

TIGER SHARKS SUMMER SWIM CLUB

2023 TEAM HANDBOOK



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INTRODUCTION

WELCOME TO THE TIGER SHARKS SWIM TEAM!

This document is the Team Handbook with details about how our team operates. Also included is handy “how-to” info for our parent members.

WHO WE ARE

Established in 1988, the Tiger Sharks are a non-profit recreational summer swim team located in Pickerington, Ohio. We serve the youth and families of Pickerington and surrounding communities. Our team is funded through swimmer registration fees and various fundraising events.

Our home is the Pickerington Community Pool – a beautiful HEATED facility with 10 lanes, conveniently located just off route 256. The Tiger Sharks Swim Team welcomes all levels of swimmers ages 5 to 18! Our swim season starts right after Memorial Day and runs for almost 8 weeks.

OUR GOAL

Our mission is to promote the development of sound swimming skills in a competitive environment, while providing an atmosphere of fun and camaraderie. The Tiger Sharks aim to teach swim technique, sportsmanship, self-discipline, physical fitness, motivation, and goal setting – all while developing a great team environment.

We believe that swimming is a super summer sport for kids – we work hard to promote this idea and this activity in our community.

TEAM WEBSITE & FACEBOOK PAGE

Visit members.tigersharks.us for the latest on all things related to the Tiger Sharks! We also maintain an active Facebook page at facebook.com/tigersharks.us and Instagram @tigersharks.us

2023 SEASON SPECIFICS

MANAGEMENT AND COACHING STAFF

2023 Executive Committee

President Abbey Fatica
Vice President Lora Adkins
President (Ex-Officio) Sheri McClurg
Secretary Susan Mitman
Treasurer Kathy Wolfe
Meet Director Sherman Sutherland
League Representative Dione Windle
Fundraising Lisa Winters
Technology Officer Nick Shaw

Communications. Monica Brooks
Concessions.s. Liz Dunn

2023 TIGER SHARK FEES

\$190 for the Season* Family Fee Applies

2023 Coaching Staff

Head Coach Cara Luallen
Senior Assistant Coach Austin Strayer
Assistant Coach Megan Luallen
Assistant Coach Mayson Reed
Junior Coach Lauryn Winters

TEAM SUIT

The 2023 team suit is the purple TYR Camo. It is available in both youth and adult sizes in all configurations that swimmers like including: One Piece, and Jammer. Pictures are shown below. Available for purchase on our [SwimOutlet.com store](https://SwimOutlet.com).



TEAM CAP

The 2022 team cap is based on our logo and will be available for purchase at practices for \$10. If you wear a swim cap in a meet, it must be a Tiger Sharks swim cap from this or any previous season. The picture is below.



USEFUL WEBSITE LINKS

[SwimTopia - Apps on Google Play](#)

[SwimTopia iPhone app](#)

[All upcoming events](#)

[Contact us](#)

[Facebook page](#)

[Instagram feed](#)

[Latest news](#)

[Meet volunteer jobs](#)

[Pool locations and address](#)

[Team suits](#)

[Twitter](#)

[Upcoming meets](#)

To RSVP to a meet, or to sign up for a meet volunteer job, go to upcoming meets, click the meet of interest. Then, RSVP and sign up.

To RSVP or sign up for a non-meet event, go to “All upcoming events”, and click the event of interest. Then RSVP and sign up.

ELIGIBILITY REQUIREMENTS

There are three requirements to joining the Tiger Sharks Swim Team.

1. Swimmers must be between the ages of 5 and 18 on May 31st of the current season.
2. While we welcome all levels of swimmers to our team, our requirement is that your child can swim the minimum stroke distance for their age group, without stopping or hanging on the lane line. That's 25 M for 10 & younger, and 50 M for 11 & older. We are a swim team and want to focus on teaching swim technique not swim lessons.
3. Parents or guardians **MUST** volunteer.

COMMITMENT

As with any activity, the more time you put into it, the more you reap the rewards. Some Tiger Sharks come to practice every day, and others come when it fits their schedule. Many of our swimmers participate in every dual meet, while others commit to three or four during the season. It's entirely up to you, but we do expect swimmers to participate in more than one meet. **One more thing... parents must volunteer at meets.** Competitive swimming is a complex sport that requires many support workers. If you are not willing to volunteer at meets, we recommend you find another sport for your family, and make more space on the Tiger Sharks team for parents who will.

Here's what we do ask of you:

1. **DECLARE YOUR SWIMMER FOR EVERY MEET BEFORE THE DEADLINE!** This allows our coaches ample time to do meet entries and assign swimmers to relays. It's critical that we know who will or will not be at a specific meet, so that we can get relays set. You "declare" yes or no for each meet using our online system.
2. **Volunteer Needs**
 - Swim meets are run solely by team parents. Starting in 2022, PTS will implement a volunteer commitment system to increase parental involvement, promote fairness, and spread volunteer duties throughout the team.
 - To run an efficient meet, each home meet needs 70 volunteer positions to be filled by team parents.
 - We anticipate having 6 meets plus Champs this season which will require many volunteers.
 - If your Tiger Shark is swimming in a meet, please make every effort to volunteer that

day in some way. The more people we have helping, the more likely we'll be able to run a smooth, efficient meet where everyone is happy!

- With all of us working together, we can make sure all positions are covered equally by families, and our meets run smoothly.

Charges for unfulfilled commitments:

- Families will be billed \$75 if the 3 credits are not fulfilled by the end of July (or Champs). Credits will not be prorated.
- Families may use other family members or have credits served by other swim families if agreed upon.
- Please notify the Meet Director or make a note in the signup if you have another family working for you to ensure that proper credit is given.

Commitment hours credit system for all meets

- All PTS families must volunteer for 3 job credits. Each job is worth 1 credit unless otherwise indicated.
- Please see your account on SwimTopia for your job credit obligation and balance. Sign-ups will be online and announced via email at least 3 days prior to the upcoming meet.

REGISTRATION & PRE-SEASON INFO

This is exciting – YOU ARE NOT REQUIRED TO PURCHASE A POOL MEMBERSHIP TO SWIM FOR THE TIGER SHARKS! Your swim team fee grants you access only to meets and practices. If you want to go to the pool at other times, you have to either buy a season pass or daily passes.

Registration is required to be a member of the Tiger Sharks Swim Team. Simply visit our website (members.tigersharks.us) to sign up for our team and complete the registration process. Acceptance of legal waivers is required to join the team, and neither you nor your swimmers can participate until you register. Details are explained as you register.

To learn more about our upcoming season, swimmers and parents are encouraged to read the newsletters and view the website for all updated information. (Visit www.tigersharks.us for details.)

FEES

The Tiger Shark Parent Board works hard to keep costs down. Our registration fees are substantially less than many other area swim teams, and our program is more robust than most regular swim lessons. Your swimmer will receive approximately six weeks of approximately one-hour training for the price most pools charge for two weeks of half-hour lessons. And remember – NO POOL MEMBERSHIP REQUIRED! Swim team fees give you access to the pool for practice and meets. If you want access to the pool at other times, you will need to buy a season pass or daily passes.

Fees are refundable until our first meet; no refunds after our first meet. (Cost of swim equipment and accessories are not refundable by the team.)

PRACTICES

Practice is essential to improve and achieve success with any skill – swimming is no different. Although attending practice is not mandatory, it is strongly recommended. Your child will only improve through repetition and great instruction from the Tiger Sharks coaching staff.

Our team practices weekday mornings (Monday-Friday) at the Pickerington Community Pool.

First Day of Practice – Tuesday, May 30th

Last Day of Practice – Monday July 17th

We have two practice sessions each weekday. Athletes are assigned to sessions depending on their skill level and age.

Monday- Friday

11 and up: 7:00am - 8:00am

10 and under: 7:50am - 8:50am

Dryland Practices (if we can't get in the pool and at the Coach's discretion): Swimmers will need to wear comfortable clothes and tennis shoes to do an out of water practice.

As a reminder: In order to adhere with safety guidelines, we want to make sure the swimmers have an adequate amount of time in the pool to practice. Please make note of arrival times, we need to start on time to ensure a quality practice.

PLEASE NOTE: We may practice mornings of weeknight swim meets – practice may be abbreviated on these days, though. We DO NOT practice the morning after an away weeknight swim meet. Please check our website for more details unless the Head Coach decides to have practice.

The practice schedule may be slightly modified based on team building activities, dryland workout, or because of inclement weather. Rain does NOT cancel practice, as long as lifeguards can see to the bottom of the pool. Thunder/lightning DO cancel practice. Coaches will send Remind text alerts if practice is canceled at the last minute due to weather or a technical issue with the pool. (See COMMUNICATION section for how to sign up for Remind text alerts.)

PICKERINGTON COMMUNITY POOL

The Tiger Sharks Swim Team is an independent non-profit organization which pays fees to the City of Pickerington for use of the Pickerington Community Pool. We think we have one of the best pools around! You might hear some of our coaches and longtime swimmers refer to our pool as “THE SHARK TANK.”

Our swimmers love that it’s HEATED for those cool summer mornings; our coaches love all the space – 10 HUGE LANES allow plenty of room for lots of swimming and learning; and our parents love the FREE WIFI!

While Tiger Shark swimmers are not required to have a pool membership, we know many of our families have enjoyed being pool members over the years. The Pickerington Community Pool is conveniently located off Route 256 at 11330 Stonecreek Drive, Pickerington.

Please don’t call the pool with swim team questions. Contact the Tiger Sharks. TXT us at 740-963-6693.

COMMUNICATION

Communication is essential to the success of any organization – we’re very committed to providing frequent communication, reminders and updates to our swim team families. You’ll hear from the Tiger Shark Executive Committee via email, Facebook, and the team website. Our coaches use the Remind communication tool to text any last-minute updates about practices and meets.

Please sign up for Remind so that you can receive timely texts from our coaches. Here’s how:

Text @ptsswim to 81010. (You can opt-out of messages at any time by replying, @LEAVE

@ptsswim.)

Meet event entries of swimmers will be emailed to families and posted on the team web site prior to each meet.

COACHES

We pride ourselves in having great coaches each and every summer – and this year is no different! Our coaches come to the Tiger Sharks with lots of experience, excitement and energy! Our coaching staff is listed on the cover of this handbook.

Our Junior Coaches primarily help with our beginner and younger swimmers – both during practice and during meets. To learn more about our great coaching staff, please read their bios on our website – members.tigersharks.us.

REGULAR SEASON MEETS

Our meet schedule is set each spring by our league – the Tri-County Aquatics League. **We post meet dates and info on our website as soon as it becomes available to us.** Here are the most important things to highlight about regular season meets:

- Typical season will have at least 6 dual meets – half are usually at our home pool, and the other half are at away pools.
- Our home meets are always on a weekend morning – mostly Saturdays and occasionally on a Sunday. We're required to be cleared out by 10:30am when the pool opens to the public. • Swimmers are usually allowed to compete in up to 5 events – 3 individual events & 2 relays. This depends on size of pool and number of swimmers. (Visit our league's website for a complete list of meet events.)
- Coaches select your swimmer's events for each meet. Event entries will be posted on our website prior to the meet.
- Most dual meets last about 3 or 4 hours.

At the end of the season, our league hosts a huge two-day Championship Meet (CHAMPS) where all teams from the league participate. **In order to swim at CHAMPS, your child must have competed in at least 3 regular season meets.**

What to bring to a swim meet: blankets, tents, chairs, extra towels, snacks/drinks, sharpie pen, stuff to keep kids busy, warm clothes, etc.

REMEMBER TO GO ONLINE AND “DECLARE” YOUR TIGER SHARK FOR EVERY SWIM MEET!

If something comes up the day of our meet (i.e. illness or family emergency), please get in touch with our Head Coach so that he/she can find a relay replacement for your child (if necessary). Otherwise three other swimmers will be very disappointed that they have to scratch their relay event.

WHAT A SWIMMER NEEDS

New parents have asked what their swimmer needs for the season. Here's our list of both essential and optional items. Most of these can be found in our online team swim shop at <https://www.swimoutlet.com/pickeringontigersharks/>

ESSENTIAL GEAR FOR PRACTICE

- Practice Swim Suit, any color or design. We recommend tight-fitting one-piece for girls and brief or jammer style for boys.
- Goggles – good fit and a spare set are recommended
- Swim Cap – any color or no swim cap
- Towel, Shatterproof Water Bottle
- Swim Bag - just like a backpack, but made for wet environments. Available in our online store or can use other options like draw-string mesh, etc.

ESSENTIAL GEAR FOR MEETS

- Competition Swim Suit - Team suits are preferred but not required, purple suits are best because it's easier to follow our team's swimmers.
- Goggles – If you wear glasses and can't see without them, prescription goggles are available. (See our online store.)
- Swim Cap, not required, but if worn must be a team cap. 2022 team caps will be available at the pool after practice starts for purchase.

- Towels – Extra towel or two is a good idea.
- Shatterproof Water Bottle, Swim Bag
- Sharpie to write swimmer's Event, Heat, & Lane numbers on their hand.

WHAT... WHERE... WHEN???? !!!!



We understand that swim meets are very busy and can be confusing. This is a quick guide to help simplify.

One of the most important things is to get the swimmers to the bullpen in time for their race. To help with that, we cheat like kids sometimes do when studying for tests. We write the answers on their hand – with a Sharpie!

The day before the meet we will post the meet entries on our website for all the swimmers. This will be a PDF file attached to the meet description. You can download/read the file to find the entries for your swimmers.

Both individual and relay entries are shown in that file. This info is for the curious who want to know what their kids will be swimming. You don't absolutely have to see it. The day of the meet, swimmers MUST CHECK IN with their coaches. Some kids don't show up, and we have to rearrange relays. This is done at the last minute. Swimmers might get new assignments, and in some sad cases their relays might be canceled. Updated entries will be posted and coaches will be able to help the swimmers figure things out.

The kids should write their Event #, Heat #, & Lane # on their hand, wrist, or arm as shown in

the picture. This is their guide to what they are doing, where they should be, and when they should get there. You can even add a stroke description there so they remember.

The meet is much more enjoyable for the parents too when everyone knows what's going on. That's why we publish a Heat Sheet. This is the meet program with all the swimmers, and it lists all the kids' events, heats & lanes. You can follow your swimmers and their friends by looking through the events in the heat sheet. It's fun to see your kids swim, but as they make new friends through the season, it's also fun to watch their friends. The Heat Sheet helps you figure out who's swimming when and where.

swimoutlet.com TEAM STORE

We love our SwimOutlet.com Team Store. Why? Because for every purchase made through our link, the Tiger Sharks Swim Team gets 8% back! Simply go to <https://www.swimoutlet.com/pickeringontigersharks/> to find the link to our store.

Once there, you'll be able to buy our team suit, goggles, swim bags, and much more! And please continue to shop long after the swim season ends – ANYTHING you purchase using our link gives us 8% back!

(Not sure if you are shopping our Team Store? Just look at the top of the web page and "Pickerington Tiger Sharks" should be visible.)

APPAREL

Each spring our parent board designs a team shirt, which is included with Tiger Shark swimmer fees. We sometimes make this same design available for our swim families to purchase, or we design different items that will be available for sale. Other apparel items that might be available for purchase are: sweatshirt/hoodie, sweatpants, baseball cap, long-sleeved t-shirt, etc.

To learn more about Tiger Shark apparel available this season, please visit <https://bit.ly/3wcsxJl>.

PARENT INVOLVEMENT

Parental involvement is essential to the success of our program. The Tiger Sharks Executive Committee oversees the operation of the team along with parent volunteers who contribute their time and talents to provide the best experience for our swimmers.

TIGER SHARKS EXECUTIVE COMMITTEE: The Executive Committee is charged with the operation of the team. Committee members are elected by member families annually per the team Bylaws. The contact person for the committee is our president.

For a list of our current officers, see the front page of the packet or please visit members.tigersharks.us.

VOLUNTEER JOBS

It takes many parent volunteers to run a smooth and efficient swim meet, and the Tiger Sharks Swim Team prides itself on hosting some of the best meets in our league! Following are some of the volunteer jobs we need to fill for every home meet.

- | | | |
|--------------|---------------|-----------|
| • Awards | • Hospitality | • Scorer |
| • Bullpen | • Official | • Starter |
| • Head Timer | • Runner | • Timer |

Other opportunities to help include meet set-up the night before, as well as tear-down right after the meet. Our home meets usually take place on a Saturday morning, and we need to be cleared out by noon when the pool opens to the public.

We're required to provide some volunteers for away meets as well – usually timers, bullpen helpers, and officials. Please visit our website for more details about each volunteer job description and to sign up for specific volunteer slots.

TEAM FUNDRAISING

In order to keep our swimmer fees as low as possible, our team typically does a handful of fundraisers each season – the goal being to make these as easy and fun as possible! Here are ways we've raised money over the past few seasons:

- Super Bowl Square Fundraiser
- Michael's Meats, Spirit Wear and Yard Signs
- Restaurant Fundraisers (i.e. Chipotle, Zapata's, Mod Pizza, GetAir)
- SwimOutlet.com Team Store Commission
- 50/50 Raffles

If you have ideas for new ways to raise funds for our team, please don't hesitate to let one of our board members know. We always love fresh ideas and more help!

TEAM BREAKFASTS

We will hold several special practices through the season that will include a team breakfast for all swimmers together. This is a special team building activity and we encourage all swimmers to attend. We will also need some volunteer help with this special activity. Information will be available online.

TRI-COUNTY AQUATICS LEAGUE (TCAL)

We are a member of the Tri-County Aquatics League, more commonly referred to as TCAL. Our league is made up of 13 teams from Central Ohio – Baltimore Sea Lions, Bexley Marlins, Canal Winchester Dolphins, Chevington Woods Kingfish, Dresden Dorados, Granville Stingrays, Groveport Fighting Fish, Huntington Hills Froggers, Johnstown-Northridge Jags, Moundbuilders CC Piranhas, Pataskala Porpoises, Pickerington Tiger Sharks, Valley View Gators.

TCAL schedules all regular season meets for the 13 teams listed above; our meet schedule usually becomes available in early April. TCAL also hosts a huge one-day Championship Meet

(Champs) at the end of each season.

CHAMPIONSHIP MEET (aka CHAMPS)

Champs will take place on July 18th (rain date July 19th) at Dresden and has been held both outdoors and indoors over the past several seasons – depending on availability of local large pool venues. PLEASE NOTE:

1. **In order to swim at Champs, your child is required to swim in at least 3 regular season meets.**
2. Our team pays entry fees for each Champs swimmer, so please be sure to declare whether or not your child will participate in Champs using our website.

Specific details about this year's Champs are being finalized by our league, so please visit members.tigersharks.us for all the latest news about this exciting end-of-season meet!

END-OF-SEASON BANQUET

Each season the Tiger Sharks Swim Team sponsors a family fun night to celebrate our swimmers, our coaches, our volunteers, and all of our swim families! The evening has an awards ceremony where we recognize ALL Tiger Shark swimmers.

Our banquet will be at the Pickerington Pool from 8-10pm on Friday July 21st.

WINTER SWIM OPTIONS

The Tiger Sharks are a recreational, summer sports team for kids. We are not a year-round club swim team. Many of our athletes have a lot of fun on our summer team and ask what they can do to keep swimming after our season ends. Joining a club team is the perfect answer because you can keep racing and having fun while becoming a faster Tiger Shark for next summer! There are several area club teams that offer different types of programs.

YMCAs can offer programs that compete in just the Y league, or in both Y and USA Swimming leagues. Examples of the combined YMCA + USA Swimming programs are the Lancaster Stingrays. Examples of area USA Swimming programs are Greater Columbus and Hydra Aquatics.

Costs can vary significantly from team to team. Before picking a club team, talk to parents and

swimmers because Tiger Sharks swimmers belong to many of the area club teams. Whichever team you choose, the most important thing is that you come back next season. Go Tiger Sharks!

SWIM RECRUITMENT ETHICS

Tiger Sharks are members of the Tri-County Aquatic League (TCAL). With a few small exceptions, TCAL follows rules of the USA Swimming organization.

Please be aware of the following USA Swimming recruiting rule...



2017 Code of Conduct Thursday, April 6, 2017 304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

.17 Action, other than through general advertising, by a coach, owner, officer, **volunteer**, representative, or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to leave that club, unless the acting party receives prior written approval to recruit or encourage the athlete to change affiliation from the designated club representative of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative.

Because there are 3 TCAL teams in Pickerington, we want to avoid problems with unethical recruiting of swimmers because this practice can kill teams. Tiger Sharks want to develop the best swimmers possible and swim by the rules. We are not allowed to ask other team's swimmers to join our team. Please be mindful and respect this.

Likewise, other teams are not allowed to invite our swimmers to quit our team and join theirs. If there are any violations, please let us know. Email us at tigersharks.us@gmail.com