



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**TYDE SWIM TEAM
2022-2023
BRONZE GROUP EXPECTATIONS**

PRACTICE SCHEDULE/ATTENDANCE

- 1) Monday – Friday (days and times vary based on location).
- 2) Arrive on time and be ready to swim at the start of practice.
- 3) Bronze Level 1 swimmers should attend 2 out of 3 practices offered each week.
- 4) Bronze Level 2-4 swimmers should attend 3 out of 5 practices offered each week.
- 5) If practice attendance, character and commitment requirements are not being met, coaches can recommend moving to TYDE Academy.
- 6) Always have a healthy, energy boosting snack with you or in your bag.
- 7) Be prepared for dryland – running shoes, shorts, t-shirt and water bottle.

REQUIRED PRACTICE EQUIPMENT

- 1) TYDE Swim cap, goggles, swim suit (no two-piece suits and if wearing a tie-back suit, Speedo brand only, tied securely) and water bottles.
- 2) Swimmer is responsible for bringing ALL equipment to practice every day (unless otherwise instructed).
- 3) Put your name on all equipment (including team apparel and suits).

	Speedo Trialon Fins (long blade)	Speedo Switch-blade Fin (short blade)	Speedo Kickboard	Speedo Pull Buoy	Center Mount Snorkel (not scuba)	Finis Agility Paddle (strapless)	Mesh Equipment Bag	Water Bottle	Tennis Ball
BRONZE 1	X		X	X	X		X	X	
BRONZE 2-4	X		X	X	X	X	X	X	X

PRACTICE HABITS

- 1) Respect your coaches, teammates, the YMCA and TYDE at all times.
- 2) Listen and look at your coaches when they are speaking to you.
- 3) Follow directions. Raise your hand to ask questions if you don't understand instructions.
- 4) Learn to read the pace clock.
- 5) Work together as a team. Be proud to be a TYDE swimmer.
- 6) Be prepared with all equipment at every practice
- 7) Focus on swimming RIGHT before swimming FAST.
- 8) Come to practice with a positive attitude and ready to work hard.
- 9) Clean up after every practice. Leave the pool cleaner than when you arrived.



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SWIM MEETS

- 1) TYDE is a competitive swim team, therefore swim meets are required for Bronze.
- 2) Swimmers are responsible for declaring their intentions for TYDE swim meets. Coaches will pick events and challenge swimmers to become well-rounded athletes by swimming as many different events as possible.
- 3) All entries will be posted on the TYDE team site for review prior to the start of the meet. Results can also be found on the team site after meets.
- 4) White TYDE team caps and black Speedo team suits must be worn at swim meets. Speedo tech suits are encouraged to be worn at championship meets (Bronze 3/4 only) along with championship team caps. Speedo Aquablade (under 12) suits are approved for Bronze 1/2 championship meets.
- 5) Swimmers should meet with coaches before and after races for instructions and feedback.
- 6) Being a good teammate and a good sport is expected at swim meets. This includes cheering and supporting teammates and winning and losing with dignity.
- 7) Bronze meets include:

a)	9/23-24	TYDE Fall Kickoff	Kernersville
b)	10/7-9	TYDE Andy Craver	GAC
c)	10/28-30	GCY Spooktacular	GAC
d)	11/4	TYDE Tailgate	Kernersville
d)	11/11-13	GSA John Dewey	GAC
e)	12/10-11	TYDE Winter Invite	Kernersville
f)	1/7	TYDE Saturday Morning Races	Kernersville
g)	1/14	YBAC Relay and Races	Hillsborough
h)	1/27-29	GCY Winter Invite	GAC
i)	2/10-12	TYDE Be My Valentine	Kernersville
j)	3/3-5	GYSSA Champs	Asheville, NC
k)	3/16-19	USRY (qualifying times)	Duncan, SC
l)	5/14	TYDE Heavyweight Meet (12 & Under)	Kernersville

ADVANCEMENT TO SILVER LEVEL

- 1) Advancement to Silver will require 2 short course B time standard (one freestyle and one non freestyle) and additional practice commitment levels (3 out of 5 for Silver 1 and 4 out of 6 for Silver 2/3/4).
- 2) Advancement to Silver will happen after Andy Craver (Oct), Winter Invite (Jan) and USRY (Mar)
- 3) Trial period will be required prior to final coach's confirmation and signed contract for the new level.
- 4) In addition to time standards, meet and practice requirements, coaches will be looking for excellent character, work ethic, maturity, coachability and respectfulness in all aspects of swimming and YMCA core values.



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ADDITIONAL RESOURCES

swimtyde.org (team and meet information)
swimswam.com (current swim news)
ncswim.org (North Carolina swimming news)
goswim.tv (swim videos and drills)