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## **EL DORADO HILLS TAZ SWIM TEAM HANDBOOK**

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Welcome to the TAZ Swim Team. We are excited for the 2021 season. We hope that this Handbook will answer questions that you might have regarding the team's procedures and expectations.

Please feel free to contact Board members anytime for more specific information. Please avoid interrupting coaches during practices or meets. If needed, please send a quick email to set up an appointment.

## **Philosophy**

The El Dorado Hills Tasmanian Devils swim team is committed to the belief that age group swimming is an exciting and worthwhile experience for the swimmers and their families. Competitive swimming techniques will be taught by the coaches and enjoyed by swimmers of all competitive abilities. There are three primary components on which the swimming team is based:

- Competitive Swimming is important to the EDH Tasmanian Devils Swim Team. Our team culture promotes sportsmanship, participation and a positive attitude.
- A positive team-oriented, learning environment is created in which each swimmer will strive to reach their potential by developing and refining necessary skills.
- The swim training will challenge all who participate in safe and fun environment.

## 2021 El Dorado Hills TAZ Swim Coaches

### Head Coach

Brittney Cicchetti	<a href="mailto:brittney.cicchetti@edhtaz.org">brittney.cicchetti@edhtaz.org</a>
Ella Bolt	<a href="mailto:ellabolt05@gmail.com">ellabolt05@gmail.com</a>
Mackenzie Buehler	<a href="mailto:mlbuehler417@gmail.com">mlbuehler417@gmail.com</a>
Mason Buehler	<a href="mailto:mjbuehler922@gmail.com">mjbuehler922@gmail.com</a>
Camden Cicchetti	<a href="mailto:crcicchetti@att.net">crcicchetti@att.net</a>
Drew Davidson	<a href="mailto:drew1450@icloud.com">drew1450@icloud.com</a>
Kimberly Drever	<a href="mailto:kimberlydrever@icloud.com">kimberlydrever@icloud.com</a>
Jordan Howard-Cooper	<a href="mailto:jordn_lizabeth@gmail.com">jordn_lizabeth@gmail.com</a>
Leon Kassianenko	<a href="mailto:leonkassianenko@csus.edu">leonkassianenko@csus.edu</a>
Lauren Platt	<a href="mailto:lpsport2004@gmail.com">lpsport2004@gmail.com</a>
Colin Reeve	<a href="mailto:colinwr98@gmail.com">colinwr98@gmail.com</a>
Ethan Taylor	<a href="mailto:ethant51384@gmail.com">ethant51384@gmail.com</a>
Caleb Thoms	<a href="mailto:calebjthoms4@gmail.com">calebjthoms4@gmail.com</a>
Jessica Weisser	<a href="mailto:jweisser@me.com">jweisser@me.com</a>
Karli Weisser	<a href="mailto:kweisser@me.com">kweisser@me.com</a>

## **2021 TAZ Board Members**

John Platt, <i>President</i>	<a href="mailto:johnp@jiffylubeca.com">johnp@jiffylubeca.com</a>
Erin Walsh, <i>Vice President</i>	<a href="mailto:erin.walsh@edhtaz.org">erin.walsh@edhtaz.org</a>
Ben Glickman, <i>Treasurer</i>	bmglickman@gmail.com
Laura Buehler, <i>Secretary</i>	<a href="mailto:ljwhitney@hotmail.com">ljwhitney@hotmail.com</a>
Robert Laing, <i>SSL Rep</i>	<a href="mailto:laingr@sbcglobal.net">laingr@sbcglobal.net</a>
Christina Drever, <i>Registrar/Volunteers</i>	<a href="mailto:christina.drever@edhtaz.org">christina.drever@edhtaz.org</a>
A.K Koundal, <i>Computer Ops</i>	Akoundal@gmail.com
Jake Anderson, <i>CSD Liaison/Facilities</i>	jacaande@outlook.com
Kevin Schulze, <i>Coaching Committee</i>	kevins@nextwaveins.com
Jeff Bower, <i>Coaching Committee</i>	jbower@demandsolutions.com
Jamie Anderson, <i>Fundraising Committee</i>	jamie.anderson@edhtaz.org

## **Team Officials**

Meet Referee	Jim Buehler
Head Starter	Tracy Neal
Head Timer	Pete Mitchelmore
New Parents Rep	

## **Team Leads**

Spirit Wear
Ribbons Lead
Snack Bar Lead
Hospitality Lead

## Important Dates

TAZ Spring Clinic	February 28 <sup>th</sup> - April 11 <sup>th</sup>
Water Safety Check	April 26 <sup>th</sup>
TAZ Parent Night	April 21 <sup>st</sup>
2021 Season Starts	April 26 <sup>th</sup>
Mock Meet (Home)	June 5 <sup>th</sup>
EDH TAZ v Park Terrace, Virtual	June 12 <sup>th</sup>
EDH TAZ v Broadstone Barracudas, Virtual	June 26 <sup>th</sup>
EDH TAZ @ Loomis Basin Dolphins, Virtual	July 10 <sup>th</sup>
TAZ Family Night	July 17 <sup>th</sup>
SSL Meet, Virtual All Teams	July 24 <sup>th</sup>
TAZ Awards Ceremony	July 29 <sup>th</sup>

**ALL swim meets will take place at the El Dorado Hills CSD pool for the 2021 season.**

# **Team Communications**

## **TAZ Emails**

The TAZ Board sends all team related information and news by email frequently so expect multiple emails a week! We understand the flow can be overwhelming at times but trust us, email is the best, and easiest, way for us to communicate with the entire team quickly. Please double check your email address by logging in to your account at [edhtaz.org](http://edhtaz.org) to confirm we have the correct one on file.

## **TAZ Times**

TAZ Times is our team newsletter that is sent to all members via email each week and contains upcoming news, events, swimmer highlights and Board communications. The newsletter will also be posted on the website.

## **Coach's Email**

Coach Brittney will send a weekly email to the TAZ families with information regarding the upcoming week's practices, stroke techniques, instructional videos and much more. We encourage all parents and their swimmers to read and discuss the coach's email each week.

## **Facebook**

Facebook is a great place to grab quick bites of information while on the go. We post all team events -- meets, socials and fundraisers -- on our Facebook page along with timely news, important announcements, spotlights, swimming articles and photos. You can also ask questions or send the Board private messages, which we respond to within 24-hours. If you have information or photos to share, please DM or send to [erin.walsh@edhtaz.org](mailto:erin.walsh@edhtaz.org).

## **Instagram**

Follow TAZ on Instagram! We have a blast sharing our best, funniest, weirdest and encouraging moments on Instagram. If you have photos to share, please send to [erin.walsh@edhtaz.org](mailto:erin.walsh@edhtaz.org). Don't forget to tag us at @edhtaz

## **Shutterfly**

We have a team photo site on Shutterfly where any TAZ member can upload and share photos. Our team photographer shares photos from each team event here as well. Please visit <https://edhtaz.shutterfly.com/>. Password is gotaz.

# **2021 TAZ Swim Practice Schedule and Format Overview**

There are important changes to the practice schedule for the 2021 season due to COVID-19 restrictions. TAZ is following COVID-19 guidelines and recommendations provided by the California Department of Public Health (CDPH), El Dorado County Department of Public Health and EDH CSD to ensure the health and safety of our swimmers, coaches and families.

## **COVID Guidelines**

Practices are limited to six swimmers per lane, 60 per session, which helps keep kids distanced, encourages circle swimming and minimizes wait time on the wall. TAZ coaches will assign swimmers their designated lane for practice to ensure management of swimmers and COVID-19 guidelines.

Swimmers should not gather at the end of swim lanes, behind starting blocks or on the stairs into/out of the water or up to the diving boards.

Masks will be required for any persons (coaches, board members, parents and swimmers) while on the pool deck and not in the pool. Social distancing protocols will be in place while on deck.

Limiting the number of people on the pool deck during practice will be very important to reducing close-contact situations. We ask that parents, guardians or other spectators minimize their attendance at practices unless their swimmers are 6-Under. If you must stay, please observe social distancing protocols and wear a mask.

Swimmers should come to practice ready to swim with his/her suit on and goggles and/or cap on. TAZ will not be able to provide extra goggles for swimmers so please pack extra. Please make sure your swimmer(s) have their towel, water bottle and gear marked clearly with their name and placed separately from kids who are not part of your household.

Please note, the Centers for Disease Control (CDC) is not aware of any scientific reports about the virus that causes COVID-19 spreading to people through water in pools, hot tubs, water playgrounds, or aquatic venues. Swimming is considered a "low-contact sport" and distancing guidelines are followed.

Swimmers who use the restroom facilities at the CSD pool must wash their hands thoroughly before entering the pool. Avoid sharing food, drinks or towels. Do not attend practice if you do not feel well, or if a member of your household is sick.

If a swimmer, coach or family member becomes ill, TAZ will follow current CDC and CDPH guidelines. TAZ will inform staff, parents and other people about possible exposure without identifying the affected individual.

### **Swim Practice**

In an effort to maximize our time and effectiveness in the pool, and to coach necessary technique to age specific swimmers; we ask that all swimmers come to practice at least 5 min. Early, check-in, and are ready to swim at their appointed time.

Age-Based Practices:

1. Promotes age-group camaraderie, "a TEAM" Atmosphere!
2. Increasing the emphasis on technical skills at each practice-- per requirements of age group.
3. Different Age groups are expected to swim different distances or strokes depending on the swimmers age, this allows for a more structured and organized practice.
4. Within Age-Group Practices, Lanes will be adjusted by their Skill level--

With a team of 350+ swimmers and a wide range of skills within each age group, it is a challenge every season for the TAZ coaching staff to get all swimmers the technique work they need to personally to progress in the sport. The coaching staff will continue the practice format based on the age of the swimmer. The coaches believe this will improve instruction and allow swimmers to build their confidence in the water while improving overall technique.

Deck coaches and the Head Coach will be observing the first few weeks of practices to ensure that all swimmers are placed in the proper age level. Please note: swimmers can be asked to move to different age-group practice times throughout the season, as needed to ensure we don't exceed maximum capacity.

Practices: **Please attend 3 practices per week minimum. The more practices swimmers attend the better they will perform and improve their stroke technique.**

***Please note: All Swimmers should swim with their age group unless given permission by the Head Coach to swim with an older/younger age group. (Depending on their skill/ability level, Coach discretion).***

If you have questions about the practice in which your swimmer will excel, please contact Coach Brittney at [brittney.cicchetti@edhtaz.org](mailto:brittney.cicchetti@edhtaz.org)

# Swim Practice Schedule

## SPRING PRACTICE SCHEDULE

April 26 - May 21	6-9:00 pm	
Group 1	6:00	6:30
Group 2	6:30	7:00
Group 3	7:00	7:30
Group 4	7:30	8:15
Group 5	8:15	9:00
*Practice will be Monday - Friday (all days) ** No practice on 4/28, 5/7, 5/13, 5/14, 5/21 ***Each swimmer will be assigned a Group to attend. You may not attend a different Group.		

May 23 - May 28	3:30 - 7:15 pm	
Group 5	3:30	4:30
Group 1	4:30	5:00
Group 2	5:00	5:30
Group 3	5:30	6:15
Group 4	6:15	7:15
*Practice will be Monday - Friday (all days) ** No practice on 5/31 ***Each swimmer will be assigned a Group to attend. You may not attend a different Group.		

## SUMMER PRACTICE SCHEDULE

June 1 - July 22	AM (Mon. - Thurs.)	
Group 4 and 5	7:00	8:15
Group 2 and 3	8:15	9:00
Group 1	9:00	9:30
*Practice will be Monday - Thursday ** No practice on 7/2, 7/5 ***Each swimmer will be assigned a Group to attend. You may not attend a different Group.		

June 1 - June 4	PM (Tues. - Fri.)	
Group 5	4:00	4:45
Group 1	4:45	5:15
Group 2	5:15	5:45
Group 3	5:45	6:15
Group 4	6:15	7:00
*Practice will be Tuesday - Friday (all days) ***Each swimmer will be assigned a Group to attend. You may not attend a different Group.		

June 7 - July 23	PM (Mon. - Fri.)	
Group 1	4:00	4:30
Group 2	4:30	5:00
Group 3	5:00	5:30
Group 4	5:30	6:15
Group 5	6:15	7:00
*Practice will be Monday - Friday (all days) ** No practice on 7/2, 7/5 ***Each swimmer will be assigned a Group to attend. You may not attend a different Group.		

## **Practice Information**

Practices will be held rain or shine. In the event of lightning, thunder or pool malfunctions, practice will be cancelled. In those circumstances you will be contacted via email as soon as the decision is made to cancel practice. Communications will also be posted on the TAZ social media sites.

- Please be on time for practice (5 MIN early). If early, please wait on pool deck until further instruction from the coaches.
- Leave valuables at home. TAZ is not responsible for lost or stolen items.
- Avoid eating 30 minutes before practice.
- Bring a towel daily and dry clothes on cooler days.
- Wear proper swim attire to practice (Jammer or racer type swimsuits for boys. No swim shirts or board shorts.)
- Avoid wearing the team suit for practices to preserve it for meets.
- Wear swim goggles which are required for all practices and meets.
- Wear a swim cap (required for practices and highly recommended for meets.)

### **DAILY Practice Equipment**

- Goggles
- Swim Cap (Required)
- Practice Suit
- Water Bottle
- Towel

**It is critical for the coaches' attention to be focused on swimmer instruction and safety during practice. Parents and siblings must remain away from the coaching area on deck during practice to minimize distractions.** Parents are welcome to watch practices away from the coaching area on the pool deck. Please avoid distracting the swimmers or the coaches during practice. Please relay this information to any other caregivers who may bring or pick up your children. Children who are not in practice must remain with their parents. If you wish to speak with a coach, please wait until the end of the last practice or send a quick email to set up an appointment. The only break the coaches have is the short time between practices without swimmers in the water. If needed, the Board members (wearing TAZ polo shirts) are available to answer questions at any time.

- **Swimmer Behavior**

With so many swimmers in each age group, discipline issues will be dealt with fairly but swiftly, to keep the focus on the swimmers who are at practice to work hard and have fun safely. Swimmers who are misbehaving, inattentive, rude to a teammate, etc. will be warned and/or placed on the side of the pool to watch the other swimmers

until the behavior improves. If such behavior persists, or is to an excessive degree, that swimmer may be excused from practice. More serious discipline problems may result in a parent-coach meeting. The coaching staff will communicate any concerns with parents and welcome parents to do the same.

- **Importance of Being Punctual and Prepared**

Parent support is greatly appreciated to get your swimmers to the pool on time... or early! Practice begins promptly at the scheduled time. All workouts are designed to use the full time allotted, and swimmers will benefit from being prepared and being at the pool on time for each practice. "Being prepared" means having a cap and goggles for each swimmer. In addition, each swimmer should bring a water bottle to practice to prevent dehydration!

- **Team Suits & Caps**

TAZ is in the FIRST year of a two-year suit cycle. The suit and the cap are our team uniform. TAZ swim caps **highly recommended** to be worn at during swim practice and swim meets. Swim caps are worn to protect the hair from harsh chlorine and, more importantly, to prevent drag when racing. It is surprising how much of a difference wearing a cap will make during a race.

Suits should fit tightly and not be baggy or loose. Boys may choose jammer or racer style suits. All swimmers should have a practice suit for practices that is different than the team uniform suit worn for meets. The team suit is for Mock Meet, Dual Meets, SSL Championship Meet and Meet of Champions ONLY! Team suits are available for purchase from the team store on the TAZ website. Sizing suits will be available as communicated. Please have your swimmer try on a sizing suit **over** his/her practice suit **before** getting wet.

All swimmers (girls and boys) are encouraged to wear the white TAZ Team uniform cap. Personalized TAZ Team swim caps (with the swimmer's name) are available for order as communicated.

## **Eligibility**

Season Rules for 2021 ONLY: - Quiet period rules are waived. As of Monday, April 26th, all SSL swimmers must cease membership/participation in any US Swimming practices and or meets. - All meets will be held virtually, unless conditions change. At the time, the two teams can coordinate the dual meet logistics. - For all meets, teams should follow the health and safety guidelines issued by the County where the meet will be held. - A Championships meet will not be held. - League awards will not be issued. - League records will not be recognized. - Swimmers aged 19 who were on an SSL roster in 2019 may participate.

To be eligible to swim in the Suburban Swim League, a swimmer must be no more than 18 years old by June 15, 2021. All new swimmers, regardless of age, must pass the safety test which requires a swimmer to safely swim 25 yards (one length of the pool) with no assistance. The coaching staff will assess each swimmer's skills within the first week of practice to place them with swimmers of similar ability.

- **Swim Safety Check**

The water safety check is mandatory for ALL NEW 6 & Under swimmers. The safety check is scheduled for Monday, April 26, 2021.

### **TAZ Swim Safety Test**

To pass the safety check, each swimmer MUST successfully demonstrate:

1. Ability to jump in the water, touch the bottom of the pool and return to the wall.
2. Jumping into the water feet first and begin swimming.
3. Freestyle while swimming across the entire length of the pool with minimal stopping (no hanging) on the lane lines.
4. Swimming with their face in the water.
5. Deep water safety (able to swim in the deep end).

Coaching staff will be assessing from both ends of the pool and a coach will be in the water swimming along the side should your child need assistance.

**You will be notified within 24-hours by the Registrar if your child has passed the swim safety check.**

If your child does not pass the safety check, TAZ will refund your registration fees within 10 days. Encourage your child to continue practicing and we'll hopefully see you next year!

## Meet Information

- **2021 Meet Schedule**

Mock Meet (Home)	June 5 <sup>th</sup>
EDH TAZ v Park Terrace, Virtual	June 12 <sup>th</sup>
EDH TAZ v Broadstone Barracudas, Virtual	June 26 <sup>th</sup>
EDH TAZ @ Loomis Basin Dolphins, Virtual	July 10 <sup>th</sup>
SSL Meet, Virtual All Teams	July 24 <sup>th</sup>

~ Meet Information can be found on the TAZ website. ~

- **Declaration of Meet Attendance**

Once the season starts, you can “edit your commitment” for each meet via the team website. Each meet is listed under the “Meets/Events” tab. Committing to a meet lets the coaches know which swimmers are available to swim. The coaches use this list of committed swimmers to set entries and relays for each meet. **Please commit to or decline meet attendance at least one week in advance** in order to allow for correct seeding of each meet.

- **Event Selection**

Once you’ve committed your swimmer(s) to a specific meet, you will then need to select the events your swimmer will swim. Each swimmer may swim up to three individual events except for 6-Unders. Please see below for eligible events by age group.

**Please select up to three events. Final event placement is at the discretion of the coach.** If there is a specific event your swimmer(s) does not want to swim, please leave a note in the comments section.

- 6-Unders - eligible to swim Short-Freestyle, Backstroke and Free Relay
- 7-8 - Eligible to swim Short or Long-Freestyle, Backstroke, Breaststroke, Backstroke, Medley Relay and Free Relay.
- 9-10 and Up - Eligible to swim Individual Medley, Short or Long-Freestyle, Backstroke, Breaststroke, Backstroke, Medley Relay and Free Relay.

Relays are determined by the coaching staff and are typically based on fastest times, PRACTICE & MEET Attendance. The Head Coach has the final say on all relays.

- On the day of a meet, with hundreds of swimmers to account for, it is very difficult to find missing swimmers. There's nothing quite as frustrating as trying to assemble a relay team, only to find out that one member has left the meet, and then frantically looking for an alternate swimmer. So, please, if you know that your swimmer will miss an upcoming meet (or have to leave a meet early), please include a note via the website when committing to a meet and **alert the coaches** so that another swimmer can participate. **In the event of a last-minute illness or emergency on the day of the meet, please contact Head Coach Brittney Cicchetti ASAP. If a coach is not notified the swimmer will not be eligible for a relay spot the following meet.**
- **Check-In Procedure**  
Check-in will take place early on the morning of each Saturday meet. Check-in is **extremely important!** Parent volunteers will be lined up close to the main pool deck at home meets to check-in swimmers per age group. If you do not check-in before meets, your swimmer will be scratched, meaning that he/she will not be able to swim in the meet that day.

**At meets, it is EXTRA important to be on time for check-in. If late, swimmers will be scratched from the meet.**

**For the 2021 season, we will only use scratch for relays. Swimmer check-in is very important so we can make sure relay teams are accounted for.**

- **Scratch**  
"Scratch" is the term used when a swimmer is scheduled to swim an event but does not show up to the meet by the scheduled time (in which case the coach will remove that swimmer from all of his or her races during the Scratch Session) or is late to the starting blocks by the time the race begins (in which case the Meet Referee will scratch that swimmer). We hope to never have to scratch any swimmers, so please, be on time to meets and races. **Swimmers should be alert during the meet so as to get to the ready bench and blocks on time.**

The Scratch Session is conducted before the meet begins. Because this is an extremely hectic time, please avoid talking to the coaches who are performing scratch unless you need to speak to them about your swimmer being unable to swim. Generally, only two coaches and a few parents will be working on scratch before the meet begins; therefore, if you need to speak to a coach about a non-scratch related matter, you should find a coach who is on deck to assist you.

- **Strokes & Kicks**

The four strokes in competition are freestyle, backstroke, breaststroke, and butterfly. Each of the four strokes has rules governing the way each stroke is to be executed. At every meet, stroke and turn judges are posted on each side of the pool to check that each swimmer follows the rules of the stroke. If a swimmer violates these rules in a race, the swimmer will be disqualified. This is meant to be a learning tool, not a punishment. A swimmer who is disqualified will be told why he/she was disqualified by their age group coach the following week at practice. Any concerns you have about a disqualification should be directed to the coaching staff, not to a meet official.

- **Meet Etiquette**

TAZ swimmers and their families are expected to use proper etiquette when visiting another team's facility. Proper etiquette includes (but is not limited to): respecting the visiting club's aquatic facilities (no swimming in wading pools or hot tubs), staying in the team area, and cleaning up the team area at the meet's conclusion.

- **Relays**

Relays for Dual Meets and Champs will be based on swimmers' times from the previous meet and Relay SPLITS. Relays are forever changing as swimmers develop throughout the season. Each relay event at a meet will typically have 2-3 relay teams per age group. The "A" relay will consist of the four swimmers with the fastest times within the age group. In the event that there are two swimmers with times that are less than 0.1 apart, there will be a swim off at Friday's practice to determine who will get the final spot in that particular relay. If your swimmer is scheduled for a relay and is unable to swim, please inform the coach immediately. A fifth swimmer will also be assigned to each relay team as an alternate. Alternates are expected to remain at the meet to be available to swim the relay if needed.

**Ready Bench will be required for 6&Under and 7/8 age groups ONLY for the 2021 Season**

**Please note:** All swimmers 10 & Under will be required to meet at the ready bench with their relay team. Swimmers 11 & Older will meet their relay team behind the block. In the event that a relay swimmer is late, that swimmer will be pulled from the relay and the alternate will swim for that particular race. This means the coaches will NOT pull alternate swimmers from the block if the original relay swimmer comes running up to swim.

- **Disqualifications or "DQs":**

Each of the four strokes has rules governing the proper way that the stroke is to be done. These rules include the start, stroke technique, turns at each wall, and the final

touch. Coaches will instruct swimmers on the proper techniques. A swimmer may occasionally neglect to follow these techniques at a meet and may be "DQ'd" by one of the meet officials. A swimmer who is "DQ'd" will be told why he/she was disqualified by their age group coach the following week at practice. The "DQ" process is to be handled in a constructive and instructive manner. It is not a punishment! It is simply a tool used to help teach proper technique. Any concerns you have about a disqualification should be directed to the coaching staff, not to a meet official.

# League Championships & Meet of Champions (MOC)

**\*\* There will be no SSL Championship swim meet or Meet of Champions for the 2021 season**

The 2019 SSL Championship swim meet will be held July 19 – 21 at Del Oro High School in Loomis. We WANT. We NEED. We ENCOURAGE ALL our swimmers to join us for this incredible three-day league event. We want to take home that Championship trophy!

The championship swim meet is when all teams in the league gather together to compete for the #1 spot in the Suburban Swim League. Like all other team sports - Little League, Soccer, Lacrosse, Softball and many others - participating in Champs is essential to winning. Champs is like no other swim meet you've been to. Not only will you enjoy some incredible swimming and tight races, but the excitement, camaraderie and spirit that the kids and families bring is amazing. The opening ceremony and team parade is a work of art, and every year we come up with an incredible and creative theme!

- **Attending Champs**

Swim team is a commitment just like any other seasonal sport. Each swimmer must participate in 3 dual meets to be eligible for Champs. The coaching staff will gear all workouts, drills, exercises, and tapering to Championship weekend. It is the weekend where TAZ looks to achieve our team and individual goals. After all, you wouldn't miss your soccer team's Championship Game... would you?

- **Declaring for Championships**

We do not want anyone to miss this weekend! **You must commit to Champs as communicated.**

- **Champs Taper**

The team will have a two-week taper prior to Champs weekend. This is an important time for swimmers to decrease yardage and to focus hard on starts, turns and race day preparation.

- **Meet of Champions (MOC)**

Swimmers have the chance to qualify for the Meet of Champions at which all of the swim leagues come together for their fastest swimmers to race. It is a very exciting weekend and quite the honor to qualify to represent the TAZ Swim Team. MOC is held two weeks after Champs.

## Parent Participation

To effectively run a recreational swim team, lots of help is required from coaches, swimmers and parents. There are many jobs that need to be filled for a meet to run successfully and efficiently. YOUR help is essential.

1. **Families must complete a minimum of 12 volunteer hours for the 2021 dual meet season.**
2. **Families must complete the 12 volunteer hours and swim in at least three dual meets to earn priority registration for the 2020 season.**
3. **Families are required to fulfil their volunteer hours regardless of the number of meets in which their children swim.**
4. **Any exceptions to volunteer requirements must get Board approval. Please contact Laura Buehler with any questions.**
5. **Families who participate in Champs must work an additional 4 volunteer hours during the Champs weekend. (These hours are separate from 12 regular season volunteer hours.)**

Opportunities for volunteer hours will come from weekly meets, team fundraising and social events. If you believe completing the 12 volunteer hours will be a problem, please contact our Volunteer Coordinator, Laura Buehler, early in the season for assistance.

- **Available Volunteer Hours**

**All swim meet volunteer hours will be posted at 5pm the Sunday before a swim meet.** Jobs related to fundraising and social events such as Picture Day, Buddy Night, the Champs Rally and Awards Night, will have volunteer hours posted on an as needed basis. Be sure to read the "TAZ TIMES" for news about other possible volunteer hours available throughout the swim season.

- **Online Sign-Up Procedure**

Parents must sign up for jobs on the team website, [www.edhtaz.org](http://www.edhtaz.org).

1. Log into the team website.
2. Look for events with the Job Signup button. Click "Job Sign Up" for any open event for which you wish to volunteer.
3. Follow the system prompts.

The website also tracks the number of hours for which you have signed up, the events for which you are on a waiting list, and the events for which you have volunteered to work. Because the team needs your great ideas and talents, you can even suggest a new volunteer opportunity.

- **Checking Completed Volunteer Hours**

You are able to track the number of volunteer hours your family has completed as the season progresses. Updates are made on a regular basis. Please make sure to identify any discrepancies and report them to the committee chair in charge of the job for which you volunteered.

You should see the jobs and the number of hours you have worked. If you have any questions regarding volunteering for a meet or volunteer hours in general, please contact Laura Buehler.

1. Log on to the team website [www.edhtaz.org](http://www.edhtaz.org)
2. Go to "My Account" found on the left sidebar
3. Go to "My Invoice/Payment"
4. Go to "Service Hours"

# Parent Volunteer Job Descriptions

## Jobs at Swim Meets

- **Swimmer Check-In:** Take roll and report any absences to the coaches before the scratch meeting.
- **Ready Bench:** Work jointly with the opposing team's ready bench to organize swimmers in proper heats and lanes and then escort swimmers to their proper lanes on time.
- **Hospitality:** Serve iced tea, lemonade, water and snacks to all volunteers working at the meet.
- **Saturday Snack Bar:** Details for this job will be sent out by coordinator.
- **Ribbons:** Adhere computer-generated stickers (with a swimmer's name, time, stroke and date) to ribbons and file ribbons in family folders.
- **Stroke & Turn:** Observe technical aspects of each swimmer's strokes. Judge turns, strokes, and starts. *Attendance at a pre-season clinic is required.*
- **Timer:** Work as one of a three-person team assigned to a specific lane to clock each swimmer using a stopwatch or the Colorado system. The best part about this job is getting front row seats to all of the action!

## Jobs at Fundraising & Social Events

- **Picture Day:** Line up swimmers for the photographer and help with crowd control.
- **Spirit:** Organize special events to promote "TEAM SPIRIT." This could include organizing swimmers to paint signs and banners for swim meets or organizing a main event such as "Buddy Night", the "Champs Rally," the "Champs Parade," "Awards Night" or other spirit activities.
- **Laps for TAZ:** The team's major fundraiser includes a swim-a-thon, dinner and usually a silent auction. Parents are needed for registration, organizing the auction, counting laps, cooking and serving dinner, creating raffle baskets, etc.
- **Breakfast Bonanza:** Every Tuesday morning, families can bring **healthy** breakfast items to share. The parent volunteers set up a table on the grass and manage the breakfast table. The kids dry off after practice and are allowed one plate. This has been a very popular day for the kids!
- **Champs Rally:** The Rally takes place the Thursday before Champs. The team and families come together for dinner, poster making, painting nails, buzzing TAZ in the boys' hair and much more. Plenty of opportunities to help out.
- **Awards Night:** The Awards Night takes place the Tuesday after Champs at Bertelsen Park in EDH. Swimmers are recognized for their accomplishments and given awards. Volunteers help to manage the event as well as to order and organize swimmers' awards.

# **Responsibilities**

## **Swimmers' Responsibilities**

1. Attend 3-5 practices a week.
2. Arrive on time and be prepared for practice daily.
3. Have a positive attitude.
4. Set and work toward individual goals.
5. Encourage your teammates.
6. Be a part of the team by getting involved in practice, meets and social events.
7. Wear practice suit to practice and team suit to all meets.
8. Wear a TAZ swim cap to every meet.
9. Attend dual meets.
10. Show good sportsmanship by shaking opponents' hands after each race.
11. Attend Champs.
12. Have fun and SWIM FAST!

## **Parents' Responsibilities**

The positive and supportive involvement of parents is a crucial component of a successful season.

1. New families attend the annual Parent Night Meeting.
2. Read all TAZ Times and Coach's emails.
3. Make arrangements to get children to and from meets and practices on time.
4. Make arrangements to attend swim meets.
5. Commit to or decline meet attendance on the TAZ website at least one week in advance.
6. Volunteer to fill necessary positions.
7. Check family folder on a regular basis.
8. Be your kid's biggest fan! Leave the critiquing to the coaches. Always be positive!
9. Support the coaches and team with a positive attitude.
10. Participate in team social activities.
11. Have fun being involved in our great swim program.

## **Coaches' Responsibilities**

The coaches are employees of the TAZ Swim Team and are under the direction of the TAZ Head Coach. The TAZ coaches, along with the TAZ Parent Board, are responsible for the planning, organizing and directing of all activities for the swim team. Specific responsibilities are as follows:

1. Develop season plan for the team and age groups.
2. Organize and direct team practices.
3. Supervise the safe and effective operation of facilities during team functions.
4. Manage the discipline and control of team members during all functions.
5. Supervise the proper use of all training equipment.
6. Coach and instruct swimmers on all facets of swimming.
7. Attend team social activities and working to instil a sense of team unity.
8. Develop positive attitudes and motivate team towards competition.

## **Board's Responsibilities**

The TAZ Parent Swim Board is a committee of parents who are elected in by TAZ members. The Board is responsible for coordinating all necessary tasks associated with the running of a recreational swim team. Their job is to work all year, in conjunction with the coaches, to ensure the long-term success and operation of the TAZ Swim Team. TAZ Board Members serve a three-year term.

1. Answer questions from parents.
2. Maintain financial responsibilities for the team operations.
3. Run all swim meets.
4. Post and maintain accurate records of meet results, times and scores for team.
5. Communicate information to the team and their families.
6. Be advocates for the swimmers.
7. Pursue policy changes that are necessary for team functionality.
8. Plan social activities.
9. Support the coaching staff in directing the team and enforcing policy.
10. Represent the El Dorado Hills TAZ to the SSL League.
11. Develop fundraising ideas into feasible and practical operations.
12. Coordinate the parent volunteer jobs associated with running a team.

## Frequently Asked Questions

- **What do I do if we have vacation planned during swim season?**

We understand that summertime is vacation time. If your child is missing more than a week of practice, please email the Head Coach. If your family will be missing a meet, you must **declare that you will not attend the meet** via the website [www.edhtaz.org](http://www.edhtaz.org). Each meet is listed under the "Meets/Events" tab on the website. Once the season starts, you can "edit your commitment" for each meet. Swim team is a commitment. The coaching staff gears all workouts, drills, exercises, and tapering to Championship weekend. Attendance at practices and meets is important in achieving team and individual goals.

- **What is swimmer's ear?**

Swimmer's ear is an infection of the outer ear canal that runs from the eardrum to the outside of the head. It's often caused by water remaining in the ear after swimming. Several swimmers miss practice each year because of ear problems. A few drops of distilled white vinegar and rubbing alcohol (a 50/50 mixture) in each ear (after any prolonged time in the water - playing around, practice, or meets) will help drain the water out and prevent infections.

- **What can prevent my swimmer's hair from turning green?**

Wetting the hair with tap water before swimming can largely prevent "swimmer's hair." Shampoo immediately after swimming with a shampoo specially formulated to neutralize chlorine. Conditioners also help protect the hair for the next time in the water.

- **What if my swimmer is sick?**

If your swimmer is sick, please keep him/her home. It is unfair to other swimmers to have them exposed to illness in a close environment. The body needs rest to recover quickly. If your swimmer is going to miss practice for any length of time due to illness, please email the Head Coach so the coaching staff knows where your swimmer is. If swimmers get sick and will miss a meet, as much prior notice as possible is appreciated. Be sure to get in touch with the Head Coach so your swimmer can be scratched from the meet. Take the proper steps to make sure your swimmer remains healthy! Get sleep at night, eat healthy foods, drink lots of water, and take a multivitamin. Avoid dangerous activities that might cause injury. These steps will help to ensure that we have a great, safe, and fun summer!

- **How many dual meets does my swimmer have to participate in?**

There is no requirement for the 2021 season.

Swimmers must compete in a minimum of 3 dual meets to be eligible to swim at Champs. If you are unable to make it to 3 dual meets during the season, please contact the Head Coach asap.

# **NEW FAMILY FIRST YEAR INFO**

## **What You Need to Know about a Swim Meet**

TAZ Swim Team is affiliated with the Suburban Swim League which has 8 teams from the Sacramento area: Broadstone Barracudas, College Green Gators, Folsom Sea Otters, Park Terrace Penguins, Sierra Sharks, Granite Bay Gators and Loomis Dolphins. League meets are held on Saturday mornings. In addition, Championships are held the third weekend in July. As TAZ is part of a recreational swim league, we hold competitions with other clubs to foster the development of good sportsmanship and to allow swimmers to measure their efforts against swimmers from other clubs.

For dual meets TAZ competes as a team in the following events: Freestyle (short and long), Backstroke, Breaststroke, Butterfly and Individual Medley. There are also two relays, a Freestyle Relay and a Medley Relay. At a dual meet, 6 & Under swimmers will compete in two individual events and may compete in one relay. All other swimmers are limited to competing in up to three individual events and two relays. Not every swimmer will swim this number of events in a meet. Before each meet, the coaches will post a list of who is swimming what events for that meet.

Age groups are determined by a swimmer's age on June 15<sup>th</sup> of the season in which he or she is swimming. Swimmers compete in dual meets based on age groups: 6 & Under, 7-8-year-olds, 9-10-year-olds, 11-12 year olds, 13-14 year olds, 15-18 year olds. At Champs, swimmers in the 15-18 age group will be broken into two groups, 15-16 and 17-18, to compete.

Meets begin early in the morning, 6:45 am check-in with an 8:00 am start, and end between 1-2pm. If you have a 6 & Under swimmer, his/her day will end between 10-11am as 6 & Under swimmers only compete in the Freestyle and Backstroke events. We have both home and away meets, so some travel to other pools is required. The team that earns the most points at the end of the meet will win. Swimmers may be disqualified for mistakes in their starts, turns, finishes and strokes. If swimmers are disqualified, the coaches will follow up with them at the next week's practice.

Meets will be scored, and the winner of the most dual meets throughout the season will be awarded the Dual Meet Championship at Championships. Meets are a great opportunity to demonstrate and utilize the skills learned in practice and are a way to measure improvement and accomplishment throughout the season.

## **What to Bring to a Swim Meet**

1. Team suit
2. Cap (and a back-up)
3. Goggles (and a back-up)
4. 1-2 towels
5. Sleeping bag or blanket
6. Sweats for the morning
7. Shorts for when the temperature heats up
8. Water
9. Healthy snacks
10. Sunscreen
11. Folding Chairs (recommended)
12. Small Shade Structure (recommended)
13. Books or small games for entertainment between races (recommended)
14. Sharpies to label all of your gear!

***\*Please be sure to label all items and leave valuables at home. TAZ is not responsible for lost or stolen items.\****