



## **2010 Swimmer Handbook**

PO Box 913  
Larkspur, CA 94977

*Website:* [www.gowaves.com](http://www.gowaves.com)  
*Email:* [questions@gowaves.com](mailto:questions@gowaves.com)

### **Tidalwaves Swim Team**

The Tidalwaves Swim team is dedicated to developing self-esteem, good swimming skills, sportsmanship and team spirit, as well as individual achievement. We love to have fun, both in and out of the water! Our team's success depends on the commitment and active participation of the swimmers, the parents and the coaching staff. The benefits gained from swimming are not only great physical training, but swimming also promotes good socialization opportunities, individual responsibility, and team dedication.

### **Team History**

The Tidalwaves Swim Team was established in 1970. It is sponsored by the Larkspur Recreation Department, run by parent volunteers, and is a non-profit club, open to all swimmers ages 5 through 18 years. Our team is a member of the Marin Swim League, formed in 1962 to offer a local alternative to the more demanding USS League. There are currently 10 teams in our league. Meets run on Saturday mornings from early-May through mid-July.

There are team activities including a pizza/cheer night, a BBQ beach party, a camping trip and a pool party. The Awards Banquet at the end of the season is a celebration for all who participated in our swim season – a highlight for all the swimmers! Other activities can be added during the season depending on the level of interest.



## 2010 Meet Schedule

Saturday, May 1	<b>10:30 am</b>	Time Trials @ Home
Saturday, May 8	<b>8:30 am</b> 8:00 am warm-up	Away @ Rolling Hills
Saturday, May 15	<b>8:30 am</b> 8:00 am warm-up	Away @ Sleepy Hollow
Saturday, May 22	<b>8:30 am</b> 8:00 am warm-up	Away @ Novato Riptides
Saturday, May 30		<i>Holiday – No Meet</i>
Saturday, June 5	<b>8:30 am</b> 8:00 am warm-up	Away @ Orcas
Saturday, June 12	<b>10:30 am</b> 10:00 am warm-up	Home vs. Marinwood
Wednesday, June 16	<b>5:30 pm</b> 5:00 pm warm-up	All Stars 2010 @ Redwood
Saturday, June 19	<b>10:30 am</b> 10:00 am warm-up	Home vs. Strawberry Seals
Saturday, June 26	<b>10:30 am</b> 10:00 am warm-up	Home vs. Swimarín
Saturday, July 3		<i>Holiday – No Meet</i>
Saturday, July 10	<b>TBA</b>	Championships @ IVC

Tidalwaves Home Meets = Redwood High School, Larkspur

**IVC = College of Marin @ Indian Valley Campus, Novato**

***PLEASE NOTE:***

**Warm-ups for all home meets begin ½ hour before start time for both home and visiting teams.**

**Important:** If your child signs up to participate in a meet and is then unable to attend, please **contact your age group coordinator** immediately so adjustments can be made in the line-ups. Missing swimmers can cause meet delays so it is courteous to let us know if you cannot make a meet.



## 2010 Team Activity Calendar

Tues/Mar 16	New Parent Orientation <i>Hall Middle School Gym (no kids)</i>
Fri/Apr 30	Pizza/Cheer Night (5-8 PM) <i>Redwood Cafeteria (CEA)</i>
Sat/May 1	Time Trials <i>Redwood High Pool</i>
Wed/May 19	Swimathon (@ regular practice time) <i>Redwood High Pool</i>
Fri/Jul 2	July Pool Party <i>Redwood High Pool</i>
Fri/Jul 9	Pre Champs Swimmer Dinner <i>Redwood High Pool</i>
Sun/July 11	Awards Banquet <i>Corte Madera Rec Center</i>
Sun/June 27	Stinson Beach BBQ Party <i>Stinson Beach</i>
TBD	Bowling Night
TBD	Bingo Night
TBD	Overnight Camping Trip
TBD	Parent Only Social

Come join the fun!

*If one of the TBD events interests you and you want to help organize, please send us an email at [questions@gowaves.com](mailto:questions@gowaves.com)*

*Check back to website frequently for times and changes.*

## 2010 Tidalwaves Coaches

**Marie McSweeney** is the Head Coach of the Tidalwaves as well as the Head Coach of the Tam Masters, an adult swim team recognized for its excellence in the USA. Marie has helped develop Tidalwaves into a great swim and athletic experience for the children in our community. She has a special way with swimmers, young and old, and an amazing memory for names and swim times. This will be her 29<sup>th</sup>+(!) year with Tidalwaves. Coach Marie can be reached at (415) 453-9563 with any questions.

**Joel Orloff** has been an assistant coach for Tidalwaves since 2001. Joel was a swimmer for Tidalwaves from the age of 9 until he turned 18, when he turned to coaching. We miss him in the pool, but he is much loved on the pool deck and by all the swimmers. Joel enjoys skating and surfing after swimming. He lives by the motto: "Good to go."

**Amanda Vogan**, assistant coach, is new to Tidalwaves this 2010 season, but she's certainly not new to the world of swimming. She has been swimming since the age of 13, and at 18 became an assistant coach. She has also done private and public swim lessons for the past few years. She really enjoys working with children and seeing their enthusiasm about swimming and exercise. She is a senior at Sonoma State University studying to receive her bachelor's of science degree in Kinesiology. Amanda thinks exercise and a healthy lifestyle are very important in life and hopes to encourage and teach people, in her future career, how to be and stay healthy.

**Kara Werner**, assistant coach, is also new to Tidalwaves this season. She started swimming at the age of 4 for a summer league in Benicia, called the Benicia Stingrays, and continued swimming through high school. She was an accomplished swimmer in the 50 and 100 Free, 50 and 100 Back, 50 Fly, and 100 IM. Her junior and senior year, Kara was also a junior coach for the Benicia Stingrays. Kara then attended Dominican University for her BA in Psychology, and found Masters swimming and triathlons. In 2003, Kara decided to share her love of swimming with others, and joined the Swimarin Sharks as the assistant coach for 3 years. She then took the reins as head coach, and for another 3 years, Kara helped lead the team back up in the standings. Kara now joins the Tidalwaves as an assistant coach to continue sharing her love for this sport, and she also teaches first grade at Neil Cummins Elementary School.

This year, two junior coaches have joined us to help with our youngest swimmers. A big coaching staff welcome to Darcy Gamble & Will Jacobus. Erin Broughan, Katie Gill and Emmaline Meill are our pool monitors at the gate.

## Coaching Philosophy

**The pre-meet season** focuses on skill improvement activities and concentrated work on technique. During this time, swimmers will establish a sound foundation of correct stroke mechanics. Workouts will also emphasize middle distance training, building stamina, increasing heart and lung capacity and developing strength.

**During the meet season**, specific distance and stroke work is emphasized. There is an intensity of quality sets, continued skill improvement and an effort to communicate training theory. We feel it is important to prevent practices from becoming boring or too demanding, so ample time is allotted for recreation and games as well.

## **Tidalwaves Fees**

By now, your fees should be paid! If you have any questions or problems, please email our registration volunteer, Karen Dunn @ [karendandunn@earthlink.net](mailto:karendandunn@earthlink.net).

The cost for the entire season is \$395 per swimmer (\$360 per additional swimmer in the same family.) Because of bookkeeping nightmares, we are unable to prorate or discount this fee. High school swimmers join us in late May and are charged \$100 for the season. Financial scholarships are available based on need. If you are interested in requesting a scholarship for next year, please write a letter to the Larkspur Rec Department, at 240 Doherty Drive, Larkspur 94939.

The dues are used for coaches' salaries, rental of the pool, insurance, administrative costs, Marin Swim League dues, newsletters, handbooks, trophies, ribbons, and incentive awards. Other optional expenses you may have, in addition to the fees, include swim gear, team photo, special team events, clinics, and entry fees for special meets.

## **Clinics**

Coach Marie offers optional focused technique clinics on various Saturday and Sundays throughout the season. All swimmers who are looking for a smaller coach to swimmer ratio should consider attending these clinics. They are a great way to supplement technique work offered during the season. This year the clinics are offered at \$10.00 per child per clinic or \$45 per swimmer for private.

To reserve your space (NO CANCELLATIONS) please CALL Coach Marie McSweeney at 453-9563 directly. (Coach Marie does not have email.)

## **Practice**

Practice schedules usually change two or three times during the season due to the Redwood High School team schedule and the start of the summer school break. To stay current on the schedule changes, you need to read your email & check the website.

The coaching staff encourages swimmers to attend as many practices as possible per week. The more a child swims, the more they improve and the stronger they get. If they miss a lot of practices, they are also missing a lot of valuable information that is given by the coaches, such as stroke improvement, technique, meet information, etc.

PS – If you have a Yahoo e-mail address – please add [questions@gowaves.com](mailto:questions@gowaves.com) to your address book or you will not receive team wide e-mails.

## Swim Meet Survival Tips

When you arrive at EVERY swim meet:

Be sure to sign in at the **Check-In Desk** if you are volunteering that day.

Next, make sure your swimmers **CHECK IN WITH THEIR AGE GROUP COORDINATORS.**

Bring plenty of towels, dry clothes, hats and maybe even old sleeping bags to keep warm or lounge on between events. Cards or small games also come in handy to pass the time between events. And don't forget the sunscreen, swim caps and goggles! Be sure to mark all your items with a permanent pen. Things are often left at the pool!

Remember to clean up your area after the meet!

*The goal at meets is for the kids to do  
their best and HAVE FUN!*

## Swim Suits & Team Gear

**Team Suits:** Although not mandatory, all swimmers participating in meets are encouraged to wear a team suit. Team suits for the 2010 season are Aquablade (the same suit as last year) and are available to purchase from T&B Sports in San Rafael. All suits ordered in mid-March will be available for pick-up at Pizza Night on April 30<sup>th</sup>. An alternative is any one piece navy blue racer.

**Caps:** During meets, your swimmer should wear a team cap if their hair is longer than 3 inches. Not only do they help the swimmer go faster, but it also keeps in line with our team look. Team caps will be available to purchase during Pizza Cheer night on April 30<sup>th</sup> and at the meets.

Regulation: **No** high school or college caps should be worn for MSL meets.

**Questions?** Ask our Team Gear Manager, Susan Rios, [suzanlr@comcast.net](mailto:suzanlr@comcast.net)

## Lost and Found

There is always an overflowing Lost and Found bin at the pool, both after practice and swim meets. The Lost & Found bin is located in the cage on the pool deck during meets so please check it regularly for lost items. Periodically the items are collected and a list is created by the lost & found coordinator, posted at the pool and on the website and emailed to all families. Items not claimed in a reasonable time will be given to a local charity.

Lost & found coordinator: Pamela Bildsoe can be reached at 891-8788 or [pamelabildsoe@gmail.com](mailto:pamelabildsoe@gmail.com)

# Marin Swim League Meet Format

All regular meets are called "dual meets", with one team swimming against another to test individual and group strength in each age group. The format of the dual meet is the same each week.

Each child competes in the age group of his/her actual age. If the child has a birthday on the day of the meet, he/she must swim at this new age level. The exceptions to this are the All-Star and Championship meets in which swimmers swim based on their age at the last dual meet.

There are five age divisions and 60 events at each dual meet in our swim league. Girls' events precede boys' events in each age divisions in the following order:  
8 & Under, 9-10, 11-12, 13-14, and 15-18.

Unless noted otherwise, swimmers aged 8 & under swim one length (25 yards) of the pool and all other age groups swim two lengths (50 yards).

## Event Order

### **#1-5 Medley Relays Each age group in turn**

*Four swimmers form a team - two girls & two boys. Each swimmer swims one of the four strokes in this order: back, breast, fly, free.*

### **#6-15 Freestyle Each age group in turn**

*8 & under swim 25 yards; 9-14 swim 50 yards, 15-18 swim 100 yards.*

### **#16-25 Backstroke Events Each age group in turn**

*8 & under swim 25 yards; 9-18 swim 50 yards*

### **#26-35 Breaststroke Events Each age group in turn**

*8 & under swim 25 yards; 9-18 swim 50 yards*

### **#36-45 Butterfly Events Each age group in turn**

*8 & under swim 25 yards; 9-18 swim 50 yards*

### **#46-55 Individual Medleys (IM) Each age group in turn**

*One swimmer swims each of the four strokes in this order: fly, back, breast, free. All age groups swim a total of 100 yards for the IM.*

### **#56-60 Freestyle Relays Each age group in turn**

*Four swimmers form a team - two girls & two boys. All swim freestyle.*

## Guidelines for Swim Meet Participation

To swim in a swim meet, swimmers age 8 and under must be able to swim a 25 yard freestyle in 38 seconds or a 25 yard backstroke in 41 seconds. For other strokes and other age groups, swim meet participation is subject to **Tidalwaves coaches' determination** that the swimmer can perform legal strokes and legal turns.

Coaches are responsible for placing swimmers in appropriate events. Swimmers and parents are encouraged to accept these decisions, which are made in the interest of both the swimmer and the team. Swimmers earn their places on relay teams. Selection is based on times established during individual events and coaches' discretion.

## Disqualifications (DQs)

The stroke & turn judge must disqualify (DQ) a swimmer for illegal strokes and/or turns. A DQ is an official disqualification of a swimmer's race. Only stroke & turn judges can DQ swimmers. Below are some of the reasons why DQs are given:

Freestyle: Swimmer turns too soon and fails to touch the end of the pool.

Backstroke: Swimmer executes a faulty flip turn or turns onto his/her front before touching the end of the pool at the finish of the race.

Breaststroke: Swimmer takes more than one complete stroke underwater after entry dive or turn; fails to touch with two hands on turn and/or finish; head does not break surface of water during each stroke; does not have a legal kick.

Butterfly: Swimmer incorrectly places his/her arms, or has an inaccurate kicking technique. The swimmer fails to touch with two hands on turn and/or finish.

Swimmers in all age groups may receive DQs, in which case no ribbon is issued. In the event of a disputed call, the Referee, who is supplied by the home team, makes the call. In an effort to encourage the newer swimmers, special consideration is given to those aged 8 & under.

## MSL Procedure in Event of Dispute

1. Coach (NOT parent) asks ref for clarification.
2. Ref finds DQ slip and seeks stroke and turn judge to ask what the infraction was, where the judge was standing and whether the judge has doubt.
3. If the ref is satisfied, he/she explains it to the coach. If the coach is still dissatisfied, he/she can follow the grievance procedure as outlined in the by-laws, going through the team president and MSL board.
4. If the ref determines that the DQ could have been in error, he/she can overturn the DQ.

PARENTS: PLEASE DO NOT APPROACH THE STROKE  
AND TURN JUDGES OR MEET REFEREE DURING A MEET.

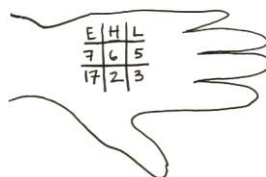
## Other Q & A's for Swim Meets

### Line-Ups:

The coaches determine the line-ups for the meets. The line-ups/heats are automatically created by the meet software program and inform swimmers what events they will be swimming and what their lane assignments are. Heats are grouped according to recorded best times.

### The Hand:

When swimmers arrive at the meet and check in, their Age Group Coordinators will list all their events on the swimmers' hands. A sample is show below:



**E = Event # / H = Heat # / L = Lane #**

This helps the swimmer get to the right place at the right time! (Please see explanation of the event order under the MSL Meet Format section.)

**Warm-ups:**

Home meet warm-ups begin 1/2 hour before the start time of the meet with both the visiting and home teams warming up together. Away meet warm-ups begin 1/2 hour before meet start time for the visiting team.

**Age Group Coordinators:**

These parent volunteers are available to help parents and swimmers find out what events they are swimming and write those events on swimmers' hands. They are also available during meets to orchestrate any last minute changes in the line-ups of relays.

**Contact your AGC immediately if you cannot swim at a meet for which you signed up.**

**Heat Sheets:**

The official line-up pages for the meets are called heat sheets and will be posted on the website by the Friday before a meet.

**Scoring Points at Meets:**

The fastest times from any heat are the scoring times, the scoring is as follows:

Individual Events - 1<sup>st</sup> = 5 pts, 2<sup>nd</sup> = 3 pts, 3<sup>rd</sup> = 1 pt.

Relay Teams - 1<sup>st</sup> = 7 pts, 2<sup>nd</sup> = 3 pts, 3<sup>rd</sup> = 1 pt.

Team sweeps of a specific event are not allowed. For example if the 3<sup>rd</sup> place swimmer is on the same team as 1<sup>st</sup> & 2<sup>nd</sup> place, the 3<sup>rd</sup> place point will go to the fastest swimmer on the opposing team.

**Ribbons:**

All swimmers in all events are awarded ribbons regardless of whether they scored points, unless they are disqualified by an official. The ribbon will have the swimmer's name, event, age group, time and date recorded on the back. Ribbons are awarded to all four members of a relay team that finishes in the top 3 places. Ribbons are distributed at swim practice following the dual meets.

**Team & Pool Records:**

Any individual breaking existing team and/or pool records will be awarded a special ribbon and have their name entered on the record board by the following season.

## **All Stars & Championships:**

To become an All Star in the MSL you must swim at or under a specific time. Q-times are listed at the back of the handbook. This year Tidalwaves is the host for the All Stars Meet which will be held at our Redwood Pool on Wednesday, June 16 from 6-9 PM. As we get closer to the All Stars meet date, please go to [www.marinswimleague.org](http://www.marinswimleague.org) for details on the All Stars meet.

Championships is the last meet of the season. To be eligible to swim in the Championship meet, you must have swum in at least **three** dual meets to qualify, but there are no qualifying times.

# Directions to Away Meets

***PLEASE DO NOT PARK IN RED ZONES OR OTHER RESTRICTED AREAS. YOU MAY BE TICKETED.***

**IVC - INDIAN VALLEY CAMPUS OF COLLEGE OF MARIN:** 1800 Ignacio Blvd., Novato. 101 North-exit Ignacio Blvd. Drive west to the end (2+ miles) Pool is to the left near end of the campus.

**LUCAS VALLEY LIGHTNING:** 1201 Idylberry Drive, San Rafael. Take 101 North to Lucas Valley exit. From stop light at exit, go west on Lucas Valley Road for 2.3 miles. Turn right on Mt. Shasta Drive (tennis court on corner) and go to the stop sign on Idylberry. Community Center is on the corner.

**MARINWOOD WATERDEVILS:** 775 Miller Creek Road, San Rafael. 101 North to : 1) Marinwood-exit onto Miller Creek and follow about one mile or 2) Lucas Valley and turn right on Miller Creek Rd. Go one block.

**NOVATO RIPTIDES – IVC (INDIAN VALLEY CAMPUS OF COLLEGE OF MARIN):** 1800 Ignacio Blvd., Novato. 101 North-exit Ignacio Blvd. Drive west to the end (2+ miles) Pool is to the left near end of the campus.

**ORCAS - TERRA LINDA REC. CENTER:** 670 Del Ganado, Terra Linda. 101 North. Exit to Freitas Pkwy. Drive past Northgate on Manuel Freitas Parkway and turn right on Del Ganado.

**ROLLING HILLS STINGRAYS:** 351 San Andreas Dr., 101 North-take the San Marin Dr. exit. Continue 2.5 plus miles and turn right onto San Andreas Drive.

**SCOTT VALLEY SEA SERPENTS:** 50 Underhill Road, Mill Valley. 101 South-take the East Blithedale exit, drive past Lucky and turn right onto Camino Alto. Take another right onto Vasco, Vasco goes into Underhill. Follow to the end.

**SLEEPY HOLLOW SEA LIONS:** 1317 Butterfield Rd, San Anselmo. Take Sir Francis Drake Blvd West. Go thru the hub and pass Red Hill Shopping Center. Right on Butterfield Road. Go 2 miles, the swim club is on the left.

**STRAWBERRY SEALS - TAM HIGH SCHOOL POOL:** 700 Miller Avenue, Mill Valley. Take 101 South to Blithedale Avenue exit. Turn right (west) on Blithedale, turn left onto Camino Alto, turn left onto Miller Avenue. Tam High is in front of you at the light and on your right as you turn onto Miller Ave.

**SWIMARIN - SAN RAFAEL HIGH SCHOOL:** 185 Mission Ave, San Rafael. Take 101 North to Central San Rafael Exit. Turn Right onto 2nd Ave. Turn Left onto Union Ave (Whole Foods is on your left). Turn Right onto Mission Ave. Park in the main parking lot and walk through the track to the pool.

**TIDALWAVES – REDWOOD HIGH SCHOOL:** 395 Doherty Dr, Larkspur. (From Highway 101 heading South, take Lucky Dr exit, go straight through light, after light bear left at Doherty Dr. OR from Highway 101 heading North, take Lucky Dr, at stop turn right onto Redwood Hwy, at light take a right at Wornum Way, at light turn right on Tamal Vista Blvd, at next light turn left on Fifer Ave), at curve stay left on Doherty, at stop stay right on Doherty Dr. at next stop turn left into parking lot. Walk between the two gyms – pool is at the back by tennis courts.

## Parent Participation

As with other teams in the Marin Swim League, Tidalwaves depends on the active support of the swimmer's parents during the swim season. At least one parent in each swimmer's family is asked to work at swim meets in which the child participates, or assist with other team-related activities.

Training will be provided for all jobs. Workers are responsible for finding their own substitutes. During the course of a regular Saturday meet, at least 50 or more adults representing the HOME team are "on deck". Throughout the season we have over 800 jobs filled by parent volunteers! **All volunteers need to check in at the Check-In Desk when they arrive at a meet.**

### **Specific volunteer positions during the meets include:**

Setup & Break Down ▪ Snack Bar ▪ Age Group Coordinators ▪ Timers (First & Second Halves) ▪ Stroke & Turn Judges ▪ Starter ▪ Announcer ▪ Referee ▪ Colorado Box Operators ▪ Runners ▪ Computer Desk Clerks ▪ Ribbon Applicators ▪ Meet Check-In Desk ▪ Team Gear Sales.

### **Season Long Volunteer Jobs Include:**

Board Positions ▪ Registration ▪ Computer Management ▪ Volunteer Coordination ▪ Special Events ▪ Communication ▪ Team Gear Coordination.

Parents, please volunteer to help during the meets and be ready to jump in if a job is not filled! This is an opportunity to truly be a part of the TEAM!

## Volunteer Commitment Agreement

Tidalwaves is a non-profit organization run completely by volunteers. The success of the swim team is dependent on parent participation.

This year we are requiring 20 pts of volunteer time.

In addition, if your swimmer is participating in All Stars or Championships, you will be expected to assist during these events as well as the season team commitment. Details will be announced to those participating.

If you are unable to volunteer we offer a Volunteer Commitment Buy-out option. This year the buy-out fee is \$500. Your buy-out commitment does NOT cover Championships.

If a swimmer chooses to practice, but does not swim in meets, families still must meet their volunteer obligation or pay the buy-out fee.

Your family is responsible for completing the jobs you have signed up for. If you find that you are unable to fulfill your commitment, you are responsible for finding a replacement.

If you do not complete, do not fulfill, or do not show for your job, you will be assessed a \$30 per point fee for each point not fulfilled.

# 2010 "Q" Times for All-Star Meet

Girls	Events	Boys
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## 8-Un

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18.00	25-YD FREE	18.00
23.20	25-YD BACK	23.94
25.30	25-YD BREAST	25.30
21.51	25-YD FLY	23.31
1:52.00	100-YD IM	1:52.50

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## 9-10

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34.17	50-YD FREE	34.43
42.50	50-YD BACK	43.15
45.60	50-YD BREAST	47.10
41.06	50-YD FLY	42.95
1:29.92	100-YD IM	1:30.80

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## 11-12

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30.90	50-YD FREE	30.50
37.80	50-YD BACK	38.20
40.50	50-YD BREAST	41.99
35.48	50-YD FLY	38.13
1:18.99	100-YD IM	1:21.76

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## 13-14

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28.75	50-YD FREE	27.58
35.00	50-YD BACK	34.84
38.73	50-YD BREAST	37.62
33.20	50-YD FLY	33.13
1:15.99	100-YD IM	1:13.64

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## 15-18

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1:03.25	100-YD FREE	56.60
35.47	50-YD BACK	31.82
38.99	50-YD BREAST	34.07
32.23	50-YD FLY	28.46
1:13.23	100-YD IM	1:06.06

# Personal Time Sheet

Swimmer Name: \_\_\_\_\_

	Free	Back	Breast	Fly	I.M.
May 1					
May 8					
May 15					
May 22					
June 5					
June 12					
June 16					
June 19					
June 26					
July 10					

Swimmer Name: \_\_\_\_\_

	Free	Back	Breast	Fly	I.M.
May 1					
May 8					
May 15					
May 22					
June 5					
June 12					
June 16					
June 19					
June 26					
July 10					



**GO WAVES!!**