

Northwest Tiger Sharks Swim Team

Parent Information – 2023

GENERAL INFORMATION

Swim Team Questions – Whom to Ask

If you have questions about what is happening in the pool with your swimmer (clarify stroke, can't make it to a meet, etc.), then talk to a coach before or after practice. All other matters can be addressed with a Board or Committee Member in person or via email (see below). Not sure whom to ask, email the Board at northwesttigersharksnc@gmail.com.

Email Communication

We use Team Unify to manage our team registration, emails, volunteer sign-ups, and meet registration. The website can be reached at northwesttigersharks.org. Most team communications will be sent by email. Check your spam folder and be sure to add us to your contact list!

Remind – texting app

Sign up for REMIND: this is the easiest way for fast updates like weather. We can't use the pool for 30 minutes after thunder has been heard, or 45 minutes after lightning has been seen. We do try to get meets on the day they are scheduled, so if the weather is supposed to pass, we'll delay the meet. Text @tsharks the number 81010

Swim Team Board & Committee Members:

Name	Position	Cell Phone	Email Address
Vera Smith	Head Coach	732-284-8050	verasmith624@gmail.com
Jennifer Mullee	President	440-781-0340	jennifer.mullee@gmail.com
Rachel Kilmala	Vice President	646-279-8075	rachelkilmala15@gmail.com
Candace Reel	Secretary	704-305-4192	candacereel@icloud.com
Jeff Strickland	Treasurer	704-728-9319	jstricklandinnc@gmail.com
Kara Hite	Communications	704-975-4815	hite.kara@gmail.com
Melissa Garcia	Sponsorship/HOA	704-668-1596	melgarcia@live.com
Debbie Watkins	Conference Rep	-	-

Vacations/Summer Camps

We understand that summer is a time for family vacations, camp, etc. If you are going to miss practice for a week or more and/or a certain meet, please let us know in advance.

Ribbons Folders

A file folder has been made for each swimmer. Both place ribbons and best time ribbons will be placed in these folders, and will be handed out on Fun Fridays.. All ribbons should be picked up by the End of Season Party. Ribbons not picked up will be recycled.

SWIM MEETS

How do I sign-up my swimmer for a swim meet?

You **MUST** sign up your swimmer OR decline for **EACH** meet. Meet rosters (and heat sheets) are created based upon who has said they will be there to swim. We might be able to add swimmers after a home meet declaration deadline, depending on the meet. We can **NOT** add swimmers after the deadline for away meets, no exceptions, as we must provide our list to the host team.

To declare your swimmer's intention to swim (or not):

- 1) Sign into your Team Unify account
- 2) Click on Events at the top of the screen
- 3) Click the Attend/Decline button for the appropriate event
- 4) Click on Member Name
- 5) Under Declaration box, click the arrow.
- 6) Click on "Yes, please sign NAME up for this event."

NOTE: If you know your swimmer will **NOT** be swimming in a meet(s), please select "No, thanks, NAME will not attend this meet" for each meet not attending.

You **MUST sign-up (declare desire to swim) **for each meet no later than three days before the meet (Saturday for a Tuesday meet, and Monday for a Thursday meet)**.** We suggest you look over your family's summer schedule, decide what meets your swimmer will be swimming in, and then declare online at the beginning of the season. You can always change your meet registration online, if your plans change.

How many events can my child swim in a meet?

Each swimmer is permitted to swim a MAXIMUM of 3 individual events and 2 relays at each meet. Not every swimmer will be in that many events. For instance, we are limited to 3 entries in each IM event. When you get to the meet, check the Heat Sheet to see what Events your child is swimming. Also, the coaches try to give swimmers an opportunity to swim in a variety of events during the season, so they won't always be swimming in their favorite events at every meet.

Parent Job Expectations

Our meets are run by parents and family members! Each team must provide 35-45 volunteers for each meet. **One adult from each family is required to work for one half of EACH meet in which** their child swims (either 1st or 2nd half.) You can sign up for volunteer positions on the website, under the Event tab for each meet. Meets cannot start until ALL workers are in place. A list of Parent Worker Positions along with a brief description can be found on our team website. Little or no training is required for most positions, so please sign up! If you do not sign-up for a Parent Worker Position by the Black & Orange meet, a position will be assigned to you. Sign up to get your choice of positions!

Volunteer Check-In at Swim Meets

There will be a Volunteer Check-In Table at each swim meet. Please check in when you arrive at the pool. This is very helpful, even if you are not scheduled to work until the second half.

What Do I Need to Bring to a Swim Meet?

- Cell phone for Heat Sheet QR code (list of events/heats during the meet)
- Sharpie to write your child's name on back & events/heats on arm/leg
- Highlighter to highlight your child's events on the Heat Sheet
- Several towels and anything else you need for several hours poolside
- A sweatshirt for your swimmer – it can get chilly after dark!
- Snacks and Drinks, or money to purchase them at the meet *You are permitted to bring a cooler with drinks and snacks to meets. Food is sold at all meets as a fundraiser for the host team. Bring cash!

What is a HEAT SHEET? The Heat Sheet is the “program” for the meet, listing each event and the heats for each event. The heat each swimmer is in is determined by their time for that event. The swimmers with the fastest times will be in the Last Heat. Parents/swimmers are responsible for writing a swimmer’s events on his/her arm.

When you’re writing on the arm, you should note the Event #, Heat #, and Lane for each event your child is swimming. If they are in a Relay, note what order they are in and the stroke.

Event Heat Lane Stroke

1	1	2	Relay #3
21	3	2	Free
31	2	5	Back

Ready Bench “Ready Benches” are a group of benches or chairs near the starting blocks where **swimmers age 10 & Under** line up to get ready for their events. Swimmers should report to the Ready Bench when their event shows up on the Flip Stand displaying event numbers. Ready Bench Volunteers will line the swimmers up by Event, Heat, and Lane, and then get them to the starting blocks when it is their turn. **Parents are responsible for getting their child to the Ready Bench.** Help your child watch for their event. It makes the meet go much smoother if we don’t have to come looking for you!

Swimmers **11 and up** MUST get to the blocks on their own. Parents, please help us with this! We’d hate to have swimmers miss their events. The event will start even if your swimmer is not present.

What if I have a question or issue during a swim meet?

If you have a question about anything during a swim meet, please ask a Board Member. The best way to find us is by checking with the folks at the computer table. Please DO NOT go to the Stroke Judges, or other meet officials. Likewise, the coaches are very busy with the swimmers. Please excuse us if our conversations move fast – everything happens fast on meet nights! Thank you for your cooperation.

DQ Explanation

Each swimmer is required to swim each event according to the rules established by USA Swimming and our Conference. There are up to six stroke and turn judges at each meet. If a swimmer does not use proper stroke technique, a Stroke Judge will issue a Disqualification Slip (DQ) for that swimmer and he/she will be disqualified from the event. DQ slips are given to coaches at the end of the meet. The reason for the DQ will be discussed with the swimmer at the next practice, so they can improve their technique in the future.

Black/Orange Meet

The Black/Orange meet is an intra-squad meet held for two purposes. First, we can get each swimmer's time recorded for each stroke. These times are then used, along with the times from the other team, to seed events at our regular meets. Secondly, this meet is a great opportunity for new families and swimmers to see how a meet is run, get familiar with the volunteer positions, and meet other team members. Please plan to attend this "practice" meet!

Southern Piedmont Swim Conference

We are a member of the Southern Piedmont Swim Conference. We swim against 5 teams this summer, and all at the Conference Meet. The teams in the conference are:

Cabarrus Country Club Green Wave
Concord Swim Club Breakers
Monroe Marlins
West Cabarrus YMCA Blue Dolphins
Salisbury Cyclones

Laurel Park Sharks
Sheffield Manor Stingrays
Northwest Tiger Sharks (us!)
Kannapolis YMCA Currents

What is the Conference Meet?

The final meet of the season is the SPSC Conference Championship meet, where all teams compete simultaneously. The meet will be held at the Huntersville Family Fitness & Aquatics Center. Dates are on the team website. PLEASE MARK YOUR CALENDARS!! This meet determines the Conference Champion, and we need as many swimmers to participate as possible! GO TIGERSHARKS!

KELLSWATER BRIDGE EXPECTATIONS

We are a TEAM! It doesn't matter where you live, when you are here for swim team activities, the expectations are the same for everyone.

Kellswater Bridge Facility Use

1. During swim team, swimmers, parents and siblings are to remain in designated swim team areas ie. pool deck to the right of the competition lanes, team corner and under the covered porch.
2. Swimmers should not be in any section of the pool until practice begins. During practice, the swim team will use the competition lanes and designated small group areas of the pool. Swim team will not use the slide or zero entry areas of the pool.
3. Kellswater Bridge residents, if your child, under the age of 14, comes to practice without an adult please remind him/her that he/she cannot be in the water before or after practice even if the pool is open to members. All Kellswater member and guest policies should be observed before and after swim team practices.
4. Children are permitted on the playground; however, they must have adult supervision (outside the pool fence) at all times.
5. Children are not permitted in the workout room for any reason.
6. Children should not play on the stairs leading to the upstairs deck of the clubhouse.

Bathrooms and Showers

The door to the restrooms is operated by a fob controlled lock. Unfortunately, we cannot disable this for practice or prop this door open. We will have a fob hanging on the entrance door whenever possible. KWB residents please help us with this by bringing your pool fobs to practice and meets. There are two outdoor showers for rinsing off after practice. The women and men's restrooms each have a small changing area and one indoor shower. Swimmers under 13 must be accompanied by an adult if they need to shower after practice.

Parking

During swim meets and practice please park only in designated parking areas. Overflow parking is available during meets at the Refuge. We are working on details, but hope to have a shuttle that will run from the Refuge to the pool. More details on the shuttle will be made available before the home meets. KWB residents are encouraged to walk or ride bikes and to invite team members to park at your house if space allows.