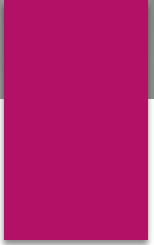


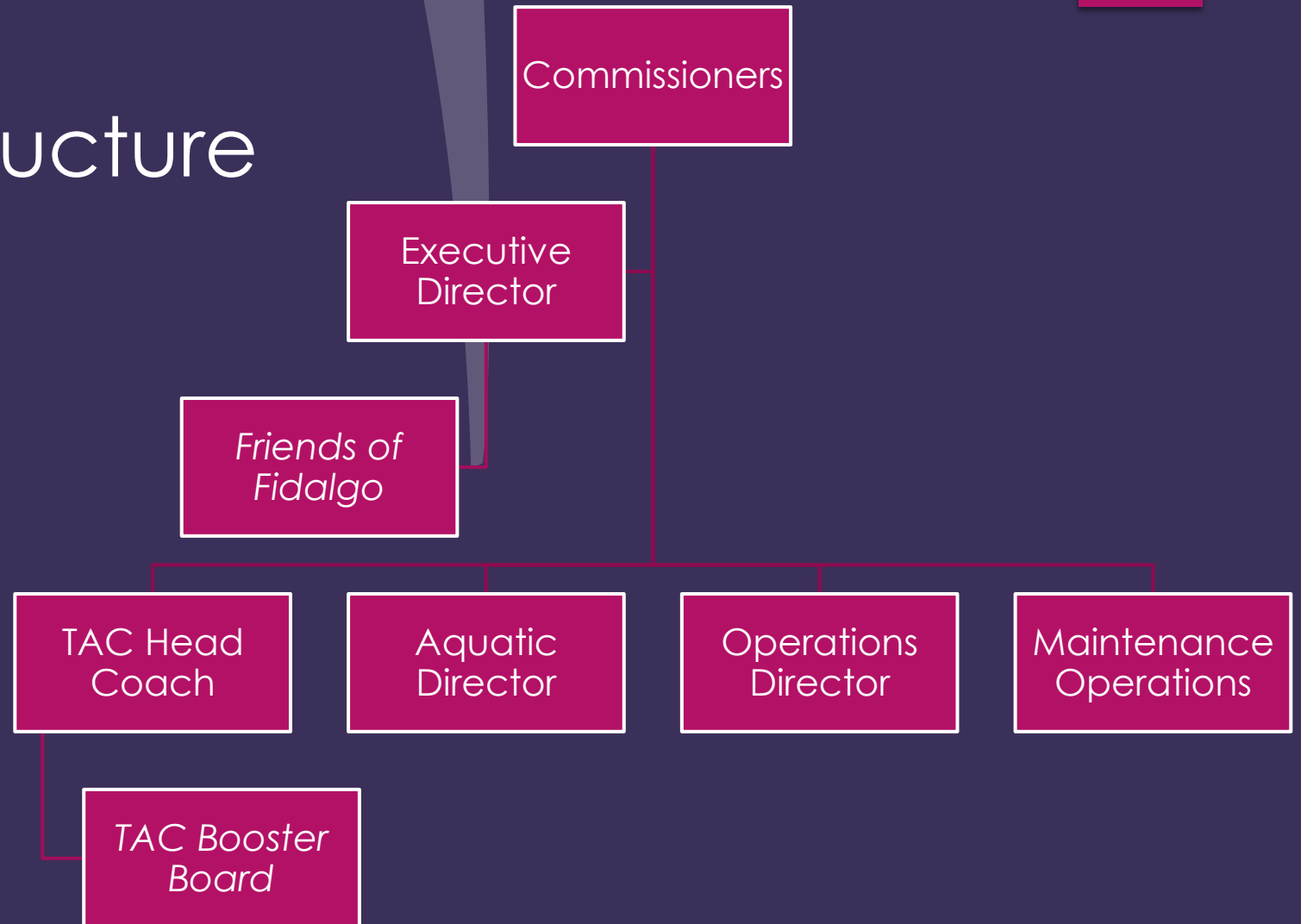
PARENT
INFORMATION
PRESENTATION

2025-2026 TAC Season

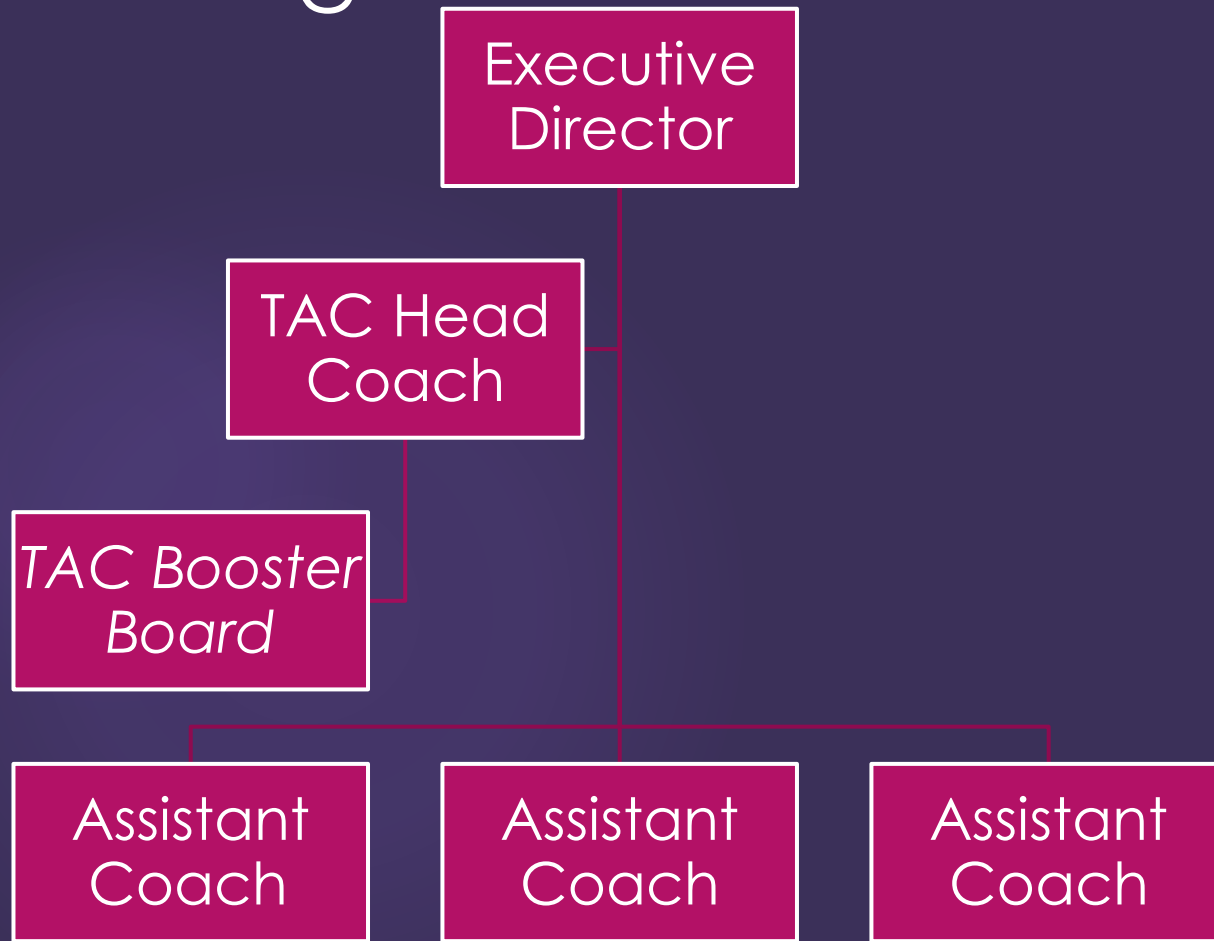


**Engaged parents equipped with knowledge and
volunteer expertise is the tide to lift our ship.**

Fidalgo Pool and Fitness Center Management Structure



Thunderbird Aquatic Club Management Structure



- Executive Director: Arik Dahlen
Email: adahlen@fidalgopool.com
- TAC Head Coach: George Minkel
Email: gminkel@fidalgopool.com
- Assistant Coach Hailey Claridge
Email: hclaridgefpfc@gmail.com
- Assistant Coach Jelly Hunter

OUR BOARD OF
DIRECTORS MEETS
MONTHLY TO SUPPORT
OUR SWIMMERS AND
COACHES.

YOU ARE INVITED TO
ATTEND THESE MEETINGS.

TAC Booster Board

TAC Booster Board Roster

President & Safe Sport Liaison

- ▶ Letitia Houtby
- ▶ Email: letitia_houtby@yahoo.com

Vice Presidents and Meet Directors

- ▶ Joanna Rolfes
- ▶ Email: ivyjoanna@yahoo.com

- ▶ Melyssa Stephens
- ▶ Email: toddandmelyssa@gmail.com

TAC Booster Board Roster

Treasurer

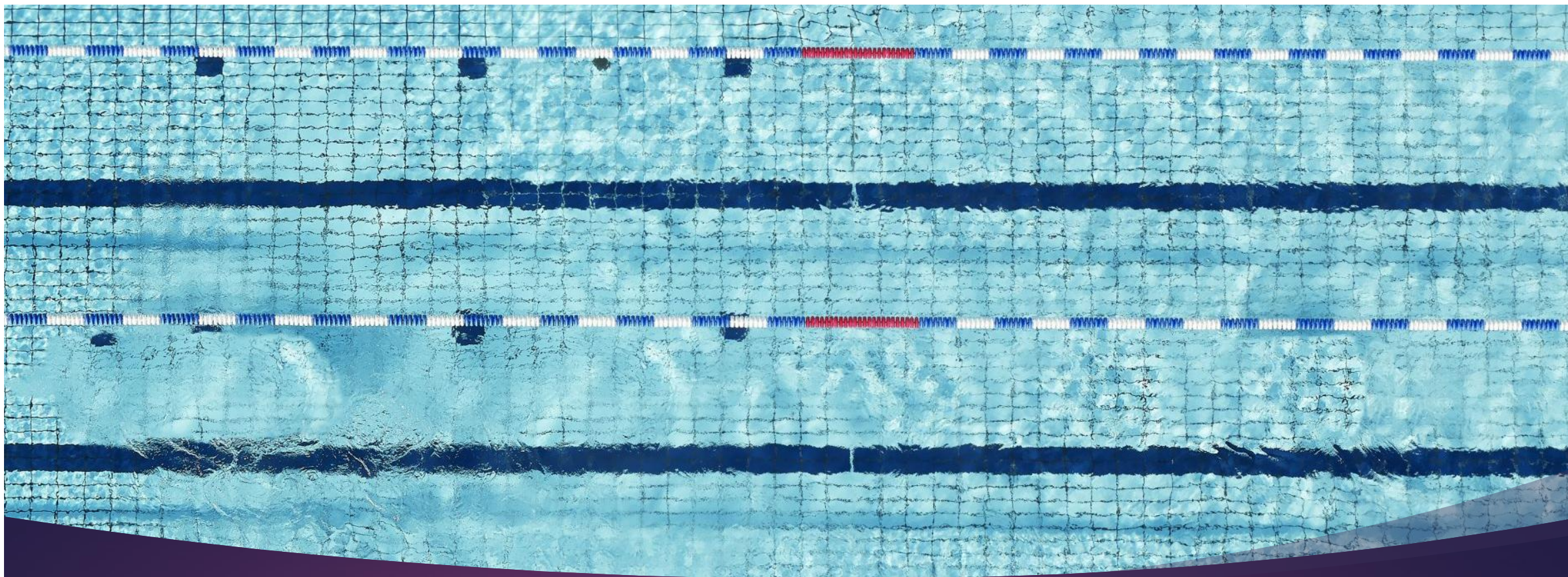
- Role in need by a parent

Secretary

- Robin Chambers
- Email: rchambers2005@gmail.com

Parent Rep. & Meet Hospitality

- Lara Knowles
- Email: marclarathomas@gmail.com
- Emily Wray
- Email: wray.emily@gmail.com



TAC Hosted Swim Meets

FUNDAMENTAL NEEDS TO HOST A SWIM MEET

Required Number of Officials and Judges

USA Swimming Rule
102.10.3



One (1) Referee



One (1) Starter



One (1) Administrative Official



Two (2) Stroke & Turn Judges OR 2 Stroke Judges with 2 Turn Judges



Timing Equipment Operators FPFC facility needs 1 Scoreboard and 1 Data Entry Roles



Two (1) Meet Marshals, with at least one of each gender



One (1) Announcer

Beginner Roles of Officiating

- ▶ **Stroke & Turn Judges:** The stroke judge walks along the side of the pool. The stroke judge ensures compliance with the rules pertaining to the mechanics of the swim such as the arm stroke and kick.
- ▶ The turn judge observes the swimmers from either the start/finish end or turn end of the pool. The turn judge is responsible for judging the starts, finishes, and turns during the race. The stroke and turn positions frequently are combined into one position called stroke and turn judge.

Beginner Roles of Officiating

- ▶ **Administrative Official (AO):** The administrative official is responsible for the accuracy of the swimmer's times at the meet. They manage confirmation of official times and resolve timing issues and manage administrative paperwork

Trailhead of Officiating

Begins with a paid USA swimming officials membership

USA Swimming University online training courses

- Stroke and Turn certification course
- Administrative Official certification course

Email the offices of PN (office@pns.org) with completed certificates

Find a local swim meet and contact it's meet referee

Complete training proficiency by completing four (4) training sessions

- Hosted TAC meets typically include 2 sessions per day

Team
Officials
Liasion
Contact

Letitia Houtby

Email:
Letitia_houtby@yahoo.com

Pacific Northwest swimming
Official Chair, Ed Lesnick

Email: officials@pns.org



TAC Hosted Swim Meets

VOLUNTEER ROLES NEEDED

TAC Hosted Swim Meets

Volunteer Roles Needed

Meet Marshals

- Two (2) needed per session
 - One of each gender
- Monitor pool deck safety
- Safe Sport guideline enforcer
 - No parents in locker rooms

Timers

- Two (2) needed per lane, per session
- On-site training for stopwatch operation
- Timers relied on in case of timing system failure

Backup Timer

- One (1) needed per session
- Using two watches and starting for each race signal
- Substitute stopwatch when a lane timer misses the signal
- Fill-in for lane timer when bathroom break needed

TAC Hosted Swim Meets

Volunteer Roles Needed

Announcer

- One (1) needed per session
- Announces upcoming heats and events
- Necessary meet announcements

Scoreboard Operator

- One (1) needed per session
- Controls visual operation of events and times on the scoreboard

Runner

- One (1) needed per session
- Works under the A.O.
- Picks up timer sheets, and checks entry times with A.O. for result accuracy

TAC Hosted Swim Meets

Volunteer Roles Needed

Awards Table

- 1-2 needed per session
- Giving heat winner prizes
 - Swimmers trade a token for prize

Heat Staging/Bullpen

- 1 -2 needed per session
- Staging/Bullpen only needed for the 10&Under sessions
- Helps swimmer line-up per heat and proceed to lanes at the appropriate time

Hospitality and Concessions

- 1-2 needed per session
- Monitor break room, concession sales
- Assisting in snack delivery to volunteers, officials, coaches
- Ready official and coaches hospitality offerings

Contacts for TAC Hosted Swim Meets Volunteer Positions

▶ Joanna Rolfes

▶ Email: ivyjoanna@yahoo.com

▶ Melyssa Stephens

▶ Email: toddandmelyssa@gmail.com

TAC Hosted Meet Schedule

WHEN WE NEED PARENT ENGAGEMENT AND SWIMMER PARTICIPATION

TAC Hosted Meet Schedule

September

- 2025 PN TAC Black vs. Pink Intrasquad
 - Friday the 19th
 - One session, one day

October

- 2025 PN TAC Fall Thunderbird Open
 - Saturday 25th- Sunday 26th
 - Two sessions per day

February

- 2025 PN TAC Island Express Invitational
 - Saturday the 7th
 - One Session , one day
- 2025 PN Age Group Invitational
 - Friday the 27th – 1st of March
 - PRELIM/FINAL
 - TAC Timers cover finals
 - Time Standard Required

TAC Hosted Meet Schedule

March

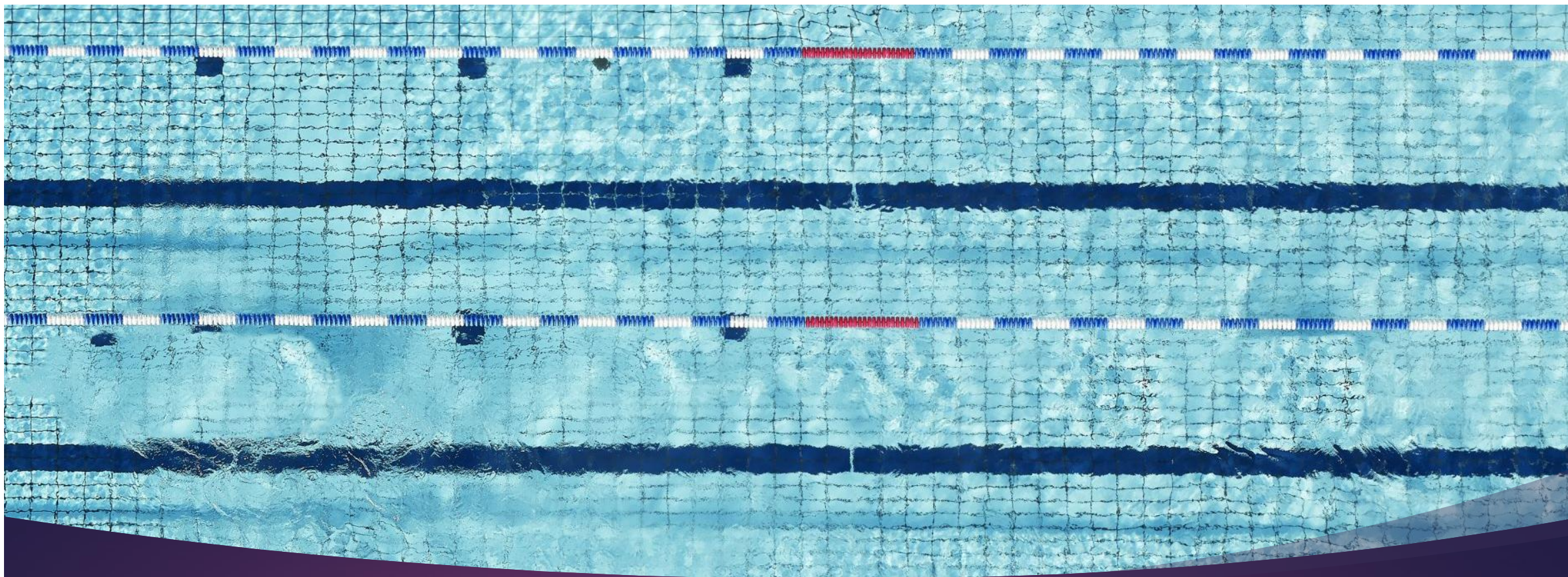
- 2025 PN Spring Showdown
 - Friday 27th – Sunday 29th
 - PRELIM/FINAL
 - TAC Timers cover finals
 - Time Stand Required

May

- 2025 PN TAC Spring Thunderbird Open
 - Friday 15th – Sunday 17th
 - One Session Friday
 - Two Sessions Saturday and Sunday

June

- 2025 PN TAC Summer Pentathlon and Distance Open
 - Saturday 6th – Sunday 7th
 - Two sessions Saturday
 - One session Sunday



PN and USA Swimming Championships

TIME STANDARD QUALIFICATION REQUIRED SWIM MEET SCHEDULE



King County Aquatic Center

PN and USA Swimming Championships Time Standard Qualified

December 2025

- 2025 PN 14&Under Champs
 - King County Aquatic Center
 - Friday 12th – Sunday 14th
 - PRELIMS/FINALS
- 2025 WA. State Sr. Champs
 - King County Aquatic Center
- Thursday 18th – Sunday 21st

March 2026

- 2026 USA Speedo Sectionals
 - King County Aquatic Center
 - Thursday 12th – Sunday 15th
 - PRELIMS/FINALS
- 2026 NW Age Group Regionals
 - King County Aquatic Center
 - Thursday 19th – Sunday 22nd
 - PRELIMS/FINALS
- 2026 PN Spring Showdown

July 2026

- 2026 PN 13&Over LC Champs
 - King County Aquatic Center
 - Thursday 16th – Sunday 19th
 - PRELIMS/FINALS
- 2026 PN 12&Under LC Champs
 - King County Aquatic Center
 - Friday 24th – Sunday 26th
 - PRELIMS/FINALS

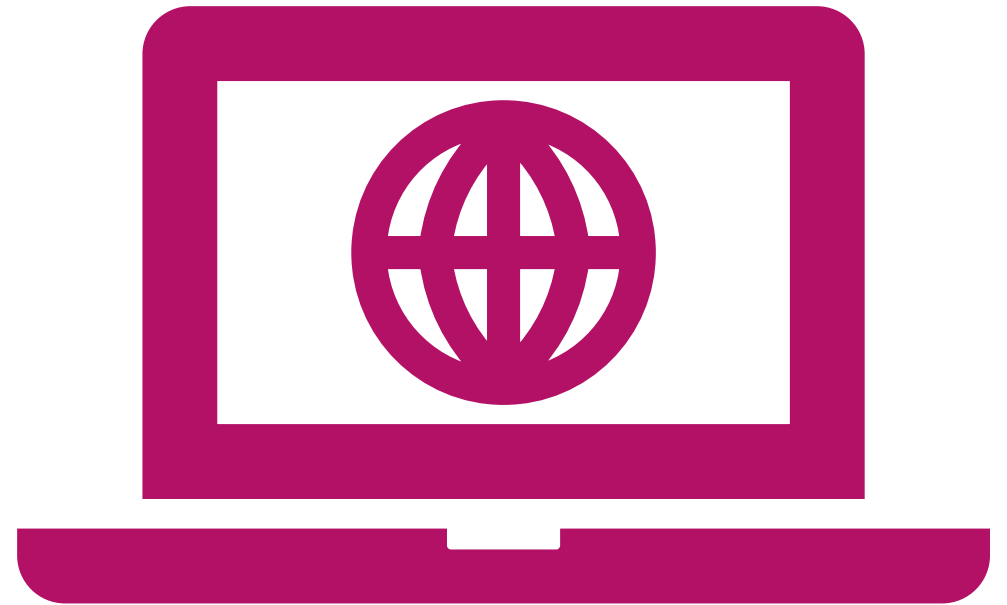
TAC Sport Engine Website Navigation

- ▶ Getting to the TAC Sport Engine website
- ▶ Finding the Swim Meet Schedule (Team Events)
 - ▶ Volunteer Role Commitment Sign-Up
- ▶ Swim meet registration
 - ▶ Swim meet event selection



TAC Sport Engine Website Navigation

- ▶ Swim Meet Schedule
 - ▶ Volunteering Role Commitment
 - ▶ Registering swimmers for meets
 - ▶ Swim meet event selection
- ▶ Practice Schedule
- ▶ Team Links



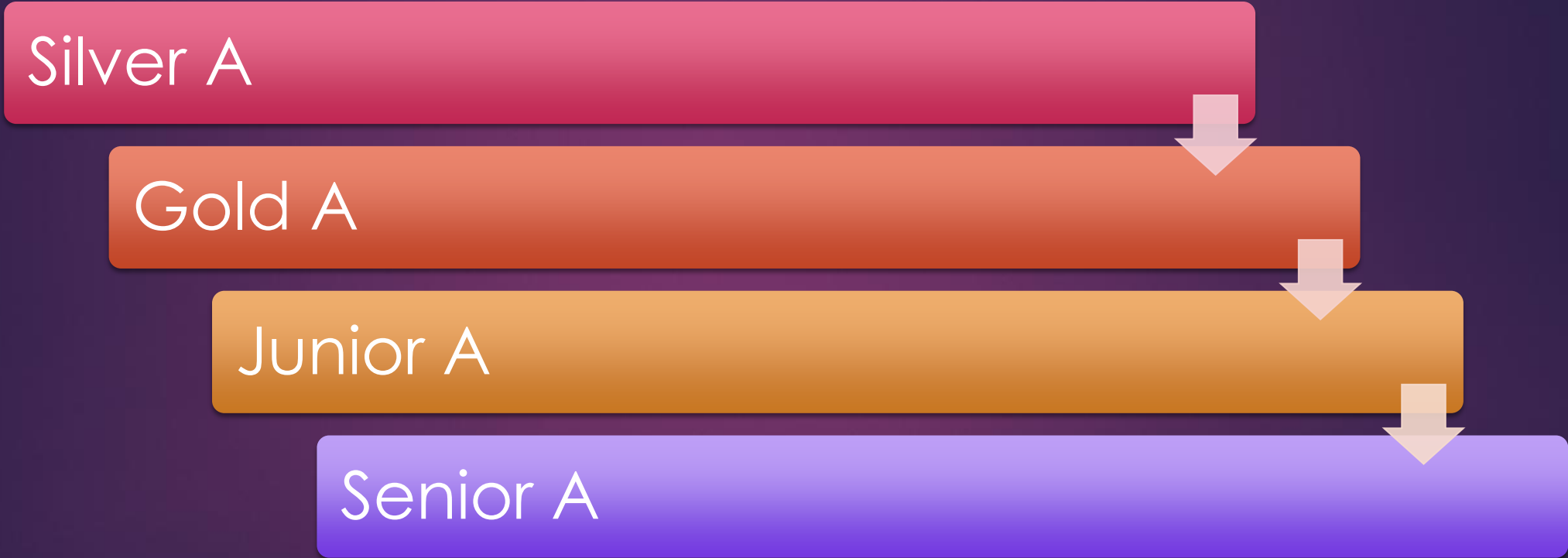
Training Group Structure

COMPETITIVE TRACK

RECREATION/MULTI-SPORT TRACK

Training Group Structure Competition Track

Silver A



```
graph TD; SilverA[Silver A] --> GoldA[Gold A]; GoldA --> JuniorA[Junior A]; JuniorA --> SeniorA[Senior A];
```

The diagram illustrates a four-level training progression. It begins with 'Silver A' at the top, followed by 'Gold A', 'Junior A', and 'Senior A' in descending order. Each level is represented by a horizontal bar of a different color (pink, orange, yellow, and purple respectively). Downward-pointing arrows connect the right side of each bar to the right side of the bar immediately below it, indicating a sequential flow from Silver A to Gold A, then to Junior A, and finally to Senior A.

Gold A

Junior A

Senior A

Training Group Structure Recreational/Multi-Sport Track

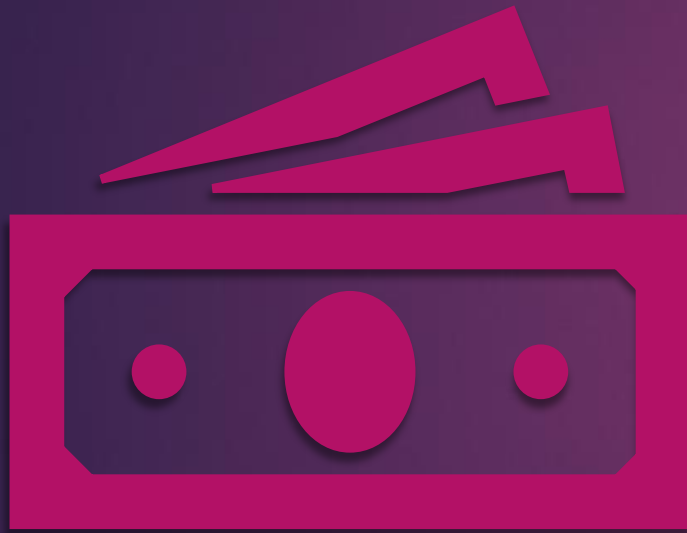
Silver B

Gold B

Junior B

Senior B

Opportunities to move into the competition track
through performance and attendance achievements



Billing

TAC BOOSTER FEES

FIDALGO POOL AND FITNESS CENTER – MONTHLY OR YEAR

FIDALGO POOL AND FITNESS CENTER – FACILITY BENEFITS

Billing

TAC Booster Fees

Monthly Fee

- ▶ \$40.00
- ▶ Covering meet entry fees for your swimmer(s)
- ▶ Posted payments on the 1st of each month
- ▶ Payments processed on the 5th of each month
- ▶ Billing schedule matching USA swimming membership

Team Registration Fee

- ▶ \$100.00
- ▶ Posted September 1
- ▶ One-Time payment
 - ▶ Start of the season (September)
 - ▶ OR When in-season registration occurs
- ▶ Covers
 - ▶ Water Bottle
 - ▶ 3 TAC swim caps (\$10.00 each more than 3)
 - ▶ 1 Team T-Shirt

Billing

Fidalgo Pool and Fitness Center

Monthly Payment Option

- ▶ Monthly payments to match commitment with USA swimming membership
 - ▶ Season 1 and 2 pairing
 - ▶ Flex pairing
 - ▶ Premium pairing
- ▶ Posted and charged the 1st of each month

Full Season Payment Option

- ▶ 10% Discount to each swimmer for their training group matching USA swimming membership
 - ▶ Flex membership pairing
 - ▶ Premium membership pairing
- ▶ One-time payment

Fidalgo Pool and Fitness Center Training Group Costs Chart

Training Group	Yearly Group Fee	Monthly Payment	One-Time Payment (10% discount)
Senior A and B	\$2,028.00	\$169.00	\$1,825.20
Junior A and B	\$1,908.00	\$159.00	\$1,717.20
Gold A and B	\$1,716.00	\$143.00	\$1,544.40
Silver A and B	\$1,416.00	\$118.00	\$1,274.40
Bronze A and B	\$1,008.00	\$84.00	\$907.20

A photograph of a swimming pool with yellow lane lines and blue water. The image is used as a background for the text.

Training Group Structure
Competition Track
USA Swimming Membership Offerings

Membership Processing Begins September 1st

Why your USA Swimming Membership Matters



Each swimmer must obtain a USA swimming membership

Renewed or upgraded each season



Validates practice and swim meet participation during membership limits



Ensures TAC is compliant with USA swimming policy and insurance requirements

Competition Track

USA Swimming Membership Offerings

Premium

- Full season membership
- No limits on swim meet participation
- No limits on practice participation
- \$86.00

Outreach

- Free of charge
- Affidavit form available
- No limits on swim meet participation
- No limits on practice participation
- \$Free of Charge

Flex

- 12&Under swimmers only
- Limits two(2) swim meets during the whole season
- No limits on practice participation
- Membership upgrade needed to compete >2 swim meets
- \$30.00

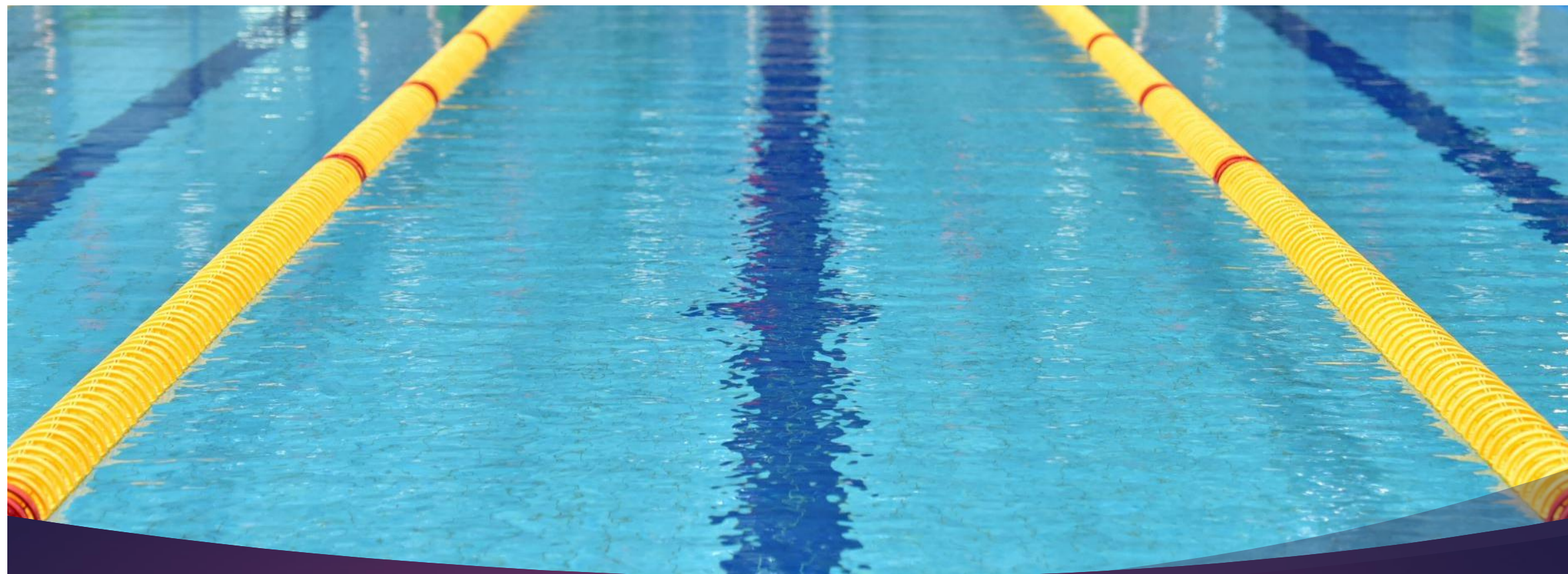
Competition Track USA Swimming Membership Offerings

Season 1

- Participation limited to September - January
- All Ages
- Cannot compete at zones championships or above levels
- \$48.50

Season 2

- Participation limited to April - August
- All Ages
- Cannot compete at zones championships or above levels
- ▶ \$48.50



Training Group Structure
Recreational/Multi-Sport Track
USA Swimming Membership Pairings

Membership Processing Begins September 1st

Recreational/Multi-Sport Track USA Swimming Membership Offerings

Premium

- Full season membership
- No limits on swim meet participation
- No limits on practice participation
- \$86.00

Outreach

- Free of charge
- Affidavit form available
- No limits on swim meet participation
- No limits on practice participation
- \$Free of Charge

Flex

- 12&Under swimmers only
- Limits two(2) swim meets during the whole season
- Cannot compete at LSC Championships or above levels
- No limits on practice participation
- Membership upgrade needed to compete >2 swim meets
- \$30.00

Recreational/Multi-Sport Track USA Swimming Membership Offerings

Season 1

- Participation limited to September - January
- All Ages
- Cannot compete at zones championships or above levels
- \$48.50

Season 2

- Participation limited to April - August
- All Ages
- Cannot compete at zones championships or above levels
- \$48.50

Fidalgo Pool and Fitness Center Membership Facility Benefits

Bronze (A and B)

- Free Lap swim
- Free Recreational swim

Silver (A and B)

- Free Lap swim
- Free Recreational swim

Gold (A and B)

- Free Lap swim
- Free Recreational swim

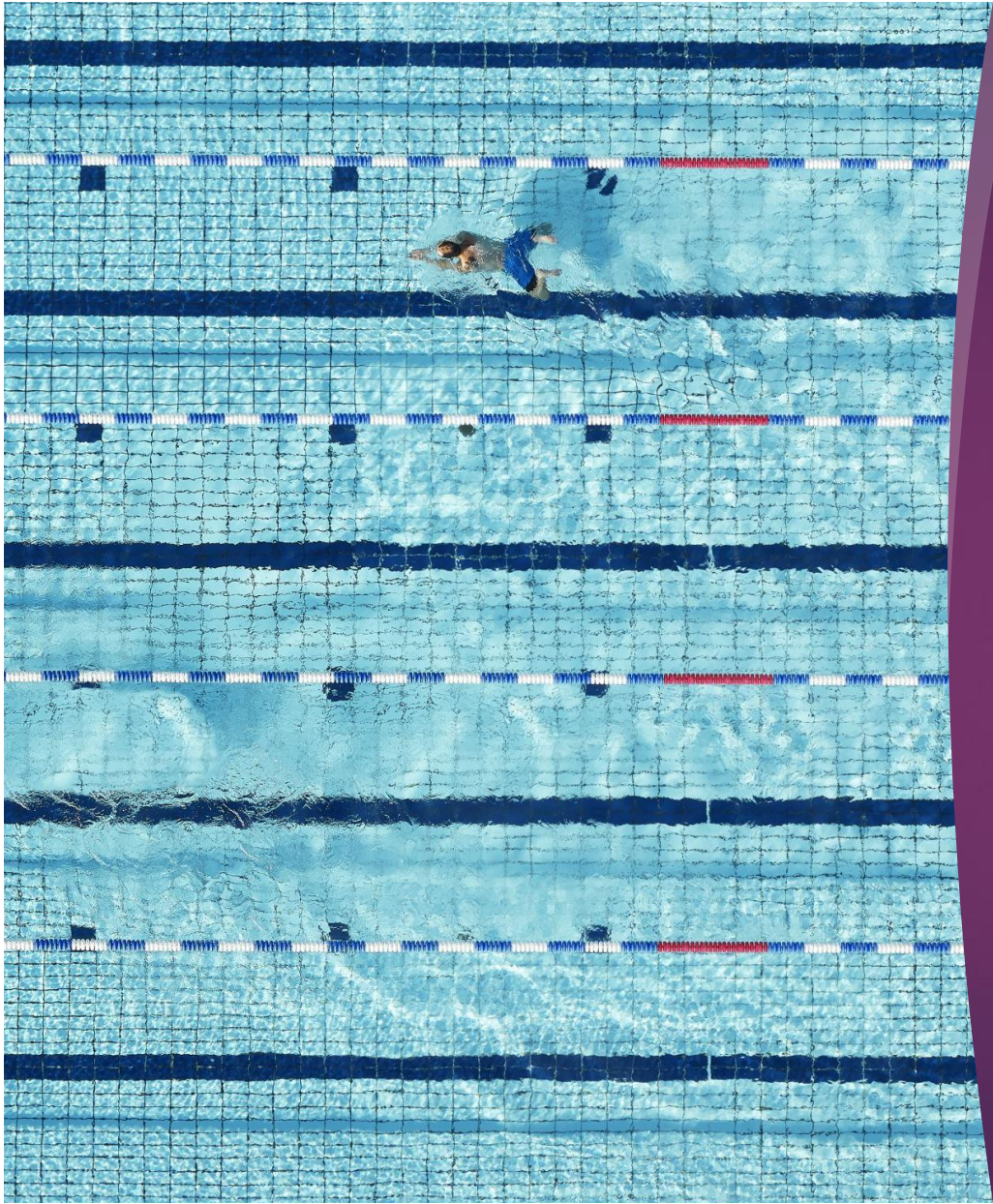
Fidalgo Pool and Fitness Center Membership Facility Benefits

Junior (A and B)

- Free Lap swim
- Free Recreational swim
- Paid gym usage
 - 13&Under with adult supervision
 - Waiver form available for permission to use gym alone

Senior (A and B)

- Free Lap swim
- Free Recreational swim
- 14&Over Free Gym use

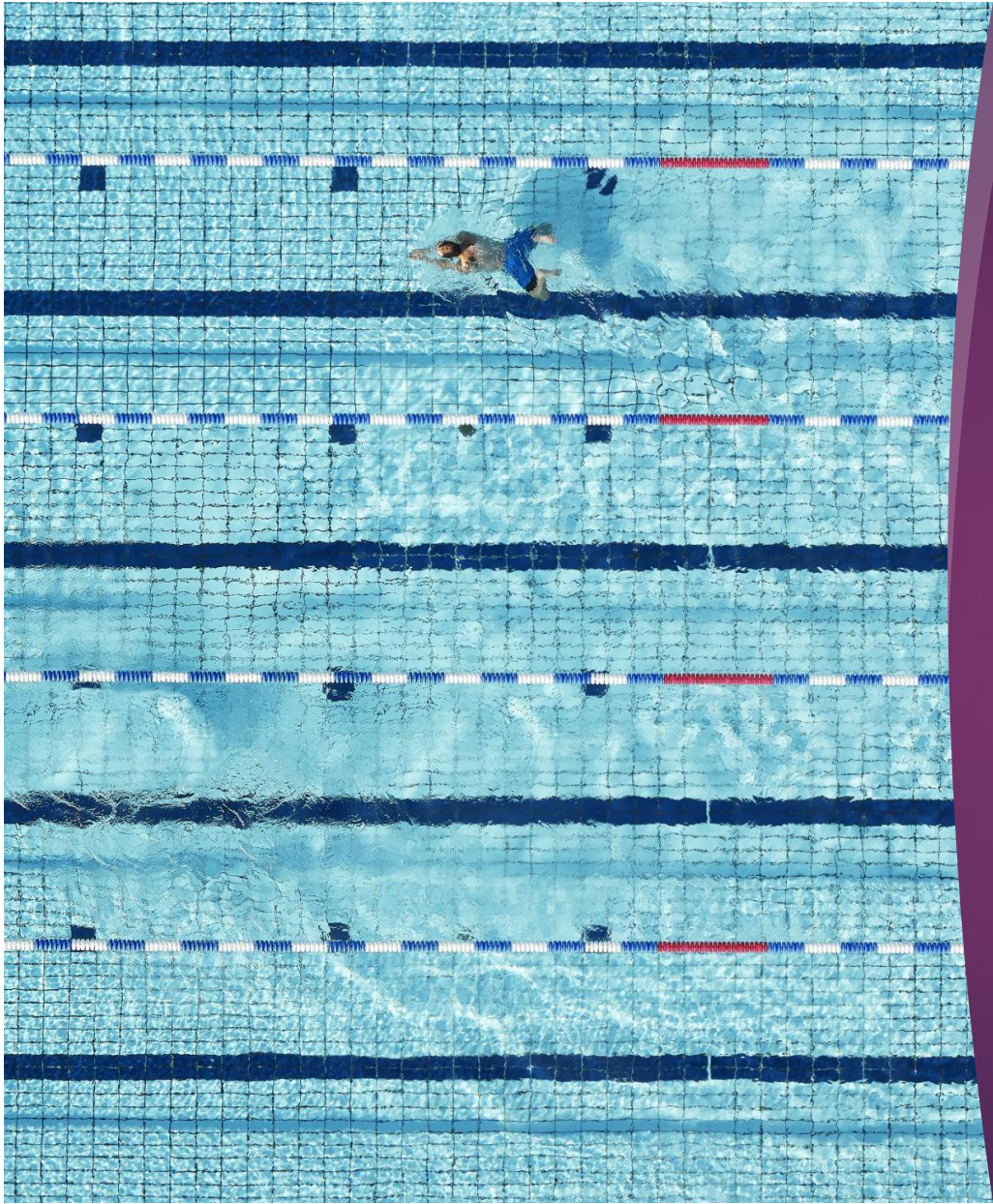


Practice Expectations - Swimmers

Practice Expectations Swimmers

Practice expectations for swimmers are intended to promote swimmer independence and growth of individual responsibility performance

Arrive	Pre-Practice	During Practice	After Practice
Arrive at the pool 15-20 minutes before practice begins to change into swimsuit	Gather all required daily practice equipment • Water Bottle • Cap and Goggles • Kickboard, fins, pull buoy, paddles, snorkel	Control the Controllables • Time awareness getting onto the pool deck • Attention/Focus • Effort level	Return all required daily practice equipment Change out of swimsuit into clothes for parent pickup within 15 minutes of practice ending

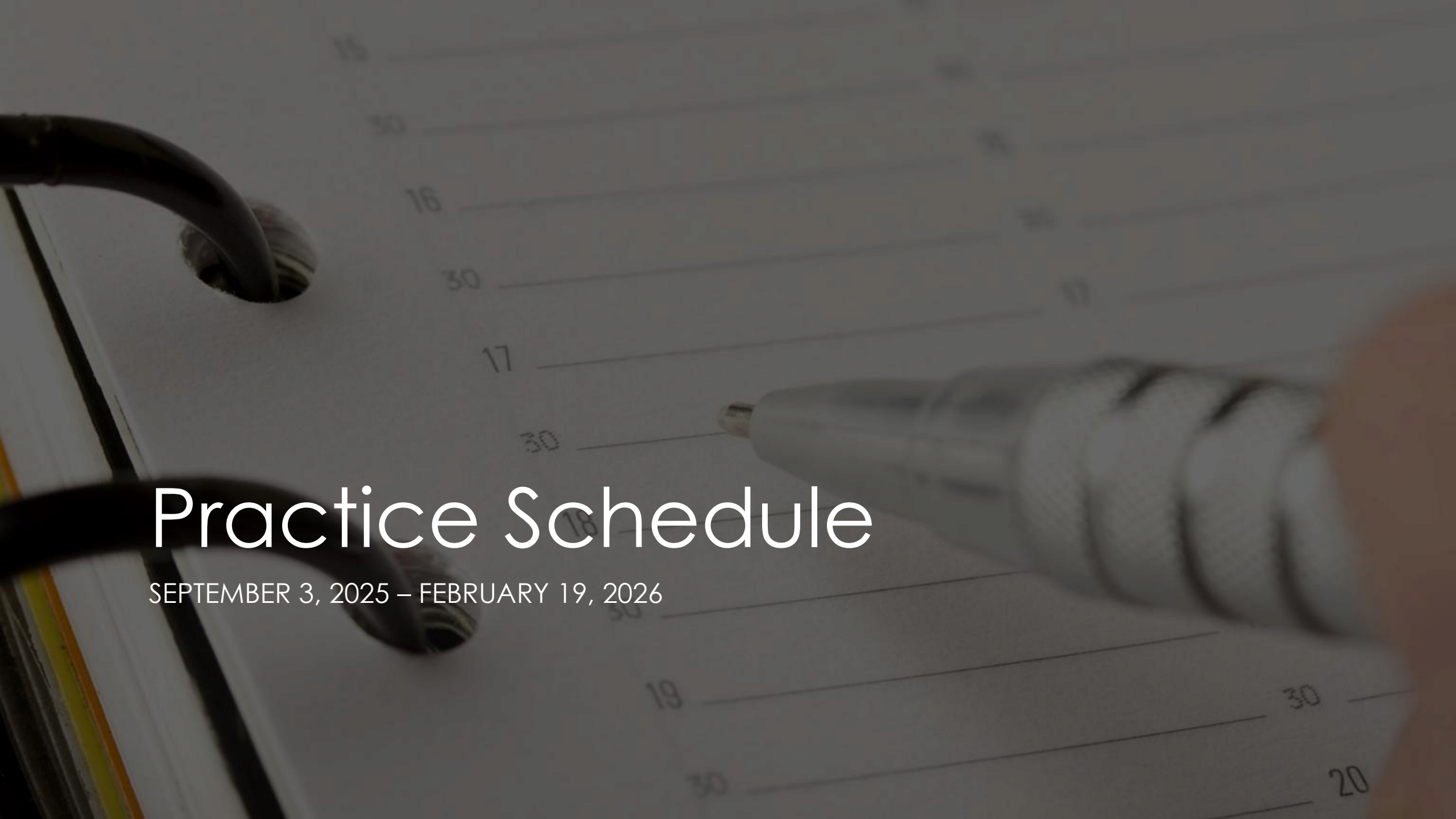


Practice Expectations - Parents

Practice Expectations Parents

Practice expectations for parents are intended to promote swimmer independence, growth of swimmer individual responsibility, and parent engagement

Pre-Practice	Arrive	During Practice	After Practice
The night before assist your swimmer packing their swim bag Basics - Water Bottle - Cap and Goggles - Towel - Individual practice equipment - Recovery Snack	Arrive at the pool 15-20 minutes before practice for swimmer drop off	Observe Practice Practice may be observed from the bleachers	Pickup swimmer within 15 minutes of practice ending Support your swimmers recovery with dinner Support their goals and aspirations

The background is a close-up, slightly blurred image of a spiral-bound notebook. A silver spiral binding is visible on the left side. A white pen with black rings lies horizontally across the middle of the page. A yellow pencil is partially visible at the bottom left. The notebook pages are lined and have some faint numbers like 15, 16, 17, 18, 19, 20 and 30 printed on them.

Practice Schedule

SEPTEMBER 3, 2025 – FEBRUARY 19, 2026

100

Monday									
Wednesday									
Friday	Diving Board					Office Window			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing		
5:45am-6:15am	Sr. A	Sr. B							
6:15am-6:45am			Sr. A	Sr. B	Lap Swim	Lap Swim	Lap Swim	Water Walk	Water Walking
6:45am-7:30am			Sr. A	Sr. B	Lap Swim	Lap Swim	Lap Swim	Water Walk	Water Walking
5:00pm-5:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B		
5:15pm-5:30pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B		
5:30pm-5:45pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B		
5:45pm-6:00pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B		
6:00pm-6:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Public Use		
6:15pm-6:30pm	Junior A	Junior A	Junior B	Gold A	Gold B	Gold B	Public Use		
6:30pm-6:45pm	Junior A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use		
6:45pm-7:00pm	Junior A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use		
7:00pm-7:15pm	Junior A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use		
7:15pm-7:30pm	Junior A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use		
7:30pm-7:45pm	Junior A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use		
7:45pm-8:00pm									

Practice Schedule

September 3 – February 19

Tuesday							
Thursday							
	Weight Room						
6:30am-7:30am	Senior A and B						
	Diving Board					Office Window	
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing
5:00pm-5:15pm	Gold A/B	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr. A.	LTS
5:15pm-5:30pm	Gold A/B	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr. A	LTS
5:30pm-5:45pm	LTS 4	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr. A	LTS
5:45pm-6:00pm	LTS 4	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr. A	LTS
6:00pm-6:15pm	LTS 4	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr. A	Public Use
6:15pm-6:30pm	Stroke Dev	Gold A/B	Gold A/B	Junior A/B	Sr. B/ Jr. A	Sr. A	Public Use
6:30pm-6:45pm	Stroke Dev	Junior A/B	Junior A/B	Junior A/B	Sr. B /Jr. A	Sr. A	Public Use
6:45pm-7:00pm	Stroke Dev	Junior A/B	Junior A/B	Junior A/B	Sr. B	Sr. B	Public Use
7:00pm-7:15pm	Stroke Dev	Junior A/B	Junior A/B	Junior A/B	Sr. B	Sr. B	Public Use
7:15pm-7:30pm		Junior A/B	Junior A/B	Junior A/B	Sr. B	Sr. B	Public Use
7:30pm-7:45pm		Junior A/B	Junior A/B	Junior A/B	Sr. B	Sr. B	Public Use
7:45pm-8:00pm							

The background is a close-up, slightly blurred image of a spiral-bound notebook. The notebook has lined pages with numbers 15, 16, 17, 18, 19, and 20 visible on the left margin. A silver pen with a black grip is resting on the page. The title 'Practice Schedule' is overlaid in a large, white, serif font.

Practice Schedule

FEBRUARY 20, 2026 – JULY 31, 2026

Practice Schedule

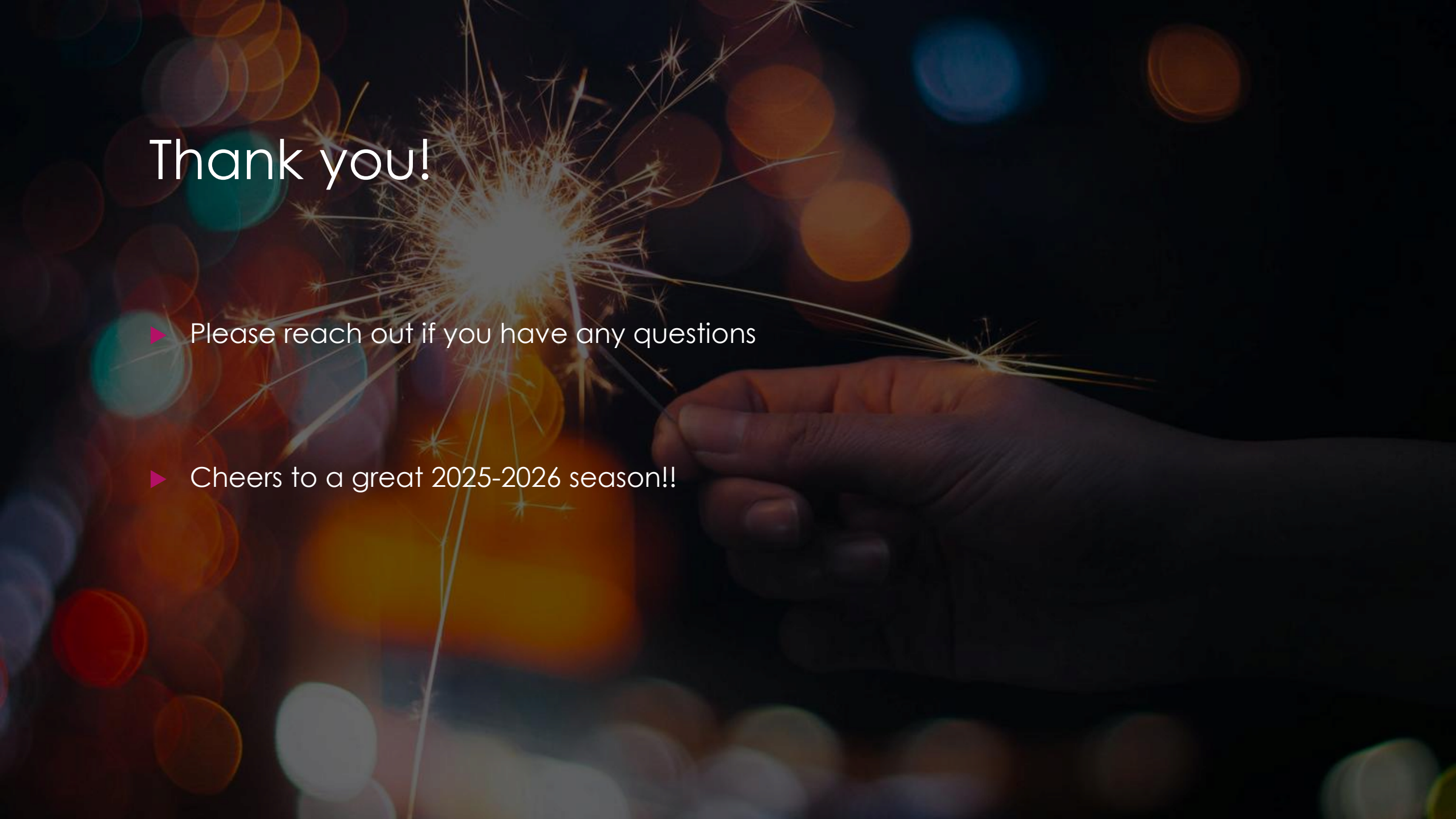
February 20, 2026 – July 31, 2026

Monday							
Wednesday							
Friday	Diving Board					Office Window	
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing
3:15pm-3:30pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
3:30pm-4:00pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:00pm-4:15pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:15pm-4:30pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:30pm-4:45pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:45pm-5:00pm	Sr. A	Sr. B	Sr. B	Gold A	Gold A	Gold B	TAC
5:00pm-5:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:15pm-5:30pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:30pm-5:45pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:45pm-6:00pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
6:00pm-6:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	

Practice Schedule

February 20, 2026 – July 31, 2026

Tuesday/Thursday							
	Weight Room						
6:30am-7:30am	Sr. A and Sr. B						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing
3:15pm-3:30pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
3:30pm-4:00pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:00pm-4:15pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:15pm-4:30pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:30pm-4:45pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:45pm-5:00pm	Sr. A	Sr. B	Sr. B	Gold A	Gold B	Gold B	TAC
5:00pm-5:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
5:15pm-5:30pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
5:30pm-5:45pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
5:45pm-6:00pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
6:00pm-6:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Public Use

A hand holding a lit sparkler against a dark background with colorful bokeh lights.

Thank you!

- ▶ Please reach out if you have any questions
- ▶ Cheers to a great 2025-2026 season!!