



**Welcome Booklet**

# Welcome to Tide Swimming!

## 2022-2023

*“Building champions in life through the sport of swimming”*

Tide Swimming began as Tide Swim Team in January 1988 with the vision of founder Sandra Jones. Now, having spent over 30 years cultivating a passion for swimming Tide continues to grow and attract new talent in the pool and on the deck. Building on the team’s strong sense of community and youth development, Tide partners with the YMCA of South Hampton Roads to offer numerous facilities as training sites for our athletes. Tide athletes have been world-ranked, Olympic Trials and USA Nationals qualifiers, USA Junior Nationals qualifiers and champions, USA Junior Pan-Pacific Championships team members, and Virginia Swimming Age Group and Senior level champions. We are proud of the opportunity we offer every child to reach their goals. Additionally, our staff of coaches offers an unparalleled level of expertise.

Our team has grown tremendously over the past 7 years in both membership numbers and achievement. This is the result of a unique community of coaches, staff, families, athletes, and defined organizational processes and governance. We hold our Vision, Values, and Behaviors front and center to everything we do. We operate from a place of trust and respect along with open communication. We are excited that you have chosen to join us and we thank you for entrusting your child’s development to our team!

The world of swimming can be overwhelming at times and we hope that this document helps introduce you to the many aspects of our team and our sport. You may still have questions, and we encourage you to reach out to the many resources available to you. We may be a big team, but we strive to operate like a small team. We value relationships and want everyone to feel like there is someone they can reach out to for support. At a high level these are key contacts:

- [Coaches](#): training, “wet side” athlete development questions
- [Executive Director Jennie Carder](#): administrative: registration, team policies, billing, Team Unify website navigation
- [Parent Leadership Committee \(PLC\) representative](#) for your group: facility questions, carpooling, “nuts and bolts”
- [Meet Service Hours](#): Gina Miller

- [Board](#): organizational, dry side issues with the focus on big picture and strategic planning

Tide is a 501c3 Non Profit, and is governed by a parent led, all volunteer Board of Directors. The B.O.D. supports our coaching staff and membership by ensuring financial stability through involvement and oversight. It also works to guide and implement strategic imperatives as defined by the Head Coach, Executive Director, and Board of Directors. The Board hires the Head Coach and the Head Coach hires his/her staff. If you have staff concerns or questions, it's best to contact the staff member directly or the staff member's supervisor.

### **TIDE'S VISION, VALUES, AND BEHAVIORS**

Tide's **vision** statement- To create a culture that empowers every athlete, coach, and parent to have meaningful experiences in life and sport through TEAM.

#### **VALUES**

**1. Gratitude**

- Be thankful by showing appreciation and support for all
- Honor relationships

**3. Integrity**

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

**5. Respect**

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

**2. Passion**

- Pursue your goals by finding your joy
- Be present; be positive

**4. Courage**

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

**6. Performance**

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

## **TIDE'S PROGRAMS :**

- Swim School (4 years-adult)
- Year-Round Competitive Team Swimming
- Masters Swimming (18 and older)
- More details <https://tideswimming.com/about1/start-here/>

## **TIDE'S AFFILIATIONS:**

- Speedo sponsored
- Virginia Swimming LSC (local swimming committee)
- Virginia Zone Team
- Eastern Zone Swimming
- USA Swimming

## **COMPETITIVE SWIM YEAR:**

### [Meet Schedule](#)

September – beginning of competitive year

August – end of competitive year

Short Course (yards) season – September-March

- Meets are held in 25yd (or 25m) pools
- Mid-season championship meets in December
- End-of-season championships in February and March

Long Course (meters) season – April-August

- Meets are held in 50m pools
- End-of-season championship meets in July and August

## **TIDE TEAM STRUCTURE:**

- PRE-TEAM
  - Swim School
- COMPETITIVE SWIMMING
  - Discovery- learn to swim
    - Novice
    - Developmental Silver
    - Developmental Gold
  - Imagination- learn to train
    - Age Group Bronze
    - Age Group Silver
  - Preparation- learn to compete
    - Age Group Gold
    - Senior Bronze
    - Senior Silver
    - Senior Gold
    - National
- MASTERS
  - Fitness and competition for adults 18 and older

## **MOVING TO THE NEXT LEVEL:**

How does my child move to the next level?

- Technical skill at practice
- Race times
- Emotional and physical readiness
- Understanding of practice concepts (reading the clock, interval training, etc)
- Attendance
- Determined by the coach and communicated in June/July
- Meet participation

## **TIDE BOARD OF DIRECTORS:**

### [TIDE Swimming - Board of Directors](#)

#### Executive Officers

- President: Jenny Huelsberg
- Vice President: Jenn Strach
- Secretary: Bridget Fickenscher
- Treasurer: Darby Schoenfeld
- President Emeritus: Katy Arris-Wilson

#### Directors:

- Chad Knapp
- Lyn Mannato
- Sara Beth Roberts
- Kelly Swartz

#### Staff and non-voting members:

- Head Coach: Richard Hunter
- Associate Head Coach: Mike Salpeter
- Head Age Group Coach: Catherine Leach
- Executive Director: Jennie Carder
- Accountant: Mackenzie Codington

## **TIDE COMMUNICATION:**

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, team records, and more

Team Unify Tide Website: <https://www.teamunify.com/Home.jsp?team=vatst>

- Website for team members
- Home page “News” announcements
- Log on to your account here!
- Ensure billing info/addresses/phone numbers are up to date
- Sign up for swim meets (see details in following sections)
- Sign up for service hours (see details in following sections)
- Information on how to navigate Team Unify [TIDE Swimming / Parents / Helpful Information](#)

Emails:

- Now that your child is a swimmer in our program, you will receive various email updates from us. This includes weekly emails, information regarding swim meets, information regarding service hour sign-ups, as well as other important updates

## **COMMUNICATING WITH A COACH**

### [Coaching Staff](#)

If you need to talk to your swimmer’s coach please email them to set up a meeting. Our coaching staff wants to be able to stay focused on athletes during practice times and will be unable to take questions during that time frame.

- Email – send your swimmer’s group lead coach an email and expect a response within 24 hours. If there is no response, please reach out to leadership staff.
  - Note- coaches are not likely to respond over the weekend. Emails sent on Friday will receive a response by Monday

Attendance expectations vary by coach. Please email your swimmer’s coach if they are going to miss a practice.

## **OTHER MEANS OF COMMUNICATION**

### **Tide Office:**

- Representative: Jennie Carder, Executive Director
- Weekday Hours: 9:00am – 5:00pm
- Office Number: 757-987-0127
- Email: [jennie@tideswimming.com](mailto:jennie@tideswimming.com)
- Swim School Information: Amanda Letterman (757) 375-5936

### **Parent Leadership Committee (PLC) Representatives-**

<https://www.teamunify.com/team/vatst/page/for-parents/parent-leadership-committee>

There will be a PLC Rep assigned for each practice group. (Some representatives will be responsible for multiple groups.) This representative is a “veteran” parent who can help answer any questions based on their Tide experience. They will share information from the Board and can communicate questions/issues from parents to the Coach and/or Board as necessary. They will also be responsible for organizing group events and parties to help build community within Tide and serving as a liaison between the Service Hours Committee and practice group(s).



## **SERVICE HOURS REQUIREMENTS/SIGN-UPS:**

<https://www.teamunify.com/team/vatst/page/for-parents/service-hours>

Service hours Director: Gina Miller, [servicehours@tideswimming.com](mailto:servicehours@tideswimming.com)

Tide participates in both home and away meets. In order to provide an ideal environment for our participating athletes we are required to provide workers to ensure the meets run smoothly. Swim meets cannot run without family participation. Your willingness to serve will have a great impact on your child's athletic environment and love of swimming. There are many opportunities to get involved including officiating, timing, and swim meet preparation/hosting.

Service hours are assigned on a per-family basis. Families may complete their allotted hours at any given point throughout the season, however most of the opportunities are in the spring and summer months (April - July). Service hours requirements for 2022-23 are as follows:

- Highest level swimmer in Developmental Gold - 15 hours
- Swimmer in Age Group Bronze, Age Group Silver, Age Group Gold, Senior Silver, Senior Gold, or National - 25 hours
- NO volunteer requirement for Novice, Developmental Silver, Senior Bronze
- Credit will be given for timing at other teams' (away) meets up to the following limits:
  - Families with a 15 hour requirement can earn up to 6 hours of credit for timing at away meets
  - Families with a 25 hour requirement can earn up to 10 hours of credit for timing at away meets
- **60% of a family's service hours must be earned by working at TIDE hosted meets**
- Members have until July 2023 to earn service hours. If the full obligation is not met, hours not worked are billed at a rate of \$50 PER HOUR and will be charged automatically to members on August 1, 2023

### **How do I sign up for my service hours?**

Emails are sent out in advance alerting families of upcoming opportunities to complete hours. You must be logged into your Team Unify account to sign up for jobs. Jobs are listed on our Team Unify website under "Meet, Event, Job Signup".

See tutorial [Parents: Volunteer/sign up for jobs](#)

\*Note- Please use the Team Unify website on a computer to sign up for service hours opportunities. Do not rely on the On Deck app for job sign-ups.

### **How to check into the meet as a volunteer**

- Volunteer check-in at the Princess Anne YMCA is located at a picnic table near the pool entrance. You must sign in to receive credit for working!
- Look for the table and a volunteer in a Tide shirt or white t-shirt with a clipboard to sign in for your shift.
- Make sure to sign in early so they know you are there.

### **Helpful Hints:**

- Communicate! If an issue arises, please reach out to the Service Hours Director immediately.
- Have special skills? Please let the Service Hours Director know.
- Consider pairing up with another parent to watch each other's kids while the other parent is working the meet.
- There are a variety of jobs. They don't all require you to be on deck during the meet. (ex. Set up, clean up, donations)
- It is possible to work sessions when your child isn't swimming.
- Mount Trashmore bubble raising and lowering events count as 5 hours.
- Always check to make sure you were credited for hours worked as you have SEVEN (7) days to resolve any discrepancies. If you do not bring discrepancies to the service hours chair within 7 days, you will not receive credit for working.

### **Other jobs that fulfill service hour requirements:**

- Tide officials are an important asset to our team and shifts worked as a Tide official count toward a family's service hour requirements, subject to the same guidelines about credit for working away meets vs Tide hosted meets. More information can be found at [TIDE Swimming - TIDE Officials](#)
- Positions such as Meet Director, Hospitality Coordinator, Meet Broadcast/Streaming Coordinator may become available. These long term positions also fulfill a family's service hour requirements. Contact the Service Hours Coordinator for interest and availability.

## **BILLING:**

At registration you will create a Team Unify account/password. Use your login to view invoices, commit swimmers to meets, sign up for and check your balance of service hours. Credit cards / Bank accounts are charged on the 1<sup>st</sup> of each month as per the payment plan defined in the swimmer contract. Any meet fees or other charges (swim caps) incurred during the month are invoiced and charged with the next billing cycle.

Except for the session based groups (Novice, Senior Bronze) all parents agree to a year-long contract during registration. Swimming fees are billed in 10 equal installments from September through June. Swimmers in Developmental Silver, Developmental Gold, and Age Group Bronze have the ability to withdraw if a 60 day notice is provided in writing to the Executive Director. (Dues are required during the 60 day period.)

Meet fees are paid on the 1<sup>st</sup> of the month after they are posted to your account. For information on meet fees see [TIDE Swimming - Meet Fees Explained](#)

**View the 2022-2023 Swimmer Contract [HERE](#).** The Swimmer Contract is also available in the menu under the “Parents” tab on our Team Unify website.

## **EQUIPMENT AND TEAM STORE:**

See our website for group equipment needs: [Practice Groups](#) and team suits [Team Uniform](#)

Aquawear is a locally owned swimwear and equipment store located at 521 N Birdneck Rd. Virginia Beach VA 23451. Aquawear is our Speedo team dealer store. Through Aquawear you can buy our team suit, team warm-up jacket and pants, pool equipment, and other necessary supplies. The Tide portal can be found at <http://aquawearswim.com/team-portal/tide/>

Tide caps are available from your practice group coach. Your coach will notify the Executive Director to post the cap charge to your Tide account for payment on the next automatic billing date. Silicone caps are sold at practice and meets for \$13.00.

Equipment can also be purchased at:

- Swim Outlet [www.swimoutlet.com/tideswimming](http://www.swimoutlet.com/tideswimming)
- Amazon [www.smile.amazon.com](http://www.smile.amazon.com) (Choose Tide Swimming as your nonprofit to support the team)

Merchandise such as clothing for youth/women/men, and Tide products (not equipment) can be purchased through our apparel store

[https://stores.alogoforyou.com/tide\\_swimming\\_store/shop/home](https://stores.alogoforyou.com/tide_swimming_store/shop/home)

This is the easiest place to buy our team shirts! The store will be open for two week time frames throughout the year. Look for emails and homepage announcements with popup shop information and dates.

**Helpful hints:**

- Swimmers must wear a Tide cap to practice.
- **All** equipment should be labeled with the swimmer's first and last name.
- For swim meets swimmers will need white or grey, blue, and black Tide shirts.
- In addition to the equipment noted on the website, other items such as a parka and a dry bag are also helpful, especially in wet weather and winter months.
- There is a "Tide Find and Swap" group on Facebook. This page has postings from parents looking to sell or give away used gear.
- There are often pop up swimwear and equipment vendors with booths at swim meets.
- Swimmers do not need to wear a Tide team suit for practices. These are reserved for swim meets.
- Swimmer ages 12 and under are restricted from wearing technical suits by USA Swimming. For more details see the USA Swimming article <https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers> .

**SAFE SPORT:**

<https://tideswimming.com/safe-sport/>

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. USA Swimming is committed to safe-guarding the welfare of all members, with swimmers as the top priority. If you have an issue, the first thing to do is contact one of our Tide Swimming Athlete Welfare Advocates (AWA). These parents are appointed by the Board and function independently of the Board. They are trained in Safe 4 Athlete protocols. Another resource is to reach out to a representative at 1-855-SAFE4AA (1-855-723-3422).

Tide has two Athlete Welfare Advocates available to team members. Our Athlete Welfare Advocates are adults who have volunteered to be available to any athlete who is concerned about the conduct of coaches, staff, volunteers, or other athletes and wants to talk about it. Sara Beth Roberts is the team Safe Sport Coordinator. The fundamental underpinning of Safe4Athletes is to encourage athletes and parents to have a voice by giving them an avenue to express it. This is the role of AWAs. This system is unique to Tide and is over and above our National Governing Body, USA Swimming's, mandates for Safe Sport. Please use the link above to contact the Athlete Welfare Advocates and Safe Sport Coordinator.

Every Tide coach abides by Athlete Protection Training guidelines and becomes certified by USA Swimming. Speak up when you/your child has a concern! Set up a time to talk with either a coach or an athlete welfare advocate. Abuse, bullying, and/or harassment are all forms of unacceptable behavior for any Tide swimmer/coach and will be dealt with immediately. Please contact your coach or an associate head coach if you suspect any kind of this behavior.  
[Coaching Staff](#)

The Tide Swim Team Code of Conduct can be found here:

<https://www.teamunify.com/vatst/UserFiles/Image/QuickUpload/tide-cocfinal-any-year-1- 046 586.pdf>

## **MEET SIGN-UPS:**

Swim meets provide a great opportunity to have fun with teammates and practice racing! Championship meets give swimmers the chance to compete and earn points as a TEAM as well as to track individual progress.

Our meet schedule for the 2022-2023 season can be found below, or on either of our Tide websites. [Meet Schedule](#) \*Schedule is subject to change\*

## **SWIM MEETS AND SIGN UP PROCESS:**

To sign up for a meet please be on the lookout for emails from lead coaches in the weeks leading up to the meet. These emails will advise of meet information, meet dates and location, and sign-up deadlines. Group lead coaches will advise you on what meet(s) your swimmer should attend! Group lead coaches have the final say on what events your athlete will swim. Detailed meet information such as schedules and meet fees can be found in the **Meet Invitation** in Team Unify.

### **Meet Sign Up** [TIDE Swimming - How to Enter Meets](#)

- Log on to your Team Unify account
- Click on “Meet, Event, Job sign up” on the center of the page
- Find meet title in the directory, click on the meet name (in blue)
- New page will show all necessary information (location, dates/times, etc)
- You must click on “attend/decline” (in pink), select your swimmer, and commit yes/no to the meet.
- Please utilize the notes section as well to share information such as if you can only attend certain days or if your swimmer has specific event requests.

## Meet Declaration Process (shown below)

- Find the specific meet on the Team Unify website, either on the Home page or the Meet, Event, Job Signup page

**NEWS**

**Tide Swim Team members:**

- TIDE TOWELS!! Special sale! Order now as this is a ONE TIME OFFER that will not be repeated this year! DEADLINE TO ORDER IS SUNDAY AUGUST 28 (firm!!) Order [HERE](#).
- Our FALL team store will be open September 1-15 for you to purchase team tee shirts, hats, hoodies, and other TIDE apparel. The team store is operated on a "pop up" basis only so take advantage of our Fall "Back to Swimming" selection as the store will not open again until November.
- **Swim Team Registration is open** Click [HERE](#) to start.
- Tide Swimming earned Safe Sport Club Recognition for another 2 years! Participation in parent and athlete education was an important requirement. Thank you to all TIDE parents and swimmers who took the important Safe Sport Training to help us achieve this important recognition.
- Parents: read about the changes to the Service (Volunteer) Hours requirement for 202-2023 [HERE](#).
- The 2021-2024 Time Standards have been published. Age Group Championships time standards are [HERE](#) Senior Championship time standards are [HERE](#)
- TELEPHONE NUMBERS: Tide Office (757) 987-0127 / Tide Swim School (757) 375-5936

Tide continues to follow CDC guidance regarding isolation and quarantine periods for positive cases and exposures. The requirement to quarantine depends on vaccination status and whether or not a person is symptomatic. Please see [this link](#) for further information from the CDC. Use the "Quarantine and Isolation Calculator". Because swimmers cannot wear a mask while swimming, we recommend a negative test following exposure prior to returning to practice.

Please keep your swimmers home if they exhibit any Covid symptoms, even mild ones.

**TEAM EVENTS**

Event Name	Dates	Time	Action
New Parent Practice - Meet and Job Signup	Aug 24 2022 - Dec 31 2022	12:00 am - 12:00 am	Attend/Decline, Job Signup
2022 TIDE Swimming King Neptune Invite	Sep 24 2022 - Sep 25 2022	07:30 am - 04:30 pm	Attend/Decline
2022 ISCA Open Water Festival	Sep 24 2022	01:00 pm - 06:00 pm	Attend/Decline
(Duel in the Pool) TAC Titans vs. TIDE Swimming	Oct 08 2022 - Oct 09 2022	07:30 am - 04:00 pm	Attend/Decline

**REGISTRATION**

[MORE EVENTS](#)

## Homepage

**Team Events**

Current & Upcoming | Past & Archived

Search for Team Events

Date	Event Name	Dates	Event Category	Action
Aug 24, 2022	New Parent Practice - Meet and Job Signup	Aug 24, 2022 - Dec 31, 2022	Swim Meet	Attend / Decline, Job Signup
Sep 06, 2022	2022 Fall Session 1 Swim School	Sep 6, 2022 - Oct 27, 2022	Swim Lessons	Register Online
Sep 24, 2022	2022 ISCA Open Water Festival	Sep 24, 2022	Swim Meet	Attend / Decline
Sep 24, 2022	2022 TIDE Swimming King Neptune Invite	Sep 24, 2022 - Sep 25, 2022	Swim Meet	Attend / Decline
Oct 08, 2022	(Duel in the Pool) TAC Titans vs. TIDE Swimming	Oct 8, 2022 - Oct 9, 2022	Swim Meet	Attend / Decline

## Meet, Event, Job Signup page

## Meet Declaration Process (shown below)

- Select athlete from list of active members

Team Events

**Athlete Signup** | Committed Athletes | Undeclared | Declined

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**ISCA Open Water Event**  
Oct 4, 2020 (08:00 AM) - Oct 4, 2020 (02:00 PM)

My Account: **Carder, Jennie** (757) 306-0591 | Registration Deadline: **09/01/2020**  
[Change Account](#) (Admin Only)

Click on Member Name to declare for this Event:

[VIEW DEMO](#)

Member Name	Member Commitment	Last Updated
<a href="#">Jennie Carder</a> *Active	⊘ Undeclared	

- Select "Attend/Decline", then "Save Changes"

Team Events

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**ISCA Open Water Event (Oct 4, 2020 (08:00 AM) - Oct 4, 2020 (02:00 PM))**

Member Athlete:  
**Jennie Carder**

**Important Notes:**  
This event is only for athletes who are in the National Group, Senior Gold, or AG Gold at any of our team sites/locations.

**\*Declaration**

--SELECT--  
Yes, please sign [Jennie] up for this event  
 No, thanks, [Jennie] will NOT attend this event  
(days cannot attend, etc.):

[Need Help?](#)

[Save Changes](#)



## Helpful Hints

- Speak to your coach before signing up for a meet if you have any questions. They can provide guidance on the appropriate meets and sessions within the meet for your swimmer.
- You don't have to commit to a full meet. For a multi-day meet, you can make a note in the comments section if there are sessions your swimmer is unable to attend.
- The coaches will let you know whether they will be choosing events for your swimmer, or if the parents/swimmers can make requests for specific events via Team Unify.
- Look for emails during the week before the meet, they will have warm-up times.
- The coach will let you know where to sit (team area).
- Items to bring to the meet: team suit, team cap, goggles, team shirt, additional clothes to stay warm, shoes, multiple towels, food/snacks/water, chairs, highlighter and sharpie, extra bathing suit.
- Meet programs (also called Heat Sheets) are available on the Team Unify Event Page a few days prior to the meet and/or sold at concessions at each meet.
  - o If the heat sheets are available online you'll be asked to print yours at home.
  - o If they are sold at the meet, they will range in price depending on the type of meet. Bring cash.
- Look for veteran parents or your PLC rep to help with reading heat sheets/knowing when to send your child up to swim!
- Arrive 15 minutes prior to warm-up start time!
- An additional Tide Swimmer Fee is added on to swimmer's entry fees to help pay for the cost of coaches traveling to meets.

## **TIME STANDARDS:**

### [TIDE Swimming - Time Standards](#)

Time standards are a motivational tool to help swimmers gauge progress. They also determine competition level and some meets will require time standards to register. Current time standards can be found at the following:

National Age Group Motivational Times

<https://www.usaswimming.org/docs/default-source/timesdocuments/records/age-groups-2024-agmts.pdf>

Virginia Swimming Age Group Champs Qualifying Times

[https://www.teamunify.com/va/UserFiles/Image/QuickUpload/2021-2024-agc-qts---final\\_046013.pdf](https://www.teamunify.com/va/UserFiles/Image/QuickUpload/2021-2024-agc-qts---final_046013.pdf)

Updated information can be found at <https://www.usaswimming.org/times/time-standards>

## **ONDECK AND MEET MOBILE APPS:**

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, view meet info, job sign-ups, 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.

The **Meet Mobile** (paid) app allows you to get real time results and standings during the swim meets.

## **SOCIAL MEDIA:**

Give us a like on Facebook: [Tide Swimming](#)

Follow us on Instagram: [Tidestagram](#)

Follow us on Twitter: [Tide\\_Swimming](#)