

SOUTHEAST TIGER SHARKS

SWIM TEAM HANDBOOK



Welcome to the Southeast Swim Club Swim Team, better known as the Southeast Tiger Sharks. Our team is a member of the Greensboro Community Swim Association and anyone 18 & under who is a member of our swim club is eligible to participate. They must be able to swim the length of the pool without a flotation device.

We look forward to many fun times together; some of those times simply celebrating friends and other times celebrating improved times, individual victories, and team victories. The main purpose of the Tiger Shark Swim team is to have fun and simultaneously learn more about swimming. One of the great things about swimming is that there is ALWAYS room for improvement.

Who's Who at the Southeast Tiger Sharks

Pool Number: 336-544-0497

Swim Team e-mail

setigersharks@gmail.com

Coaching Staff

Matt Wittstein – Head Coach

Kiersten Cook- Assistant Coach

Katye Fields – Assistant Coach

coachtigershark@gmail.com – Coaching Staff Email

Tiger Shark Board Members

Chairs - Crystal Schicker & Laurie Pike

City Meet Coordinator: Krissy Briers

Awards- Betsy Sullivan

Social: Stacey Scott

Treasurer: Caroline Medlin

Swim for Cancer: Kerry Cothren

Volunteer Coordinator: Katy Keating

Concessions: Krissy Briers

Team Merchandise: Wendy Wells

CSA Representatives: Matt Wittstein, Crystal Schicker, Emily Brame

Tiger Shark Code of Conduct and Expectations

The coaching staff expects each and every swimmer to treat others with respect and demonstrate positive character and good sportsmanship within and outside of the swimming season. The guidelines below serve to remind you of team expectations. Any behavioral issues will be addressed by the coaching staff as necessary. Disciplinary actions may include, but not limited to, timeouts, removal from practice, discussion with parents, or removal from the swim team. The coaching staff will never discipline swimmers using physical activity (such as pushups or hard swimming sets).

Respect

- Show respect for coaches by listening and trying to do your best each practice.
- Show respect for the sport by demonstrating good sportsmanship, listening to officials, and trying as hard in your worst event as you do in your best event.
- Show respect for others by keeping your hands to yourselves and not insulting others and never using bad language.

Fun

- Cheer loud with your teammates and for your teammates!
- Tell our competition good job after a race!

General Expectations

- Tiger Sharks do not use foul language, insult swimmers, coaches, officials, parents, or other people associated with their team or an opposing team.
- Tiger Sharks do not punch, hit, smack, or otherwise touch others in an aggressive manner.
- Tiger Sharks are respectful of their coaches by listening to them when they are giving instruction. Tiger Sharks do not talk back to coaches or officials.
- Tiger Sharks support each other at practices and meets by cheering on their teammates and encouraging them to do their best.
- Tiger Sharks will always alert a coach, lifeguard, or other adult if there is an emergency such as an injury or accident.

If a swimmer arrives at practice and elects not to participate, they will be will not be forced to get in the water. However, if after a reasonable attempt by the coaches to get them to participate fails, swimmers will be asked to sit out of the entire practice and coaches will talk to the swimmer's parent(s).

Communication

Great communication is imperative to a successful summer swim season. The fast pace of summer swim can sometimes result in confusion. To facilitate communication across several platforms, Southeast Swim Club Tiger Sharks will be using TeamApp to coordinate announcements and communication. By participating on the swim team, you will be signed up for TeamApp which will then send email announcements. Additionally, you are strongly encouraged to use the TeamApp application on your phone (iOS or Android) to help stay in touch with the team. You may also receive email communication directly from the Coaching Staff, Team Presidents, or Board Members.

Other forms of communication:

- Pockets in Tiger Shark Room—please check regularly, we often place ribbons and other material in pockets when they otherwise would be given out at practice or meets.
- E-mail—if you are not receiving e-mails, please send your e-mail address to setigersharks@gmail.com
- Speak with coaches **AFTER** practice or via e-mail/telephone. Coaches' attention will be on the swimmers during practice. You can contact the coaches at coachtigershark@gmail.com.
- Feel free to ask any board member any questions. Remember, we were all new swim people too & will be more than happy to answer any of your questions! Board Members names are listed on the front on this handbook.

Practice

- Swimmers are encouraged to attend at least one practice per day, but are welcome to attend more sessions. To see reasonable improvement in skill, it is necessary to have meaningful amounts of time in the water.
- Practices primarily focus on swimming skill, not fitness and speed. At this age and level, learning the fundamentals of each stroke is crucial to becoming a strong swimmer and will ultimately lead to faster swimming.
- The practice times are “in the water” times – meaning swimmers should be on deck, changed, and **ready to listen** 5-minutes prior to the start time for practices.
- You must let a coach know before leaving the water – whether you have to leave practice early, or just need to use the restroom, it's important that the coaches know where you are.
- If you can't attend the appropriate practice, don't let that make you miss out on water time! Let a coach know, and we will find space and work with you during another practice time.

Practice Groups and Schedule

Practice Groups:

Practice groups will be assigned and adjusted during the first two weeks of in-water practices. Groups are assigned by coaches based on a combination of age, ability, and maturity to ensure each swimmer gets the attention and instruction they need. During the first week of practice, please attend the group that you feel best meets your needs:

TIGERS – Newer to competitive swimming. Can get from one end of the pool to the other, but is still learning all 4 competitive strokes (butterfly, backstroke, breaststroke, freestyle). Typically, these are our youngest swimmers (4-9 years old), or those who have never swam with the team before.

SHARKS – Generally have some experience with summer swim team or year-round swimming. Swimmers should be able to do a 50 of at least 3 different strokes and complete a 100 freestyle. This is usually our largest group, with kids ranging from about 8-14 years old.

TIGER SHARKS – These are our seasoned veterans of summer swimming and year-round swim team members. Tiger Sharks should be able to swim all 4 strokes legally and complete a 100 IM. Additionally, Tiger Sharks exhibit the experience and maturity to complete parts of workouts without close supervision and are able to help teach skills to younger swimmers when needed. This group is usually our highly competitive 12+ year olds and high school students.

If you feel you need to be placed into a different group, please don't hesitate to communicate this with the coaching staff. We try to place swimmers in the group that we believe is best for their development and improvement, but sometimes make mistakes or overlook important considerations. Additionally, these practice groups are more guidelines than hard line rules – if you need to practice with another group to accommodate your schedule, that's absolutely okay – just let the coaches know how we can get you in the water as much as possible!

DRYLAND:

We will conduct 2-4 days of evening dryland practices prior to the opening of the pool. The purpose of dryland is to get to know each other, get active, and have fun. Please wear athletic clothing (shorts, sneakers) and don't forget water or a sports drink to stay hydrated!

All dryland practice times will be between 6:30 and 8:15. More details will be provided before the start of the season. Expect one pre-season dryland practice to be combined with all swimmers, and the others split into groups.

IN WATER DURING SCHOOL – Evenings Only:

	Monday	Tuesday	Wednesday	Thursday
Tigers	6:30-7:00 pm	6:30-7:00 pm	6:30-7:00 pm	6:30-7:00 pm
Sharks	6:50-7:30 pm	6:50-7:30 pm	6:50-7:30 pm	6:50-7:30 pm
Tiger Sharks	7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm

IN WATER DURING SUMMER – Swimmers are encouraged to attend at least one practice per day, but may attend both.

	Monday	Tuesday	Wednesday	Thursday	Friday
Tigers	8:30-9:00 am	8:30-9:00 am		8:30-9:00 am	8:30-9:00 am
	7:15-7:45 pm		7:15-7:45 pm	7:15-7:45 pm	
Sharks	9:10-10:10 am	9:10-10:10 am		9:10-10:10 am	9:10-10:10 am
	7:50-9:00 pm		7:50-9:00 pm	7:50-9:00 pm	
Tiger Sharks	9:30-10:45 am	9:30-10:45 am		9:30-10:45 am	9:30-10:45 am
	8:00-9:15 pm		8:00-9:15 pm	8:00-9:15 pm	

Saturday Clinics

On Saturdays, there will be technique clinics from 9:00-10:30 am. Each clinic will be focused on a specific skill, starts, turns, individual strokes, etc. Swimmers may attend one or more of these free clinics. Older swimmers may also volunteer to assist at clinics. The Clinics will be held on the following Saturdays: June 9th, June 16th, June 23rd & June 30th.

Time Trials



All new swimmers should attend the time trials if possible. The swimmers will learn how a meet is run, including starts, dive overs, and using the blocks. The swimmers will also get an official time. This is also a great time for new swim team parents to learn how a meet is run!

- Held Saturday, June 2nd, 9:00-10:30 am
- Great time for new swimmers to learn what a meet is like, including clerk of course, starts, blocks.
- Each swimmer will get a time for each event they swim (3-4 events per swimmer, no relays)
 - Used to place swimmers in appropriate heats for meets
 - Great to see improvement throughout the season!
- Great time for parents to learn volunteer positions

Swim Meet Information

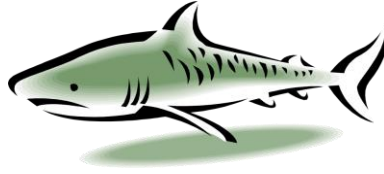


- If you cannot attend a meet, please let the coaching staff know. If a swimmer knows he or she will not be able to attend a meet, they should place their name on the “Sign-Out” sheet located on the Swim Team Bulletin Board.
- All meets start @ 5:30 pm unless otherwise noted.
- Away meets’ warm-ups start @ 5:00, so plan on arriving around 4:30. You’ll need this extra time to find a place to sit, inquire about any event changes that may impact your swimmer, etc.
- Home meets’ warm-ups start @ 4:30, so plan on arriving around 4:00. You’ll need this extra time to find a place to sit, inquire about any event changes that may impact your swimmer, etc.
- Meets may last until 9:30 pm or later.
- What to bring to a meet??? Here are some helpful suggestions for swimmers & parent:
 - Team suits, caps (no year-round swim caps or suits are allowed – you will be disqualified), and t-shirts are encouraged to be worn at the meets.
 - Bring two towels (maybe even a change of clothing) because they can get very wet! Makes sure your swimmer’s name is on their belongings.
 - Consider bringing a cooler stocked with healthy snacks. Swimmers (and their parents) can get very hungry during a meet! If you don’t have time to pack a cooler, Tiger Shark concessions has you covered! All money spent at our concession booth directly benefits our team!!
 - You will definitely want to bring a chair or two.
 - A Sharpie to write event numbers on your child.

Meet Entries

- Each swimmer should swim each (legal) stroke during the season.
- Throughout the season, swimmers may request events they want to swim in a meet. There are event request sheets located on the Swim Team Bulletin Board. All event requests must be made by the Friday morning before the next week's swim meet. A swimmer may only request one event per meet.
- Relay decisions are made based on three criteria: (1) Provide as many swimmers as possible the opportunity to swim, (2) Have the fastest possible relays according to times accomplished for SESC during the current season, and (3) Establish times needed for swimmers in specific strokes. For City Meet, the fastest relays are determined by Team Manager software based on times accomplished **this season**. Therefore, it is always important that you race your hardest!
- Do not leave meets until confirming with a coach that you are done. In case of illness, injury, no-shows, etc. we often need to move people on the last relays and may need you to swim on that relay. One coach will be assigned to be the "check-out" coach for each meet.

2018 Swim Meet Schedule



June 5

SESC @ YMCA
501 W Market St
Greensboro, NC 27401

June 12

SESC @ Oak Ridge
2039 Oak Ridge Rd
Oak Ridge, NC 27310

June 19

High Point Elks @ SESC

June 21

Lawndale @ SESC

June 26

Cardinal @ SESC

July 5th-7th

City Meet

@ Greensboro Aquatic Center
1921 W Gate City Blvd
Greensboro, NC 27403

Tiger Sharks Awards Banquet

Location & Date TBD