



Tiger Shark Swim Team (TST) 2020



Payment:

Pay the USA, facilities fee and athlete registration fees in full and first month dues at registration. Continue to pay the month dues each month (see dues schedule) by the 1st of each month. Nonreversible late fees will be assessed if the monthly dues are not received by the 7th. In this option you will pay meet fees throughout the year.

Athlete Yearly Fee: A per athlete registration fee for the year is due at registration. This price includes a team t-shirt, cap, & team suit and the fee is nonrefundable. Athletes registering late may be charged a lesser fee if t-shirts are not available. TST suit, caps and apparel must be worn at meets, unless otherwise specified by coach.

Fee Schedule: Monthly dues are due on the first of each month. They will be considered late if not paid by the 7th. A late fee of \$10 will be assessed when the account is late. **There will be no reversal of late fees.** Monthly dues will be posted to your account on the first of every month. There is no penalty to pay early. Meet fees will be due with the following payment after they are posted to the account. In meets with no relays, meet fees may post 3-4 weeks in advance (when meet entries are due to host team). **Meet fees are non-refundable** as they are not refundable to the team. Should you sign up your athlete(s) for a meet and they are consequently signed up for a relay and do not show, resulting in the relay being scratched, your account will be charge the entire fee for the relay (typically \$5-10). All attempts to replace your swimmer(s) will be made before scratching the relay. Please take special care to maintain your account, this is a business, and the employees depend on your dues to pay their salaries.

NO CASH or CHECKS WILL BE ACCEPTED BY TST please pay with automatic bank payment, or the online Credit Card & Electronic Payment. If an account user opts to use the Online Electronic Payment option, all associated fees may be added to the family account.

Fundraising: Team fees go toward paying for coaches to attend meets and clinics, equipment, coaches' salaries and other support for team members. This fee is greatly outweighed by the expense. Therefore, during the 2020 season all team members are required to participate in the team fundraising event. This is not counted as volunteer hours. If a family cannot volunteer, they can buyout for \$100 per family. If your athlete is active at any time in the year your family must participate or buyout. The buyout can be paid when your swimmers' Withdraw letter is turned in to the treasurer or Head Coach. (See Withdraw form below) members not participating in team Fundraiser will be charged a Buyout upon Withdrawing.

Volunteer hours:

Organizing or overseeing fundraising events, being part of the parent support board, timing at meets, etc., can fill volunteer hours. Each family is expected to fill 6 volunteer sessions (except board members, that position fills their hours) each year. Each session you do not fill you will be billed \$30 for at the end of the season OR when your account goes inactive.

Meets:

All team members are encouraged to participate in meets. Meets help foster friendships and give athletes a chance to show off the progress they have made in practice. All swimmers are required to participate in home meets unless otherwise specified by the head coach. Please note, meet fees are not included in monthly dues and will be invoiced separately.

Only accounts in good standing will be allowed to sign up swimmers to attend meets. TST reserves the right to remove/deny any meet entries if a families account balance is past due.

Team Apparel:

Swimmers are required to wear only TST apparel (suit/cap/t-shirts/sweatshirts) on deck at meets to support their team. A team suit, cap, and t-shirt will be included in team fees every August at registration and other apparel will be offered at least once a year to swimmers and family. Team warm-ups are available for purchase at any time and can be embroidered with the swimmers name through the team store. Only Championship Team caps may be worn at state, and national level meets. A new Championship cap will be given to each swimmer, should the swimmer break that cap, they are required to purchase a new one.

Team Descriptions

Tiger Shark-Team members:

TST-Team members are any team members who have not made any JSTAG or faster cut during a meet. These athletes will generally be striving to reach Divisional Cuts. These team members are invited to all team functions and meets that do not require a cut to attend. This may also include certain members who wish to swim for fitness and are in one of the “age group” groups. These swimmers are only required to attend our closed invitational. Members in this group may purchase any team shirts and apparel. Girls will be required to wear one-piece suits and team cap if they wish. Boys must wear a suit to appropriately cover their backside and may wear team caps if they wish.

JSTAG team members:

The JSTAG meet is the first step in making state and faster cuts. This meet is an important step to the next level and participation in the winter and summer JSTAG Meet is expected (unless you have state cuts and wish to attend state instead). Championship shirts may be available as a separate shirt or combined with state t-shirts. Names will be on the back for the athletes and cost will be as low as possible and announced at order time. Qualifying JSTAG athletes will receive one championship cap at no cost, provided the family has fulfilled team requirements (more are available for purchase).

State team members:

Qualifying state athletes will receive one championship cap at no cost, provided the family has fulfilled team requirements (more are available for purchase). State t-shirt and goodie bags will also be available/provided-there may be a small or reduced fee for these items. The state shirt will also be available to all members and family for full cost. All athletes who qualify for the state meets are expected to attend, including relay only swimmers.

Nation level team members:

Qualifying athletes are eligible for monetary support from the club based upon their level of club participation IF:

1. They must be current on volunteer hours.
2. Met requirements for fundraising.
3. Have participated in at least 3 meets per season as a club member.

To be eligible for support the athlete would have to travel with the team and with team reservations. Parents, who wish to go, may have to plan travel on their own, but we will be as accommodating and flexible as possible since this can be expensive.

Team Information:

Parent Advisory Board positions:

Board positions will be filled based upon interest and invitation-not all families will be part of this; there are simply not enough positions. These positions will require dedication and extra time commitment to the club. Position descriptions include but not limited to:

Members:

1. Volunteer Coordinator: Keeps track of family's participation and reports to head coach.
2. Social Coordinator: Creates and helps supervise all team Functions (i.e.. team dinners, travel plans, hotel blocks, and social events).
3. Fundraising Chair: Coordinates and obtains sponsorships for the club.
4. Member Coordinator: Manages team member Registrations and responds to team inquiries.

Parent information:

Tiger Shark Swim Team is a not-for-profit organization run by the Belton ISD. It requires many hundreds of hours to keep the team running and all parents must expect to contribute an amount of time to the team. The team cannot operate without volunteers. There are many opportunities to help (i.e. at swim meets, on committees, assist with committees, dual meets, and/or as an official). Please be willing to help, which will in-turn, make it a better experience for your swimmer(s).

In order to help the club run smoothly if you have an issue with a coach, please approach that coach and or the head coach before discussing it with other swim families. Conflicts may easily be avoided this way. Please preserve and protect our team name by not talking negatively about other teams or athletes in the stands or in front of your swimmers. Team goals include encouraging positive behavior and good sportsmanship among our athletes. Coaches will work to encourage and foster appropriate sportsmanship, teamwork and love of the sport, we ask for parent support to reinforce these behaviors outside of the pool.

Parents can also help by ensuring your athletes are on time for meets and practice. Attendance is a very important key to your athlete's improvement and success during their swimming career. Being on time is a quality that is very important in life and we will stress it to our athletes. Being late to meets can result in your child being scratched by the host team so they cannot compete (with no refunds given) and tardiness to practice can result in missed instruction or stretching. We understand there are extenuating circumstances, but please help support club philosophies.

Swimmer information:

Team members will be required to maintain appropriate sportsmanship at all times on deck, in locker rooms, during practices, at meets, and on social media. Swimmers maybe asked to leave practice or a meet if they have trouble with this task. In extreme situations a swimmer/family may be asked to leave the team. We want to maintain a positive learning and fun atmosphere. Negativity is contagious, and will not be tolerated on the team. We understand you may be upset over a time or a swim, which is absolutely human nature and shows you care about your sport. What we ask is that you handle that feeling, and teammate's feelings, appropriately. Parent/swimmer will be required to sign a Code of Conduct prior to you first practice. A copy of USA Swimming/Belton ISD Bullying and Electronic Communication policy can be found on the Team Website under the Parent Tab.

All swimmers will be required to wear a team cap at all competitions. Families should purchase multiple caps and always have extra at meets in case a cap breaks. Caps last much longer if dried at the end of each use and talcum (baby) powder is applied to the inside. *All swimmers will be required to wear a team suit and cap at competitions.* (Boys included!) Exceptions to this rule are swimmers wishing to purchase technical suits for STATE or Higher competitions. Please be aware of rules for technical suits before you purchase one--they are not recommended for swimmers younger than 12 years old. TST Team warm-ups and apparel are required apparel during meets. Please pack accordingly.

Locker Room Information - Cell Phones and Cameras

Cell phones and cameras may not be used inside a locker room for any purpose. This means no texting, no calling and obviously no pictures. The use of cell phones, regardless if it has a built-in camera or not, is not permitted in the locker room at any time. **NO EXCEPTIONS TO THE RULE.** This rule applies to all players, managers, and coaches (coaches may use a cell phone in their office, not the locker room). A violation of this rule will result in immediate penalty, which

could include dismissal from the team. If a photograph is taken, the matter may be turned over to legal authorities for possible prosecution. Should an athlete receive a call or text while he/she is in the locker room, he/she should take the phone (still in backpack, book bag, gym bag, etc.) out to the hall or outside the building before use. CAMERAS AND PHONES MAY NOT BE IN USE OR OUT IN VIEW IN THE LOCKER ROOM FOR ANY REASON.

Training Equipment:

Training equipment (fins, kickboards, pull buoy, etc.) is available at the swim center. It is expected that all athletes treat this equipment with respect. Athletes are welcomed and encouraged to purchase a training bag and store their own equipment at the school. All swimmers *are required to have a snorkel for training purposes.* Please consult with your child's coach before buying training equipment. Training equipment and suits may be purchased online through

Training Group Descriptions

High Performance: Athletes who have Jr. or Sr. National or Pro Series times. These swimmers will travel more often and, by nature, will receive extra coaching.

Sr. Group: Sr. Group contains all high school swimmers with the possible exception of brand new swimmers. This group is broken down into high school and Sr. group for billing purposes. Requirements for Sr. Group:

- x Understand how to read a pace clock very well x
Understand training procedures and how to read workouts
- x Have 85% or better attendance in the Gold group x
Completed 8th grade and have Sr. Coaches approval x
Be able to swim:
 - 10 x 100 freestyle on 1:30
 - 10 x 100 IM on 1:45 legally w breaststroke pullouts
 - 1 x 200 IM legally under 2:50
 - 1 x 500 Free under 6:30

Age Group Elite: This group is by invitation only. Athletes will train with the Senior team and must hold zone cuts as well as maintain the practice attendance and maturity requirements of the group.

Gold group: Gold is the highest Age Group training group; it usually contains 11-14 year olds, which should be at the state cut level. Training for gold group will require a snorkel, tennis shoes, and running clothes. Tempo trainers are suggested but not mandatory. Gold group swimmers will be required to make goals at the beginning of each season. The coach will lead this and the swimmers may have to do a little of work at home. This is for the benefit of the swimmer and they should maintain a folder or binder if they are interested in higher training. Requirements to train with gold group are the following along with coaches' digression:

- x Have 85% or better attendance in the silver group x
Understand training procedures and how to read workouts
- x Be a good role model and understand the concept of a team
- x Be self-driven and motivated to improve
- x Be able to swim:
 - ③ 6 x 100 freestyle on 1:45
 - ③ 6 x 100 IM on 2:00 legally with breaststroke pullouts and good transitions
 - ③ 1 x 200 IM legally under 3:20
 - ③ 1 x 500 Free under 7:20

Silver group: Red group is our upper level of age group swimming and these athletes should be at or above the divisional level. Endurance and aerobic based training will be increased in preparation for gold group. Racing will still be a focus in practice as preparation for meets. There is still a focus on refining skills and technique mixed in with training, but a little less than white.

There will still be a large focus on kicking and kick speed. Swimmers will be introduced to IM and distance training as the base events and will not train “specialized events” at this early age. Swimming in this group will require a snorkel, tennis shoes, and running clothes. Red group swimmers will be required to make goals at the beginning of each season. The coach will lead this and the swimmers may have to do a little of work at home. This is for the benefit of the swimmer and they should maintain a folder or binder if they are interested in higher training Requirements to train with red group:

- x Have a solid knowledge of a pace clock
- x Maturity level appropriate
- x Have 75% or better attendance in white group
- x Have competed in at least one Divisional meet, or coach’s discretion after age 11
- x Be able to swim:
 - ③ 6 x 100 Freestyle on 1:40
 - ③ 4 x100 IM legally with breaststroke pullouts on 2:30
 - ③ 1x200 IM legally under 4:00
 - ③ 1 x 500 legally with turns without stopping

Bronze group: White group is the second level of club training. This is for intermediate swimmers who have all four legal strokes and have a good knowledge of starts and turns. The focus of white group is to increase the amount of time the swimmers are in the water and add aerobic training and increase racing. The majority of time will still be spent on technique, kicking and racing. These swimmers should be aware of the Divisional meet and start working on cuts. As the swimmers begin to get ready to train at red group level, expectations for attendance will increase.

In order to move to white group:

- x legally swim a 100 of each stroke
- x swim 10x50 with flip turns on 1:20
- x have 65% or better attendance in yellow group
- x have attended at least 2 swim meets, unless new to the team
- x be able to do starts correctly
- x have legal turns
- x coach’s digression

Novice: This group is the introductory level of the club. Swimmers must be able to swim a 50 of each stroke legally. The main focus of this group will be to teach these swimmers legal strokes, how to kick efficiently, starts and turns and fun. Swimmers will be introduced to the pace clock, interval training and racing. Swimmers will progress at different rates and will move up to white as they are ready for increased training. Requirements for yellow group:

- x legally swim a 50 of backstroke, breaststroke, and freestyle without stopping
- x have 55% or better attendance in pre-team group
- x be certified in starts
- x can kick a 100 on a board without stopping in all four stroke.

Pre-Team: is the Developmental group of TST. These swimmers can make a length of the pool free and back but do not have a command of butterfly and breaststroke. The focus of this group is to teach these swimmers correct freestyle and backstroke and beginning breaststroke and butterfly. They will spend 90% of the time on technique and kicking. Once swimmers can swim at least a 50 of each stroke legally, at the coaches’ digression, they can move to yellow group.

We understand that there are some athletes on the team mostly for exercises purposes. While they will generally attend fewer practices, they will move up eventually as they, the coach and parents deem they are ready. They will still be asked to attend our home meets.

Withdraw from Tiger Shark Swim Team

This form must be turned in to the head coach before your account will be suspended. It is not effective until it is mailed to or handed to team coach. Please keep a copy for your records. This form is required at the end of the season if you do not wish to swim the following season.

Athletes name date

Reason for discontinuing membership with TST: _____

Please make sure your account is paid in full to ensure Tiger Shark Swim Team does not pursue legal action to retrieve unpaid dues.

I will/have provided a family representative for TST team Fundraiser Season 2020 (DTBD)

(Signature and Date)

I will not be able to provide a family representative for this year's Fundraiser, I have enclosed a buyout of \$50.00 : Check number: _____

For club use only:

Administrator signature

Current balance due

yes / no

Check #	amount paid	balance paid off?
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Date received _____

Other notes:

Tiger Shark Swim Team Code of Conduct Must be turned in before athlete can start swimming

The privilege of participating in our swimming program is extended to all, providing they are willing to assume certain responsibilities. The following code is in effect throughout the entire year. Additionally, any unruly or unsportsmanlike conduct by a **PARENT** or **SWIMMER** that disrupts any practice or meet, or diminishes the reputation of TST, can result in immediate dismissal of the swimmer from the team without any fee reimbursement for the remainder of that month. Any spectator, parent, or swimmer can be banned from future practices and/or competitions associated with TST. All decisions are at the discretion of the Head Coach and Parent Board.

TST Swimmers:

It is required that you:

- A. Display outstanding sportsmanship at all times when representing TST, this includes wearing TST apparel to school or in public.
- B. Display proper respect for coaches, officials, teammates, all facilities where we may practice or compete and your opponents. This includes following directions from coaches, officials or marshals at practice or at any meet. Any damage of a teammate's personal equipment/belongings or facilities will result in immediate removal from the team.
- C. Use appropriate language. Profanity, vulgar talk, and obscene gestures will not be tolerated.
- D. No hazing, fighting or verbal abuse towards your teammates will be permitted.
- E. Use or position of Drugs or illegal drugs is strictly prohibited and will result in immediate removal from the team.
- F. TST will use any method necessary to investigate potential Code of Conduct violations and will deal with violations as discovered by Coaches or Parent Board members.

Furthermore, you agree to:

1. Wear a team cap to all meets.
2. Wear only TST apparel to meets
3. Support my team and teammates
4. Listen to my coach and give my best effort at all times

TST Parents:

Agree to:

- a. Support my/our swimmer(s) the best I/we can
- b. Be positive in supporting our swimmer(s), and re-enforce my/our swimmer(s) coach's directions
- c. Refrain from coaching my/our swimmer
- d. Help maintain a positive, supportive and communicative relation with our swimmer(s) coach(es)

The coaching staff will have authority on the application of this Code of Conduct and resulting disciplinary action.

I have reviewed these rules and requirements with my swimmer. We recognize our responsibility to abide by the rules and requirements Tiger Shark Swim Team.

Parent or Guardian Signature

Swimmer Signature

Date

Website and Social Media Release Form

I, the undersigned, do hereby grant permission to Tiger Shark Swim Team to post my and/or my child's name, story, photo, or other item, hereinafter referred to as "Materials," I submit to and for Tiger Shark Swim Team's Web site, Twitter account (@), and Facebook account.

I hereby release you, your representative, employees, managers, members, officers, parent companies, subsidiaries, and directors, from all claims and demands arising out of or in connection with any use of said "Materials", including, without limitation, all claims for invasion of privacy, infringement of my right of publicity, defamation and any other personal and/or property rights.

I acknowledge and agree that no sums whatsoever will be due to me as a result of the use and/or exploitation of the "Materials" or any rights therein.

Parent/Guardian signature _____ Date _____

Printed Name: _____

Address: _____

I acknowledge that my child is under 18 years old and lacks the legal capacity to enter into binding agreements. Accordingly, I have read this Release and consent to my child's inclusion in the Materials will not contest the rights granted in this Release, and shall assist and support you in any and all legal proceeding for affirmation of this Agreement, should you choose to have a court of law affirm this Agreement.

Child(ren)'s Name:

Parent or Legal Guardian Signature