

SUMMER 2021



**TSUNAMI SWIM TEAM
PARENT HANDBOOK**



CITY OF COLLEGE STATION
PARKS & RECREATION

WELCOME

We are pleased that your child or children have decided to participate in the 2020 City of College Station Tsunami Swim Team. As a member of the Northwest Aquatic League (NWAL) and Texas Amateur Athletic Federation (TAAF), we provide youngsters with an opportunity to experience competitive recreational swimming in the summer.

NWAL consists of Houston-area teams that are primarily neighborhood-based. The teams in our division – based on city representation – are College Station Tsunamis, Bryan Barracudas, Navasota Mudcats, Huntsville Lakers, Brenham Dolphins, and Lee County LCats. The season includes a dual meet against each team and a divisional meet at the end.

Our TAAF affiliation includes Bryan, Waco, Hubbard, and the Killeen Boys & Girls Club.

ELIGIBILITY

Children 5-18 years of age on May 31, 2021 and are novice swimmers are eligible to join. Participants will swim in the age group they are in as of May 31.

Participants must be Residents living in College Station Independent School District and any non-resident interested in participating must contact the Aquatics Supervisor (brussell@cstx.gov) directly for more information about waivers.

All participants must be able to swim (any stroke) 25 yards across the deep end of Adamson Lagoon unassisted. This includes no stopping, not hanging or pulling on lane lines, and no assistance from Aquatics Staff (coaches or lifeguards).

WAITING LIST

If registering for a program that has already been filled, your name can be placed on a waiting list. This does not guarantee your spot, but individuals will be contacted if one becomes available.

WITHDRAWALS & REFUNDS

Classes and programs are subject to a \$20 transfer/cancellation fee. Refunds are processed within two weeks of request by check. No cash refunds will be issued. For the complete refund policy, call 979.764.3540.

SPECIAL ACCOMMODATIONS

The College Station Parks & Recreation Department welcomes people of all ability levels to enjoy and participate in its wide variety of quality programs and services. Questions regarding special accommodations should be directed to parks staff at 979.764.3540. The Parks & Recreation Department complies with Title II Standards of the American with Disabilities Act.

PHOTOGRAPHY

Smile, you may be captured by our camera! The City of College Station routinely takes photos and video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by utilizing our facilities and/or programs, you are granting the City of College Station the right to use and publish your image, or your minor child's image, and that no monetary compensation will be given.

VOLUNTEERING

Parents: Our swimmers need your help! Running a swim meet requires a minimum of 25 volunteers. Ideally, we will break each meet into two volunteer shifts, but that means we need a minimum of 50 volunteers to make a swim meet happen. All parents must volunteer during the season. Here is a description of the volunteer positions:

SEASONAL POSITIONS

- **Communications Coordinator:** This volunteer will work directly with the Head Coach to assist with communication to the team. They will also upload pictures from the Photographer to the secure portion of the website. Knowledge of computers is helpful.
- **Volunteer Coordinator:** These volunteers are able to think on their feet and come up with solutions independently. They will check in volunteers for their various positions at each meet and manage absences and reassignments as needed.
- **Age Group Parents:** These parent volunteers will be available to answer questions regarding our team activities; including meets, practices and social/celebratory events. Being an Age-group parent does NOT mean you will only deal with parents from your swimmer's age group; we simply want to get a varied level of participation as group - in order to better handle the questions that will be asked.

SWIM MEET CERTIFIED POSITIONS

- **Swim Meet Officials:** We need three types of officials who must be NWAL certified and meet criteria. *Registration Fee for one participant will be refunded for parents who become certified Officials and work a minimum of 3 swim meets.*
 - **Stroke and Turn Judge:** This certified position ensures each meet is run fairly and competitively. They are responsible for identifying infractions and reporting disqualifications. They will make every attempt to speak with each swimmer to ensure they are aware of the infraction. They work very closely with the Referee.
 - **Starter:** This certified position ensures the meet runs smoothly from start to finish. This individual announces each event, calls the swimmers to the starting blocks and starts each event. They will manage the Timer meeting & review the rules for Timing prior to the start of each meet. This person works very closely with the Referee and the Clerk of Course.
 - **Meet Referee:** This certified individual runs the entire meet. This person will ensure each event is ready to start, they certify each disqualification as well as the results from the entire meet.
 - **Clerk of Course:** The clerk manages the entry list and ensures that changes to entries, scratches, and other relevant information is shared between the referee and computer entry.
 - **Computer Entry:** These certified volunteers enter all times from the timer cards into the computer.

SWIM MEET NON-CERTIFIED POSITIONS

- **Announcer:** These parent volunteers need to be comfortable speaking in front of crowds & able to project to be heard above the crowd noise. This position is responsible for announcing events that are heading to the Ready Bench and keeping attendees and athletes informed of how the meet is going.
- **Head Timer:** This parent volunteer runs 2 watches at the start of each event. In the case of a Timer's watch malfunctioning the Head Time will assist the Timer by exchanging watches with the Timer and ensuring there is another functioning watch for the next event.
- **Timers:** This volunteer is in the best position to watch the meet but also has a lot of responsibility. This person needs to be focused on the swimmer in their lane; verifying their name and ensuring they get a good start & finish on their watch per the instructions from the Starter at the beginning of each meet.
- **Ready Bench:** These parent volunteers manage the flow of swimmers as they come to the Ready Bench before their events. They will ensure each swimmer is in their correct lane and/or aware of lane/heat changes that may have occurred. Updates Ready Bench cards as necessary. Works closely with Clerk of Course.
- **Ribbons and Awards:** These volunteers apply award labels to the back of the ribbons.

TEAM WEBSITE: COLLEGESTATION.SWIMTOPIA.COM

All swimmers or a parent must have access to **collegestation.swimtopia.com**, the team website that will be used for registering swimmers for meets, signing up volunteers, making announcements, posting meet results, and generally keeping everyone informed. We also encourage you to download the mobile app for push notifications. To login:

1. **USE GOOGLE CHROME**, navigate to **collegestation.swimtopia.com**.
2. Click on the **sign-in tab** in the upper right-hand corner.
3. Enter the email you provided when you registered for Tsunamis. If this is your first season, your email may not be activated for 2-3 days after you have officially registered.
4. **Initial Password:** Welcome1 (Capital W and the number 1 at the end).
5. Once you login, you will be prompted to set up a unique password.

If your email does not work after the 2-3 day waiting period, or you have problems logging in, contact Michelle Peacock at **mpeacock@cstx.gov**.

TEAM PICTURES

Smile for Tsunami Pictures: No regular practice on this day.

Memoir Photography: Friday, May 21

Individual pictures will begin at 4:45 p.m. and will be taken until 5:30 p.m.

Wear your Tsunami t-shirt and team swimsuit!

PICTURE SCHEDULE

- 4:45 -5:30 p.m.: Individual Photos
- 5:15 p.m.: Group Photo

TEAM UNIFORM

TEAM SWIMSUIT

You will be able to purchase swimsuits for your children and spirit wear for parents at the team store. Each swimmer will receive a t-shirt and swim cap that will be available for pick-up at practices.

PRACTICE TIMES

Due to lane capacities, swimmers are required to register by age group and practice schedule (Mon./Wed. or Tue./Thu.). All practices are held at Adamson Lagoon. Swimmers must attend the practices within their age groups. Practice lanes and grouping will be based on pre-season evaluations.

PRACTICES

Please note that at the end of June, practices may be condensed based on the number of participants. Here are the tentative practice schedules:

MAY 3-27

Except for the 6-and-under age group, swimmers have options on time slots. Monday-Thursday at Adamson Lagoon. No practice May 25 (Memorial Day) or Fridays.

8 & Under	4-4:30 p.m.
9-12	4:45-5:30 p.m.
13-18	5:45-7:15 p.m.

JUNE 1-JULY 28

No practice on May 31 (Memorial Day) or July 12.

8 & Under	8-8:45 a.m.
9-12	9-10 a.m.
13-18	10:15-11:45 a.m.

EVENING MAKE-UP PRACTICES

JUNE 1-JULY 22

Practices are Monday-Thursday at Adamson Lagoon. No practice on July 6.

8 & Under	7-7:45 p.m.
9-12	8-9 p.m.
13-18	8-9 p.m.

PRACTICE GUIDELINES

Please adhere to the practice times assigned to each skill group so your swimmers get the appropriate instruction and workout for their abilities. Please respect the coaches' desire to maximize the learning potential at each practice.

1. Parents and/or guardians are required to stay during all swim practices for swimmers ages 11 and under.
2. Practice sessions are not to be used for parent/coach discussions. Any parent wishing to speak with a coach may leave a phone number and email address with the coach. The head coach will resolve issues.
3. Swimmers are expected to pay attention and obey coaches' instructions. For the safety of all involved, failure to follow instructions could result in a coach/parent meeting or the swimmer given a timeout.
4. Parents are responsible for getting swimmers to and from practice on time. Arrangements should be made for the swimmer to be picked up or tended to before practice ends. Swimmers must wait inside the building for parent pick-up.
5. Swimmers are encouraged to do the best they can. Actual skill is not as critical as willingness and enthusiasm.
6. Each swimmer is allowed to attend one practice per day. Evening make-up practices will be based on the morning workouts.
7. Please make sure your swimmer has tinted goggles, water, and plenty of sunscreen.

MEETS

NWAL DUAL MEETS: The dual meets are an opportunity for division teams to swim against each other. Swimmers may participate in three individual events or two relays. If available, teams can enter as many as three relays in each event. Dual meets are on Saturdays at 8:30 a.m. at the pool of a participating team. Ribbons and points are awarded for first through sixth place.

NWAL DIVISIONAL MEETS: The division final meet is the final regular season NWAL meet. It will be a head to head meet with one other team that we will swim against to determine our placing in the division. The NWAL mandates that a child must swim in at least two dual meets to be eligible for divisionals. Points are earned for the first six places in each event, including relays. Medals are awarded to the top three swimmers in each event and ribbons are given to 4th-6th. The location of the divisional final will be determined after the last dual meet.

NWAL INVITATIONAL MEETS: Invitational meets are the weekend after the divisional meet and are open to all NWAL swimmers. The only qualification is that the swimmer must meet or better the posted time for the event they want to enter. The qualifying times for invitational meets will be posted on the NWAL website. Swimmers may qualify at any season meet, including divisionals. We will have coaches at the Trinity Classic and Ponderosa meets. Specific information about each meet will be posted on the Tsunami website, and it will be up to each swimmer's family to decide which meets to attend. An additional fee is required and entry fees must be paid for in advance.

TAAF REGIONAL MEET: The regional meet will be open to swimmers who participated in the NWAL season and meet TAAF eligibility requirements, which can be found at taaf.com/swimming. Swimmers can qualify for the TAAF state meet by finishing in the top three of an event at regionals.

TAAF STATE MEET: The state meet is open to qualifying swimmers from regionals. The Games of Texas will be conducted over four days with events separated by gender and age group each day. Swimmers only need to be available for their session and are not required to attend every day of the meet, which is the final meet of the season.

SWIM MEET INFORMATION

ENTRIES: Parents need to enter their swimmers into their specific events by **Wednesday** of each week. Failing to enter your swimmer will result in them being unable to participate that week. Event registration is available online at navigate to **collegestation.swimtopia.com**.

INDIVIDUAL EVENTS: Each swimmer may only enter up to three individual events per NWAL rules. The coaches will have the final say over entries and will determine relays. If your child does not select events for the meet, they will not be entered.

RELAY SELECTION (DUAL MEETS): Relay teams will be selected by computer. Swimmers need to declare they are not available for a relay or they will be placed on one.

DIVISIONAL ENTRIES: All swimmers must have at least 2 official times from an NWAL sanctioned meet in order to swim at the Divisional Meet and Post Seasonal invitationals. Time trial times will NOT be used and this includes relay entries.

CHECK-IN PROCEDURES: Check-in begins at 7 a.m.

WARMUPS: Swimmers are encouraged to participate in a short warmup to get accustomed to the water – especially at away meets – and to practice starts, turns, and finishes. It is important even for the youngest swimmers to get in the water and swim a lap or two to get used to the pool.

WHAT TO EXPECT: Participants can expect lots of swimmers, noise, heat, excitement, and fun. Food and drinks may be purchased at most meets or may be brought from home.

- Swimmers should get a good night's sleep the night before and eat breakfast the morning of the meet.
- Bring drinks, snacks, food, chairs, and possibly a tent for shade. The waiting areas are outside.
- Wear sunscreen and shoes.
- Purchase heat sheets (\$3) to know when your swimmer is competing or download a digital version through the Swimtopia mobile app.
- Watch your children! No running, wrestling, throwing things or other rowdy behavior is allowed in the team waiting areas.
- Pick up your garbage and clean up after yourselves.
- Swimmers are responsible to get to the ready bench when their events are called and to check with a coach for feedback after their races.
- Check out with a coach if you plan to leave before the meet ends.

EVENTS: The events separate the athletes by gender, age, and stroke. Each NWAL meet has 80 events, and the TAAF meets have many more since they are open to additional age groups.

HEATS: Swimmers in each event will be separated into heats if necessary. If 15 swimmers are signed up for an event and only six lanes available, there will be three heats. Swimmers are also seeded in each event to place them into an appropriate heat and lane.

LOST AND FOUND: Items left behind at practices and meets (home and away) will be placed in the lost-and-found baskets at the pool. If they are not claimed, the items will be donated to charity every week during the season. Please remember to label everything taken to practices and meets.

RESULTS: Swim meet results will be posted on the Tsunami website: **collegestation.swimtopia.com**.

DISQUALIFICATION: A disqualification means the swimmer has not properly performed the stroke at some point of the race. An official **will try** to explain to the swimmer what was done incorrectly. If a swimmer is disqualified, no official time is recorded, a personal best ribbon or points can't be earned, and the swimmer can't place in the race. A disqualified time also does not count for dual time and can't be used for the divisional meet. If a parent wants to protest a DQ they must alert a swim coach immediately during the swim meet in question and then league procedures will be followed.

INCLEMENT WEATHER POLICY

LIGHTNING SAFETY AT CITY OF COLLEGE STATION POOLS

City of College Station pools are equipped with Earth Networks Lightning Alert System. When the system detects lightning within 10 miles of a facility, air horns will sound with an uninterrupted 15-second blast and a strobe light will be activated. Lifeguards and aquatic staff will then ask all guests to exit the water. All guests will remain out of the water until the system no longer detects a threat. When the system no longer detects a threat and it is safe to resume activities, three 5-second blasts from the horn will sound and the strobe light will turn off. Aquatic staff will give the final all clear and allow patrons back within the facility. No system is fail-proof. Aquatics staff will have final say as to when patrons should exit and return to the facility.

PRACTICES

We run our practices on a delay and continue schedule, only cancelling if absolutely necessary. The Head Swim Coach will push notifications through the Swimtopia website and mobile app informing parents of delays and/or cancellations.

SWIM MEETS

Swim meets will follow the same delay and continue schedule until 2 hours have been reached. At 2 hours per league rules a swim meet will be considered postponed unless Team Representatives mutually agree otherwise.

Please follow all Lifeguard and Aquatics Staff instructions in the event of a thunderstorm.

RIBBONS & AWARDS

NWAL DUAL MEET SCORING, POINTS: Places, points, and ribbons are awarded to the top six swimmers in an event, regardless of their place in their heat, and to the top two relay teams. Here are the point awards:

INDIVIDUAL EVENTS

1 st :	7 points
2 nd :	5 points
3 rd :	4 points
4 th :	3 points
5 th :	2 points
6 th :	1 point

RELAY EVENTS

1 st :	7 points
2 nd :	3 points

A team may only earn points for one relay team. If a team has relays that finish 1st and 2nd, points are only awarded for 1st.

The points earned from swimmers who placed are added together to create a team score. The overall accumulation of points determines the winning team.

ADDITIONAL RIBBONS: For every individual NWAL dual and divisional event in which a Tsunami swimmer improves their time, they will receive a Personal Best Ribbon. Swimmers can set their base time at their first dual meet, then show improvement at subsequent meets.

END OF SEASON AWARDS

- A high point trophy will be given to one boy and one girl in each NWAL age division who scores the most points in the regular swim season (five dual meets and divisionals). Points from invitationals (i.e. Pentathlon, Trinity or Ponderosa) will not count toward the high point trophy.
- Most improved awards will be given in each gender and age group.
- The Tsunami DDD Award is given to honor the memory of former Tsunami swimmer Adam Lassiter, whose family was influential in the development of the program. The DDD award recognizes swimmers in each gender and age group for their desire, dedication, and determination.

MEET ORDER OF EVENTS

GIRLS

1. 10 & under 50 Free
3. 13-14 100 Freestyle
5. 15-18 100 Freestyle

7. 6 & Under Free Relay
9. 8 & Under Medley Relay
11. 9-10 Medley Relay
13. 11-12 Medley Relay
15. 13-14 Medley Relay
17. 15-18 Medley Relay

19. 6 and Under Freestyle
21. 7-8 Freestyle
23. 9-10 Freestyle
25. 11-12 Freestyle
27. 13-14 Freestyle
29. 15-18 Freestyle

31. 8 & Under Breaststroke
33. 9-10 Breaststroke
35. 11-12 Breaststroke
37. 13-14 Breaststroke
39. 15-18 Breaststroke

41. 6 & Under Backstroke
43. 10 & Under Individual Medley (IM)
45. 11-12 IM
47. 13-14 IM
49. 15-18 IM

51. 7-8 Backstroke

53. 9-10 Backstroke
55. 11-12 Backstroke
57. 13-14 Backstroke
59. 15-18 Backstroke

61. 8 & Under Butterfly
63. 9-10 Butterfly
65. 11-12 Butterfly
67. 13-14 Butterfly

69. 15-18 Butterfly
71. 7-8 Free Relay
73. 9-10 Free Relay
75. 11-12 Free Relay
77. 13-14 Free Relay
79. 15-18 Free Relay

BOYS

2. 10 and under 50 Free
4. 13-14 100 Freestyle
6. 15-18 100 Freestyle

8. 6 & Under Free Relay
10. 8 & Under Free Relay
12. 9-10 Medley Relay
14. 11-12 Medley Relay
16. 13-14 Medley Relay
18. 15-18 Medley Relay

20. 6 and Under Freestyle
22. 7-8 Freestyle
24. 9-10 Freestyle
26. 11-12 Freestyle
28. 13-14 Freestyle
30. 15-18 Freestyle

32. 8 & under Breaststroke
34. 9-10 Breaststroke
36. 11-12 Breaststroke
38. 13-14 Breaststroke
40. 15-18 Breaststroke

42. 6 & Under Backstroke
44. 10 & Under IM
46. 11-12 IM
48. 13-14 IM
50. 15-18 IM

52. 7-8 Backstroke

54. 9-10 Backstroke
56. 11-12 Backstroke
58. 13-14 Backstroke
60. 15-18 Backstroke

62. 8 & Under Butterfly
64. 9-10 Butterfly
66. 11-12 Butterfly
68. 13-14 Butterfly

70. 15-18 Butterfly
72. 7-8 Free Relay
74. 9-10 Free Relay
76. 11-12 Free Relay
78. 13-14 Free Relay
80. 15-18 Free Relay

GENERAL PRINCIPLES FOR PARENTS

SWIMMERS AND COACHES WILL NOT BE ABLE TO PERFORM AT THEIR BEST IF PARENTS DO NOT HAVE A CLEAR UNDERSTANDING OF THE PHILOSOPHIES OF THE PROGRAM. THE FOLLOWING IS A SUGGESTED GUIDELINE FOR PARENTS:

1. Understand the daily pressures a child faces. This activity should be an outlet and a place for a player to have fun. Encourage your child and allow him or her to have a good time.
2. Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents, and coaches on both teams.
3. Parents should appreciate the efforts made by both teams. There is nothing wrong with applauding a good play made by the opponents.
4. Parents should support the coach, as long as the coach follows proper coaching guidelines. Parents should understand that most coaches are volunteers. It is inappropriate for a parent to coach a player who is in the field. Not only does this action devalue the coach, it also confuses the player.
5. Parents should not embarrass their child by calling attention to them or creating a scene through loud or rude behavior.
6. Don't be a coach—be a parent. Offer encouragement and positive reinforcement. A sure way to dampen your child's enthusiasm is with constant criticism.
7. Parents should encourage discipline by having their children arrive on time for practices and games.
8. Parents should help their children realize that belonging to a team requires commitment. Regular attendance and being prepared are necessary for the team to function smoothly.
9. Parents should volunteer their services whenever possible. This shows the participants the value of being a team player.
10. Parents should respect the officials and their calls. It is ok to disagree, but inappropriate to disparage.

PARENT'S SIGNATURE: _____

DATE: _____