

# Twin Creeks Swim Team 2010

## Parent Information Packet

### **Welcome!**

Thank you for your interest in the Twin Creeks Tiger Sharks 2010! We are excited to have your family as part of the team! This packet will help answer many questions you may have about the Swim Team. Page 5 recaps all the important dates to remember.

### **Requirements to Participate**

To become a member of the Twin Creeks Swim Team, you must:

1. Be a Twin Creeks resident.
2. Be 18 years old or younger. (There is no minimum age, as long as a swimmer can meet the swim requirement listed below. In years past, our youngest swimmers have been 4-5 year olds. The youngest age group for races is 6 and under.)
3. Be able to swim at least 25 yards (ages 11+ 50 yards). (The coaching staff realizes that swimmers might be a bit rusty at the beginning of the summer. If your child struggles to swim the distance after a week or so of practice, he/she may be better served with the swim lesson program managed by Morgan Peele from Metro Learn-to-Swim.)
4. Have parents or older family members willing to volunteer.
5. Complete the Swim Team Registration Form.
6. Pay the Swim Team registration fee (\$125 for first swimmer in the family, \$120 for each additional swimmer in the family.)

### **Practices**

The Swim Team officially starts practice on Monday, June 7. Practice is Monday – Friday at the main Twin Creeks pool. Practice times are based on swim level:

Beginners: 7:30 a.m. – 8:15 a.m.  
Intermediate: 8:00 a.m. – 9:00 a.m.  
Advanced: 8:45 a.m. – 10:00 a.m.

Practices are held on days of swim meets.

This year, we will offer a make-up practice session on Saturday morning from 9:00 a.m. – 10:00 a.m. This practice will be for anyone who had to miss a practice during the week because of a conflict or for anyone who would like extra practice time.

### **Swim Levels**

If you aren't sure of your child's swim level, Swim Team coaches will be conducting Stroke Clinics (see below) in May and can give you an assessment of your swimmer so that you know which practice session would be best for your child(ren).

On the Registration Form, please indicate what level you *think* your child will be based on the following descriptions. Please note: We realize these descriptions are subjective. Coaches will ultimately determine what level your swimmer is and swimmers can be moved during the season.

*Beginner* – Must be able to swim the length of the pool freestyle. Swimmers in this group work to gain proficiency in freestyle and backstroke and can be introduced to breaststroke.

*Intermediate* – Swimmers in this group proficiently swim 25 yards of freestyle and backstroke and know breaststroke. In addition to these strokes, intermediate swimmers will work on butterfly, flip turns and endurance during the summer.

*Advanced* – Swimmers in this group proficiently swim 50 yards of all four strokes (freestyle, backstroke, breaststroke and butterfly).

## **Swim Meets**

### *Regular Season*

There will be a minimum of 4 swim meets between June 7 and July 6. Usually the swim meets are on Monday afternoons, so the *tentative* schedule would be June 14, June 21, June 28 and July 5. (The July 5 date may get changed to July 6 because of the holiday.) The Dallas Amateur Swim Association (DASA) coaches' meeting is scheduled for May 26, 2010. At this meeting, we will get the actual schedule, including dates, times and locations. Some meets will be home meets and others will be held at other pools in the North Dallas area. Meets usually begin in the mid to late afternoon and last approximately 3 – 3.5 hours.

### *Mock Meet*

This year, we plan on having an intrasquad meet during the first week of practice to help swimmers and parent volunteers better understand what to expect at a meet. This will also give the swimmers seed times for the first meet. The tentative date for the Mock Meet is Thursday, June 10 at 4:00 p.m. This date and time will be confirmed after we receive our official schedule at the May 26 DASA coaches meeting.

### *Divisional Championships*

There are 5 Divisions in DASA (Division A, B, C, D and E.) Swim teams are assigned a Division based on the number of swimmers on the team. Any Swim Team member who has competed in at least two regular season meets can enter the Divisional Swim Meet and swim against other swimmers from our entire Division. This meet will be held either July 12 or July 13. Times from this meet will determine if a swimmer qualifies for the All-Star meet.

### *All-Star Championships*

A swimmer qualifies for the All-Star Meet by being a top finisher at the Divisional Meet. The top swimmers from all 5 Divisions compete at this meet. The All-Star Meet will be held July 19.

## **Swim Events**

Attached is a list of events that are a part of each swim meet. Swimmers are allowed to choose which events they would like to swim for each meet. Swimmers are allowed to pick up to 3 individual events and 1 relay per meet. Swimmers compete in meets based on age (as of June 1, 2010), regardless of their swim level for practices.

Individual events are offered in all four strokes (freestyle, backstroke, breast stroke, and butterfly) and the Individual Medley (one swimmer swims all four strokes in one race.) The length of the race (25 yards, 50 yards, etc.) varies by age group.

Both a freestyle relay and a medley relay are offered. In the freestyle relay, four different swimmers are on the relay team and each swims freestyle. In the medley relay, four different swimmers are on the relay team and each swims one of the four main strokes.

### **Team Swim Suits**

Each swim team member will need to have a Twin Creeks Swim Team Suit. Swim Team caps are optional. Girls wear a one-piece suit and boys wear a jammer style suit. Team suits will be similar (black with yellow “Twin Creeks” lettering) to those used in past years, so you can use a suit from a previous year if you have one in good condition.

If you need to purchase a new team suit, Kiefer (our suit supplier whose store is in Plano) will be on-site at the main Twin Creeks pool on Saturday, April 10 from 9:00 a.m. – 12:00 p.m. Please plan on stopping by so you can order your team suit and/or cap. They will have sample suits that swimmers can try on so that you can be sure to get the correct size. In addition to team suits and caps, Kiefer will also have goggles, practice suits and other swim gear available at a discount for swim team members that day.

If you have questions about ordering team swimsuits, please contact Liz Holman at 214-551-7272 or [lizzyholman@gmail.com](mailto:lizzyholman@gmail.com).

### **Stroke Clinics**

New this year! On two dates in May, our coaches will be conducting stroke clinics for swim team members, before the main pool is even officially open to the community. This will be a great way for swimmers to get back in the pool and “get some kinks out” before the season starts. These clinics will allow the coaches and swimmers to get to know each other before the first practice so we can have a productive start to the season. Also, coaches will be able to assess swim levels at the clinics so you know for certain which practice time your swimmer(s) will have. The dates of the Stroke Clinics are Sunday, May 16 from 3:00 p.m. – 5:00 p.m. and Friday, May 21 from 4:00 p.m. – 6:00 p.m.

We *recommend* swimmers who are 8 years old and younger to attend the stroke clinics during the first hour of each clinic and swimmers who are over 8 years of age to attend the stroke clinics during the second hour of each clinic. However, if you cannot make the time for your age group, please attend either session that works for you.

### **Meet-the-Coaches Night**

New this year! On Thursday, May 13, at 7:00 p.m., we will be hosting a Meet-the-Coaches night. Parents can come to the pool and have a chance to meet the coaches, get valuable information for the season and ask any questions they may have before the season starts.

### **Team Pictures**

This year we will be taking team and individual pictures during a practice session. Time and date will be announced. A team parent takes the pictures and provides a photo cd to you. There is a \$5 fee for this service.

### **End-of-Year Team Party**

The team will have an end-of-year team party and awards ceremony to celebrate the hard work and accomplishments of all the swimmers. Details will be announced at a later date.

### **Volunteer Requirements**

Swim Team is a commitment by the whole family. Numerous volunteer positions are required to make the meets a success. Every family is asked to serve a minimum of two or three volunteer slots. A volunteer slot usually lasts only half the meet. With everyone helping, we can have a successful and organized season!

Closer to the season, you will be given a sheet that describes volunteer positions for swim meets. Meet organizers will solicit volunteers for each meet, taking date and position preferences.

If you have questions about volunteering, please contact Chaz Merriam at 214-728-8582 or [chazem@sbcglobal.net](mailto:chazem@sbcglobal.net).

### **Team Communications**

Team communications and updates will be shared via the team website, *tcswim.com*, and through emails. Please be sure to print your email address very clearly on the registration form.

### **Recap – What do I need to do?**

1. Complete the Swim Team Registration Form and submit the registration fee.
2. Purchase a Team Suit (on-site ordering April 10, see above).
3. Attend Meet-the-Coaches night on May 13.
4. Attend the Stroke Clinics on May 16 and May 21.
5. Attend the 1<sup>st</sup> practice on June 7.
6. Have fun!

### **Contacts**

If you have any questions related to the Twin Creeks Swim Team, please feel free to call or email any of the following people on the Swim Team Parent Committee. Also, if you would like to get involved in any way, please let one of us know. We appreciate your support!

Ron Caldwell	Parent Committee Chairman – 214-514-4772 or <a href="mailto:thecaldwellparty@aol.com">thecaldwellparty@aol.com</a>
Mary Pat Davis	Registration – 469-675-3686 or <a href="mailto:puttdavis@aol.com">puttdavis@aol.com</a>
Liz Holman	Team Suits – 214-551-7272 or <a href="mailto:lizzyholman@gmail.com">lizzyholman@gmail.com</a>
Chaz Merriam	Meet Operations – 214-728-8582 or <a href="mailto:chazem@sbcglobal.net">chazem@sbcglobal.net</a>
Ginger Sutherland	Concessions & Awards – 281-851-9769 or <a href="mailto:sutherlandginger@sbcglobal.net">sutherlandginger@sbcglobal.net</a>
Elissa Caldwell	Special Events – 972-396-1977 or <a href="mailto:thecaldwellparty@aol.com">thecaldwellparty@aol.com</a>
Monica Steiner	Public Relations – 214-495-8570 or <a href="mailto:activechiropractic@hotmail.com">activechiropractic@hotmail.com</a>
Scott Davis	Finance – 469-675-3686 or <a href="mailto:puttdavis@aol.com">puttdavis@aol.com</a>

# Twin Creeks Swim Team 2010

## Dates to Remember

### **Saturday, April 10, 9:00 a.m. – 12:00 p.m.**

Swim suit try-on with Kiefer at the main Twin Creeks pool. Try-on and purchase your team suit. Other swim supplies available at a discount.

### **Thursday, May 13, 7:00 p.m.**

Meet-the-Coaches night at the main Twin Creeks pool.

### **Sunday, May 16, 3:00 p.m. – 5:00 p.m.**

Stroke Clinic at the main Twin Creeks pool.

3:00 – 4:00 p.m. recommended for ages 8 and under

4:00 – 5:00 p.m. recommended for swimmers over 8 years of age

### **Friday, May 21, 4:00 p.m. – 6:00 p.m.**

Stroke Clinic at the main Twin Creeks pool.

4:00 – 5:00 p.m. recommended for ages 8 and under

5:00 – 6:00 p.m. recommended for swimmers over 8 years of age

### **Monday, June 7**

First Practice. Practice time is based on swim level (see above).

### **Thursday, June 10, Time 4:00 p.m. \***

Mock Meet at the main Twin Creeks pool. (Date and time to be confirmed after the May 26 DASA Coaches meeting.)

### **Monday, June 14, June 21, June 28 and July 5 \***

Tentative dates for swim meets. (Actual dates, times and locations of meets will be announced after the May 26 DASA coaches meeting.)

### **July 12 or 13 \***

Divisional Swim Meet. Time TBA.

### **July 19**

All Star Swim Meet. Time TBA.

*\* Please note, when actual dates/times are confirmed for meets, they will be emailed to all team members and will be posted on the team website, tcswim.com.*