TOWN OF TONAWANDA

TITAN SWIM CLUB

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2021 – 2022 HANDBOOK

WELCOME TO THE TOWN OF TONAWANDA TITAN SWIM CLUB.

At Titans you are not only a member of our team, but you are also recognized for your unique ability to be yourself. No two people are the same and therefore no two swimmers are the same either! Coaches work with each individual swimmer for goal setting and progression status. Our team is focused on providing the absolute best and safest environment for the swimmers on the team.

Our team will not only help your child improve inside the pool, but we also believe that the lessons we teach will help them outside the pool as well. Integrity, patience, responsibility, respect, individual goal setting, and cooperation are just a few skills that are vital to swimming that carry onto everyday lives as well.

Our mission is to build on our tradition of excellence for all levels of swimming. Through the development of lifelong friendships and fostering achievement of individual potentials we are proud to provide life lessons both in and out of the pool. Always in a safe and supportive environment and with an emphasis on team unity and family participation. We. Are. Titans.

TEAM HISTORY

CLUB HISTORY

The Town of Tonawanda Swim Club was founded in August 1971 as an AAU Club. In 1980 United States Swimming replaced the Amateur Athletic Union (AAU) as the national governing body for competitive swimming. USA Swimming is the official name for this national governing body today.

In 1988 the Town of Tonawanda Swim Club merged with the Western Empire State Titans Swim Club, the U.S. Swim club associated with the Sweet Home School District. That's when the Town of Tonawanda Swim Club became known as the Titans.

In Greek mythology the Titans were a race of elder gods that were in power before the Olympian gods replaced them. The Titan Oceanus – the elder god of the Ocean – was never pictured in Greek art but is often confused with Poseidon, or Neptune, who is pictured in art, holding the trident. Today, members of the Titan Swim Club hold the trident – the scepter carried by the god of the sea.

WE. ARE. TITANS.

EMPHASIS ON TEAM UNITY & FAMILY PARTICIPATION

Titans is not only a swim club; we are also a family.

Friendships are naturally created both in and out of the pool for swimmers and parents alike that end up lasting a lifetime. We are proud to have members of our team who are children and grandchildren to our alumni.

When you are a Titan, you are family, always.

Our team is supportive of one another whether we are swimming side by side at a meet or as friendly competitors at school leagues and events. The number one reason for our success as WNY's Premier Swim Club is due to the dedication of our amazing families.

COACHES

CONTACT INFORMATION

Head Coach/Coordinating Coach (L7-L8)
Scott Vanderzell scottvanderzell@gmail.com

Age Group Coordinator/ Coordinating Coach (L3-L6)
Tim Bennett tmbennett1@roadrunner.com

Coach (L3, L5, L6)
Charlie Schutt coach.schutt@gmail.com

Coach (L3, L4, L5, L6, L7/L8)
Ben Verdi verdibenjamin@gmail.com

Coach (L3, L5, L7/L8)
Lexi Agee ageea@my.canisus.edu

Coach (L2, L3, L4)
Sage Pollack pollacks@my.canisus.edu

Coach (SD, L1, L2)
Carolyn DeBoth debothc@canisius.edu

Coach (SD, L1, L2, L7/L8)
Grace Fredericks gfredricks00@gmail.com

Coach (L4 & L6)
Grace VanBuren vanbureg@canisius.edu

Coach (SD, L1, L2)
Brandon Garcia brandongarcia2285@gmail.com

Coach (SD, L1, L2)
Lindsay DeBoth debothlg01@mail.buffalostate.edu

BOARD OF DIRECTORS

CONTACT INFORMATION

President/Safety Officer
Heather Scibetta heatherscibetta@gmail.com

Vice-President
Ashlie Marcyan ashmarcyan@hotmail.com

Secretary
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TEAM EMAIL, WEBSITE & SOCIAL MEDIA

Email: tonawandatitansswimclub@gmail.com

Website: www.titanswimming.com

Social Media
Facebook - https://www.facebook.com/tonawandatitans
Instagram - https://www.instagram.com/tonawandatitans/
TikTok - https://vm.tiktok.com/ZMeFmPEuH/
YouTube - https://www.youtube.com/c/TonawandaTitansSwimClub

If at any time you have any questions, comments, or concerns, please feel free to reach out to any Board Member or Coach. Primary contacts for certain topics can be found below:

Billing/Registration:	tonawandatitansswimclub@gmail.com
Team Unify Assistance:	tonawandatitansswimclub@gmail.com
Meet Entries:	Scott Vanderzell
Trial/Level Progressions:	Tim Bennett
Practice Information:	Scott Vanderzell/Tim Bennett
Volunteering:	Ashlie Marcyan/Heather Scibetta
Outfitting/Apparel:	Amy Schraufstetter
Fundraising:	Katie Hufnagel
Board Positions:	Heather Scibetta
COVID Officer:	Ashlie Marcyan

REGISTRATION

TRIAL MEMBERSHIP

The Tonawanda Titans are proud to offer a no obligation 2-week trial membership to all new swimmers who would like to explore the possibility of joining our team.

We conduct tryouts and level placement evaluations at the Town of Tonawanda Aquatic and Fitness Center on a reoccurring basis.

At the evaluation our Team Coach and Age Group Coordinator, Tim Bennett, will perform an individual assessment of each swimmer to determine a level placement.

The swimmer will then have the opportunity to participate in the 2-week trial where they will be assessed on their abilities and provided feedback to ensure that level placement is correct. At the conclusion of the trial swimmers are invited to join the club as a current season member.

Registration for our team is completed online via our website: www.titanswimming.com

CODE OF CONDUCT

The Titans have adopted the USA SWIMMING CODE OF CONDUCT. We are extremely fortunate to have use of the Town of Tonawanda facilities. To maintain our ability to use these facilities, we must strictly enforce this and our own Titans Code of Conduct, below. Remember – we are guests at all facilities that we use!

All swimmers and members of the Titans shall:

- Show respect and common courtesy for others and the property of others.
- Comply with all team rules.
- Leave all facilities in a neat and clean condition after use.
- Demonstrate good sportsmanship at all times.
- Respect and follow directions of the coaches.
- Have Fun!

No swimmer, parent, member or guest of the Titans shall:

- Use or possess any illegal substance.
- Exhibit destructive behavior, including stealing and vandalism.
- Behave in an unruly or inappropriate way.
- Use inappropriate language (e.g.: profanity or derogatory comments).
- Bully or isolate any person (for more information regarding bullying, refer to the USA Swimming anti-bullying policy on p. 5).

Parents of Titans swimmers shall:

- Support your swimmer by getting them to practice and meets on time.
- Respect coaches, and not interfere with coaching in any way.
- Address concerns with the appropriate coach or board member in private.
- Show respect and common courtesy for others and the property of others.

BULLYING POLICY

PURPOSE & REPORTING PROCEDURE

Bullying of any kind is unacceptable at The Tonawanda Titans Swim Club and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of the Club's Bullying Policy and Action Plan:

1. To make it clear that the Club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that (Name of Club) takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

What is Bullying?

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

I. causing physical or emotional harm to the other member or damage to the other member's property;
II. placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
III. creating a hostile environment for the other member at any USA Swimming activity;
IV. infringing on the rights of the other member at any USA Swimming activity; or
V. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

Reporting Procedure:

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to a Club Coach, Board Member, or other designated individual;
- Write a letter or email to the Club Coach, Board Member, or other designated individual;
- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh, and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

CLUB BASICS

LEVELS

The Titan's club is divided into 9 levels to ensure our swimmers are getting the most appropriate technique work, training, and challenges for their age and ability. Swimmer progress is discussed at coaches' meetings monthly and discussions are focused on providing the absolute best environment for the swimmers on the team.

Stroke Development: Emphasis is on developing independent swimming, introducing rhythmic breathing, freestyle, and backstroke. Swimmers must be able to participate in group lessons with other swimmers and in water instructors. SD swimmers focus on safety in and around the water while having fun in the process. The goal is to create independent swimmers learning the competitive strokes of freestyle and backstroke.

- **Practice Opportunities:** Practice available three days per week.
- **Competition Opportunities:** SD swimmers may participate in several "in house" fun meets we offer to begin their swimming careers.

Level 1: Emphasis is on stroke development and having fun! Level 1 swimmers focus on the fundamentals of freestyle and backstroke while beginning to work on coordination of breaststroke and introduction into starts and turns. Goal is to become proficient in freestyle and backstroke and to learn breaststroke.

- **Practice Opportunities:** Practice available three days per week.
- **Competition Opportunities:** Level 1 swimmers may compete in several beginner and Titan hosted meets throughout the year.

Level 2: Emphasis is on stroke improvement and beginning to build endurance. Level 2 swimmers continue to focus on proficiency in freestyle and backstroke as well as the fundamentals of breaststroke and starts and turns, while beginning to work on coordination of butterfly. Goal is to continue to improve endurance with freestyle and backstroke, become proficient in breaststroke and perform it legally on a consistent basis, to continue improvement of strokes and turns, and to learn butterfly .

- **Practice Opportunities:** Practice available three days per week.
- **Competition Opportunities:** Level 2 swimmers may compete in several beginner and Titan hosted meets throughout the year.

Level 3: Emphasis on increased endurance and refinement of strokes. Level 3 swimmers have successfully demonstrated fundamentals and coordination of all four strokes and focus on refinement of skills beyond an intermediate level to the "swimmer" level. Goal is to continue to improve endurance and continue to develop proper stroke mechanics on all four strokes and become proficient in butterfly and perform it legally on a consistent basis.

- **Practice Opportunities:** Practice available four days per week.
- **Competition Opportunities:** Level 3 swimmers compete in several intermediate meets and Titan hosted throughout the year.

Level 4: Emphasis on increased endurance and refinement of strokes. Level 4 swimmers have successfully demonstrated fundamentals and coordination of all four strokes, Individual Medley, legal turns, safe and effective forward and back starts. The continued focus on refinement of skills beyond an intermediate level to the "competitive swimmer" level. Goal is to continue to improve endurance and continue to develop proper stroke mechanics on all four strokes and become proficient in butterfly and perform it legally on a consistent basis.

- **Practice Opportunities:** Practice available four days per week.
- **Competition Opportunities:** Level 4 swimmers compete in several intermediate, Titan hosted, and district wide championship meets during the year.

Level 5: Emphasis on increased endurance and refinement of strokes. Level 5 swimmers have successfully demonstrated legal and effective technique in all four strokes, Individual Medley, legal turns, safe and effective forward and back starts. The continued focus on refinement of skills to a higher level of "competitive swimmer". Goal is to continue to improve endurance and continue to develop proper stroke mechanics on all four strokes and become proficient in 100's of stroke, 200 IM, and demonstrate the ability to "pace" effectively for 500 Free.

- **Practice Opportunities:** Practice available five days per week.
- **Competition Opportunities:** Level 5 swimmers compete in several advanced level, Titan hosted, and district wide championship meets throughout the year.

Level 6: Emphasis on increased endurance and refinement of strokes. Level 6 swimmers have successfully demonstrated legal and effective technique in all four strokes, Individual Medley, legal turns, safe and effective forward and back starts. The continued focus on refinement of skills to a higher level of "competitive swimmer". Goal is to continue to improve endurance and continue to develop proper stroke mechanics on all four strokes and become proficient in 200's of stroke, 400 IM, and demonstrate the ability to "pace" effectively for 1000 Free.

- **Practice Opportunities:** Practice available five days per week.
- **Competition Opportunities:** Level 6 swimmers compete in several advanced level, Titan hosted, district wide championship, and zone meets throughout the year.

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LEVELS, CONT.

Level 7: Emphasis on stroke mechanics, endurance, and strength training. Level 7 swimmers have demonstrated a primary focus commitment to the sport on a senior level. Goal is to consistently focus on commitment level while working toward achieving sectional level performance through proficiency in all strokes and distances, improved racing ability, and introduction of strength training.

- **Practice Opportunities:** Practice available six days per week.
- **Competition Opportunities:** Level 7 swimmers compete in all advanced level, Titan hosted, and district wide meets as well as championships, zones, and select national level meets.

Level 8: Emphasis on increasing highest level of competition and continued incorporation of strength training. Level 8 swimmers have demonstrated a sole commitment to the sport and intend to pursue furthering their swimming career in higher education. Goal is to consistently improve on senior level training while working toward achieving national meet level performance.

- **Practice Opportunities:** Practice available six days per week.
- **Competition Opportunities:** Level 8 swimmers compete in all Titan hosted and district wide meets, championships, zones, as well as national level meets such as Speedos, futures, and sectionals.

There are two major level moves in fall and spring that coincide with the swimming seasons, with another smaller level move in winter. During these major/minor moves, we attempt to balance the levels to make sure that each child is appropriately placed. Occasionally, we find that a child may have different needs than the current level that they are attending. In those cases, the coach will discuss this with the child and parents and come to a placement decision.

PRACTICES

The Titans utilize the Town of Tonawanda facilities including the pools at the Aquatic and Fitness Center, Kenmore West High School, Kenmore East High School, Franklin Middle School, Brighton Park and Lincoln Park for our weekly practices and team hosted competitions. Availability of multiple locations allows us to divide our levels more strategically to keep the coach to swimmer ratios at a low level and allows us to hold practices at multiple locations at similar times.

Practice Schedules are available on our website and vary slightly by season. Practice Schedules are subject to change at any time due to pool availability. Last minute practice changes do occur from time to time, especially at our High School and Middle School pool practice locations.

Please check your email and the Titan website regularly, especially during the winter months with the inclement weather.

Parents must remain present at the practice location until their swimmer successfully enters the facility and completes all required health assessments and identification procedures (as applicable). Parents must be present at the practice location a minimum of 10 minutes prior to the scheduled conclusion of each session in order to ensure swimmers are picked-up on time.

COMPETITION

In a traditional and fully operational USA Swimming calendar year, Titans participate in two swim seasons:

- Short Course Season runs September thru March
    - (“Short” refers to a pool length of 25 yards)
- Long Course Season runs April thru Mid-August
    - (“Long” refers to a pool length of 50 meters)

Swimmer participation in competitions although encouraged are optional and not a requirement of membership within our club. Titans participate in several meets throughout the year including Titan hosted events as well as USA Swimming sanctioned events hosted by alternate clubs. The following swim meets are hosted by the Titans each year:

- Halloween Meet (typically late October)
- Holiday Meet (typically last weekend in December)
- Niagara District Championship Qualifier (second to last weekend in February)
- Natalie Lewis Spring Invitational (typically early to mid-May)
- Balloon Meets (for SD, L1 and L2) (typically December and end of season)
- End of Summer Meet (early August)

Meets may incur entry and/or event fees that are separate from any Titan membership or pool rental fees. These fees are automatically calculated and charged to your account.

Meet entry and event selection is a Titan swimmer/parent responsibility. Meet entry information and deadlines are distributed via email and are completed online through the Team Unify platform. Meet entry forms and Meet Information can also be printed off the Titan website. If you are unsure if your child is ready to swim in a meet, you are strongly encouraged to ask your level coach. If asked, level coaches will also assist in meet entry planning to better place your swimmer in the appropriate events that match their age and level of ability.

As applicable, swimmers may be entered in relays unless requested not to by a parent or guardian. Once the coaches have entered a relay, the swimmer is committed financially for his or her portion of the relay cost. Scratched relays due to the absence of a swimmer (unless excused medically), will result in that swimmer being charged for the entire cost of the relay. Note that relay fees are NOT paid when entering the meet but are billed to each swimmer after the applicable season (short course or long course). If the relay bill is not paid in a timely manner, a swimmer may be denied entry to further meets and will be charged a late fee.

MEMBERSHIP & DUES

As swimming opportunities are limited in Western New York, and similar to most other clubs in our area, Titan membership structure is based on reservation of spots within the club for a full year commitment. Membership contracts begin in September and expire in August of the following year. Dues are prorated for new swimmers who join our club after January 1st of the applicable season provided that the swimmer has never previously been a member of our team. Should you decide to terminate your participation with the Titans prior to the end of the swim year, the unused portion of the annual dues is nonrefundable and any outstanding dues and entry or relay fees are considered an obligation to the Titans and are due upon termination of your participation.

2021-2022 Dues

The following membership dues have been approved by the Board of Directors for the 2021-2022 season:

Level	Annual Titan Dues
Stroke Development	$550
1	$600
2	$650
3	$700
4	$750
5	$825
6	$925
7	$1,100
8	$1,100

The Town of Tonawanda Titan Swim Club offers a pay in full option on September 1st or upon registration after that date OR an installment payment plan for collection of dues. The installment plan includes a maximum of four (4) payments collected in September, November, January, and March. If a swimmer joins our team after September 1st, the installments will be adjusted to fit the collection schedule. All payments must be made automatically on the 1st of the designated month through the electronic payment method that I have on file via Team Unify until the account is paid in full.

Any accounts that are overdue by 15 or more days will be suspended and swimmer participation will be restricted until the account is made current.

The Titans offer a multiple swimmer discount for the following number of participating members that join the team no later than December 31st:

- 3 Swimmer families will receive a discount of 20%
- 4 Swimmer families will receive a discount of 25%
- 5+ Swimmer families will receive a discount of 30%

In addition to Titan membership dues, an annual USA Swimming membership as well as a pool practice pass is required for all members. The USA Swimming membership is $86 and will be collected in full upon registration. The cost of pool practice pass covers the usage of all pools that Titans utilize for practice and will be assessed on an annual basis to be paid in full at that time. The cost as of September 1, 2021 is $125 for residents, $150 for non-residents. **Both of these memberships are required in order for your swimmer to participate in any Titans related practice or event.**

Effective September 2020, the Town of Tonawanda has begun to assess pool rental fees for the usage of the Tonawanda Aquatic & Fitness Center by our club and its members. A portion of these fees will be charged to the members accounts a monthly basis. Payment amounts will be emailed out prior to being billed on the 1st of the month. The exact amount will be based on the amount to time and swimmers that are in each level. If /When we are no longer charged additional pool rental, the Tonawanda Titans will stop charging families on a monthly basis

VOLUNTEERING

FAMILY PARTICIPATION POLICY

Parental assistance is a crucial aspect in the development of a cohesive team environment, as well as a major contributor to both our athletes' success and the financial success of our team. As such, the Titans Board of Directors has developed a Family Participation Policy to encourage the involvement of athletes' families in the support of our team.

All Titans families need to support our team: our children/our athletes and our coaches. The goal of this Family Participation Plan is to foster a close-knit swimming community, ensure that the Titans' needs are met and that all families participate.

Please be aware that failure to meet your Family Participation Requirements WILL result in your account being charged for missed sessions. We do NOT want to institute a policy where families pay volunteer time up front and "earn" money back, but we are mindful that participation is essential to our club. PLEASE help us to avoid charging accounts and/or changing our policy by meeting your Family Participation Requirement.

PARTICIPATION REQUIREMENTS

Stroke Development & Level 1: Families with swimmers in Stroke Development and Level 1 are asked to assist in preparations for Titans hosted meets by donating food or volunteering time. If a swimmer is moved to Level 2 prior to January 15th of the swim season, the level 2-8 participation requirements will apply but will be prorated for the remainder of the current year.

Level 2: Families with (1) swimmer are required to work (2) sessions (approx. 4 hours per session) at Titans Hosted Meets for each swim year. Families with (2) or more Level 2 swimmers are required to work (4) sessions (approx. 4 hours per session) at Titans Hosted Meets for each swim year. If you have an additional swimmer in Levels 3 – 8 you are required to work (6) sessions. A fee of $100.00 per session will be assessed to your account should you fail to meet your volunteer requirements.

Levels 3 through 8: Families with (1) swimmer are required to work (5) sessions (approx. 4 hours per session) at Titans Hosted Meets for each swim year. Families with (2) or more swimmers are required to work (7) sessions (approx. 4 hours per session) at Titans Hosted Meets for each swim year. A fee of $100.00 per session will be assessed to your account should you fail to meet your volunteer requirements.

Away Meets: There are times in which we are required to provide volunteers for meets that we attend as guests (non-Titan Hosted Meets). These requirements are sometimes communicated to us in advance and at other times within days of the actual meet. All volunteer requirements are reviewed by the Titans Board of Directors and are assigned to attendees based on need and participation. By entering your swimmer in an away meet (non-Titan Hosted Meet) you are also agreeing that should we be required to provide volunteers that you will be available to assist in a minimum of but not limited to one (1) assigned slot. A fee will be assessed to your account should you fail to meet your volunteer requirements.

Unless otherwise communicated, families can only sign up for TWO SESSIONS at a time when a multi-session meet is initially posted. Upon notification PRIOR to the actual meet families may fill additional open spots if they are available. A notification email will be sent out stating that there are open spots.

Parents are able to volunteer for event jobs and food donations for Titans Hosted Meets on the Parent portal AND/OR signup genius that will be sent out for food donations. Email reminders will be sent encouraging families to sign up. The Titans Volunteer Coordinator will record family service and update requirements met. Without parental involvement, we cannot host a successful swim meet!

Officials: If you are interested in becoming an official, please contact a coach or board member who will be able to notify you of upcoming clinics for new official training. The Niagara District periodically holds classes during the year for those interested in officiating. Becoming a certified official involves attending one of those initial classes, taking an open book test at home or online, and serving as an apprentice at a meet for at least 4 sessions. Once certified, any Titans official working during a Titans hosted meet will earn a credit of $20 per session towards family dues.