



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

PRACTICE SCHEDULE/ATTENDANCE

- 1) **Monday – Friday (times vary based on location). Limited Saturday morning practices are offered for S2/3/4 at Jerry Long via sign up [HERE](#).**
- 2) **Arrive on time and be ready to swim at the start of practice.**
- 3) **Silver Level 1 swimmers should attend 3 out of 5 practices offered each week.**
- 4) **Silver Level 2/3/4 swimmers should attend 4 out of 6 practices offered each week.**
- 5) **If practice attendance, character and commitment requirements are not being met, coaches can recommend moving to Bronze.**
- 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.**

EQUIPMENT

- 1) **TYDE Swim cap, goggles, swim suit (no two-piece suits and if wearing a tie-back suit, Speedo brand only) 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)**
- 4) **At the end of practice, swimmers are responsible for picking up all equipment, trash, water bottles, etc.**

	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
SILVER 1-2	X		X	X	X	X	X	X	X
SILVER 3-4	X		X	X	X	X	X	X	X

PRACTICE HABITS

- 1) **Respect your coaches, teammates, YMCA and TYDE program 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.**



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- 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.

SWIM MEETS

- 1) TYDE is a competitive swim team, therefore Silver Level swimmers are required to compete in all available swim meets.
- 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 while obtaining IMX scores.
- 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 (Speedo Vanquisher or Aquablades for under 12) are encouraged to be worn only at championship meets along with championship team caps. Team suits will be worn during championship warm ups.
- 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) Silver 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, NC
l)	5/14	TYDE Heavyweight Meet (12 & Under)	Kernersville

ADVANCEMENT TO GOLD LEVEL

- 1) Advancement to Gold will require 4 short course USRY cuts (Gold 1-3) or 3 Capital Classic cuts (Gold 4) and additional practice commitment levels (4 out of 5 for Gold 1, 4 out of 6 for Gold 2, 5 out of 6 for Gold 3 and 7 out of 11 for Gold 4).
- 2) Invitation to Gold 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 signing a contract for new level.

TYDE SWIM TEAM

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body."



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- 4) **In addition to time standards 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.**

ADDITIONAL RESOURCES

- 1) **swimtyde.org (team and meet information)**
- 2) **swimswam.com (current swimming news)**
- 3) **ncswim.org (North Carolina swimming news)**
- 4) **goswim.tv (swim videos and drills)**