



# TAC Titans Parent Orientation

January 2021

# Agenda



- **Welcome to Swimming**
- **Triangle Aquatic Center & TAC Titans**
- **Business of Growing Swimmers**
- **Business of Swim Club Management**
- **Team Support**
- **Resources**
- **Questions & Answers**



# Welcome to Swimming

## Sport of Swimming

### **Life skill development**

- Accountability & responsibility
- Water safety
- Teamwork

### **Athletic development**

- Technique
- Speed & power

### **Social relationships**

- Lifelong friendships
- Shared goals



## Swimming Governance

### **USA Swimming**

- National governing body for swimming
- Sets national and international meets
- Sets time standards (age group & meet)
- Training

### **NC Swimming**

- State governing body for swimming
- Statewide meet sanctioning
- Sets time standards (age group, sectional)
- Sets IMX times & camps
- Training

# SafeSport

## What is SafeSport

- Sports community's initiative to recognize, reduce and respond to misconduct in sport
- Provide oversight, education, tools and resources to educate athletes, parents, coaches and staff

## Why SafeSport

- To educate what misconduct is, on and off the pool deck
- Implement ways to reduce abuse
- Develop response plan



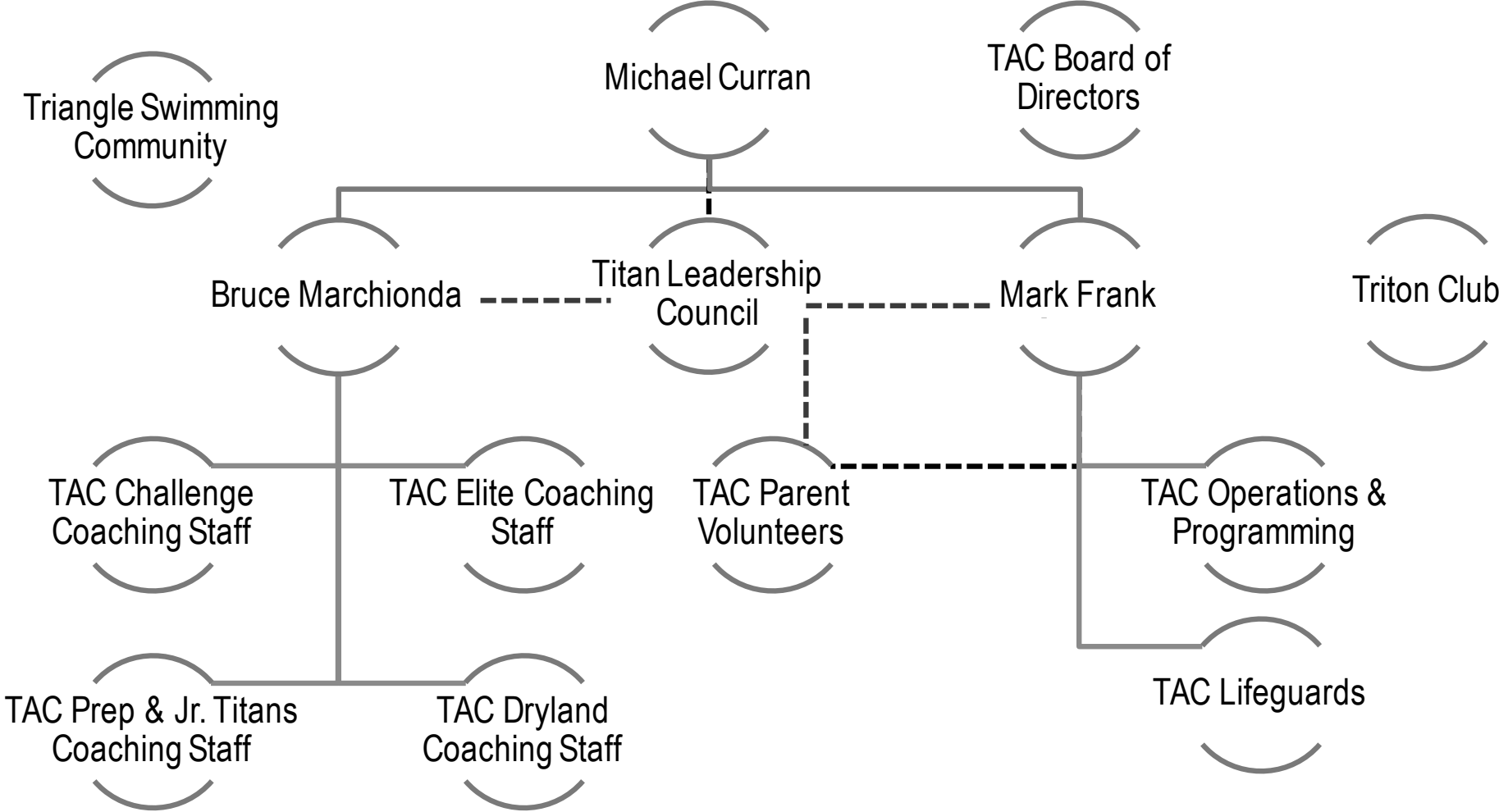
## Team Resource

- Claire Donahue, National SafeSport representative, Coach and Olympian



U.S. CENTER FOR  
**SAFESPORT**

# Triangle Aquatic Center & TAC Titans



# Business of Growing Swimmers

## Coaching & Communications

### Trust the process

#### Coaching

- Nationally recognized coaching staff
- Structured for optimum group performance
- Balanced technique, power & speed focus
- Importance of dryland
- Balanced athlete – nutrition & rest

#### Communications

- Email
- GroupMe
- 2/1:1 Meetings



## Practices & Meets

### Practices

- Age group appropriate
- Designed to optimize athletic performance
- Schedules on website
- Group movement

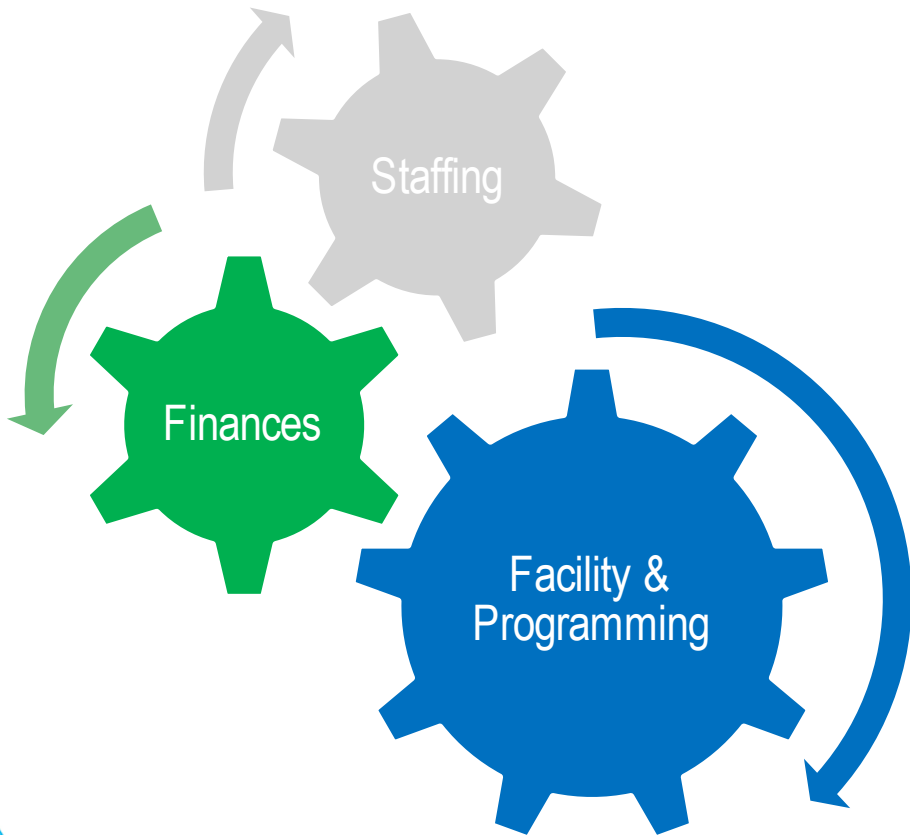
### Meets

- Declaring intention
- Meet preparation
- Coaching expectations
- TitanTV & DeckPass\*

### Trust the process

# Business of Swim Club Management

## Daily Operations



## Meet Operations



# Service Credit Program

## What it is

- Families help to facilitate meets in order to provide a positive experience for our swimmers. As the leading nonprofit aquatic facility in North Carolina, we strive to keep our pricing competitive. For us to effectively balance competitive pricing and keep travel costs at a minimum, we regularly host home swim meets in our world class facility. As a result, we need sufficient coverage at meets and team events by our member families.

## What is the Service Credit expectation

- Family expectation calculated based on the highest level swimmer in a family
- September – July



## Meet & Event signups

- Released roughly 3 weeks before live event
- People drop the week prior and daily leading up to the meet – Keep Checking!
- Meet sanction
- Arrival times
- Service Credit penalties for no shows

Elite	Challenge	Developmental
10	7	0



# Team Support

## Titan Leadership Council (TLC) Parent Liaison Group

- Events
- Operations

### Membership

- Volunteer position
- 2 year terms
- Nominations & elections in Spring

## Triton Club Team Booster Club

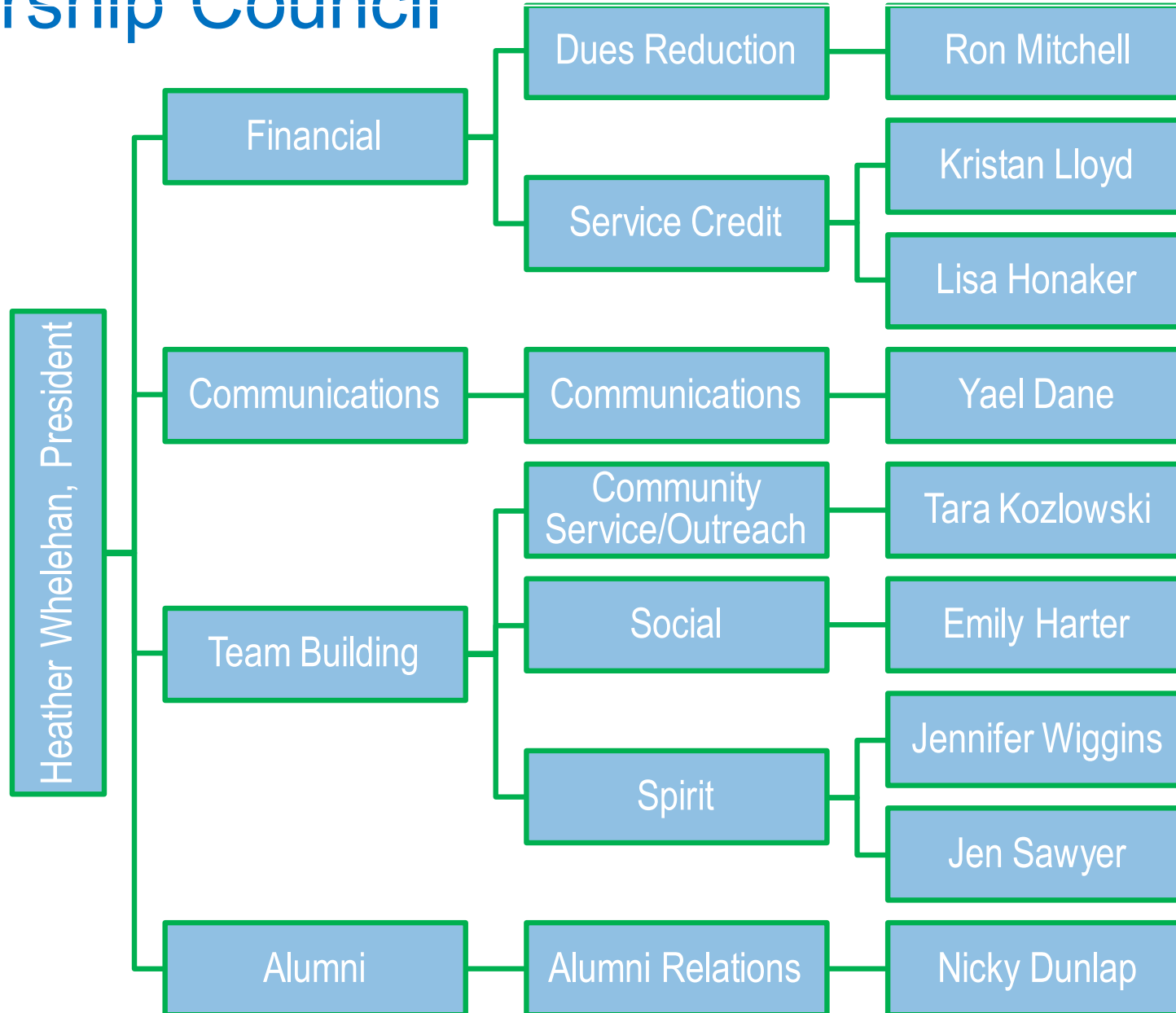
- Fundraising for team needs
  - Team shirts & caps
  - Equipment needs
- Events scheduled throughout year\*

### Leadership

- Jon Jackson, Angie Willis, Matt Hook & Heather Whelehan



# Titan Leadership Council



# Team Support, Continued

## Sports Medicine

- Smart Athlete Physiotherapy
- Onsite at TAC
- Sports injury rehab
- Preventative care
- Athlete assessments

## Sports Photography

- Blended Light Photography
- Onsite at most TAC meets
- Meet photography
- Underwater photography
- Senior portraits

## Team Gear

- Carolina Swim Shop
- Fitting events
- Specialty gear at meets
  - Jolyn swimsuits
- Meet event swag

## Food & Drink

- Poolside Grill
- Onsite during meets
- Breakfast, lunch & snacks

## TitansTV

- Subscription based
- Live meet recordings
- Recordings available for later viewing

# Resources

- **Welcome to Swimming**
  - [USA Swimming](#)
  - [NC Swimming](#)
  - [SafeSport & TAC SafeSport](#)
  - [TAC Titans](#)
- **Business of Growing Swimmers**
  - [Coaches Corner](#)
  - [Group Placement](#)
  - [Practice Calendar](#)
  - [Meet Declaration](#)
- **Business of Club Management**
  - [Service Credit Program](#)
  - [Dues Reduction](#)
- **Team Support**
  - [Titan Leadership Council \(TLC\)](#)
  - [Triton Club](#)
- **Athlete & Family Support**
  - [Smart Athlete Physiotherapy](#)
  - [Blended Light Photography](#)
  - [Carolina Swim Shop](#)
  - [Poolside Grill](#)
  - [TitansTV](#)





Questions