

# TR SHARKS

"IF YOU'RE NOT A SHARK, YOU'RE JUST  
BAIT!"

[www.turtlerocksharks.com](http://www.turtlerocksharks.com)

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# FAMILY HANDBOOK





# SCHEDULE

## PRACTICES

### Practice Days

Monday, Tuesday, Wednesday & Thursday

Group 1: 5-6yr 4:00 pm - 4:30 pm

Group 2: 7-8yr 4:30 pm - 5:15 pm

Group 3: 9-10yr 5:15 pm - 6:00 pm

Group 4: 11yr+ 6:00 pm - 7:00 pm

Swim groups are based on June 1 birthday.



# TR SHARKS

## TEAM PHILOSOPHY

The purpose of the Turtle Rock Sharks shall be to provide an encouraging atmosphere where children develop and learn proper swimming technique while being introduced to competition. The primary focus of the team leadership shall be to foster team cohesiveness and camaraderie among swimmers and their families.



# TR SHARKS

iSL

The Turtle Rock Sharks Swim Team is a member of the non-profit Irvine Swim League (ISL). The league's purpose is to promote safe, friendly competition with an emphasis on participation and individual improvement for Irvine youth. Safety, proper swimming strokes and sportsmanship are taught. The ISL rules govern the conduct of all swim meets. Complete rules are posted on the ISL website at:

[www.irvineswimleague.org](http://www.irvineswimleague.org)



# TR SHARKS

## communications

Website: We will use our team unify website ([www.turtlerocksharks.com](http://www.turtlerocksharks.com)) as the primary means of providing information to the families throughout the season. You will be responsible for checking the website OFTEN for updates, volunteer commitments and swimming assignments.

Facebook: Follow along and connect with your teammates at <https://www.facebook.com/trbsharks>

Instagram: Follow along and connect with your teammates at <https://www.instagram.com/trbsharks>



# TR SHARKS

## COACHES

All Shark coaches are excellent swimmers and teachers and have been certified by the American Red Cross (including CPR, first aid and rescue skills). It is their goal to teach every swimmer the proper stroke technique for each of the four strokes.

If you feel that your swimmer would benefit from extra help, please feel free to set up private lessons.

If you have questions or concerns about your swimmer, please be respectful of the coaches' duties and speak with them before group 1 or after group 4 practice. For all other matters, please speak to any of the board members.



# TR SHARKS

## CODE OF CONDUCT

To help ensure that all Sharks have a safe and fun swim season, please review the Code of Conduct Policy you signed at registration. It is also posted on the Sharks website.

Please be mindful at all times that we are guests of the Turtle Rock Park & Recreation (TRPR) Association and subject to its rules and regulations. The Sharks have worked hard over the years to establish a positive relationship with TRPR, to demonstrate the positive impact this swim team has on our children and the value it brings to residents of the TRPR and neighboring communities. The team's behavior should reflect our appreciation of and desire to continue this valued relationship.



# TR SHARKS

## TR Sharks Parent Volunteer Obligation Agreement

**All families are required to volunteer 6 shifts + 1 shift at Champs (if you have a swimmer participating at Champs)**

The TR Sharks swim team operates as a non-profit, 100% parent-run organization, and as such, **every family is required to volunteer 6 shifts during the season**. Since the meet cannot run without our volunteers, if you signed up to work at a meet, you must arrive on time for your shift or you will not receive credit. If you are unable to work a scheduled volunteer shift, it is your responsibility to make arrangements with another family to switch. You must ensure your shift is covered and notify the Sharks' Volunteer Coordinator of the change. **If you elect to attend the ISL Champs, you will also be required to perform additional volunteer duties** as assigned to the Sharks by ISL.

It is also important to note that our entire TR Sharks Board is not paid. They are all volunteers giving countless hours throughout the year to the team. Please treat all Sharks Board Members, leaders, parents, and volunteers with respect and appreciation for their time given in support of organizing and securing a fun swim team season for all Sharks.

Fulfilling the volunteer obligations outlined above (and agreed to at the time of registration) is a condition of your family's membership with the Sharks.

Failure to complete all volunteer obligations (6 shifts plus an additional shift at Champs if you have a participating swimmer) by the end of the season will subject your family to losing priority registration and/or being removed from the TR Sharks' swim team the following season. Additionally, **there is a \$100 penalty per missed shift (including showing up late for a swim meet shift)**. The credit card on file from registration will be charged within a week of the missed shifts. If there is no card on file, we will collect six separate \$100 checks when we collect your registration fee. One check will be cashed per missed or late shift.



# TR SHARKS

## group ASSIGNMENTS

Coaches have assigned swimmers to specific practice groups with other swimmers of similar age and swimming ability. Please check the Sharks' website for the group list. Changing groups is not permitted unless the coaches approve the change in advance.



# TR SHARKS

## WHAT TO Bring

There are only a few pieces of equipment your children need to bring to every practice. They should have sunscreen, towel, goggles, swim caps (for girls or boys with longer hair), kick boards and swim fins should be brought by the 2nd week of practice. Rash guards are not recommended as they interfere with proper swim stroke technique. Kick boards Can be provided if needed.



# TR SHARKS

## SWIMMER SUPERVISION

Swimmers age 13 and under must be accompanied and supervised by a parent or responsible adult while on the pool deck before and after their group practice. Sharks coaches are ONLY responsible for supervising swimmers during their assigned practice session. We request that all Shark swimmers be picked up promptly at the end of their practice. Sharks Board members and coaches will make note of swimmers who are left unattended by a parent before/after practice for more than 5 minutes. Those swimmers and their families are subject to removal from the team. All Sharks MUST abide by the posted TRPR association pool rules at all times when in the pool area.



# TR SHARKS

## NO SHARK ZONE

To accommodate all TRPR non-swim team families, we leave 2 lanes open (without lane lines) for residents. This means NO SHARKS are allowed in the lap pool in these designated lanes. Sharks swimmers may not enter the lap pool until it is time for their practice session and they must exit the pool immediately following their practice time.

During all home meets, NO SHARKS or visiting team swimmers are allowed in the Dive Pool or the baby/wading pool. These pools are reserved for TRPR non-swim team families during meets.



SUMMER 2023



# TR SHARKS

## POOL RULES

In order to continue to foster a positive relationship with TRPR and our Sharks Swim Team privilege of use of the TRPR pool facility, it is up to ALL families to observe the posted rules as well as utilize common sense when on the pool deck. The following activities are not permitted/highly discouraged while on the pool deck: riding razor scooters, riding bikes, showers exceeding 3 minutes, misuse of pool furniture, propping open entrance gate, lack of maintaining bathroom tidiness, dangerous horseplay on diving board, leaving food/trash, etc. Please mind your children and teach them proper use of the pool facility so that the Sharks Swim Team maintains its privileges. Please treat the pool area as if it were your own and leave the area in "better condition" than when you arrived by putting any pool furniture you moved back to its original place, cleaning up any trash you find, limiting shower time, etc. Thank you for your help!!!



# TR SHARKS

## CONCESSIONS

We appreciate your support of the Shark Shack during home meets, as it is our primary source of fundraising. Contributions are happily accepted at our home meets!



# TR SHARKS

## LOST & FOUND

Items left on the pool deck after practices and meets will be locked in the pool closet until the next practice. Please mark your items with your name for easier identification.



# TR SHARKS

## iSL CHAMPS

All swimmers from all 22 ISL teams can compete at the Championship Meet at the William Woollett Jr. Aquatic Center in Irvine. Swimmers that achieve a "qualifying time" (listed in the back of the handbook) during one of the 5 dual meets in any event, will be invited to compete. All other swimmers can elect to compete in one event as well. At the Championship Meet, medals will be awarded for 1st through 6th places and ribbons for 7th - 20th place. All Sharks swimmers are invited to participate in the Championship Meet.

Each team is assigned a different job to work during the champs meet. A few weeks prior to the meet, you will be contacted and asked to help.





# TR SHARKS

## PHOTOGRAPHS

Photographs of swimmers may be used for publication on the Sharks website, social media and other publications UNLESS you notify the Board of Directors specifically not to.



# TR SHARKS

## AWARDS

Trophies are awarded to all of the swimmers by the coaches at our end of season Awards Night! Medals and ribbons from the championship meet are also distributed to participants. Special awards will be given by the coaches to honor selected swimmers. Don't miss the fun!



# TR SHARKS

## Swim Meets

### Number of Meets:

This season we have 5 meets and. We will also have an intra squad meet (time trials) to give swimmers and parents a chance to become familiar with swim meet procedures. Event times from this meet will be used to gauge time improvements as the season progresses. The Championship meet for all ISL teams is the final event of the summer.

### What to Bring to a Meet:

Swimmers should wear the official Sharks team swimsuit (or a solid navy blue suit) and bring swim caps, goggles, sunscreen and a towel. Wearing your Sharks or solid navy blue suit is required for swim meets. Other items your swimmer may want to bring are sandals, T-shirt/sweatshirt, sweat pants, eardrops and eye drops. Chairs (seating is limited), hats, pop-up canopies/umbrellas and games for kids are also a good idea. There is plenty of food and drinks available for sale at "The Shark Shack"!

### Before the Meet:

Start your swimmer off with a good breakfast either at home or at the Shark Shack (during home meets). Your swimmer should eat lightly during the meet.

### Getting There:

Parents are responsible for getting their swimmers to the meets on time (by 7:55am). Maps and directions to the away meets are available at [www.turtlerocksharks.com](http://www.turtlerocksharks.com). Having all swimmers on deck before 8:00am makes for a smooth meet.

### Meet Check-in:

All meets aside from the Boys v. Girls meet are on Saturday and begin promptly at 9:00am, with warm ups beginning at 8:00am sharp. Please have your children there on time. **All swimmers and volunteer parents must check in at the sign-in table first thing.** Swimmers will have their event numbers written or verified and parents will get their volunteer labels. By signing in, our coaches can determine the number of swimmers in each event and whether or not the relay teams are complete. The Volunteer Coordinator and Meet Manager can also determine if all swim meet jobs are covered.

# TR SHARKS

## Swim Meets

We will be posting the individual events numbers on the Sharks website/app on the Friday night prior to the meet. You will be able to write your children's event numbers on their arms at home if you choose. Kids must STILL check in at the table to have their numbers verified because last minute changes do occur.

### During the Meet:

After the meet starts at 9:00am, swimmers will be called according to event numbers to the Ready Bench area located under a canopy on the pool deck. Listen for the meet announcer's call and watch for the event number sign posted on the pool deck. The Ready Bench volunteers will organize the swimmers into the correct event, heat and lane order. It is the parent's responsibility to make sure that their swimmers arrive at the Ready Bench in time; otherwise, a child might miss an event.

#### Order of Swim Meet Events:

Event #1-6	Medley Relay – Back, Breast, Butterfly, Free
Event #7-18	Butterfly
Event #19-30	Backstroke
Event #31-38	Individual Medley – Butterfly, Back, Breast, Free
Half-Time	Volunteer Crews change shifts
Event #39-50	Breaststroke
Event #51-62	Freestyle
Event #63-68	Freestyle Relay

Swimmers may be disqualified (DQ) if they are swimming a stroke incorrectly and if the stroke error results in a material advantage. Disqualification is not intended to punish swimmers, but is **meant** to underscore the importance of swimming a stroke correctly.

### At the End of the Meet:

It is critical that the pool area look pristine after the meet is over. Please return chairs to their proper place, pick up trash, and in general do what you can to make the pool area look nice. The Take-Down/Clean-Up crew of volunteers is responsible for putting away canopies, tables, equipment, etc. It is NOT their job to pick up trash, clean up messes or to place chairs back in their proper place.





# TR SHARKS

## Swim Meets

### **Ribbons:**

Ribbons will be placed in the team file box the Monday after a meet and can be picked up during your practice session. Ribbons are awarded for 1st through 6th place and to all Heat Winners. Participation ribbons are awarded to all swimmers who do not receive a place or heat winner ribbon. Time improvement ribbons are given if the swimmer's personal event time has improved since a previous 2013 competition. No ribbon is awarded in the event the swimmer is disqualified (DQ) in a particular race.

### **\*\*\*If You Will Miss a Meet:**

While all swimmers are encouraged to attend all of the meets, this is often not possible due to family vacations, illness or other priorities. **It is important to declare via our team website NO LATER than Tuesday night of that week** if your swimmer will miss a meet. Remember, if you are Scheduled to work the meet you are missing, it is your responsibility to find a replacement and notify your crew leader.

### **ISL Website**

The Irvine Swim League has a wonderful website ([www.irvineswimleague.org](http://www.irvineswimleague.org)). It has a wealth of information available on it. Among the new features, you will be able to view team meet articles each week for more complete information than is listed in The Irvine World News.



# TR SHARKS

## iSL CHAMPS QUALIFYING TIMES

Event #	Event Description	Qualifying Time	Event #	Event Description	Qualifying Time
Boys 5-6			Girls 5-6		
20	Boys Backstroke	33.50	19	Girls Backstroke	33.50
40	Boys Breaststroke	35.50	39	Girls Breaststroke	35.50
8	Boys Butterfly	32.50	7	Girls Butterfly	32.50
52	Boys Freestyle	26.50	51	Girls Freestyle	26.50
Boys 7-8			Girls 7-8		
22	Boys Backstroke	24.50	21	Girls Backstroke	24.50
42	Boys Breaststroke	26.50	41	Girls Breaststroke	26.50
10	Boys Butterfly	23.50	9	Girls Butterfly	23.50
54	Boys Freestyle	19.50	53	Girls Freestyle	19.50
Boys 9-10			Girls 9-10		
24	Boys Backstroke	47.00	23	Girls Backstroke	47.00
44	Boys Breaststroke	50.50	43	Girls Breaststroke	50.50
12	Boys Butterfly	46.50	11	Girls Butterfly	46.50
56	Boys Freestyle	39.00	55	Girls Freestyle	39.00
32	Boys Individual Medley	1:38.0	31	Girls Individual Medley	1:38.0
Boys 11-12			Girls 11-12		
26	Boys Backstroke	43.00	25	Girls Backstroke	43.00
46	Boys Breaststroke	45.00	45	Girls Breaststroke	45.00
14	Boys Butterfly	42.00	13	Girls Butterfly	42.00
58	Boys Freestyle	35.00	57	Girls Freestyle	35.00
	Boys Individual Medley	1:30.0	33	Girls Individual Medley	1:30.0
Boys 13-14			Girls 13-14		
28	Boys Backstroke	39.00	27	Girls Backstroke	39.00
48	Boys Breaststroke	42.00	47	Girls Breaststroke	42.00
16	Boys Butterfly	36.00	15	Girls Butterfly	37.50
60	Boys Freestyle	30.50	59	Girls Freestyle	32.00
	Boys Individual Medley	1:22.0	35	Girls Individual Medley	1:24.0
Boys 15-18			Girls 15-18		
30	Boys Backstroke	36.00	29	Girls Backstroke	38.50
50	Boys Breaststroke	37.00	49	Girls Breaststroke	40.00
18	Boys Butterfly	32.00	17	Girls Butterfly	35.50
62	Boys Freestyle	28.50	61	Girls Freestyle	31.00
	Boys Individual Medley	1:10.0	37	Girls Individual Medley	1:19.0

