBA.

**Volunteer Hours:** Each family will be required to volunteer at our team-sponsored meets. Your level of participation will be based on your swimmer(s) training group. Please see the handbook (page 15) for the levels assigned per group.

**We have received and will comply with ALL swim team code of conduct policies and acknowledge that should any provision be violated; appropriated disciplinary action will be taken. (As outlined)**

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Swimmer Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

## **THE TSUNAMI SWIM TEAM (General) CODE OF CONDUCT FOR PARENTS AND SWIMMERS:**

**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 by an athlete is unacceptable.
6. Possession of any item that can be considered a weapon at any team function is unacceptable.
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. (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.)
8. 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:**

- Care and consideration should be shown to others at all times so as to ensure safe and effective training sessions.
- Swimmers should strive to be on poolside 15 minutes before appropriate start time.
- All equipment should be ready before warm up begins
- Swimmers should only enter water when instructed to do so, and then in an orderly manner.
- 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.
- Parents shall not coach their child at any time.
- Swimmers should not participate if they are feeling unwell. Must be fever free for 24 hours.
- Swimmers shall show respect for authority (coaches, officials, Parents, etc.) by following the curriculum given, no matter the group or lanes assigned.

### **Meet Policies:**

- 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.
- 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.
- 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.
- In prelims/finals meets, all swimmers who qualify for finals are expected to participate in the finals. For Elite Team Effort meets, such as Sectionals and above, swimmers will be expected to commit to the entire meet.
- Swimmers and parents are expected to display proper respect and sportsmanship toward coaches, officials, swim meet administrators and fellow competitors.
- 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.

### **Travel Policies:**

- 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
- Swimmers of the opposite gender are not allowed in the others' room without permission of the coach/chaperone present. Chaperones will approve all movies.
- All swimmers are expected to adhere to the curfew established. Cell phones will be removed by the chaperone.
- When group meals are arranged, all swimmers and chaperones are expected to participate and share in the expense of the meal.
- 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.

# MEDICAL QUESTIONNAIRE FORM

## TSUNAMI SWIM TEAM of KANSAS CITY

**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.**

ATHLETE NAME:/MIDDLE INITIAL \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

PARENTS OR 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?                            | YES _____ | NO _____ If so do they use |
| medication(s)?                          |           |                            |

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 \_\_\_\_\_ BY \_\_\_\_\_

**TSUNAMI SWIM TEAM OF KANSAS CITY AUTHORIZATION AND 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.*

# Tsunami Swim Team

## 2017-18 Short Course Fee Schedule

(Payment is deducted on the 1<sup>st</sup> of the month. Fees have been calculated on an annual basis and will be charged Sept-March)

<u>Training Group</u>	<u>Monthly Dues</u> If paid by ACH	<u>Amount Due if Paid in Full using ACH</u>
Elite	\$150.00	\$1050-105 10% discount <b>\$945</b>
Senior	\$130.00	\$910-\$91 10% discount <b>\$819</b>
Cyclones	\$120.00	\$840-\$84 (10% discount) <b>\$756</b>
Hurricane	\$115.00	\$805-\$80 (10% discount) <b>\$725</b>
Typhoons	\$ 85.00	\$595-\$59 (10% discount) <b>\$536</b>

**OPTION #1** Elect at registration to pay ACH through you're checking = no increase to you're 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.

**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.

**OPTION #4** pay training fees in advance for the year using credit or debt = 5% discount. Additional monthly expenses will incur 3.5% additional fee through whatever is billed through our site.

Family discount on monthly fees is 15% for subsequent swimmers, after first swimmer is billed, provided ACH is used. If paid by credit or debit, a 10% discount will apply. For new swimmers registration of \$140.00 is due per swimmer if paid by ACH. If Paid by debit or credit, add 3.5% or \$140.00 + \$ 4.90 = 144.90. Questions regarding monthly fees, status and participation will be handled by the Head Coach and/or Board.

### **Fundraising:**

All swimmers will be able to participate in team fundraising activities, in order to meet their \$300.00 family commitment for fundraising. More details will be posted on team website at a later date. Other options will become available for fulfilling fundraising obligation.

# Tsunami Swim Team

## 2018 Long Course Fee Schedule

(Payment is deducted on the 1<sup>st</sup> of the month. Fees have been calculated on an annual basis and will be charged April-August)

<u>Training Group</u>	<u>Monthly Dues</u> If paid by ACH	<u>Amount Due if Paid in Full using ACH</u>
Elite	\$150.00	\$750-\$74 10% discount <b>\$675</b>
Senior	\$130.00	\$650-\$65 10% discount <b>\$585</b>
Cyclones	\$120.00	\$600-\$60 (10% discount) <b>\$540</b>
Hurricane	\$115.00	\$575-\$57 (10% discount) <b>\$518</b>
Typhoons	\$ 85.00	\$425-\$42 (10% discount) <b>\$383</b>

**OPTION #1** Elect at registration to pay ACH through you're checking = no increase to you're 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.

**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.

**OPTION #4** pay training fees in advance for the year using credit or debt = 5% discount. Additional monthly expenses will incur 3.5% additional fee through whatever is billed through our site.

Family discount on monthly fees is 15% for subsequent swimmers, after first swimmer is billed, provided ACH is used. If paid by credit or debit, a 10% discount will apply. For new swimmers registration of \$140.00 is due per swimmer if paid by ACH. If Paid by debit or credit, add 3.5% or \$140.00 + \$ 4.90 = 144.90. Questions regarding monthly fees, status and participation will be handled by the Head Coach and/or Board.

## **CANCELLING 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 pro-rated. The member is responsible for all fees that accrue up to and including thirty (30) days after the date written notification is received by the team. If written notification is not received by the team, 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 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**

1. 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.
2. 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.
3. Twitter – instructions to follow us at 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.
4. Verbal - Our Coaches make announcements before, during and after practices. Please ask your swimmers about the daily announcements.
5. Monthly Newsletter – Our monthly newsletter “Between The Lanes” will be available to all families. It is posted on our website under Weekly News.
6. 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.
7. 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 10:00 a.m. - 2:00 p.m. Evenings & Weekends by appointment. NOTE: Coaches will occasionally miss office hours due to swim meets, etc.

## Twitter Instructions

Go to Tsunami Home page and click on the link at the bottom: "Follow us on Twitter".

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**.

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

**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.**

1. Send a text to your [Twitter code](#) (40404) with the word **START**
2. 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.
3. **Send your username** (do not send any additional characters in the message, or Twitter won't be able to read it correctly)
4. When Twitter asks for your password, carefully **send your password** (remember: passwords are case sensitive!)
5. 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.
6. 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!

## **TEAMUP CALENDAR INSTRUCTIONS:**

We are introducing a new practice calendar for the Team that has some exciting new features and a clean new look, called **TEAMUP**. To view, it is located on our team website by clicking **‘Swim Calendar’** (sub-tab of **‘Practice Calendars’**). You can also view the calendar on the TeamUp website at: <https://teamup.com/ks4df003240ac60f39>.

### **AT FIRST GLANCE:**

- **On the left side, you will notice the control panel that can either show/hide our groups within the Age Group Program, the Senior Program, and Events including meets.**
  - Here are the different roster groups that you can choose to show/hide (by clicking them), which you can customize depending on which groups you are wanting to view.
- **At the top right you will notice a blue settings button, where you can choose several options, including the following:**
  - **PRINT:** You can print the calendar for groups currently showing on the screen
  - **NOTIFICATIONS:** you can also choose to receive notifications via email for any additions/changes made to the calendar (and you can select which groups you want to receive them for)
- **Next to the blue tab, you can also select how you view the calendar (by month/week/list view, etc.)**

### **TO ADD THE FREE APP TO YOUR PHONE:**

1. Download “Teamup calendar” from the app store.
2. Enter the following URL once the app is opened (on the first time only):  
<https://teamup.com/ks4df003240ac60f39>
3. Any updates to the practice calendar will be automatically changed on your app!

## **TO ADD TO YOUR PERSONAL CALENDAR:** (Apple, Google, etc.)

1. Open up your personal calendar.
2. Follow the specific instructions for your device below:  
<http://calendar.teamup.com/kb/subscribe-teamup-calendar-feed-from-other-calendars/#google-feed>
3. a) **TO ADD ALL GROUPS TO CALENDAR**, use the specified URL when copying to calendar: <webcal://ics.teamup.com/feed/ks421d0076a7aae03e/0.ics>  
b) **OR YOU CAN JUST ADD SPECIFIC GROUP SUB-CALENDARS BELOW:**
  - **Meets/Other:** <webcal://ics.teamup.com/feed/ks421d0076a7aae03e/2308512.ics>
  - **Elite National:** <webcal://ics.teamup.com/feed/ks421d0076a7aae03e/2208461.ics>
  - **Senior Development:** <webcal://ics.teamup.com/feed/ks421d0076a7aae03e/2208460.ics>
  - **Cyclones:** <webcal://ics.teamup.com/feed/ks421d0076a7aae03e/2208016.ics>
  - **Hurricanes:** <webcal://ics.teamup.com/feed/ks421d0076a7aae03e/2208017.ics>
  - **Typhoons:** <webcal://ics.teamup.com/feed/ks421d0076a7aae03e/2208018.ics>
4. Any updates to the practice calendar by the staff will be automatically changed on your calendar!

If you have any questions on how to navigate the calendar feel free to contact your coach.