



**BLOCK
HOUSE
CREEK**

**Swim Team Handbook
2010**

2010 Tidal Waves Board of Directors

John Bailey-President President@bhctidalwaves.com	653-4686
Kelly Blake - Vice President VicePresident@bhctidalwaves.com	736-1750
Tina Saul - Treasurer Treasurer@bhctidalwaves.com	528-0773
Angela Newberry - Secretary Secretary@bhctidalwaves.com	528-8430
Robert Verastegui - Asst.Sec/Tres robertv@austin.rr.com	986-5406
Melissa Helbert - Volunteer Coordinator Volunteer@bhctidalwaves.com	736-3014
Alyssa Rowles - NWSC Representative CircuitRep@bhctidalwaves.com	255-4996
Tom Erlanson - Asst.NWSC Representative AsstCircuitRep@bhctidalwaves.com	515-0655
Steven Wells - Computer Representative ComputerRep@bhctidalwaves.com	289-9106
Michael Tomberlin - Website Administrator WebMaster@bhctidalwaves.com	494-6420
Randall Allen - Head Coach HeadCoach@bhctidalwaves.com	325-326-3366

Welcome to the Block House Creek Tidal Waves Swim Team!!!

We are so excited to have you join us this season!!!

Joining a swim team is the perfect way to spend your summer. Not only do you get to see your friends almost every day, but you get fantastic exercise as well as awards like ribbons, certificates, trophies, and maybe even some cool prizes! It is based on having fun but it is also a very big commitment.

Swimming is different from most sports whereas more volunteers are needed to run meets - more dedication is necessary for each child to improve - and it is also more expensive to run a swim team. Therefore, in joining the Tidal Waves Swim Team, you are agreeing to the following:

- 1- **One parent/adult family member will volunteer at least $\frac{1}{2}$ of each meet.** Sign up early to get the volunteer position you prefer.
- 2- Your child must attend all practices and meets that they are able. Dedication is the secret to a great team. If your child will miss more than 2 consecutive days at any one time, please let the coaches know. If your child will not be attending a meet, please let the coaches know ASAP. This information can be sent via a note in the coaches' folder. If your child is absent for more than two weeks without contacting a coach, we will assume that he/she no longer wants to swim and they will be dropped from the roster and no longer considered a part of the team.
- 3- The Swim Team will not process any requests for refunds submitted after May 21, 2010.

The Tidal Waves are a non-profit organization whose goals are to:

1. Provide an enjoyable summer activity for the youth of our area
2. Assist them in developing physical fitness, self-discipline, self-confidence, good sportsmanship, and determination
3. Assist them in developing good swimming skills and improving technique
4. Instill self and team pride as they watch their improvements throughout the season and reach their goals
5. Develop a strong team environment where each and every swimmer is an essential part of the team

Minimum Requirements of a Swimmer

Please understand that practice is for improving skills and training. While some skills will be taught, practice is not a group swim lesson. Upon registering for the team, a swimmer must be able to swim one length of the pool on their back and/or on their stomach. Any swimmer who registers and is not able to meet this requirement after the first week of assessments will be asked to leave the team and take stroke clinics/swim lessons at their own expense. If at any time prior to the June 19th meet, the swimmer can meet the minimum requirements, he/she will be allowed to return to the team. If by that time they are still unable to swim this distance, the board will meet to determine if a partial refund of your registration fee for that child will be returned. Keep in mind that it is a NWSC rule that a swimmer must compete in 2 dual meets to be eligible to compete in any post-season meets (Divisionals and Invitationals).

If you are interested in purchasing private lessons, please speak to a coach for information.

Communication

Each family will have a file folder in a crate at the pool. If we have information specific to your family, a note will be emailed and/or left in your folder. All information regarding upcoming events will be available on the team web site as well as posted at the pool for those who do not have internet access. This information will include newsletters and reminders of upcoming events. It is the swimmer's responsibility to check the web site and their folder each week in order to stay informed about upcoming events. After meets, ribbons will also be placed in each family's folder. Please do not try to get your ribbons at the meet.

There is also a coaches' folder in the back of the crate. If you have a comment or concern, please write a note on one of the designated forms in the crate and place it in their folder and they will address it as soon as possible. If you want a personal reply, please leave your name and phone number or email address.

Practice

Practice is the most important thing swimmers can do to improve their times and technique. Swimmers are encouraged to attend all practices. Please be consistent in your attendance, and let your child's coach know if you will be missing practice for an extended period of time by putting a note in the coaches' folder.

See the practice schedule for detailed dates and times for each age group. Parents are welcome to stay and watch their children's swim practice, however, they are **not allowed on the deck at any time** during practice. It is easier for children to concentrate when they aren't distracted by parents or siblings. If you need to talk to a coach, please leave a note in their folder or wait until after all practices have been completed.

Meets

Each Monday prior to a swim meet, the swimmers will be asked which events they would like to participate in the following Saturday. Swimmers are allowed to compete in a maximum of 3 individual events and 2 relays (1 relay for 6 and under) each week. The swimmer will choose one event and the coaches will choose 2 of the events with the swimmer's best interest in mind. The coaches will determine all relays positions.

Meet information will be on the website each week. It is very important that your swimmer(s) arrive at the meet on time so that they may check in and be ready to swim before warm-up begins. Check in is 6:00 a.m. for home meets and 6:30 a.m. at away meets. Occasionally other teams will need to begin the meet earlier, but you will be advised if there is any deviation from the stated times. If your swimmer is late to the meet, they may be scratched from relays and possibly individual events. Your teammates may also lose the opportunity to swim if you are late, so please plan on arriving on time.

Please notify the coaches in writing (in their folder or by email) if you will be unable to attend any meets no later than Monday on the week of that meet. It causes a lot of stress and last minute adjustments if someone

doesn't show up without notice. If a last minute emergency should arise, please call one of the board members.

The first thing each swimmer needs to do when they arrive at a swim meet is check in with their age group/pit parent. Even if they are late, have them check in with their pit parent before they join the team in warm-up so that they are not scratched from relays and/or individual events. Once your child has been checked-in, please see the volunteer coordinator for instruction. Her table is located just inside the entrance at the meet. Swimmers whose PARENTS do not check in at the volunteer table before 7:00 will be scratched from individual events.

All swimmers must stay in their pit with their age group parent during meets. This ensures that they will get to the ready bench on time to swim their events. It is **not** the pit parent's responsibility to search for each swimmer for each event. It is the swimmer's responsibility to stay with their age group and notify their pit parent if they are leaving to go to the concession stand, bathroom, etc. The only swimmers that may leave prior to the end of the meet are those in the 6 & under age group. Their last event is 47. Please be sure your 6 & under child has advised his/her pit-parent when they are leaving. There is a break during all meets. Generally the break takes place after event 45, but can take place at any time. Please discourage your children from leaving their pit area until this time and to return promptly. The pit parents would also appreciate it if you would check in with them on occasion to see if there are any issues that you may help in resolving.

Be prepared to do your best at a meet by taking all of the following: team suit, team cap, towels, team shirt, goggles, books, games, a blanket or tarp to sit on, and sun block. Label all of your items with your name and team name!

The events for our dual meets are as follows (subject to change):

Event # (Boy/Girl)	Age Group	Event	Event# (Boy/Girl)	Age Group	Event
1 - mixed	6 & U	100 Free Relay			
2-3	7-8	100 Medley Relay			BREAK
4-5	9-10	100 Medley Relay	46-47	6 & U	25 Breaststroke
6-7	11-12	100 Medley Relay	48-49	7-8	25 Breaststroke
8-9	13-14	200 Medley Relay	50-51	9-10	25 Breaststroke
10-11	15-17	200 Medley Relay	52-53	11-12	25 Breaststroke
12-13	6 & U	25 Freestyle	54-55	13-14	50 Breaststroke
14-15	7-8	25 Freestyle	56-57	15-17	50 Breaststroke
16-17	9-10	25 Freestyle	58-59	7-8	50 Freestyle
18-19	11-12	25 Freestyle	60-61	9-10	50 Freestyle
20-21	13-14	50 Freestyle	62-63	11-12	50 Freestyle
22-23	15-17	50 Freestyle	64-65	13-14	100 Freestyle
24-25	9-10	100 IM	66-67	15-17	100 Freestyle
26-27	11-12	100 IM	68-69	7-8	25 Butterfly
28-29	13-14	100 IM	70-71	9-10	25 Butterfly
30-31	15-17	100 IM	72-73	11-12	25 Butterfly
32-33	6 & U	25 Backstroke	74-75	13-14	50 Butterfly
34-35	7-8	25 Backstroke	76-77	15-17	50 Butterfly
36-37	9-10	25 Backstroke	78-79	7-8	100 Free Relay
38-39	11-12	25 Backstroke	80-81	9-10	100 Free Relay
40-41	13-14	50 Backstroke	82-83	11-12	100 Free Relay
42-43	15-17	50 Backstroke	84-85	13-14	200 Free Relay
44-45	6 & U	25 Butterfly	86-87	15-17	200 Free Relay

Volunteers

The Northwest Swim Circuit (NWSC) and the Block House Creek Tidal Waves are **parent run organizations**. It would not be possible to run a meet without volunteers. More than 90 volunteers are needed at each home meet and slightly less for the away meets. **Your help and support are required throughout the season!** Volunteering is a great way to show the children you support their efforts. At each meet, the following volunteers are needed from OUR TEAM:

The **MEET DIRECTOR** conducts all swim meets in accordance with the bylaws of the NWSC. They are in complete charge of the meet, adjudicate all disputes, and have the final word in all matters, subject to a written protest.
(1 needed per meet)

The **STARTER** begins each event/heat announcing the age, stroke, and the phrase "swimmers take your marks." Following they pause briefly to make sure that all swimmers are motionless, and then gives an electronic sound or a blast of a whistle. The starter is the sole judge of false starts and all false starts will be restarted.
(2 needed per home meet)

The **ANNOUNCER** is responsible for calling the event/heat number, age group, sex, and event name so that the swimmers and/or *pit parent* will know when to report to the ready bench.
(2 needed per home meet)

The **EVENT/HEAT TURNER** flips over the event and heat cards to keep the audience and volunteers clear as to the last and next event/heat.
(2 needed per home meet)

The **LANE TIMER** keeps an accurate time (using a stopwatch) of the swimmer in the lane they are assigned. There are three timers assigned per lane (not all from BHCTW). One of the timers (decided amongst you) will record all three times on the event card at the end of the event or heat and hand it off to the *runner*.
(18 needed per meet)

The **HEAD TIMER** starts one or two stopwatches when they hear the electronic sound or a blast of a whistle for each event/heat. The *lane timers* will motion they need a backup stopwatch from you if they missed the start on theirs.

(2 needed per home meet)

The **STROKE JUDGE** observes strokes, turns, and finishes to see that swimmers comply with requirements for that stroke.

(4 needed per meet)

The **EXCHANGE JUDGE** observes exchanges in all of the relay events.

(4 needed per meet)

The **READY BENCH** organizes the swimmers into pre-determined heats before the start of each event.

(6 needed per meet)

The **RUNNER** gathers event cards from the swimmers and walks them to the timers for all 25M events. After each event, once all times are recorded the cards are collected along with any disqualification (DQ) forms from the judges and delivered to the scoring table.

(4 needed per meet)

The **SCORING OFFICIAL** identifies the official time for each swimmer in an event.

(6 needed per meet)

The **RIBBON PARENT** prepares ribbons and places ribbons in folders. This position may require staying up to 30 minutes past the end of the meet.

(2 needed per meet)

The **PIT PARENT** verifies the swimmers in their age group has arrived at the meet and notifies a coach if there is anyone missing based on the event cards. Throughout the meet, they distribute event cards, monitor the swimmers whereabouts, and leads the swimmers to the ready bench with their event cards in hand.

(20 needed per meet)

The **COMPUTER REP** will need to: *(1 needed per season & 1 backup)*

- Learn the software used by the NWSC
- Key in the meet entries provided by the coaches
- Print the heat sheet
- Key in the official times provided by the *scoring/ribbon officials*
- Print meet results for home meets
- Provide the team points as the meet progresses
- Provide the coaches with reports

The **COMPUTER ASSISTANT** will assist the *computer rep* in entering the official times during the meet.

(2 needed per home meet)

The **SET-UP/CLEAN-UP CREW** sets up covers, ropes, tables and chairs in preparation for the meet, and take down and store these items at the end of the meet.

(10 needed per home meet & 6 needed per away meet)

The **CONCESSIONS CREW** sets up and operates the concession stand throughout the meet. After the meet they take down the stand and work with the *set-up/clean-up crew* to store it for use at the next meet.

(8 needed per home meet)

The **MERCHANDISE PARENT** sets up and operates the merchandise stand throughout the meet. After the meet they take down the stand and work with the *set-up/clean-up crew* to store it for use at the next meet.

(2 needed per meet)

The **FLOATER** will be on-call during the meet to fill in for any position needed.

(5 needed per meet)

There is a mandatory **OFFICIALS CLINIC** held to train and certify the following officials: *starters, stroke judges, exchange judges, meet directors, and floaters*. Even if you do not volunteer for one of these positions it is recommended you attend the clinic to help you understand what is expected of the children to prevent disqualification. PLEASE NOTE: If we do not have enough certified judges at a meet we will have to forfeit.

To make the meets a success everyone attending the meets must volunteer to work for at least half of it. If you are unsure of what you would like to do, please contact the volunteer coordinator for more information. If you are unable to attend a meet, please make sure that the adult who does attend with your child is willing to do his/her part. Prior to each meet, at least one adult representing each family must sign up on the Tidal Waves website for a volunteer position. The Volunteer Coordinator will send an email announcing that volunteer sign-up has been opened. If one adult from each family does not sign up to volunteer, the swimmers from that family will not be entered into the meet. Thank you for your understanding and continued support to make all of the meets a success!

A.A.U. Registration

Registration in the Amateur Athletic Union is mandatory for our swimmers. This year swimmers will have to register online. The charge for an athlete membership is \$12.00. Swimmers will NOT be allowed to swim without proof of membership (membership card) by the first practice. NO EXCEPTIONS! The website is www.aausports.org and you must enter our club code. Swimmers are covered at any organized practice of Tidal Waves, every scheduled meet and all Tidal Wave team activities. AAU insurance is a secondary policy. Our Club Code is STSW5YEKBO. (The last digit in the code is zero).

Equipment

Team Swimsuits: While not required, it is strongly recommended that each swimmer purchase a team suit to wear at swim meets. If they choose not to purchase the team suit, the girls must wear a one-piece racing suit, and the boys must not wear baggy shorts or cut-offs. This rule applies to meets as well as to practice. If you have a question on what is appropriate attire for practice or meets, please ask a coach.

Team T-shirts: A Tidal Wave T-shirt was included in the registration fee. Please have swimmers wear them at all meets and team functions. It is an important aspect in the development of team spirit. You can purchase extra t-shirts at registration or at the concession stand during home meets while supplies last.

Swim Caps: A Tidal Wave cap and a practice cap were also included in your registration fee. These caps must be worn at meets and practices by all swimmers. Proper technique cannot be achieved when hair is in the way. Extra swim caps will be available for purchase at home meets while available.

Goggles: Although not required, goggles are strongly recommended. They improve the swimmer's vision in the water, as well as eliminate irritation caused by pool chemicals. Check the fit of the goggles before you purchase them. Goggles that don't fit properly leak, and leaky goggles are worse than no goggles because they distract the swimmers. Goggles will be available for purchase at the merchandise table.

Ear Drops: When water is left in a swimmer's ear for an extended period of time, it causes an ear infection called Swimmer's ear. This is very painful, but easily avoidable. Drops are available at most drug stores and some grocery stores. The most popular kind is called Swim Ear, and comes in a white bottle with green and blue writing. All the swimmers have to do is use 2-3 drops in each ear after each practice.

Fins: The coaching staff recommends using fins during training sets but they are not required.

Sponsorships

To help offset membership fees, BHC Tidal Waves is offering a new way of reducing the cost parents need to pay. For the 2010 season, a reduction in membership fees will be offered to any member who brings in a sponsor or sponsors.

A quick summary of the fee reductions is listed below.

Sponsor amount brought in:	Membership Fee reduced by:
\$150-299	\$25 per sponsor
\$300-499	\$50 per sponsor
\$500-749	\$100 per sponsor
\$750-999	One swimmer free
\$1000 +	Immediate family swims free

If you would like a more detailed description of the Sponsor levels and/or an application form to sign up new sponsors you can download it from the team website.

Heat Sheet Ads

Parents are encouraged to place ads supporting their swimmers. Family members can place these types of ads for the following prices: business card: \$25.00, $\frac{1}{4}$ page: \$40.00, $\frac{1}{2}$ page: \$50.00, full page: \$65.00, back page: \$75.00.

You may contact a board member for more information.

2010 Block House Creek Tidal Waves Schedule of Events

MAY

- 10th Practice begins at the Apache Pool in Blockhouse Creek
- 13th Required Parent Meeting 6 pm
- 14th Deadline for ordering Heat-Sheet ads!!!!
- 22nd Time trials @ Apache Pool
- 29th Home meet vs. Wells Branch
- 31st Memorial Day—no practice

JUNE

- 5th Away meet at Brushy Creek
- 7th First day of morning practice
- 12th Away Meet at Steiner Ranch
- 14th Picture Day and Parent-supervised Field Trip...No Practice!
- 19th Home Meet vs. Forest North
- 26th Away Meet at Pflugerville

JULY

- 10th Home Meet vs. Balcones Club
- 17th Divisional Championship meet at Wells Branch
- 18th Invitational meet at U.T. SwimCenter
- 19th End of Season Party

**Dates are subject to change, check website for latest details.

Block House Creek Tidal Waves 2010

Practice Schedule

May 10th - June 4th Monday - Friday

Returning 8 and Under 4:45-5:30 p.m.

New 8 and Under 5:30-6:00 p.m.

9/10 6:00-6:45 p.m.

11/12 6:45-7:45 p.m.

13 and older 7:45-8:45 p.m.

June 7th - July 16th Monday - Friday

13 and older 7-8:30 a.m.

11/12 8:30-9:45 a.m.

9/10 9:45-10:45 a.m.

7/8 10:45-11:30 a.m.

6 and Under 11:30 a.m. - 12:00 p.m.

** Practice Times are subject to change.
Check team website for latest schedule.

Parent Acknowledgement of Tidal Wave Policies

I am responsible for reading the Team Handbook and understanding the policies of the Block House Creek Swim Team.

I understand that swim meets cannot take place without the help of every swimmer's family, and I agree to volunteer throughout the season at every meet my swimmer attend.

I understand that it is our responsibility to inform the coaches in writing as soon as possible when my swimmers will be unable to attend swim meets or if they will be missing practice for more than one day.

Parent's Signature

Date

We're glad you're here!!!
We're looking forward to a
great season!!!

Northwest Swim Circuit Code of Conduct

The Northwest Swim Circuit was formed with the objective of helping young swimmers to develop: physical fitness, self discipline, self confidence, proficiency in competitive swimming strokes, a determination to do one's best and good sportsmanship. The expectation of the Executive Board is participants will exhibit the highest standards of sportsmanship at all times while participating in all NWSC and member club affiliated events. Every participant, including swimmers, coaches, officials, board members, parents and spectators, has a responsibility to behave in a respectable manner and to comply with and support the Code of Conduct.

While attending and/or participating in any NWSC or member club affiliated practice or event, no individual shall:

- At any time strike, shove, threaten to strike or lay a hand upon an official, swimmer, coach or spectator.
- Engage in an abusive, verbal attack upon any official, swimmer, coach or spectator on or off the pool area.
- Use trash talk, profane, obscene or vulgar language, or gesture under any circumstances, on or off the pool area.
- Engage in an objectionable demonstration of dissent or unsportsmanlike conduct such as throwing equipment or any other forceful action.
- Refuse to abide by an officials decision

Any violation of the above policy will result in the following action at the discretion of the Home Meet Director:

First Offense – Ejection of the person(s) from the meet/event by the Meet Director

Second Offense – Suspension of the person(s) from any and all meets or events for the remainder of the current swim season

If this individual is acting in the capacity of a coach or meet official at the time of the offense then the additional sanctions will be as follows:

First Offense – Ejection of the person(s) from the meet/event by the Meet Director

Second Offense – Suspension of the person(s) from participating in an official capacity at any and all NWSC sanctioned events for the total of one full swim season (one calendar year from the date).

Third Offense – Suspension of the person(s) from participating in an official capacity at any and all NWSC sanctioned events for life.

**Any violation will be reported in writing to the vice president of the NWSC Executive Board either by electronic or traditional mail prior to the next NWSC sanctioned event or within 30 days of infraction if occurrence is at the last sanctioned event for the swim season.*

By signing below, I do hereby certify that I have read and agree to abide by the Northwest Swim Circuit Code of Conduct. ***Additional signature lines may be added as needed*

Parent/Guardian/Coach/Official Signature

Date

Swimmer(s) Signature(s)

Date



NOTE: Payment must accompany this form. Season fees are:
 one swimmer: \$175 two swimmers: \$300 three swimmers: \$400 four swimmers: \$500
 plus applicable MUD fees of \$20.00 for out of district swimmers. Does not include the required \$12.00 AAU Registration fee which is independent from this registration. Discounts on registration fees are available for families bringing sponsors to the team. See the sponsorship flyer for details. Please make checks payable to **BHCST**.
 All returned checks are subject to a \$20 processing fee.
 Registrations received after the first day of practice are subject to a \$25 late fee.

1. Swimmer Information

Last Name _____

First Names/Bday/M/F _____

Address _____ City _____ Zip _____

Neighborhood _____

Father's Name _____ Phone _____ / _____ Email _____

Mother's Name _____ Phone _____ / _____ Email _____

Emergency Contact Name _____ Relationship _____ Phone _____

How did you hear about the swim team? _____

2. Medical/Insurance information

Physician Name _____ Address _____ Phone _____

Allergies/other medical problems _____

Insurance Carrier _____ Policy # _____ Phone _____ Insured Name _____

3. Release/Consent

I hereby release the officers, coaches, or sponsors of the Block House Creek Tidal Waves Swim Team as well as the Block House MUD from any and all claims and causes of action of any kind whatsoever which the undersigned has or might have, known or unknown, now existing or might arise in the future, directly or indirectly attributable to any injury of damage that might result from my above child's participation in the swim team.

Parent/Guardian Signature _____ Date _____

This is to certify that my child identified above has my permission to participate in the Northwest Swim Circuit. I request that in my absence the above named player be admitted to any hospital or medical facility for diagnosis or treatment. I request and authorize physicians, dentists and staff, duly licensed as Doctors of Medicine or Doctors of Dentistry or other such licensed technicians or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatments and anesthetics as may be necessary in the diagnosis and treatment of the above minor. I have not been given a guarantee as to the results of the examination or treatment. I authorize the hospital or medical facility to dispose of any specimen or tissue taken from the above named person.

Parent/Guardian Signature _____ Date _____

Parent/Guardian of new 8 and under swimmers acknowledgement of minimum requirements of swimmer. _____

~~~~~

Date \_\_\_\_\_ Time \_\_\_\_\_ Repeat \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

Age group(s) \_\_\_\_\_

Registration fee(s) \_\_\_\_\_ MUD Fee(s) \_\_\_\_\_

Misc. purchases \_\_\_\_\_ Total \_\_\_\_\_ Cash/Check # \_\_\_\_\_ Rcvd \_\_\_\_\_