

TYDE SWIM TEAM 2023-2024 SEASON GOLD GROUP EXPECTATIONS

PRACTICE SCHEDULE/ATTENDANCE

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

EQUIPMENT

- 1) TYDE Swim cap, goggles, swim suit (no two-piece suits) 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
GOLD	X	Gold 3/4	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.
- 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 Gold Level swimmers are required to compete and act as ambassadors of TYDE by volunteering at TYDE hosted prep meets and clinics.
- 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 are encouraged to be worn at championship meets (Speedo Vanquishers or Aquablades for under 12) 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) **Gold meets include:** (note: meets & locations are subject to change and refer to the [TYDE short course meet schedule](#) for dates)

9/22-23	TYDE Fall Kickoff	Kernersville
10/6-8	TYDE Andy Craver (Closed Y)	GAC
10/27-29	GCY Spooktacular	GAC
11/3	TYDE Tailgate 50's(IMReady-optional) - Closed Y	Kernersville
11/11-12	GSA John Dewey	GAC
11/30-12/3	YOTA Capital Classic (qualifying times)	TAC - Cary
12/6-9	Winter Juniors (qualifying times)	GAC
12/8-10	TYDE Winter Invite - Closed Y (G1)	Kernersville
1/6	Tyde Grand Slam 200's - Closed Y	Kernersville
1/13-14	Rays "Rock Classic" Gold 1 and Gold 2	Rock Hill, SC
1/13	YBAC Blizzard Invitational	Rock Hill
1/26-28	GCY Winter Invite- Closed Y	GAC
2/9-11	Be My Valentine - (Optional)	Kernersville
2/15-18	NCS Age Group Champs (qualifying times)	TAC
2/19	Tyde Final Countdown 100's-Closed Y	Kernersville
3/1-3	GYSSA - Closed Y	GAC
3/14-17	USRY Champs (qualifying times) - Closed Y	Duncan, SC
3/14-17	Age Group Sectionals (qualifying times)	TBD
4/1-6	YMCA Nationals (qualifying times)	Greensboro

***FOCUS MEETS**



MEET QUALIFICATIONS

- 1) GYSSA - 1 closed YMCA meet**
- 2) USRY - 2 closed YMCA meets**
- 3) YMCA NATIONALS - 3 closed YMCA and 1 Championship meet (i.e., Cap Classic, USRY)**

****NOTE: A closed Y meet consists of 2 teams, at least 6 swimmers from each team and a relay. A three session meet does not count as 3 meets. I counts as 1.***

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)**