



PARENT HANDBOOK



2010 PIEDMONT TSUNAMIS PARENT HANDBOOK

As a parent of a child who is being exposed to the sport of competitive swimming, it can be a challenge to understand this sport and its terminology. It may even appear that the coaches and parents of seasoned swimmers are speaking a different language! This Parent Handbook is intended to help both the new parent and veteran parent understand the Tsunamis program. If you have further questions after reading this handbook, please feel free to speak with any of the coaches or any member of the swim team Board. We also encourage you to talk with other parents, especially if you are the parent of a new swimmer on the team. Remember, at one time or another every parent was in your position.

Our Mission:

Welcome to the Piedmont Tsunamis' 2010 summer swim program! Our mission is to help every Piedmont Tsunamis swimmer enjoy summer swim while becoming a confident and ever-improving athlete. The team provides a positive nurturing environment so that each child may develop into an accomplished life-long swimmer. Swimmers will learn and improve on skills, with the intent of pursuing their personal best. Swimmers will apply athletic disciplines as they compete with community peers and learn the value of teamwork and good sportsmanship.

Philosophy and Goals:

The purpose of the summer swim league is to use competition as a means of learning the lifelong values of goal setting and discipline for success. Swimmers will improve their skills, teamwork ability, sportsmanship and respect for self and others within a competitive atmosphere led by capable coaches.

Competitive swimming is one of the most effective sports for physical development. The sport is unique in nature in that it offers four different strokes for each child, a variety of distances and an individual time for each combination or event. This encourages individual goal setting, focuses on personal improvement and creates many opportunities for success.

Governing Body

The governing body of the Tsunamis Swim Team is the Swim Team Board. All coaches are directly responsible to the Swim Team Board.

PWSL (Prince William Swim League)

The Piedmont Tsunamis compete as part of the Prince William Swim League in the Green Division. The Green Division includes Piedmont, Meadowbrook, and Old Bridge. PWSL provides the rules and regulations for all swim meet competitions and operations.

Team Enrollment

The Piedmont Tsunamis Swim Team is open to all children living in the Piedmont neighborhood. After registration within the Piedmont community, registration is open for children living in neighborhoods outside of Piedmont. All children 5 years old to 18 years old are eligible to compete with the team.

Swimmers ages 8 and under must complete a 25-meter swim without touching the bottom of the pool or grabbing the lane line to be eligible to participate on the team. Swimmers 9 years of age and older should be able to swim freestyle for 50 meters.

Prior to the first practice, all swimmers must complete the Piedmont Tsunamis Medical Consent Form.

Financial Policy

The Piedmont Tsunamis operating revenue comes from swimmer registration fees, corporate sponsorships, and fundraising done during the season.

Registration and Fees

Families can register online, or the Registration and Medical Consent Forms can be downloaded and printed from the website at www.piedmonttsunamis.com. Registration begins February 1, 2010 and continues throughout the season until we reach our membership limit of 225 swimmers. All forms must be completed, and all fees paid, before we can allow the swimmer to participate in a practice or a meet.

Registration fees are \$100 for the first swimmer in each family and \$90 each additional swimmer. Registration fees after May 1, 2010 are increased by \$10 per swimmer.

Roles and Responsibilities

- **Swimmers:** Good sportsmanship is vital to a successful team. Swimmers are expected to follow the instructions of the coaches, respect the other swimmers, and encourage teammates during both meets and practices. At meets, swimmers will follow the direction of all officials including the Clerk of Course and starter.
- **Parents/Guardians:** All parents of Piedmont Tsunamis swimmers are expected to volunteer one shift per meet during the season. Please refer to Section 9—Volunteer Assignments for more information about ways to support the team as a volunteer.
- **Coaches:** The Swim Team Board selects the coaching staff annually. The coaching staff determines the meet entries and relay teams. The coaching staff is responsible for all areas of training and competition. They will teach new skills, review previously learned skills and will promote sportsmanship and teamwork.

Volunteer Assignments

The Tsunami Swim Team relies upon parent volunteers to create a quality program for all participants. It takes more than 80 parent volunteers to host a successful home meet and approximately 60 volunteers are needed at away meets. Parents volunteer for positions of their choosing at registration. Volunteers work one shift, lasting approximately two hours, per meet. Shift changes are announced on the public address system during the meet. Most meets have two shifts. Divisionals will have three shifts.

Clinics will be held by the PWSL for anyone interested in one of the positions where training is required. Participants will be notified when clinics will be held. For volunteer positions that do not require PWSL training, the Committee Leader will provide the necessary training and assistance. The following are volunteer positions for the team:

- **Meet set up & Clean Up:** Set-up Committee Leader and 8-10 volunteers are needed to set up all meet equipment on Friday nights prior to home meets.
- **Concessions:** Concession Committee Leaders plus 5 — 6 volunteers per shift each home meet plus Divisionals. Concession Committee Leaders will purchase food, organize food donations, organize volunteers for set-up, operation, and clean up.
- **Officials:** 1 per meet. PWSL training required.
- **Stroke & Turn Judge:** Committee Leader plus 8 volunteers. Ensures swimmers comply with rules related to stroke and turns. PWSL training required.
- **Referee & Starters:** 1 each per home meet, 1 each as backup for Away meets. PWSL training required.

- **Clerk of The Course:** Head Clerk plus 2 volunteers per shift for each meet. Clerks are responsible for all paperwork prior to each swimmer's event. The clerk seeds each swimmer in each event to a heat and lane according to their submitted time. Prior to their scheduled event, swimmers receive an event card with their heat and lane assignment. The card will be used by the lane timers to record the swimmer's time at the completion of the race. PWSL training required for Head Clerk.
- **Mother/Father Hen:** Committee Leader and 3 volunteers per shift for each meet. Responsible for gathering the swimmers up for their events. They work between the team area and the Clerk of Course.
- **Computer Operator:** Responsible for the electronic meet entries prior to the swim meet, data entry at the meet, and meet results and postings.
- **Announcer:** Responsible to set up and take down the PA system and make meet and event announcements.
- **Timers:** Head Timer and 24 volunteers per meet. Responsible for keeping swimmers' time and reporting to lane recorder.
- **Recorders:** 4 volunteer recorders are needed per shift. Responsible for recording the time reported by the three timers on the event card. Recorders also verify that swimmers are in the correct lane. Recorders report to Head Timer.
- **Runners:** Committee Leader and 3 volunteers per shift. Responsible for taking the completed event cards from the recorder and delivering them to the scorers after each heat. Runners also help post the official results for each event when they are compiled.
- **Scorers:** Committee Leader and 3 volunteers per shift. Responsible for determining official time and scoring the meet. Scorers work closely with Computer Operator.
- **Ribbon Writers:** Committee Leader and 2-3 volunteers per shift. Responsible for placing ribbon label stickers on the ribbons and organizing the ribbons.
- **Clean up:** Committee Leader and 8-10 volunteers per home meet. Responsible for restoring the pool to open the day.

Competitive Events

- **Freestyle** — In Freestyle events, the competitor may swim any stroke he/she wishes. The usual stroke is the crawl, which is characterized by the alternate overhead motion of the arms and an alternating up-and-down flutter kick. At the finish the swimmer may touch the wall with one hand.
- **Backstroke** — In Backstroke, the swimmer must stay on his/her back and must touch the wall while still on the back. The usual stroke consists of an alternating motion of the arms with a flutter kick.
- **Breaststroke** — The Breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart-shaped pattern and recovered under or over the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. No flutter, scissors or dolphin kick is permitted. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.
- **Butterfly** — The Butterfly features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with shoulders in line with the surface of the water.
- **Individual Medley (IM)** — The Individual Medley, commonly referred to as IM, features all four strokes by one swimmer, the swimmer begins with the Butterfly, then changes after one fourth of the race to the Backstroke, then Breaststroke and finally Freestyle.
- **Medley Relay** — In the Medley Relay, four individual swimmers each do a different stroke. The first swimmer swims Backstroke, the second swims Breaststroke, the third swims Butterfly and the fourth (final) swimmer swims Freestyle. 8 and under medley is coed.

- **Freestyle Relay** — The Free Relay events consist of all four swimmers, each swimming Freestyle for one-quarter of the total distance of the event.

Practices

The coaches run practices. Swimmers practice with their respective age groups. Swimmers should be "on deck" at least 10 minutes before practice so that they are ready to get in the pool on time. Swimmers are to attend as many practices a week as possible (one per day). It is at practice where the swimmers and coaches will work together to establish and build a good swimming foundation through drills for starts, turns, stroke mechanics and competitive techniques.

Swim Practice Schedule

Practices may be interrupted, delayed, abbreviated, or cancelled due to poor pool conditions or inclement weather. If the parent or guardian must leave the pool area, during practice, be certain that your swimmer understands the arrangements for getting home early if necessary. All swimmers 10 and under must be accompanied by a responsible adult during practice. The coaches are not responsible for any swimmer before or after practice.

The practice schedule is as follows: *(Note: Changes may occur if we have too many swimmers during a particular time.)*

Practices before school lets out: June 1st — June 18th

8 & Under	– 5:00 p.m. to 6:00 p.m.
9 & 10	– 6:00 p.m. to 7:00 p.m.
11 & Up	– 7:00 p.m. to 8:00 p.m.

Practices once school lets out: June 21st — July 30th

Morning Practices Schedule (Monday – Friday)

10 & Under	– 8:30 a.m. to 9:30 a.m.
11 & Up	– 9:30 a.m. to 10:30 a.m.

Evening Practices Schedule (Tuesday, Wednesday, Thursday)

10 & Under	– 5:30 p.m. to 6:30 p.m.
11 & Up	– 6:30 p.m. to 7:30 p.m.

Swim Practice Safety Rules

Swimmers always swim to the right side of the lane close to the lane rope or wall (aka circle swim). If you need to pass the swimmer in front of you, tap that swimmer gently on the foot and swim freestyle around, then resume the stroke you were doing. Swim to the wall (do not stop short) and move over to allow room for the next swimmer. No diving, unless instructed by the coach. No horseplay, running on deck, or other activity that is distracting to the other swimmers or coach's instruction.

Discipline – Please review with your child.

During practices and meets the coaches are responsible for maintaining discipline. If a swimmer misbehaves, they will be warned. If the disruption continues, the coach is authorized to remove the swimmer for the rest of the practice. The swimmer will remain at the pool until the end of the practice session. The parent and the Swim Team Board will be informed of the action.

If behavior is habitually inappropriate, a swimmer may be asked to leave the team. A conference with the parent, swimmer, coach and Swim Team Board will be held if necessary.

Weather Policy

Swim Practice may be cancelled in case of thunderstorms or unusual weather. If the air temperature is below 65 degrees, practice will be cancelled. Practice will be held if it is merely raining but warm. If it is cool and dry, practice will be held with a dry land workout. If possible, cancellations will be posted on the website. A notice will be posted at the pool entrance.

Time Trials

Time trials may be conducted at the Piedmont Tsunamis pool before the first meet of the season to: (1) establish times for each swimmer in each event; (2) introduce new swim team members and parents to the general organization of meets; and (3) allow new officials to practice their roles. We encourage swimmers to try all of the strokes at the Time Trials even if they are not certain that they are legal in a particular stroke. Time Trial schedules will be determined by the coach's assessment of the size and performance of the team.

Missing Meets

The scoring system of competitive swimming is based on individual events. Each swimmer is placed in these events prior to the actual start of the meet. The coaches' line-ups are building blocks. If your child is a no-show, there is a ripple effect in events for the whole team. Your child's individual events are affected, as well as relays, which can involve many other swimmers. As soon as you are aware your child will not be participating in a particular meet, please email the coach at the email address noted on the Piedmont Tsunamis website, www.piedmonttsunamis.com. Also, inform the coaches if your swimmer will arrive late or need to leave early from a meet. The coaches need this information by the Tuesday prior to the scheduled meet.

General Meet Instructions

Swimmers and their parent volunteer should arrive at the pool at approximately 6:00 a.m. for warm-ups. Coaches will notify swimmers of actual start times weekly. Meets start at 7:00 a.m. and finish approximately at 11:00 a.m., with the exception of Divisionals which end at approximately 1:00 p.m.

- **First**, when you get to the pool, have your swimmer check in with the coaches. We recommend you use a Sharpie marker to write the events in which your child is competing on the child's arm. This number is used by volunteer parents to ensure that children make their way to the Clerk of Course at the appropriate time for line-up prior to their event. During the meet all swimmers should remain in the team area so they are available at the designated times. Mother Hen volunteer will escort children ten and under to the Clerk of Course for their events. Swimmers ages eleven and up are responsible for tracking their own events.
- **Second**, check in with the Meet Manager/Volunteer Coordinator for your shift and name tag.
- **Third**, set up camp. Pop-up canopies are very welcome, as the sun can get quite hot on the concrete around the pool decks. Bring chairs to sit on and extra towels for the children to lounge on. Pool chairs go fast and at some locations are not available for use by the swim teams. Other optional items include: towels, hats, sunscreen, T-shirts, drinks, snacks, sweats, games, cards and/or small items to keep your swimmer occupied between their events. Swimmers and families must keep their team areas clean.

Overview of Meets

Teams arrive early to warm up. Warm up usually lasts for about 20 — 30 minutes. After the warm up is complete swimmers exit the pool, return to their team area and wait. This is usually a good opportunity for swimmers to play games with teammates, relax, and have a light snack.

The host team will begin to marshal the swimmers for the events. This is the process of instructing the swimmers in

each event when to report to the Clerk of Course. Parent volunteers working with the Clerk of Course will line the swimmers up by heat. Swimmers are normally led to rows of benches that correspond to each heat. As the event progresses, each heat is led to chairs that correspond to each lane. Swimmers are given lane assignments based on their seed time for the event. In an 8-lane pool, the fastest swimmer is usually assigned to lane 4, the second fastest to lane 5 and the remaining six swimmers are alternately assigned in order.

Most host teams use some combination of loudspeaker and easel board to announce what event is being marshaled, but it is up to the parents and the swimmers to ensure your swimmer does not miss their events.

The official results of each event are posted shortly after that event is complete. Swimmers can check their time and finishing position for each event before leaving the meet.

Six meets against one or more opposing team are scheduled during the season. Three meets this season will be Home meets at the Piedmont Tsunamis Simpson pool, and three meets will be Away at other pools. In addition to the six regular meets, swimmers may have the opportunity to participate in the Firecracker Relay Divisional meet. The Piedmont Tsunamis will host the Green Divisional meet this year.

A meet consists of IM, free and medley relays and the four individual strokes, free, back, breast and butterfly. Relay teams are determined by the coaches based on the fastest combination of times for each available individual swimmer. A swimmer may swim a maximum of five events in a meet (3 individual and 2 relay). To be eligible to participate at Divisionals in a particular event, a swimmer must have competed at least two regular meets and have one qualifying time at a season meet in that event.

Ribbons are given for the 1st through 12th place in the individual events and for 1st through 3rd place on the relay events. These ribbons will be distributed at the first practice following the meet. At the meet, ribbons are given to the first place swimmer of every heat. The team will also award personal best ribbons to all swimmers that improve their personal best time. Ribbons awarded at Divisional meets are different.

Swimmers participate in individual main events for their own age group only but may swim up a level for a relay. A swimmer's age group is defined by his/her age on June 1st of the current swim season. Swimmers do not change age groups during the swim season. There are (5) age groups for swimming: 8 and under, 9-10, 11-12, 13-14, and 15-18. Boys and Girls compete separately except for 8 and under medley relays. 6 and under are awarded ribbons for freestyle and backstroke.

There will be a time in every swimmer's career that they will be "disqualified" or DQ'd by a meet official. This is when a swimmer commits an infraction of some kind. A swimmer may be disqualified for a variety of reasons; improper use of stroke; failure to touch the wall properly during a turn or at the finish; etc. This means that the swimmer did not perform the stroke correctly according to the rules and that the particular swim does not count for points, awards or an official time. A DQ is part of the learning experience and the coaches will review the DQ's with the individual swimmers to help them learn and improve.

Meet Etiquette

When the referee/starter blows his/her whistle, please remain quiet in order for the swimmers in the blocks to hear the start command.

Once the race starts, cheering is encouraged. Cheering may consist of general encouragement but may not include coaching such as shouting "two-hand touch." Coaching from the sides can result in the swimmer being disqualified.

Transportation

Parents are responsible for arranging transportation for their children to and from all meets and practices.

Meet and Practice Nutrition

Water is the best hydrating drink for an athlete. Make sure your swimmer has water before, during and after practices and meets.

Breakfast before a meet should consist of easy to digest carbohydrates such as bagels, cereal, fruit and fruit juice. Heavy, greasy and fatty foods will hinder your swimmer's performance. Snacks during a meet should be light and carbohydrate-based. Sugary foods such as cookies, pastries and donuts, while tasty and inviting, will not provide as much fuel for the body as bagels, pasta, pancakes (with not much syrup), toast and fruit. A light source of protein may be eaten as well (cheese, a little peanut butter, an egg, lean sandwich meat) in order to help the body perform.

If you weigh: 50 pounds, eat 25 — 100 grams carbohydrate; 100 pounds, eat 50 — 200 grams carbohydrate; 150 pounds, eat 75 — 300 grams carbohydrate. Examples: 1 bagel (60 gms carb), Turkey sandwich w/2 slices whole wheat bread & 8 oz. Milk (42 gms carb), 2 cups pasta (60 gms carb), 2 cups wheaties w/ 8 oz. Milk and banana (130 gms carb), smoothie made with 1 banana, 1/2 cup frozen strawberries, 1 cup vanilla yogurt, 1/2 cup orange juice (72 gms carb).

A meal should be eaten 2 hours before an evening practice. A quick hot dog, pizza or McDonald's "snack" right before practice will leave your swimmer with a stomachache. If your swimmer cannot have dinner well before practice, wait until after practice.

Concessions for Home Meets

Families are asked to donate water bottles, Gatorade, snacks, fruit etc. for the concession table to sell at home meets. Families will receive an e-mail prior to home meets to request specific donations.

Team Uniforms

Swim caps and goggles are required for every swimmer and must be worn at each meet. Team swimsuits are not required, but competition suits are strongly recommended. Casual or fashion swimsuits are not permitted. Competition suits are designed for performance in the pool. We encourage swimmers to keep meet suits for competition and have a sturdy practice suit for practice.

Team swim suits can be purchased at:

Riptides Swim & Tri
7320 Heritage Village Plaza, Suite 101
Gainesville, VA 20155
703-753-5111

Additional team wear is available for purchase such as T-shirts, sweatshirts, and sweatpants. These items are optional and are designed to show team support and team spirit.

Order deadlines for swim and spirit wear are listed on our website.

Team Communication

E-mail is the primary communication method for the team. All families are required to provide an e-mail address for team communications.

Our web site, www.piedmonttsunamis.com includes all team information including: Parent Handbook, contact information, practice and meet schedules, meet results, team and pool records, times for swimmer events and announcements, and directions to all away meets.

Complete PWSL meet results can be found at www.pwswim.com.

Parents should address any swimming issues with the coaches. Any coach can be approached before or after a practice or meet. Coaches should not be addressed during practice or during a meet as their coaching responsibilities take precedence during these times. Any problems relating to the coaching staff, team policies or behavior issues should be addressed to the Swim Team Board.

Team Parties

Team parties will be scheduled on some Friday evenings during the season. These are fun-filled team building opportunities for the children. Meals are potluck and each family brings their own drinks. Other fun outings will be scheduled as well.

End of Season Picnic and Awards Presentation

The Sunday following Divisionals, the entire team — swimmers, coaches, and parents - get together for a picnic to celebrate the accomplishments of the team. Every team member receives a participation award, and special coaches' awards are presented.

Team and Individual Photos

A professional team photo session is scheduled in lieu of practice on June 16, 2010 at 4:30 p.m., weather permitting. The rain date for the team photo is June 23, 2010 at 4:30 p.m. Individual photos can also be taken at this time. The picture day date and time can be found on the team website.

Coaches

Head Coach:	E. J. Tremols
Assistant Coaches:	Nick Tremols, Anna Bruno and Maria Bruno
Jr. Assistant Coaches:	Connor Haupt and Jessica Dehn
Peer Coaches:	Allison Kennedy, Nina Tremols and Monica Wiggins

Swim Team Board

Board Members:

• President: Jim Brandt jimcbrandt@aol.com	• Kat Babic katb@inspiredcommunications.com
• Treasurer: Eileen Watford Watmoore97@comcast.net	• Jeanine Dehn dehn.family@comcast.net
• Legal Advisor: Mike Whitticar mikewhitticar@verizon.net	• Mary Poleto mary.poleto@gmail.com
• Susan Schwartz susan.schwartz3@verizon.net	• Carey Smith royandcarey@comcast.net

Piedmont Tsunamis 2010 Meet Schedule

June 12	Home	Time Trials
June 19th	Away	Virginia Oaks
June 26th	Away	Ben Lomond
July 3rd	Home	Wellington
July 4th	Away	Firecracker Relays at Bridlewood (<i>qualifying relay team only</i>)
July 10th	Home	Dominion Valley
July 17th	Away	Bridlewood
July 24th	Home	Urbanna
July 31st	Home	Divisionals (<i>Green Division</i>) Piedmont, Meadowbrook, Old Bridge

Directions to away meets are posted on the website (www.piedmonttsunamis.com)

PWSL Meet Format

The following is a list of the events swum at all PWSL meets. The events are swum in the order listed.

Age Group	Boys Event #	Event	Girls Event #
15-18	66	200 Meter Free Relay	67
8 & Under	1	100 Meter Mixed Gender Medley Relay	
9-10	2	100 Meter Medley Relay	3
11-12	4	100 Meter Medley Relay	5
13-14	6	100 Meter Medley Relay	7
15-18	8	100 Meter Medley Relay	9
8 & Under	10	25 Meter Free	11
9-10	12	50 Meter Free	13
11-12	14	50 Meter Free	15
13-14	16	50 Meter Free	17
15-18	18	50 Meter Free	19
10 & Under	20	100 Meter Individual Medley	21
11-12	22	100 Meter Individual Medley	23
13-14	24	100 Meter Individual Medley	25
15-18	26	100 Meter Individual Medley	27
8 & Under	28	25 Meter Back	29
9-10	30	50 Meter Back	31
11-12	32	50 Meter Back	33
13-14	34	50 Meter Back	35
15-15	36	50 Meter Back	37
8 & Under	38	25 Meter Breast	39
9-10	40	50 Meter Breast	41
11-12	42	50 Meter Breast	43
13-14	44	50 Meter Breast	45
15-15	46	50 Meter Breast	47
8 & Under	48	25 Meter Butterfly	49
9-10	50	25 Meter Butterfly	51
11-12	52	50 Meter Butterfly	53
13-14	54	50 Meter Butterfly	55
15-18	56	50 Meter Butterfly	57
8 & Under	58	100 Meter Free Relay	59
9-10	60	100 Meter Free Relay	61
11-12	62	100 Meter Free Relay	63
13-14	64	100 Meter Free Relay	65