

2010 Grinnell Tiger Sharks

Coaching staff for the summer 2010 season:

Sarah Smith– head coach
Nate Hall- assistant coach
Renee Beach-assistant coach
Jodi Tish-Tiny Sharks coach
Holly Hunter- Tiny Sharks coach
- Tiny Sharks coach

Fees:

\$75.00 for all swimmers

Pre season meeting

Mandatory parents meeting for all swimmers is Sunday June 6th at 6:00 PM at the Grinnell Mutual Family Aquatic Center.

All practice suits and goggles can be purchased anytime at Bikes To You in Grinnell.

All team suits and caps can be purchased anytime at the Grinnell Recreation Department.

Tiger Shark program:

The Tiger Shark program is a competitive swimming program that participates in the Central Iowa Summer Conference swim meets and Conference Meet. The requirement to be able to swim with the Tiger Shark program, is to swim unassisted, one lap (25 meters) in 12ft of water. We encourage swimmers to have passed level 3 American Red Cross swimming lessons or equivalent.

All swimmers 8 and under will begin practice at 9:00am and swim until 9:45am. These swimmers should arrive at the pool at 8:45am to begin stretching and communicate with the coaching staff and be ready to hop in the water at 9:00am. Parents must accompany their 8 and under swimmers into and out of practice each day and touch base with the coaching staff.

All swimmers 9 and up will begin practice at 8:00 and swim until 9:00am. These swimmers should be at the pool at 7:45am to begin stretching and communicate with the coaching staff and be ready to hop in the water at 8:00am. Parents are encouraged to accompany these swimmers into and out of practice each day and touch base with the coaching staff.

Tiny Sharks program:

This program is designed for swimmers who can not meet the requirement of swimming one lap (25 meters) unassisted in 12 ft of water. Once a Tiny Shark develops the skills necessary to move up to the Tiger Shark program, they will be placed into their practice. Tiny sharks are allowed to participate in the home swim meets. They will swim 25 meters with assistance from their coaches.

All Tiny Sharks will begin practice at 9:00am and swim until 9:45am. These swimmers should arrive at the pool at 8:45am to begin stretching and communicate with the coaching staff and be ready to hop in the water at 9:00am. Parents must accompany their swimmers into and out of practice each day and touch base with the coaching staff.

Communication

Communication between coaches and parents is essential to running a successful program. All information will be posted on the web site at: www.grinnelltigersharks.com

This website will have:

- coaches contact information
- practice schedule
- swim meet schedule
- volunteer information and duties
- handbook
- code of conduct
- swim meet participants and events
- cancellation of meets and or practice
- any changes regarding meets or practices
- meet results

Ribbons and any other printed communication will be in a crate with each swimmers last name on a folder. The Thursday after a swim meet, please check this folder to get your ribbons and other information we may have for you. There will also be a coach's folder that you may return any information to the coaches or any questions/concerns.

Attitude

Swimmers should display a healthy attitude during practice. Horsing around is not conducive to swimmers learning proper technique and disrupts practice. A positive attitude includes practice, other swimmers and the coaching staff. Improper attitudes will be handled by the coaching staff and the discipline explained below.

Discipline

The following progressive disciplinary measures will be taken if the rules and spirit of competition are violated:

- Swimmer received a verbal warning
- Swimmer sits out of that activity or event for 10 minutes
- Swimmer will be asked to leave for the day
- Swimmer will be removed from the Tiger Shark swim team for the season, all fees forfeited.

Equipment / swim wear

Swimmers must bring the proper training equipment to each practice. Please bring a practice swim suit, goggles, a towel and a labeled water bottle. Each year we designate a team suit for purchase along with a team swim cap that can be purchased anytime at the Grinnell Recreation Department. Team swim suits are not required for participation in swim meets. Swim caps are not mandatory but may be worn at practice and meets.

Practices & Meet cancellation Policy

Please check the web site or listen to KGRN for weather related cancellations. Please DO NOT call KGRN. You may call the Grinnell Recreation Department Monday – Friday 9:00 A.M. – 5:00 P.M. with any questions.

Swim meets can be canceled as well due to bad weather. The coaching staff will be in contact with the opposing team, to make the decision on canceling the meet. You can check the web site or listen to KGRN for canceled meet information.

Signing up for Swim meets

Sign up for what swim meets you will be able to attend. This form needs to be returned on or before Monday June 7. Signing up to participate in a swim meet is a commitment that needs to be kept. Communication with the coaches is essential to running a smooth meet. Please communicate any meet changes with the coach as soon as possible. Relays rely on all swimmers who signed up for the meet to keep their commitment and attend the meet. Swim meets are fun and exciting, so we encourage parents to sign up their child for all the swim meets during the summer season.

- 8 and under swimmers – coaches to decide your events
- 9-10 year olds – combination of coaches and swimmer
- 11 and up – swimmer to decide own events

The coaches will help any swimmers that want assistance in choosing events.

It will be the coach's responsibility to review times after every meet and to let swimmers know if they are close to achieving qualifying times.

Home swim meet parent help

If your child will be participating in a home swim meet you will be assigned a duty during the swim. Parents may request duties and times to work. One week prior to the meet you will be given your assignment. All the food will be provided by the Tiger Sharks Swim Team this summer. All we need you to do is bring your swimmer and be ready to work.

Dropping off and picking up your child

No swimmers should arrive earlier than 15 minutes prior to their practice start time. Each swimmer will check in with the cashier at the desk prior to entering the facility. No child will be allowed to enter the locker room until their scheduled practice time. Each child will be given 15 minutes after practice to shower, change and exit the locker room. It is very important that you arrive no later than 10:00 a.m. to pick up your child.

Aquatic Center usage

No siblings or guardians are allowed to use any part of the Aquatic Center while Tiger Sharks and/or Tiny Sharks Swim Teams are practicing. The Aquatic Center is reserved for only those registered for the teams.

Please sign and date the following forms and return it to the coaching staff.

Swim meets- Swimmers will:

- support their teammates
- respect the officials and opponents
- Display sportsmanlike behavior
- Report to the coaches after every event with their time and discuss the event just swam
- Arrive 15 min prior to warm ups
- Arrive with event numbers on either the hand or arm
- Bring appropriate snacks and drinks—no candy or junk food
- Cheer on their teammates at swim meets
- Report on time to the clerk of course for your event, we will not come and find you
- Stay in assigned areas at all swim meets
- Clean up after myself and other teammates during and after all swim meets
- Will not scratch from any event that you have signed up for

Swimmer responsibilities:

The purpose of these rules are to clarify the expectations set forth by Grinnell Tiger Sharks swimming program, to show respect for all people and the facilities in which they practice and compete. Any disrespect of persons or property will result in disciplinary action set forth later in this manual.

Please visit with the coaching staff if there are any problems with the practice schedule as families today are very busy and swimmers are often in other activities that may conflict with practice times.

I will:

- Obey all pool rules and regulations
- Be on deck prior to the start of practice for stretching and warm up on deck
- Not enter the water until permission by the coach
- Listen and follow directions
- Not use/touch any equipment that is not intended for swimming practice
- Show respect to your fellow swimmers and coaches
- Encourage fellow teammates
- Be prepared for practice, including bringing all of your swimming gear
- Stay in your assigned lanes, unless moved by the coaches
- Be attentive during practice, no diving under the water to play when instruction is given
- Arrive at least 15 minutes before warm up to any meet

Signed by swimmer

date

Signed by parent

date

Parent responsibilities

- Keep abreast of your child activities regarding the swim team
- Volunteer to help run the home swim meets
- Be supportive of your child though out the swim season
- Help your child plan, set, strive and achieve their swim goals
- Be patient, just as all kids develop at different paces, swimmers do too
- Make sure your swimmer attends all practices possible
- Be a part of the team, much of swimming is an individual sport, but encourage your swimmer to be a part of the team.
- Try to not talk to the coaching staff during practice, consider the swim deck a classroom... not to be interrupted. Coaching staff will be available 15 minutes prior to practice and 15 minutes after each practice if you would like to discuss anything.
- The coach is the coach, please respect this. To increase the learning process, we want your child to build a healthy respect and image for the coaching staff and ask that you allow that to happen. We ask parent to be involved in their child's swimming sport, but please let the coaches do their job.
- Please communicate with the coaching staff appropriately. Should you have any questions or concerns that can not be addressed by the coaching staff before or after practice, you may contact the Grinnell Recreation Department. We want you to feel free to open the doors of communication between coaches and parents
- There is a \$10.00 fine, per occurrence, payable to Grinnell Tiger Sharks for not showing up for your volunteer duty for the home meets that your child is signed up for. If your child is swimming at a home meet, one parent from each family is assigned a duty for that swim meet. If you can not fulfill your duty at that home swim meet, then you may find a replacement.
- There is a \$10.00 fine, per occurrence for signing up for a swim meet and then not showing up for that meet. Not showing at a meet causes problems for all the staff involved and disappoints other children that will have to scratch a relay. Emergencies happen, please let the coaching staff know as soon as possible.
- Children age 8 and under will not be left unattended during practice or meets
- Parents are responsible for the cost of all damaged equipment

Parent code of conduct

I will:

- Provide positive support and encourage swimming participation
- Encourage good sportsmanship by demonstrating my own good sportsmanship to all swimmers and officials at any swimming meet
- I will support the decisions of my swimmers coaches even if I have a different agenda
- I will remember that swim meets are a chance to perform the practice we have endured as a time to improve upon our previous times
- I will do my best to make swimming fun for my child
- I will keep my commitments to the swimming program by attending the meets I have signed my swimmer up for.
- I will be a volunteer for the home swim meets
- I will read the handbook myself and to my child, so we may be successful as a team.

Signed by parent

Date

