

Turlock Aquatic Club

Swimmer and Family Guide

Contents

Welcome	3
Team Philosophy	5
Registration	7
Practice	8
Team SWAG	9
Calendar	10
Swim Meets	11
Communications	15
Awards and Team Social	15
Swim a Thon.....	15
Fundraising.....	15

Welcome

2020 Board of Directors

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Message from the Board

Turlock Aquatic Club (TAC) is a year-round swim club operated as a non-profit organization by an elected board of directors. Membership is open to any child 18 years of age or younger. It is the goal of TAC to welcome any child with a desire to swim competitively or simply for exercise and conditioning.

TAC is one of a handful of a swim teams in the Stanislaus County area, and is a member of USA Swimming, a national organization with over 750,000 athletes across the country.

Our swim team offers five programs: a Year-Round/Month-to-Month Program, a Summer Program, a Fall Program, a High School Winter Program, and an Adult Lap Swim Program.

Coaches will strive to improve each individual's skills in mastering the four basic strokes of freestyle, backstroke, butterfly and breaststroke. As your swimmer's skills improves, so will their times. As a parent, it is incredibly exciting to watch your child's progress, both in terms of mental discipline and physical strength.

There are many benefits to joining the swim team. Swimming is an excellent form of exercise with low injury risk. Your child has a chance to contribute to the team's success while also experiencing their own personal triumphs.

It is the desire of the Board to work closely with coaching staff, parents and swimmers in a joint effort to provide a safe and positive educational and recreational swimming experience. Please feel free to reach

out to any board members should you have questions, concerns or suggestions.

Welcome to our team!!!

Team Philosophy

Mission Statement:

The mission of the Turlock Aquatic Club is to provide physical, emotional and social growth of swimmers/members through training and competition.

TAC Swim Team Ethos Statement:

We are a family of swimmers, coaches, parents, and volunteers who provide a fun and friendly environment for athletes of any skill level to compete at their fullest potential. We strive to produce young adults that will become productive leaders in the community by teaching the values of teamwork and dedication.

Teamwork: Teamwork is essential to the success in swimming. All teammates support each other, making it easier to endure difficult times.

Dedication: Swimmers and their parents must make sacrifices in order to partake in meets, practices, and other events. Swimmers willfully dedicate a significant amount of their lives to the sport.

Spirit: As a team, we strive to encourage one another to rise to the occasion and perform with maximum effort.

Positive Attitudes: The members of our team make every effort to display positive attitudes throughout all circumstances.

Respect: The respect swimmers express towards one another and coaches demonstrate a sense of loyalty that holds us together as a team.

Perseverance: Swimmers, parents, and coaches inspire one another to persevere through hard work and challenges.

Family/Friendship: As a team, we are united together through the bonds of shared experiences and passion for the sport.

Responsibility: Swimmers need to be responsible enough to attend a time-consuming schedule while focusing on many different tasks.

TAC Swim Teams Coaching Objectives:

- Provide a comprehensive aquatic program that emphasizes the development of lifelong learning, values and skills through hard work, sportsmanship, ethical conduct, and fair play.
- TAC is based upon open communication and mutual respect among Board of Directors, instructors, coaches, participants, parents and officials.
- The program is to serve as a positive, powerful, productive force for our participants and families.
- Prepare our members for a path of success, through education and fostering the member's

quest for personal improvement.

To provide an attractive program for the participants:

- Provide the participants with an enjoyable and rewarding experience
- To give quality instruction in the fundamentals of each program offered: specific athletic skills and strategies to improve participant's success.
- Sportsmanship, ethical conduct and fair play to be an integral part of the TAC
- Inspiring all athletes to give their highest effort at all times in the pool, also a member of our community
- To stress the importance of self-discipline in both the pool and the community
- Teach our participants that dignity, self-worth and self-esteem are achieved through hard work
- To create a positive atmosphere and a climate that is enhanced when participants work together as a team to represent TAC
- Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a direction for positive and successful outcomes

To make our aquatic programs a source of both participants, family and community pride:

- Help each participant to interact positively with staff, community and fellow participants
- Make the team a positive influence on all who come in contact with it
- To demonstrate the social competence of operating within a set of rules and regulations governing the sports offered

Parent's contributions for the season:

- Always ask if in doubt, the Staff is available to help with your questions and participants questions.
- Volunteer! Without volunteers our events cannot happen. There are many ways to volunteer (i.e. Board positions, helping at swim meet, helping on deck during practice, fundraising, counting laps at swim a thon).
- Trained Officials are needed; swimmers may not be awarded if not officials volunteer. See the coach for more info.
- Read the emails sent out weekly and check to website on a regular basis.
- No parent coaching from pool deck
- No meetings or talking with coaches during practice, speak to coaches before and after practice

Registration

Summer Program

Registration for the summer program will be held early spring and will open online in late February or early March. After completing the registration forms online, families must attend one of the two scheduled registration meetings. Meeting dates/times will be announced and be held at the Pitman High School pool. Parents should bring payment in the form of cash or check to the meeting. New swimmers will be required to complete a 25 yard unattended swim prior to joining TAC. Once determined, registration dates will be emailed to returning swimmer, posted on the TAC website, and posted on TAC's Facebook page.

Fall Program

Registration for the fall program will open online in July. Watch the website and Facebook for exact dates. Swimmers wanting to participate in the Fall program swim meets must also register with USA Swimming.

High School Winter Program

The high school winter program bridges the gap between the end of the high school water polo season and the beginning of the high school swimming season. Registration for the high school winter program will be open online in the Fall. Watch the website and Facebook for exact dates. Swimmers wanting to participate in the winter program swim meets must also register with USA Swimming.

Year Round/ Month-to-Month Program

Swimmers wanting to swim in the Year Round/ Month-to-Month Program should contact Coach Corine (swimwtac@gmail.com) for details. Registration will be available online throughout the year.

Program Fees

1. 2020 Summer Program Fees: \$250 1st swimmer, \$225 2nd swimmer, \$200 3rd swimmer
2. 2019 Fall Program Fees: \$175 per swimmer. 2020 fees will be posted in July
3. 2019 High School Winter Program Fees: \$200 per swimmer. 2020 fees will be posted in September
4. 2020 Year Round / Month-to-month Program Fees: \$75/1 hour, \$85/1.5 hours, \$100/2 hours
5. 2020 Adult Lap Swim - \$40 /month

Practice

What to bring to practice:

- Googles
- Swim Cap
- Sunscreen
- Bottle of Water
- Towel
- Flippers/Fins

Practice Apparel - All swimmers need goggles and if your child has long hair a swim cap. New swimmers may wear non-competition one-piece suits until a reasonable time has passed to purchase a practice swim suit. Male swimmers may wear jammers or briefs- ("speedo") style suits. Female swimmers need to wear a one-piece swim suit.

Wear your swim suit, we have limited space for changing in to your suit at the pool.

Practice Times:

Practices are held Monday to Thursday at Pitman High School pool. All swimmers are encouraged to attend practice every day.

The head coach will assign swimmers to groups depending on their skill level.

It is important that swimmers be on time every day. Swimmers should have their caps and goggles on and ready to step into the water at their practice time. It is also important that parents be on time to pick up children at end of practice.

For swimmers ages 6 and under, parents are required to stay for their entire practice time.

Team SWAG

Team Suits will be available to order at the beginning of the summer season. Fitting and orders will be taken on the pool deck.

Team photos will be held during the early weeks of the summer season.

Periodically order forms will be made available for team t-shirts and sweatshirts, and other team related items.

Team caps will be available on the pool deck from board members and coaches.

Calendar

2020 SCHEDULE OF SUMMER EVENTS

Date	Event	Location/Time	Group Attending
3/10 & 3/11/2020	Returning Swimmer Sign Ups	Pitman High School Pool Deck	Returning Swimmers and Families
4/6/20	Summer Season Begins	Pitman Pool	TAC Swimmers
6/13/20	Meet	Lodi	All TAC Families and Swimmers
6/27/20	TAC Hosted Meet	Turlock High School Pool	All TAC Families and Swimmers
7/11/20	Meet	Tracy	All TAC Families and Swimmers
7/25/20	Meet	Oakdale	All TAC Families and Swimmers
TBD	End of Season Party		All TAC Families/Swimmers

Practices will not be held if we have a Team function and/or swim meet that particular day.

If you are unable to attend a Team function, please let your coach know.

Swim Meets

Summer Program Meet - TAC schedules 4 meets during the summer program. Meet participation is highly encouraged, but not required. Meets typically begin at 9:00 am and end no later than 1:00 pm.

Fall Program USA Swimming Meets - TAC attends 2 USA Swimming meets during the fall program. Meet participation is highly encouraged, but not required. Meets typically begin at 9:00 am and end no later than 1:00 pm. Swimmers must also register with USA Swimming to participate in the fall meets.

Winter Program and Year Round/Month-to-Month program USA Swimming Meets - TAC typically attends 1 USA Swimming meet per month. Meet participation is highly encouraged, but not required. Meets typically begin at 9:00 am and by 1:00 pm. Swimmers must also register with USA Swimming to participate in the USA Swimming meets.

How to Sign Up for Summer Meets:

Coaches will provide Meet information at practice and forms for signing up swimmers.

How to Sign Up for Fall/Winter/Year Round USA Swimming Meets:

The following information may be useful to parents and swimmers when entering a U.S.A. swim meet.

Follow each step carefully in order to assure your swimmer's admittance into the swim meet. For those who have never been involved with U.S.A., this meet entry procedure may be quite different from anything you have seen before, so please pay close attention to the following.

Register your swimmer with USA Swimming via Sierra Nevada Swim Website.

<https://swim-smarter.com/?lsc=SN>

Coach will email Meet Sheets. The meet sheet explains everything you need to know about that particular swim meet. For example: date, time and location of meet, events offered, number of events a swimmer can enter, surcharges, event fees, etc. .

Read the fact sheet, paying close attention to the ENTRY DEADLINE. Memorize this deadline and make sure you send your entries in before this date. Most meet directors will not accept any entries after this date. If the meet sheet indicates a limited number of swimmers, be sure to get your entry in quickly to ensure a spot in the meet.

Choose events. Involving the swimmer in this entry process is very beneficial. It provides the swimmer with a very important sense of "being in charge" of his/her own athletic performance. Parents: please do not push your swimmer into events they definitely do not want to swim. This can make your swimmer lose interest in the sport, and, at worst, the swimmer can begin to resent you for interfering. Leave this kind of coaxing up to your coach.

Become a Member – Swimconnection.com

Membership is free and will give you access to all the services offered by SwimConnection (add swimmers to your profile, track their performances, email notifications when meet results are in, etc.)

Go to <http://swimconnection.com/sn>

On the MEMBER navigation bar at the top, click on Login, and in the “Why Join?” box at the right, click on signup. Simply fill in the form and follow the instructions to activate your account.

Setup your Member Profile

Login at SwimConnection by clicking on the “Login” link on the MEMBER navigation bar at <http://swimconnection.com/sn> When you login at SwimConnection, you are taken to “My Account”, your personal home page. This is where you can add swimmers to your profile and setup other preferences. Click on “Edit Account Properties” on the left hand side of the page and setup your account to your liking.

Getting Started – Swimmer Home Page

Each swimmer has a home page at SwimConnection. If you have swimmers included in your profile, simply click on the swimmer’s link on your home page. You can also access any swimmer home page via the swimmers list (click on the “Swimmers” link on the LSC navigation bar at the top of each page). On the swimmer home page, you can:

- View the swimmer’s best times
- View a history of times for each individual event
- Convert times to different courses
- Compare times against different time standards and see how far the swimmer is from reaching these standards.

What to do at the swim meet:

Check in – there will be a table near the front of the entrance or on the pool deck. It is usually separated by gender and age. Find your name on the appropriate sheet, circle the events you wish to swim (the events listed are the ones you registered and paid for), initial by either the circled events or your name. If you want to scratch (not swim) an event do NOT circle it.

Find your coach – check in with your coach for team area information and warm up/stretching directions.

Warm ups – this is the time to get acquainted with the pool. Your coach will have a warm up for you that will include starts and sometimes pace work. Check with your coach before you leave the warm up.

Attend team meeting/cheer - information about the meet and relays is given here.

Find your heat and lane assignment – somewhere on or around the pool deck the heat and lane assignments will be posted. Look for the paper with your event number and description. Each heat will have lane assignments, the number in front of your name. Write it on your hand with a sharpie pen to remind you later. You should check your heat/lane about 2 events prior to yours.

Check in with your coach – once you know your heat and lane assignment tell your coach. This will also be the time your coach talks to you about your race, warm up, strategy, things to think about or work on during your race.

Race – You should be behind the blocks of your lane 2 heats prior to yours. Be aware some events move along faster than others. Check with the timers to make certain you are in the correct heat and lane. Listen to the referee’s whistles and be ready. Do your best. Get your time from the timers in your lane.

After your race - Warm down; the rule of thumb is warm down twice the distance you raced, i.e. 100 free race equal 200 warm down. Sometimes your coach will give you a specific warm down instructions. Dry off, get warm then if it is a cold day dress warmly, put something on your feet before you approach your coach.

Check in with your coach – Your coach will have information about your race: splits, comments about technique or strategy, suggestions on how to improve.

Before you leave – Check with your coach about relays, finals, team dinner plans and the next day’s arrival time. Clean your area and check your bag for all your gear. Thank your parents for bringing you, encouraging you, working at the swim meet so you can swim.

Additional things to bring to a winter meet - Extra towels, extra suits, socks, clothes, and money.

Uniform Code at Swim Meets

Swim Meet Swim Caps policy (for all Team Members) - swimmers must wear current team swim cap while doing warm-ups and competition.

Swim Meet T-shirt policy (for all Team Members)- While attending a swim meet, all members are encouraged to wear a TAC Team T-shirt.

Important reminders for Parents at Swim Meets

No pictures behind the blocks - This is a USA Swimming rule.

No parents in front of time chairs. - Unless you are timing.

Communications

The team primarily communicates through:

Facebook

Email

Awards and Team Social

At the end of the summer program there is a Team event to close out the summer and recognize swimmers. Watch Facebook and Email for details.

Swim a Thon

The Swim A Thon is a great annual fundraiser for the team. Swimmers seek out pledges for how many laps they can swim in an hour. We need volunteers to count laps and help out at this fun event!

Fundraising

The Team relies on fundraising throughout the season. Watch Facebook and Email for details. Fundraising helps the team keep the costs down for swimmer fees.