

Twin Creeks Swim Team 2011

Parent Information Packet

Welcome!

Thank you for your interest in the Twin Creeks Tiger Sharks 2011! 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. **All the important Dates to Remember are summarized on pages 7-8.**

Registration & 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. (Forms are accepted on a first-come, first-served basis. If the team has already exceeded capacity, you will be notified.)
6. Pay the Swim Team registration fee. (\$125 for first swimmer in the family, \$120 for each additional swimmer in the family.)
7. Complete the Volunteer Preference Form and return it by May 16.

If you have any questions about registration, please contact Mary Pat Davis at 469-675-3686 or puttdavis@aol.com

Practices

The Swim Team officially starts practice on Monday, June 6. 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.

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.

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 4 regular season swim meets this year. Two of these meets are home and two are away at nearby pools. Please see the Dates to Remember section of the packet for meet dates, times and locations.

Mock Meet

This year, we again 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 regular season meet. The date for the Mock Meet is Thursday, June 9. Warm-ups will begin at 5:00 p.m. and the meet will start at 5:30 p.m.

Divisional Championships

Our Swim Team competes in the Dallas Amateur Swim Association (DASA). 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 11 or July 12. 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 on Monday, July 18.

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. Each swimmer may register for a maximum of 4 events per meet. This can be a combination of 3 individual events and 1 relay or 2 individual events and 2 relays. Swimmers compete in meets based on age (as of June 1, 2011), 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. 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 Swim Shop, our suit supplier, will be on-site at the main Twin Creeks pool on Saturday, April 9 from 9:00 a.m. – 12:00 p.m. Please plan on stopping by so you can order your team suit. 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, Kiefer will also have goggles and other swim gear available at a discount for swim team members that day.

The swim suit try on event is offered as a convenience to swim team families. If you are unable to attend the event on April 9, you will need to go to Kiefer's store to purchase your team suit. Just let them know you are with the Twin Creeks Swim Team. Kiefer is located in Plano at the NE corner of Coit and Park, near Cici's Pizza. Their contact information is:

2220 Coit Road, Suite 325
Plano, TX 75075
972-596-2188
972-596-6015 FAX

You pay Kiefer directly for team suits. All team suits, whether ordered at the April 9 event or ordered in store, will be delivered to us before the season starts. You will receive your suit on the first day of practice.

If you have questions about ordering team suits, please contact Ginger Sutherland at 281-851-9769 or sutherlandginger@sbcglobal.net.

Team Swim Caps

Swim Team Caps are optional. Our team caps are made from silicone and cost \$10 per cap. (The cap is the same style that was offered for sale in 2010.) Team Caps can be ordered on the T-shirt, Swim Cap and Photo CD order form. (Kiefer does not take orders for Team Caps.) Order deadline for team caps is May 2. Caps will be given to you on the first day of practice.

Team T-Shirts

To help you show your Tiger Sharks spirit, team t-shirts will be available to purchase again this year. (The shirt is the same style that was offered for sale in 2010.) The shirts are a 50/50 blend and are white with the black and gold Twin Creeks Tiger Sharks logo. Samples will be available for you to see at any of our pre-season events. If you would like to purchase a team t-shirt, please complete the T-shirt, Swim Cap and Photo CD order form. Size and cost information is on the order form. Orders for t-shirts are due by May 16. T-shirts will be given to you on the first day of practice.

Stroke Clinics

On two dates in May, our coaches will be conducting stroke clinics for swim team members, before the main pool is 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 Tuesday, May 17 from 4:00 p.m. – 7:00 p.m. and Thursday, May 19 from 4:00 p.m. – 7:00 p.m. These time blocks will be separated by ages, so your swimmer will only attend one hour of each clinic. Please see the Dates to Remember pages of this packet to see what time is recommended for your swimmer to attend. If you would like to attend both clinics, you are welcome to do so.

Meet-the-Coaches Night

On Monday, May 16, 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, find out what is new this year and ask any questions they may have before the season starts. This is a very helpful event for team parents to attend.

Volunteer Requirements

Swim Team is a commitment by the whole family. In order to run a successful meet, parent volunteers are needed for both home and away meets. A successful home meet requires at least 50 volunteers, so your involvement is both appreciated and necessary. When everyone does their part

and helps out, meets run smoothly and both swimmers and families have a rewarding and fun experience.

Every family is asked to serve at least three volunteer slots. A volunteer slot usually lasts only half the meet. With everyone helping, we can have a successful and organized season!

Attached to this packet are: (1) a Volunteer Position Description Sheet and (2) a Volunteer Preference Form, which allows you to state your date and position preferences. We ask that you complete the form and return it on or before the Meet-the-Coaches Night on May 16. Every effort will be made to accommodate your preferences, but please keep in mind that all roles for the meet have to be filled in order for the event to take place. If you are a new swim team family, we will further explain the volunteer positions at the Meet-the-Coaches night.

If you have questions about volunteering, please contact Monica Steiner at 214-495-8570 or activechiropractic@hotmail.com.

Team Pictures

Team and individual pictures will be taken during morning practice time on Friday, June 17. A team parent takes the pictures and provides a photo cd to you. There is a \$5 fee for this service. We encourage everyone to attend so that we have the whole team in the picture. Beginners will come at 7:30 a.m. (their normal practice) for individual pictures. The team picture will be taken at 8:00 a.m. Intermediate and advanced individual pictures will be taken after the team picture. There will be no practice in the water that day. You can order the photo cd on the T-shirt, Swim Cap and Photo CD order form.

End-of-Year Team Party

Save the date! The team will have an end-of-year team party and awards ceremony to celebrate the hard work and accomplishments of all the swimmers. The date for the party is planned for Friday, July 8. Details will be announced at a later date.

Dive-in Movie Nights

The Swim Team will host three Dive-in Movies at the pool this summer on Friday, May 27, June 24, and July 22. Come out and join your friends and neighbors for a fun night at the pool and watch a movie on an inflatable screen. Movies start at dusk. Concessions will be available.

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 9, see above).
3. Attend Meet-the-Coaches night on May 16.
4. Return the Volunteer Preference Form by May 16.
5. Attend the Stroke Clinics on May 17 and May 19.
6. Attend the 1st practice on June 6.
7. 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 thecaldwellparty@aol.com
Mary Pat Davis	Registration – 469-675-3686 or puttdavis@aol.com
Ginger Sutherland	Team Suits & Concessions – 281-851-9769 or sutherlandginger@sbcglobal.net
Monica Steiner	Volunteers & Public Relations – 214-495-8570 or activechiropractic@hotmail.com
Elissa Caldwell	Special Events – 214-202-7891 or thecaldwellparty@aol.com
Chaz Merriam	Meet Operations – 214-728-8582 or chazem@sbcglobal.net
Scott Davis	Finance – 469-675-3686 or puttdavis@aol.com

Twin Creeks Swim Team 2011

Dates to Remember

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

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

Monday, May 16, 7:00 p.m.

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

Tuesday, May 17, 4:00 p.m. – 7:00 p.m.

Stroke Clinic #1 at the main Twin Creeks pool.

4:00 – 5:00 p.m. recommended for ages 6 and under

5:00 – 6:00 p.m. recommended for swimmers 7-8 years of age

6:00 – 7:00 p.m. recommended for swimmers 9 years of age or older

Thursday, May 19, 4:00 p.m. – 7:00 p.m.

Stroke Clinic #2 at the main Twin Creeks pool.

4:00 – 5:00 p.m. recommended for ages 6 and under

5:00 – 6:00 p.m. recommended for swimmers 7-8 years of age

6:00 – 7:00 p.m. recommended for swimmers 9 years of age or older

Friday, May 27

Dive-in Movie #1. Movie starts at dusk.

Monday, June 6

First practice. Practice time is based on swim level (see page 1 above).

Thursday, June 9, Warm-ups start at 5:00 p.m. Meet starts at 5:30 p.m.

Mock Meet at the main Twin Creeks pool.

Monday, June 13, Warm-ups start at 4:30 p.m. Meet starts at 5:00 p.m.

Meet #1 at Cooper Fitness Center.

Friday, June 17, morning practice time

Picture Day.

7:30 a.m. Individual pictures for beginner group

8:00 a.m. Team picture (all groups)

After the team picture, intermediate and advanced individual pictures will be taken.

Monday, June 20, Warm-ups start at 4:00 p.m. Meet starts at 5:00 p.m.
Meet #2 at Twin Creeks. (vs. Hidden Creek)

Friday, June 24
Dive-in Movie #2. Movie starts at dusk.

Monday June 27, Warm-ups start at 3:30 p.m. Meet starts at 4:00 p.m.
Meet #3 at Stonebriar.

Tuesday, July 5, Warm-ups start at 3:45 p.m. Meet starts at 5:00 p.m.
Meet #4 at Twin Creeks. (vs. Spring Park)

Friday, July 8
End-of-year Team Party.

July 11 or 12 *
Divisional Swim Meet. Time/Location TBA.

Monday, July 18 *
All Star Swim Meet. Time/Location TBA.

Friday, July 22
Dive-in Movie #3. Movie starts at dusk.

** Please note, when actual dates/times/locations are confirmed, they will be emailed to all team members and will be posted on the team website, tcs swim.com.*