

**2011 Twin Creeks Tiger Sharks  
Meet-the-Coaches Night  
May 16, 2011**

**Welcome!**

Welcome to the 2011 Twin Creeks Tiger Sharks Swim Team!

This year the team will be coached by:

Matt Stanwick – Head Coach, mstanwick@gmail.com, 214-500-8289

Haileigh Pettigrew – Assistant Coach

Tyler Mase – Assistant Coach

Ashley Smith – Assistant Coach

You can find more information about us in the attached “Coaches Bios”.

**Team Objectives**

We have many goals for this season. We will be focusing on improving swim strokes and techniques, but also we will emphasize teamwork, sportsmanship and safety. Most of all, we hope the swimmers have a FUN and rewarding experience!

**Medical Conditions or Concerns**

Any swimmer with a medical condition that would affect their ability to perform a task related to practices or meets should notify the Head Coach in writing.

**Practice Guidelines**

Practices run Monday – Friday at the main Twin Creeks Pool beginning June 6. Practices are held on days of swim meets. 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.

We will offer a make-up practice session (for all levels) on Saturday mornings 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.

The following are a few points we would like to make about practices:

1. We understand that it is summer and conflicts do arise. If swimmers are going to miss practices for an extended number of days (for family vacations, medical reasons, etc.), please notify coaches.
2. Parents are responsible for getting swimmers to and from practice on time. Prior arrangements should be made for the swimmer to be picked up or tended to by someone after the swimmer’s practice time is concluded.
3. Swimmers are encouraged to do the best that they can. Actual skill is not as critical as the swimmer’s willingness and enthusiasm.

4. Coaches will be focused on the swimmers during practice sessions. Parents wishing to speak with the coach may do so by email or after the end of practice (10:00 a.m.). Coaches will be at the pool for 15-20 minutes after practice if anyone needs to speak to them. Also, Coach Matt will be available before or after our Saturday morning make-up sessions.
5. For the safety and instructional benefit of all swimmers, all swimmers are expected to listen and follow directions during practice. Any swimmer that is excessively disruptive during practice or distracting other swimmers may be asked to sit out of practice or will be instructed to perform dry land exercises. Continued behavior problems will be addressed with the parent.

### **Practice Progression for the Season**

All groups (beginner, intermediate and advanced) will focus everyday on stroke technique and the rules for those strokes. The legal way to swim each stroke will always be emphasized. The following is a tentative outline of how practices will progress by swim level. Adjustments may be made based on the progress of each group.

### **Beginners**

This group will concentrate mainly on freestyle and backstroke. About mid-session we will start to introduce breaststroke. You can expect this group to mainly be swimming continuously for 25 yards and possibly progressing up to 50 yards by the end of season.

#### **Week 1 - June 6 - June 10**

Coaches will spend a great deal of time in the water with them this first week and the focus will be on freestyle. Coaches will also explain basic procedures for meets.

#### **Week 2 - June 13 – June 17**

Building from week 1 and adding backstroke, freestyle starts, and sideways breathing. Stroke drills will be introduced this week.

#### **Week 3 - June 20 – June 24**

Continuing to build from previous weeks and adding relays and starts for backstroke.

#### **Week 4 - June 27 – July 1**

Continuing to build from previous weeks and introducing breaststroke. Also, we will cover how to count strokes to the wall for backstroke finishes. Swimmers will continue working on the other strokes, sideways breathing, starts, endurance and putting it all together. Coaches will evaluate swimmer's technique for each stroke to determine if it is legal for Divisionals.

#### **Week 5 - July 4 - July 8**

Preparing for Divisionals, working mainly on racing, starts and stroke technique.

#### **Week 6 - July 11 – July 15**

DIVISIONALS and preparing for ALL-STARS.

### **Intermediate**

This group will focus mainly on freestyle, backstroke, breaststroke, butterfly, racing starts, and endurance. This group can expect to start out swimming continuously for 25 yards and build up to 100 yard sets.

**Week 1 - June 6 - June 10**

Swimmers will focus on freestyle, backstroke, and starts. Distances this week will mostly be 25 yards. Coaches will also review basic procedures for meets.

**Week 2 - June 13 – June 17**

Building from week 1 and adding breaststroke and relays. Swimmers will increase distances (50 yards) and work on individual stroke drills, starts and how to count strokes to the wall for backstroke finishes.

**Week 3 - June 20 – June 24**

Continuing to build from previous weeks and adding some butterfly and focusing on endurance.

**Week 4 - June 27 – July 1**

Continue working on improving all strokes individually and adding some IM work. Putting it all together. Coaches will evaluate swimmer's technique for each stroke to determine if it is legal for Divisionals.

**Week 5 - July 4 - July 8**

Preparing for Divisionals, working mainly on racing, stroke technique, starts, and relay races.

**Week 6 - July 11 – July 15**

DIVISIONALS and preparing for ALL-STARS.

### Advanced

This group will focus on all 4 competitive strokes. This group can expect to swim 50 yards – 300 yards continuously. The practices will consist of a variety of sprint sets, stroke work, breath control, and interval training.

**Week 1 - June 6 - June 10**

All strokes will be assessed and swimmers will start working on drills, turns, starts, finishes, how to find the wall on backstroke, and interval training.

**Week 2 - June 13 – June 17**

During this week distances will start to increase and rest times between will decrease. Swimmers will build on week 1 by working on dives, turns, finishes, drills, breath control, starts, and relay races.

**Week 3 - June 20 – June 24**

Continuing to build from previous weeks, sprint sets will be introduced and speed techniques will be shown and emphasized during this week. Racing strategy will be introduced.

**Week 4 - June 27 – July 1**

Putting it all together and focusing on racing. Relays races, speed, technique, and proper form will be emphasized this week. Each swimmer will have the strokes they want to swim at Divisionals evaluated for legality.

## **Week 5 - July 4 - July 8**

In preparing for Divisionals, swimmers will be working mainly on racing speed, legal stroke technique, starts, and relay races with their relay groups.

## **Week 6 - July 11 – July 15**

DIVISIONALS and preparing for ALL-STARS.

### **Swim Meets**

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.

The following describes the various meets we will have this year:

#### *Mock Meet*

During the first week of practice, we will be conducting an intrasquad meet to help swimmers and parent volunteers better understand what to expect at a meet. This will also give swimmers seed times for the first regular season meet so they can swim in the appropriate heats. See Dates to Remember for date/time.

#### *Regular Season Meets*

There will be 4 regular season swim meets this year. Two of these meets are home and two are away at nearby pools. See Dates to Remember for dates/times.

#### *Divisionals*

The Divisional Swim meet is an optional end-of-season meet held on either July 11 or July 12 (date and location will be confirmed as soon as it is available). Swimmers will compete against other swimmers from our entire division. Times from this meet will determine if a swimmer qualifies for the All-Star Meet. **In order to participate in the Divisional Swim Meet, swimmers must have competed in 2 regular season meets. In order to swim a relay at Divisionals, the swimmer must be available to swim in the All-Star meet, if they qualify.**

#### *All-Stars*

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 July 18, location to be determined.

### **Meet Entry**

**New this year!** Meet entries will be done on-line! For complete instructions on how and when to register for meets, please see the attached “Swim Meet Sign-up Procedures.” **It is the responsibility of parents to enter their swimmer(s) for each meet they would like to swim in by the meet entry deadlines.**

### **Volunteer Requirements**

Every family is asked to serve at least three volunteer slots for meets. A volunteer slot usually lasts only half the meet. If you haven't returned the Volunteer Preference Form, please do so as soon as possible. The form is available to tcswwim.com. You can return it to Monica Steiner, her address is on the form.

### **Volunteer Sign-up**

**New this year!** To simplify the process of signing up for volunteer positions, volunteer sign up will be done on-line! Beginning now, you can go to [http://www1.mysignup.com/cgi-bin/view.cgi?datafile=twin\\_creek\\_tiger\\_sharks](http://www1.mysignup.com/cgi-bin/view.cgi?datafile=twin_creek_tiger_sharks) and sign up for your preferred positions and dates. Please note, ALL meets (except Divisionals and All-Stars) are included on this on-line sign-up sheet, so **please be very careful to pay attention to the headings of columns so you select positions for the dates of the meets you want.**

Also, please note that you can sign up to work the 1<sup>st</sup> half of a meet or the 2<sup>nd</sup> half of a meet. If you would like to work a whole meet, simply sign up for both the 1<sup>st</sup> half and the 2<sup>nd</sup> half.

Some positions are more critical to running a meet than others. If critical roles are not filled, you may be asked to switch positions to fill a need.

If you have any questions about volunteer positions or sign up, please contact Monica Steiner at 214-495-8570 or [activechiropractic@hotmail.com](mailto:activechiropractic@hotmail.com). With everyone helping, we can have a successful and organized season!

### **Team Swim Suits**

If you have already ordered a team suit, it will be delivered to you on the first day of practice. If you haven't ordered a team suit, please go to Kiefer Swim Shop as soon as possible to purchase your team suit. Just let them know you are with the Twin Creeks Swim Team. You pay Kiefer directly for the suit. 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

### **Communication**

Team communications and updates will be shared via the team website, [tcswim.com](http://tcswim.com), and through emails.

**Please be sure to read swim team emails for important updates and information.** If you have questions for the coaches, please feel free to email or talk with us after practices.

**WE LOOK FORWARD TO A GREAT 2011 TIGER SHARKS SWIM SEASON!!!!**

# Dates to Remember

## 2011 Twin Creeks Tiger Sharks

### **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).

### **Wednesday, June 8, 12:00 p.m. (noon)**

Meet entry deadline for the Mock Meet.

### **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.

### **Saturday, June 11, 12:00 p.m. (noon)**

Meet entry deadline for Meet #1 vs. Cooper Fitness Center.

### **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.

### **Saturday, June 18, 12:00 p.m. (noon)**

Meet entry deadline for Meet #2 vs. Hidden Creek.

### **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.

**Saturday, June 25, 12:00 p.m. (noon)**

Meet entry deadline for Meet #3 vs. Stonebriar.

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

Meet #3 at Stonebriar.

**Saturday, July 1, 12:00 p.m. (noon)**

Meet entry deadline for Meet #4 vs. Spring Park.

**Monday, July 4, 12:00 p.m. (noon)**

Meet entry deadline for Divisionals.

**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. Time/Location TBA. Date subject to change.

**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, tcswim.com.*

# Coaches Bios

## 2011 Twin Creeks Tiger Sharks

### **Matthew Stanwick – Head Coach**

Coach Matt will be starting his fourth year as Head Coach of the Twin Creeks Tiger Sharks. Matt has been swimming since he was 8 years old. In 2002, he competed in his first Texas Age Group (TAGS) Championships and continued to qualify in 2003 and 2004 both for short course and long course. In 2006, he qualified for the Speedo Championship Series and swam at those meets through 2007 and 2008. At The Colony High School, Matt served as the boy's swim team captain from his sophomore through his senior year. In 2007, he qualified for the State Championships in the 100-yard butterfly. Matt feels that coaching the Tiger Sharks is the most rewarding job he has ever had and looks forward to another successful season. Matt recently completed his junior year at Texas Tech University and currently swims in the U.S. Masters League.

Contact information:

[mstanwick@gmail.com](mailto:mstanwick@gmail.com)

214-500-8289

### **Haileigh Pettigrew – Assistant Coach**

Coach Haileigh will be starting her third year as an Assistant Coach of the Twin Creeks Tiger Sharks. Haileigh has been swimming since she was 7 years old. She swam in summer leagues until she was in 8<sup>th</sup> grade when she switched to a year round club swim team. During her high school years, she swam on both the club team and her Hebron High School swim team, where she was a team captain for both her junior and senior years. She was a 5A State Qualifier in high school. Haileigh believes her love for swimming started when she was 7 and joined her first summer league team, similar to the Tiger Sharks. She wants this season to be fun and enjoyable for all swimmers that she coaches and hopes she can inspire them to be the best that they can be in and out of the water. Haileigh recently completed her sophomore year at Texas State University. She currently swims on a Texas State Masters team.

### **Tyler Mase - Assistant Coach**

Coach Tyler will be starting his second year as an Assistant Coach of the Twin Creeks Tiger Sharks. Tyler started swimming when he was 11 years old and competed in several championship meets including a pro-am meet in Chesapeake, Oklahoma. In high school he was on the varsity swim team all four years and was the boy's team captain during his senior year. He helped his high school team win three District Championships and made the All-Region team three years in a row. During his freshman year of high school, he was awarded Rookie-of-the-Year and during his senior year he was the team's Most Valuable Swimmer. Tyler is excited about returning to the Twin Creeks coaching staff and feels coaching is a blast and getting to introduce kids to swimming is great. Tyler currently swims on a U.S. Masters swim team.

### **Ashley Smith – Assistant Coach**

Coach Ashley will be starting her first year as an Assistant Coach of the Twin Creeks Tiger Sharks. Ashley's swimming career started in 2003 with The Colony Institute of Aquatics (CIA) club swim team. Ashley currently swims for The Colony High school swim team and Lakeside Aquatic Club. She will be a senior next year. She won awards for the most improved and most spirited on her high school swim team. She has taught swim lessons and assisted in coaching the middle school swim program the past two years. Ashley is very excited to share her passion for the sport with other swimmers this summer and she is looking forward to having a fun and successful season!

# Swim Meet Sign-Up Procedures

## 2011 Twin Creeks Tiger Sharks

You will need to sign-up your swimmers for the events that they want to race at each meet using our new on-line meet entry tool. You can access the meet entry tool on our team website, [tcswim.com](http://tcswim.com).

Please review the following instructions carefully so that you get your swimmers registered for the meets and events they would like to swim. **If you do not register your swimmer for a meet, the swimmer will not be entered in the meet and cannot swim.**

### **How Do I Register My Swimmer for Swim Meets?**

- Log onto [tcswim.com](http://tcswim.com).
- Click on the meet entry tool.
- On the first page of the meet entry form, type in swimmer's name.
- Choose the meet you would like to register for by using the drop down menu and selecting the meet.
- Choose the age group of your swimmer by using the drop down menu and selecting the age group.
- Click on the "Next" button.
- Then, on the second page of the meet entry tool, please indicate which events your swimmer would like to be in for that meet by clicking a check mark in the box next to those events.
- If you would like to provide the coaches any explanations or give them any information, please do so in the "notes" section on this page.
- Please type in your email address in the "Confirmation Email" box. You will receive an email confirming the meet and events you registered for.
- At the bottom of this page, please type in the word or phrase in the ReCaptcha spam blocker box.
- Click on the "Submit" button.
- The next screen will confirm if you successfully registered your swimmer or let you know if you made an error and need to correct something (i.e. the number of events entered, the ReCaptcha, the email address field.)
- If you would like to enter another swimmer or another meet, click on the "Register Another Swimmer or Meet" button.
- If you are done, then you can close the website.

### **What Events Can I register my child for?**

**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 cannot register for 4 individual events in one meet.

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.

Swimmers do not have to register for 4 events. For example, many beginner swimmers register for three events – freestyle, backstroke and 1 relay. As swimmers learn more strokes, they have more options. If you have a question about whether your swimmer is ready to try a certain event in a meet, please ask the coaches.

### **When Do I Register My Swimmer for Each Meet?**

For all regular season meets, you **MUST REGISTER BY 12:00 p.m. (noon) ON THE SATURDAY BEFORE THE UPCOMING MEET.** For the Mock Meet, you must register by noon on Wednesday, **June 8.** For example:

<u>Meet Date:</u>	<u>Must Register by 12:00 p.m. (noon) on:</u>
Thursday, June 9	Wednesday, June 8
Monday, June 13	Saturday, June 11
Monday, June 20	Saturday, June 18
Monday, June 27	Saturday, June 25
Tuesday, July 5	Saturday, July 2
Divisionals (July 11 or 12)	Monday, July 4

If you do not register your child by the deadlines, they will not be entered to swim in the meet.

### **What if I am Not Going to be Able to Attend a Meet?**

If for any reason you are not planning on participating in a meet, please email Coach Matt.

### **What if I Would Like to Change an Entry that I Have Already Submitted?**

Any changes need to be done before the Meet Entry Deadline (see above.) Please email Coach Matt with any changes. **Please do NOT use the online meet entry tool to make changes.**

### **Some Notes about Relays:**

Relays are an exciting part of every meet and often one of the most fun events for kids to compete in. There are three important things to remember about relays:

1. If you sign-up your swimmer for a relay, coaches will make every effort to make sure they are on a relay team. However, relay teams are made up of four swimmers. Coaches will have to make sure there are enough swimmers registered to create a team. Coaches will make every effort to “fill-out” teams, but in some cases, it is possible that not everyone who signed-up to be in a relay will be entered in that relay.
2. Medley Relays are the last events in a meet. If you sign up for a medley relay, be sure you are planning on staying until the end of the meet.
3. **It is critical that you ONLY sign up for a relay if you are certain you will attend the meet.** If you sign up for a relay and don't show for a meet, 3 other swimmers don't get to swim that event. This has been a problem in the past and this year, if you no-show (other than for legitimate medical reasons) for a meet and are scheduled to be in a relay, you will not be allowed to register for a relay for the next meet.

If you have any questions about registering for a meet, please contact the coaches. Thank you for your help and support in registering your swimmers for the meets this season!