



Building champions in life through the sport of swimming



PARENT MEETING

Welcome returning and new families – thank you for choosing Tide!

The goal of this meeting is to provide an overview of our team and share helpful information, including

- TIDE's Vision, Values, and Behaviors
 - Team Structure, Board of Directors and Parent Leadership Committee
 - Service Hours
 - Safe Sport Information
 - Communication and Meet Sign Up
-



To create a culture that empowers every
athlete, coach, and parent to have
meaningful experiences in life and sport
through
TEAM.



Vision, Values and Behaviors

To create a culture that empowers every athlete, coach and parent to have meaningful experiences in life and sport through TEAM.



GRATITUDE

- Be thankful by showing appreciation and support for all.
- Honor relationship

INTEGRITY

- Be honest and transparent.
- Honor your commitments and be accountable for your actions.

RESPECT

- Behave with positive intent in how you listen, speak and act.
- Be punctual, present and prepared.
- Take pride in your environment.

Vision, Values and Behaviors

To create a culture that empowers every athlete, coach and parent to have meaningful experiences in life and sport through TEAM.



PASSION

- Pursue your goals by finding your joy.
- Be present, be positive.

COURAGE

- Celebrate failure; learn from your mistakes
- Be tough; mentally and physically.
- Find your path as you trust the process.

PERFORMANCE

- Be accountable to your highest standard.
- Commit and appreciate the journey.
- Strive together!



WHAT SETS TIDE APART

FACILITIES	STAFF (Swim Team & Swim School)	YMCA PARTNERSHIP	PERFORMANCE
<ul style="list-style-type: none">• 6 Locations	<ul style="list-style-type: none">• 14 Full Time, 20+ Part Time	<ul style="list-style-type: none">• Partners with Mission Alignment• YMCA developed Olympic Size pool at PA Y	<ul style="list-style-type: none">• Silver Medal Status (Ranked 22 out of 3000+ USA Swimming clubs)• 7 Olympic Trial qualifiers at 2021 Trials (4 in college, 3 HS)• 14th at 2022 Summer Junior Nationals; 4 athletes combined for nine top-8 finishes, including five top-3 finishes and two event winners (women's 100/200 free)



WHAT SETS TIDE APART

BOARD OF DIRECTORS ROLE	MEMBERSHIP FOCUSED	COACHES
<ul style="list-style-type: none">• Support Coaches – Dry Side• Strategic planning – “looking around the corner”	<ul style="list-style-type: none">• Close to 700 members across swim team, swim school, masters team• Annual Survey• Parent Leadership Committee (PLC)• Coaches encourage parents to communicate	<ul style="list-style-type: none">• Team’s Most Important Asset• Recruit, hire, and retain the best• Treat like professionals: development, performance plans, ongoing support



Tide Swimming - Board of Directors

<u>Executive Officers</u>	<u>Title</u>	<u>Swimmers</u>
Jenny Huelsberg	President	Alexis - Senior Gold (PA)
Jenn Strach	Vice President	Maya - Senior Gold (PA) Piper - AG Gold (PA)
Bridget Fickenscher	Secretary	Ellie - Senior Gold (PA) Maggie - AG Silver (PA)
Darby Schoenfeld	Treasurer	Elyse – SR Silver (PA) Alyssa- AG Bronze (PA)
Katy Arris-Wilson	President Emeritus	Kayla - Stanford



Tide Swimming – Board of Directors

<u>Directors</u>	<u>Committee</u>	<u>Swimmers</u>
Sara Beth Roberts	Safe Sport	Addy – National (PA)
Kelly Swartz		Tyler – Senior Gold (GB) Cooper- AG Gold (GB)
Lyn Mannato	PLC Ambassador	Alexis- AG Silver (GB)
Chad Knapp		Parker – AG Gold (PA) Asher - Dev Silver (Hilltop)



Tide Swimming – Committees

Facilities	Mark Tadder
Finance	Executive Officers, Mackenzie Codington, Jennie Carder
Meet Directors	Mike Salpeter Ricky Perez
Member Satisfaction	Jenn Strach
PLC Ambassador	Lyn Mannato
Marketing/Publicity	Carrie Duffy (Publicity)
Banquet	Jamie Knapp
Service Hours	Gina Miller Ashley Karunaratne

Apparel	Cat Leach
Fundraising	Katy Arris-Wilson
Human Resources	OPEN
Officials Coordinators	Todd & Kate Stowell
Safe Sport Coordinator	Sara Beth Roberts
Scholarship	Bridget Fickenscher
Legal	Jenny Huelsberg



Parent Leadership Committee (PLC)

Purpose: To connect all locations, bring together the team community, share information with fellow parents, and help assimilate new families

Structure: One parent from each practice group to act as a Parent Representative (should have at least one year prior experience with the team). Some practice groups will be combined and the Parent Representative will oversee all of them.

Role and Responsibilities:

- Help welcome new families and answer parent questions
- Organize group social events (2-3 per year) - TIDE will provide a small subsidy toward the cost
- Send out meet-specific tips to group and assist with planning team spirit/social events at certain meets
- Serve as liaison between Service Hours Committee and practice group(s)
- Receive email updates and information from Board members and communicate to practice group as needed
- Meet quarterly during the year with other PLC reps and Board members

Service Hours: PLC Representatives will earn 15 service hours credit per year

Interested? Contact: Lyn Mannato - lzdyb@msn.com



2022-23 PLC Reps

Virginia Beach

Hilltop

- Novice & Developmental Silver – Mary Scott
- Developmental Gold – Jen Klimkiewicz

Mt Trashmore

- Age Group Bronze – Tara Dyckman
- Age Group Silver – Leslie Cutchins

Princess Anne

- Age Group Bronze – Elena Carothers
- Age Group Silver – Mo Fitzkee
- Age Group Gold – Jeny Taylor
- Senior Bronze & Senior Silver - Kristen Tesseneer
- Senior Gold - Melani Moreno
- National - Sara Beth Roberts



2022-23 PLC Reps

Chesapeake

Greenbrier

- Novice – Lisa Hamilton
- Developmental Silver & Developmental Gold – Ericka Neville/Emily Ostrom

Great Bridge:

- Age Group Bronze – Melissa Horner
- Age Group Silver – Jenn Valentine
- Age Group Gold - Natalie Morrozoff
- Senior Bronze & Senior Silver – Laurie Miller
- Senior Gold – Ana Stratton

Portsmouth

- All Developmental and Age Groups – Kerri Wood
- All Senior Groups – Raven O'Brien



Meet Hosting

We host meets for two equally important reasons:

1. Provide quality competition for our swimmers and allow coaches to gauge progression throughout the year
 - we have arguably the nicest competitive venue in Virginia
 - hosting meets minimizes our travel through the HRBT to Newport News and beyond - saves time and money!
2. Meaningful fundraiser for our team so that we do not have to host Bingo games, swimathons or other fundraisers



Service Hours- Requirements

For parents with swimmers in AGB and higher, service hours requirement is 25 hours

Service hours requirement for Developmental Gold as highest level swimmer is 15 hours

No service hours requirement for Novice, Developmental Silver or Senior Bronze if those are your only swimmers

A link to our meet schedule:

- <https://tideswimming.com/swim-team/meet-schedule/>
- *All TIDE hosted meets are service hour opportunities. Timing at away meets will count for a portion of hours this year as well.*
- \$50 per hour penalty for hours not worked. Penalty for un-worked hours = up to \$1250



Two main ways to earn service hours: Train to be a USA official and officiate meets OR work as meet staff at our home meets



Service Hours - Helpful Hints

- Plan ahead - mark meet dates on your calendar!
- Watch for emails that announce job signups
- Bubble raising and lowering is also a service hours opportunity
- Job signups fill up quickly in the Fall
- Most service hours opportunities occur between April-July so don't worry about meeting your requirement!
- Reach out to Gina Miller and/or Ashley Karunaratne if you need assistance: servicehours@tideswimming.com
- Honor your signed contract and everyone wins!



NEW helpful how-to document for 22-23 This will also be posted on the Team Unify website under Parents. <https://tinyurl.com/tideservicehours>



Officials

USA Swimming Officials Positions

- **Stroke & Turn Judge** -- Ensures that all swimming rules are followed
- **Timing System Operator** -- Responsible for the automatic and semiautomatic timing equipment
- **Timing Judge** -- Determines the official time for each swimmer
- **Recorder** -- Uses Meet Manager to input all swimmers' times and order of finish

We Need Your Help!

For a team our size, we are light on officials - especially parents with younger swimmers. Having more officials is better for everyone:

- swimmers get better coverage early in the season and avoid DQs later when it counts
- the demand is spread over more people so fewer people have to work all sessions
- smaller on deck jurisdictions and more breaks
- the best 'seat' in house!

If you are interested in becoming an official, email our Officials Chairs, **Todd & Kate Stowell** for more information - kate@katestowell.com or todd@toddstowell.com.

More information is available on our website at **TIDE Swimming - TIDE Officials (teamunify.com)**



Safe Sport

1-855-SAFE4AA(1-855-723-3422)



- Tide Swimming abides by all USA Swimming Safe Sport requirements and policies
- In addition to USA Swimming Safe Sport, we are also members of Safe 4 Athletes, a nationwide independent, non profit dedicated to advocating for athlete welfare and providing a positive environment.
- Tide has **two Athlete Welfare Advocates**
 - Andy Van Slyke and Kristin Lineberry
 - Athlete Welfare Advocates are available to talk with athletes if they feel unsafe or need someone to talk to.
- Every athlete deserves a safe and positive environment
- Every Tide coach signs and abides by Athlete Protection Training guidelines, and becomes certified by USA Swimming
- SPEAK UP when you/your child has a concern
 - Coaches/Athlete Advocates are there to help!
 - Set up a time to talk with either a coach or an advocate
- Abuse, bullying, and/or harassment is unacceptable behavior for any Tide swimmer/coach and will be dealt with immediately
 - Please contact your coach if you suspect this kind of behavior



Communication and Information

IN PERSON MEETINGS

Group Parent meetings at beginning of year, coach meetings with groups at beginning of year and ad hoc

EMAIL

timely, important, necessary information for all members, includes weekly coach emails, service hours updates, team travel info, etc.

TEAM NEWSLETTER

sent quarterly, features information about team operations, swim meets, Tide swim school, and news from the Board of Directors

TIDE WEBSITE

(<https://tideswimming.com>)

- Home page announcements
- Coaches directory
- Swim Team tab includes: practice schedules, practice group info, meet schedule, fees & pricing, financial aid, and more

TEAM UNIFY WEBSITE

(<https://www.teamunify.com/Home.jsp?team=vatst>)

- Website for team members
- Log on to your account here!
- Sign up for swim meets (see details in following sections)
- Sign up for service hours (see details in following sections)



Communication and Information

- **ONDECK APP:**
 - Download the **OnDeck** (free) swimming app for your smartphone. You will be able to log in with your Team Unify account. On the app you will be able to track your swimmer's attendance, times, view meet info and team news.
- **DO NOT USE THE ONDECK APP TO SIGN UP FOR SERVICE HOURS**
 - Service hours signups should be done on a computer (not on the mobile app). Checking your service hours balance should also be done on a computer instead of the mobile OnDeck app.
- **MEET MOBILE (PAID) APP**
 - allows you to get real time results and standings during the swim meets.
- **SOCIAL MEDIA**
 - Tidestagram & Facebook



Communication and Information

- *Need to contact your swimmer's coach?*
 - Find coaches' emails on the **Contact Us** page at tideswimming.com
- *Want to stay up to date on team emails?*
 - Make sure your email account addresses are accurate on your Team Unify account, make sure team emails are not in "junk" folder
- *Safe Sport Concern?*
 - Contact your Athlete Welfare Advocate (can be found on the Safe Sport page at tideswimming.com)
- *Meet Sign Up?*
 - Team Unify website; Email the lead coach with any questions
- *Billing Question?*
 - Email our Executive Director, Jennie Carder at jennie@tideswimming.com or call the Tide office at **757-987-0127**
- *Service Hours Question?*
 - Email Gina Miller at servicehours@tideswimming.com



Meet Sign Up

- Done through our Team Unify (team) website
- Your swimmer's coach will tell you which meets are appropriate for the practice group. Not all meets are appropriate for all TIDE swimmers.
- All meets have a deadline for parents to enter (commit) athletes - we are a large team so these entry deadlines are well in advance of the meet date! Entry deadlines are FIRM.
- Parents indicate Yes or No. Coaches select individual events for swimmers.
- Conflicts with meet days or requests for specific events should be written in the Notes section when you commit. Unless indicated in the notes, coaches will enter swimmers in all sessions of the meet for which they qualify.
- There are fees associated with meet participation. Once we send our entries in to the host team or Virginia Swimming (when we are the host), these fees are nonrefundable.



Apparel

Official Speedo Branded Apparel

- TIDE team suit for swim meets
- Optional TIDE warm up jacket, pants, or parka
- TIDE backpacks and bags
- Available from Aquawear in Virginia Beach, our Official Speedo Team Dealer

TIDE Spiritwear

- The Tide Team Store operates on a popup basis: open 3 times a year. First shop opening will be Sept 1-15 (open now). Two other openings will be in November and Spring 2023
- Order TIDE tee shirts, hoodies, shorts, ball caps and other non-Speedo branded apparel from the team store. Swimmers competing in meets should have TIDE tee shirts to wear on the pool deck, a different color for each day of the meet.

TIDE Swim Caps

- Available at each practice site from the coaches: Blue or Black Silicone caps \$13; Pink Latex Caps \$5



THANK YOU FOR YOUR SUPPORT!

- Please see Welcome Booklet posted on the “Helpful Information” page under “Parents” on our Team Unify website
- Please see the “New Parent Practice - Meet and Job Signup” on the “Meet, Event, Job Sign Up” page on our Team Unify website
- Please don’t hesitate to reach out if you have questions
- We look forward to you and your child having a great year with **Tide Swimming!**