

**Welcome to our
35th YEAR!!!**



2005 Swimmer Handbook

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Welcome to Tidalwaves!!!

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 mid-May through July.

There are team activities including a pizza/cheer night, a picnic, a team trip to a water park, a pool party, a family fun meet, 4th of July Parade Float and (for the kids 14 and over) a camping trip. 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!

2005 Tidalwaves Coaches

Marie McSweeney is the Head Coach of the Tidalwaves as well as the Head Coach of the Tam Masters, an adult 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 27th year with Tidalwaves!

Monica Macdonald has been an assistant coach since 1995. She swam with Tidalwaves for 8 years, returning every summer through college to coach the team.

Joel Orloff has been an assistant coach since 2001. Joel was a swimmer for Tidalwaves from the age of 9. We miss him in the pool, but he is much loved on the pool deck and by all the swimmers.

Zoe Jarocki is new to coaching this year, but is no stranger to the program. She swam for Tidalwaves for 11 years and is excited to be back with the team.

Tidalwaves Fees

By now, your fees should be paid! If you have any questions or problems, please call Anne Burke, Treasurer, @ 927-3259.

The cost for the entire season is \$285 per swimmer (\$250 per additional swimmer in the same family.) Because of bookkeeping nightmares, we are unable to prorate or discount this fee. Financial scholarships are available based on need. If you are interested in requesting a scholarship for next year, please write a letter to the Tidalwaves Board at P.O. Box 913, Larkspur 94977.

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.

Practice

Practice schedules usually change twice during the season. We start with the Pacific Stand Time Schedule and on April 4th will change with Daylight Savings to swim longer. On May 23, the Redwood High team completes its swim season and Tidalwaves moves up one hour to 4:30pm. To stay current on schedule changes you need to read your email, check the website and the white boards at the pool.

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.

Coaching

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.

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 the technique work offered during the season. This year the clinics are offered at \$10.00 per child per clinic. Sign up sheets are located at the pool. Pre-payment by check or cash is required.

Swim Suits

Team Suits: Although not mandatory, all swimmers participating in meets are encouraged to wear a team suit. Team suits for the 2005 season are Speedo and will be available to purchase from Nor Cal during the month of April. We will have Nor Cal in the pool area and will advise of specific dates. An alternative is any one piece navy blue racer.

Caps: are highly recommended to help you swim faster, and to keep in line with the team look. Caps should be worn in all meets if your hair is longer than 3 inches. New 2005 team caps will be sold at various events during the season, but if you prefer to buy your own, please purchase navy blue in color.

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

Questions? Ask our Team Gear Manager, Susan Rios, susan.rios@goldenbeartravel.com or call 789-5475. Team Gear (sweats/t-shirts/hats) will be sold from April 29-June 25 at team events.

Lost and Found

There is always an overflowing Lost and Found Bucket at the pool, especially after a home meet. Lost & Found is located in the pool office at the Redwood Pool. Feel free to check it during practice but make sure to advise the pool monitor. We will periodically try to email or display Lost and Found objects, but items not claimed in a reasonable time will be given to a local charity.

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:

There are 60 events at each dual meet:

#1-5	Medley Relays	All age groups
#6-15	Freestyle Events	All age groups
#16-25	Backstroke Events	All age groups
#26-35	Breaststroke Events	All age groups
#36-45	Butterfly Events	All age groups
#46-55	Individual Medleys	All age groups
#56-60	Freestyle Relays	All age groups

Medley Relay: Four swimmers form a team (two girls & two boys). Each swimmer swims one of the four strokes. They swim in this order: back, breast, fly, free.

Individual Medley (IM): One swimmer swims each of the four strokes in this order: fly, back, breast, free.

Freestyle Relay: Four swimmers form a team (two girls & two boys). All swim freestyle.

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.

There are five age divisions in our swim league:
8 & Under, 9-10, 11-12, 13-14, and 15-18.

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.

Girls' events precede boys' events in each age division.

8 & Under swimmers swim one length (25 yards) of the pool, except for the IM swimmers, who swim each of the four strokes one lap for a total of 100 yards. **All other age groups** swim two laps (50 yards) for individual events and relays. They also swim 100 yards for the IM. **The only exception:** 15-18 freestyle event which is 100 yards.

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 in and what their lane assignments are. Heats are grouped according to recorded best times.

Heat Sheets: The official line-up pages for the meets are called heat sheets and are posted at the pool the Friday before a meet.

Scoring Points at Meets: The fastest times from any heat are the scoring times. Scoring is as follows:

Relay Teams - 1st place only = 7 pts

Individual Events - 1st = 5 pts, 2nd = 3 pts, 3rd = 1 pt.

Team sweeps of a specific event are not allowed. For example if the 3rd place swimmer is on the same team as 1st & 2nd place the 3rd place point will go to the faster 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 side. 1st place ribbons are awarded to all four members of a winning relay. Ribbons are distributed at swim practice the Monday following the dual meets.

Team & Pool Records: Individuals breaking existing team and/or pool records will be awarded a special ribbon and have their name entered on the record board.

All Stars & Championships: Qualifying time (Q-time) is necessary for swimming in the All-Stars meet. You must participate in at least two dual meets to qualify for the Championship meet, but there are no qualifying times.

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.

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, or head does not break surface of water during each stroke.

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.

Swim Meet Survival Tips

When you arrive at the swim meet, be sure to **check your swimmer in at the Check In Desk**. This will be at EVERY swim meet.

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!

Overall, the goal is for the kids at meets, is to do their best and HAVE FUN!

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 700 jobs filled by parent volunteers! **All volunteers need to check in at the Check In Desk.**

Specific volunteer positions during the meets include:

- Setup & Break Down
- Snackbar
- Age Group Coordinators
- Timers (First & Second Halves)
- Stroke & Turn Judges
- Starter
- Announcer
- Referee
- Colorado Box Operator
- Runners
- Computer Desk Clerks
- Checking Clerks
- Ribbon Coordinators
- Meet Check In Desk

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!

The last two pages of the handbook are for your swimmer to keep track of their progress. It is fun to set goals each week and see times decrease.

DIRECTIONS TO AWAY MEETS

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

SWIMARIN - TERRA LINDA HIGH SCHOOL: 320 Nova Albion Drive. 101 South to Terra Linda Exit/Freitas Parkway. Left on Las Gallinas. Right on Nova Albion. Continue to T.L.H.S. pool on the right side past Kaiser.

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.

IVC - INDIAN VALLEY COLLEGE: 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 LIGHTING: 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 Idyberry. 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 COLLEGE): 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.

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 Blithdale exit, drive past Lucky and turn right onto Camino Alto. Take another right onto Vasco, Vasco goes into Underhill. Follow to the end.

STRAWBERRY SEALS: 118 East Strawberry Drive. Take 101 South to Tiburon Exit. Take Tiburon Blvd. to Strawberry Drive. Turn Right. Pool is on the right hand side.

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.

TIDALWAVES - COLLEGE OF MARIN, KENTFIELD: (Our HOME meets are held at this pool.) 835 College Ave, Kentfield. From Highway 101, take the San Anselmo (northbound) / Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight). For the Physical Education complex, turn left on College Ave. Pool is on the left. Look for the TIDALWAVES banner.

2005 "Q" Times for All-Stars

<u>Girls</u>	<u>8 & Under Events</u>	<u>Boys</u>
18.00	25 yd Freestyle	18.00
23.20	25 yd Backstroke	23.25
24.95	25 yd Breast	25.30
21.51	25 yd Butterfly	23.31
1:51.40	100 yd Individual Medley	1:52.04

<u>Girls</u>	<u>9 - 10 Events</u>	<u>Boys</u>
34.17	50 yd Freestyle	34.10
42.00	50 yd Backstroke	43.15
44.20	50 yd Breast	46.15
41.06	50 yd Butterfly	42.95
1:29.92	100 yd Individual Medley	1:30.80

<u>Girls</u>	<u>11 - 12 Events</u>	<u>Boys</u>
30.42	50 yd Freestyle	30.45
37.80	50 yd Backstroke	38.80
39.67	50 yd Breast	41.23
35.48	50 yd Butterfly	38.13
1:18.99	100 yd Individual Medley	1:21.76

<u>Girls</u>	<u>13 - 14 Events</u>	<u>Boys</u>
28.75	50 yd Freestyle	27.58
35.00	50 yd Backstroke	34.84
38.73	50 yd Breast	37.62
33.20	50 yd Butterfly	33.13
1:15.99	100 yd Individual Medley	1:13.64

<u>Girls</u>	<u>15 - 18 Events</u>	<u>Boys</u>
1:03.25	100 yd Freestyle	56.60
35.47	50 yd Backstroke	31.82
38.99	50 yd Breast	34.07
32.23	50 yd Butterfly	28.46
1:13.23	100 yd Individual Medley	1:06.06

*All-Star "Q" Times as of 4/05. These are subject to change.

Personal Time Sheet

Swimmer Name:

	Free	Back	Breast	Fly	I.M.
Apr 30					
May 14					
May 21					
June 4					
June 11					
June 18					
June 19					
June 25					
July 9					
July 16					

Swimmer Name:

	Free	Back	Breast	Fly	I.M.
Apr 30					
May 14					
May 21					
June 4					
June 11					
June 18					
June 19					
June 25					
July 9					
July 16					

Swimmer Name:

	Free	Back	Breast	Fly	I.M.
Apr 30					
May 14					
May 21					
June 4					
June 11					
June 18					
June 19					
June 25					
July 9					
July 16					