



2010 Handbook

Welcome to the “Traceside Barracudas Swim Team. We hope to have you as part of the team this summer and look forward to a fun-filled, competitive season.

The purpose of the handbook is to provide a basic reference to our swimmers and their families and to answer some of the more frequently asked questions.

Team Goal

The goal of the swim team is to offer all young people in Traceside from ages 4 - 18 years of age the opportunity to learn new and improve existing swimming skills; enhance community spirit by meeting and socializing with other Traceside children; teach and encourage sportsmanship; and create a fun-filled yet competitive summer swim experience for each participant and their family. Our team will be competing in Division A of the Nashville Swim League (NSL). Traceside Barracudas will be competing against 5 other teams in our division. Qualifying members of each team will compete against other qualifiers in their age group in an end of the season NSL City Meet.

Membership

Membership is open to all young people 4-18 years of age whose families live in Traceside Subdivision. Those young people who are 4-18 years of age before June 1st are eligible to swim. Children must be able to swim one length of a 25 meter pool in any fashion. (NOTE: Any swimmer will be allowed to hold onto the side of pool or lane line floats; however, swimmers will not be allowed to pull themselves forward or touch the bottom of the pool.)

Board of Directors

Ginny Elder, Sonia Castilaw, Shannon Thompson, Lisa Martinez ,Fran Leahy ,Joan Starc, Michelle Barber

The Board of Directors is a group of parent volunteers who meet throughout the year and run the **Traceside Barracudas Swim Team**. The Board represents the team within the Nashville Swim League (NSL), hires coaches and sets team policies. Your input and ideas are essential to the success of the swim team. You are encouraged to contact the board with any information you would like addressed. The Parent Swim Team Board for the 2010 season is:

<u>Position</u>	<u>Board Member</u>	<u>Phone</u>	<u>E-mail</u>
Chair	Sonia Castilaw		davidcastilaw@bellsouth.net
Vice Chair	Ginny Elder		ginnyelder1@aol.com
Secretary	Shannon Thompson		shannonthompson@comcast.net
Treasurer	Sonia Castilaw		davidcastilaw@bellsouth.net
Fundraising Chair	Ginny Elder		ginnyelder1@aol.com
Food Vendor Chair			
Marketing Chair	Joan Starc		jestarc@comcast.net
	Shannon Thompson		shannonthompson@comcast.net
Membership Chair	Lisa Martinez		neworleanslisa@comcast.net
Activities Chair			
Swim Team Rep.	Ginny Elder		ginnyelder1@aol.com
Webmaster	Tyler Deutsch		tracesideswim.com

Registration / Dues

The swim team operates as a separate entity from the Traceside Homeowners Association. As such, we are responsible for generation of most of our own revenues and payment of expenses. Registration fees primarily cover the coaches salaries with fund-raising providing most of the balance of the operational costs for a given swim season. Our goal as a Parent Board is to be financially responsible.

Dues for the 2010 Swim Season

\$95 per swimmer
\$115 late registration - after MAY 1, 2010

***** SPECIAL NOTE to 6 & under Parents:** If this is your child's first swim team experience, and you are concerned about that child's ability to participate, please let us know before registration. It may be possible to withhold full registration dues until that child participates through the first week of practice. After that time, however, full registration payment is required for that swimmer to participate in any team activities.

Make checks payable to:

"Traceside HOA" and put "Traceside Swim Team" in the memo line.

Please note that the above amount does not include the cost of the team swimsuit or swim cap, which will be purchased separately (see Team Swimsuits below).

Practice Schedule

Practices will be held Monday through Friday from 9:00 - 10:00 am. See Calendar link.

Drop-off/Pick-up - Practices

Parents may drop off children for practice time only. During practice, unless otherwise permitted by the coaches, no children except those in attendance for practice may be in the pool. Distraction from outside noise is a problem for swimmers training. All swimmers will be dismissed from practice at 10 am. Please arrive promptly to pick up your swimmer. After practice, Traceside Neighborhood Pool Rules will apply. These require all swimmers not attended by an adult must be of at least 12 years of age and have taken a swim test given by a Traceside Pool life guard. Please see Traceside Pool Rules for further information.

Team Swim Suits

Swimmers will be able to try on and order a team swim suit on Registration Day March 27, 2010. We will make a group order the week after Registration.

Team Suit: Tyr (available @ All American Swim Supply in Brentwood)

Alliance Splice: Black and Red

Female: Splice Maxback

Male: Splice Jammer

Team Cap: Red w/ team logo

(available for \$3 ea. - contact Joan Starc)

2010 Coaching Staff

- **Head Coach** — David Deutsch — # 636-4667 — deutfam@bellsouth.net
- **Asst. Coach** (11 & up) — Nathan Blankenship — # 633-6822 — superman4215@hotmail.com
- **Asst. Coach** (6 & under)— Leah Deutsch — (contact info available upon request)
- **Asst. Coach** (9/10)— Rachel Deutsch — (contact info available upon request)

Communication

Email:

The primary form of communication is e-mail.

If you don't receive these e-mails, please send an e-mail to Lisa Martinez so she can add you to the list.

Mailbox:

A storage container acts as the swim team's mailbox. It will be available at each practice, usually on a table near the first pavilion on the left side of the pool. Each Traceside Swim Team family will have a file folder that will be updated as needed with important information. Please check these folders frequently.

Traceside Volunteer Book:

Lisa Martinez will have the sign up book for swim meets and work assignments. Please contact her at neworleanslisa@comcast.net to communicate important messages, including last minute changes, etc.

Traceside Vacation Book:

This year we are using the TracesideSwim.com website to enter meet dates that swimmers will NOT be able to attend. Please go to www.tracesideswim.com click "meets" then click "vacation book" the password is "barracudas4life" then put an "X" under your child's name. Please do this for all meets as soon as possible!

IT IS VERY IMPORTANT TO ENTER DATES THAT YOUR CHILD WILL NOT ATTEND A MEET.

***** IMPORTANT NOTICE:**

Once the meet schedule has been made, if any changes must be made, parents are expected to contact Head Coach David Deutsch if their child is not able to swim at a meet. Please remember that last minute changes cause chaos for swimmers, coaches and other parents.

If any changes must be made for the volunteers, parents must find work replacements for themselves and notify the meet director of the change and the replacement. As a last resort, they may contact Lisa Martinez by the evening prior to the meet. Please remember that last minute changes cause chaos for swimmers, coaches and other parents.

Traceside Swim Team Web Site:

Our web site is www.tracesideswim.com. Check it often for swim team information and activity updates. If there are problems with the web site, or the information contained on it, please contact Sonia Castilaw at davidcastilaw@bellsouth.net.

Swim Team Board of Directors:

Please feel free to contact any board member with any questions and/or concerns you may have. Contact information can be found on the "Contact Us" page of the web site.

Volunteering/Parent Work Schedule

Swimming is truly a family sport. It requires active parent participation. For a swimmer to participate on the team, a parent is required to work in some capacity during each meet. Please be considerate of others and do your fair share to ensure that our meets run smoothly. We cannot run a meet without total parental support.

Parents need to sign up for swim meet work responsibilities. Parents are strongly encouraged to sign up for several different work positions for swim meets. Families that have not signed up to work will be assigned where needed. We will vary work assignments so each family can serve in different capacities. A parent work schedule will be generated each week on the Friday prior to the Tuesday meet. It will be posted on the website by noon that day. Once the work schedule is created, if you are not able to work a scheduled meet it is YOUR responsibility to find a replacement and notify Lisa Martinez of the change. All changes need to be reported to Lisa by no later than 6:00 pm the day before the meet .

Parent Work Positions

NSL Certified Officials:

Training is required for those interested in filling one of the following 4 positions. The NSL will determine the training schedule. Once the dates are determined, we will publish them on our web site and contact those who expressed interest.

1.- **Referee:**

The official in charge of the meet; the final authority in all matters concerning the conduct of the meet.

2.- **Starter:**

The official who starts each heat of the meet.

3.- **Stroke & Turn Judge:**

Swim officials assigned by and working for the referee to judge the swimming conformance with the rules for the event being swum. Non-conformance, frequently referred to as “DQ” or disqualification, is reported to the swimmer and to the referee.

4.- **Scorer:**

Determines official swim times from score cards, keeps track of team records, and submits meet results to NSL. Training will be on May 11 at the JCC.

Non-Certified Officials:

The following positions are open to all. Many positions, with the exception of meet director, scorer, starter, referee, and stroke and turn judges can be learned “on-the-job” or with brief instruction.

- **Meet Director:**

Responsible for the set up, management and overall operation of home swim meets.

- **Clerk of Course:**

Assembles all of the swimmers into their correct lane/heat and distributes deck cards to each swimmer.

- **Announcer:**

The announcer announces the upcoming events at the clerk of course’s request.

- **Mother Hen / Father Rooster:** (Young swimmers Clerk of Course). Gathers and delivers 8 and under swimmers to the clerk of course and to lanes for correct heats.

- **Lane Timers / Lane Recorder:** (Three per lane). Uses a stopwatch to get accurate times for each swimmer. Reports to Head Timer. Additionally the timer who is designated as the Lane Recorder (one of the three timers) will, besides timing, record all times for each race onto the deck card and then give these cards to the deck runners.
- **Deck Runner:** Collect deck cards from recorders after each event and deposits them at the scoring table.
- **Timekeeper:** Determines official time derived from three times recorded per lane/swimmer and then gives the deck card to the computer representative.
- **Head Timer:** Supervises Lane Timers during meets, signals to Referee when Timers have cleared watches, maintains watches are in proper working order, and helps schedule Timers for all meets.
- **Sweeps Judge:** Determines visual order of finish of swimmers for each race.
- **Team Recorder / Computer Representative:** Inputs all swim times for individuals and team for each event swum. Tracks qualifying times, pool records and best times.
- **Vendor Help and Hospitality:** Insures that our visiting vendors have everything they need and supplies water, fruit and snacks to all volunteer workers and coaches at home meets.
- **Team Party Organizer:** Plans the Pizza Party, usually held at the end of the first or second week of practice. Plans the End of the Season pot luck dinner. Purchases supplies for the Fun Friday. Responsible for “Fun Friday” activities - the Head Coach will let you know ahead of time what is needed. Will be reimbursed any expenses.
- **Set up Pool Deck:** Setting up the pool area, the Monday night before the home meets. See directions attached.
- **Clean up Pool Area:** Taking the tents down and putting the chairs away, etc. after the home swim meets. Clean up the pool area.
- **50/50 raffle & Shout Outs:** At all home meets we will hold a 50/50 raffle. Responsible for the raffle “Pot” and tickets during the meet. Will collect/count all monies to determine raffle winner at the completion of the meet. Will collect any monies for the purchase of “shout-outs” during home swim meets.

Volunteer Committee Chairpersons

In addition to board positions, there are committee chairperson positions. These committee chairpersons are instrumental in the day-to-day operation of the swim team.

- **Membership and Registration Chairperson:** Sonia Castilaw is responsible for collecting swimmer’s registration paperwork as well as keeping a current list of swimmers and their families.
- **Vendor Help and Hospitality Chair:** Ginny Elder is responsible for organizing and securing vendors to sell food for all home meets. She is also responsible for organizing parents to work at our hospitality stand.
- **Merchandising Chairperson:** Joan Starc is responsible for selling swim team merchandise, providing information on how to order team suits, and developing new product lines.
- **NSL Representative:** Ginny Elder attends NSL meetings on behalf of the Traceside Barracuda and handle NSL matters for the team.

- **Webmaster:** Tyler Deutsch keeps the web site current.
- **Fund-raising: VOLUNTEER CHAIRPERSON NEEDED**
 - **50/50 raffle:** At all home meets, we will hold a 50/50 raffle. The winner of this raffle will keep 50% of the “pot” and the swim team will keep the remainder. You do not need to be present to win!
 - **Shout Outs:** At all home meets, we will sell “Shout Outs” to family and friends to send their swimmer a good luck message over the PA system.

Swim Meet Awards

Swim meet ribbons will be passed out within two days of the meet if at all possible. If you are unable to make that practice, please check your family folder in the swim team “mailbox” for those ribbons.

Championship Meet (City Meet)

Swimming Competition held at the end of the swim season in which individual swimmers from all NSL swim teams compete for awards. A swimmer must have competed in at least 2 meets to qualify to swim in the City Meet. Please check with the coach if you have questions about whether your swimmer qualifies.

NOTE: There are additional fees for your child to swim in the City Meet. These fees must be paid approximately one week prior to the City Meet and will be approximately \$3.00 per individual event, \$2.00 per relay event, and \$4.00 per swimmer surcharge. Each swimmer may swim a maximum of 2 relay events and a maximum of 4 individual events.

Altogether, fees will range from approximately \$10 - \$20 per swimmer to participate in the City Meet.

Weather Policy

Meets: If weather is too severe to swim, the meets may be postponed or cancelled by agreement of the Team’s League Representatives. It is important that each family gets on the e-mail call out so that info on meet cancellations can be obtained. Send e-mail to neworleanslisa@comcast.net. Meets are held rain or shine and only delayed or cancelled during thunderstorms.

Practices: Our goal is to provide as much pool time as possible and coaches will be at the pool regardless of weather. Practices are held in light rain. Weather is hard to predict and summer is famous for thunderstorms. There might be times when practice is stopped 5 minutes after it starts. Your child(ren)’s safety is our utmost priority.

Parent/Guardian Guidelines

The following may appear overwhelming. It is not intended to be but rather is for informational purposes and is intended to help things run smoothly.

Have your child(ren) to practices and meets on time and ready to swim (ie., fed, well hydrated and in their swimsuit with goggles in hand). Swimmers must report to meet warm-ups on time, ready on deck to swim as each team has a preassigned warm-up period. Home team warms up first. Be supportive of your child(ren)’s efforts and be supportive of their coach. Please make sure your seating area at each meet is completely cleaned up before leaving that day. We do not have a service to clean up after meets-that is the responsibility of each and every family. Help is also needed prior to a home meet for set-up. One parent from each family must work in some capacity for each and every meet. Be a good role model. Demonstrate good sportsmanship to your child(ren) by

staying until the end of the meet and cheering on the other swimmers on the team. Encourage your child(ren) to do the same. Children learn good sportsmanship from their coaches, their peers, and their parents.

***** IMPORTANT:**

At least one parent or adult family representative must be present at the meet if her/his child is swimming.

Swimmer Conduct and Participation

Be respectful of your coaches and fellow swimmers. Come to practice and meets on time, ready to swim, with swimsuit on and goggles in hand. Make sure to eat and drink something prior to practice. All swimmers, especially younger swimmers, should take a bathroom break before practice starts. Give every practice and meet your very best effort. Practice good sportsmanship during practice and meets. Support your teammates by cheering for them during their events. Do not use profanity at any time. No horseplay on the pool deck or in the water (no running, pushing, holding someone under the water, etc.) During meets be at the Clerk of Course or the Relay Report Area on time for your events. Regular attendance is encouraged. If unable to attend meets or practices, please let your coaching staff know in the "Traceside Vacation book".

Swim Meet Checklist

Getting ready for a swim meet can feel like going on a camping trip. When getting ready for a meet, consider the amount of time you will be spending in the sun and what you will need to stay comfortable. There is a lot of "down time" between individual events. In addition to bringing your swimsuit, cap and goggles, the following useful items should be brought to the meets:

- goggles (spare)
- money for concessions
- towels (usually 2 for each swimmer)
- t-shirts and shorts
- sunblock
- lawn chairs for parents
- umbrella and rain gear if rain is forecast
- bug spray
- activities to occupy swimmer between races (ie. book, playing cards, coloring, etc.)

Meet Schedule / Calendar of Events

See our calendar on web site @ tracesideswim.com

Last Updated: March 18, 2010

Please sign and return the form below to acknowledge that you have read and understand the 2010 Traceside Barracudas Handbook.

We are excited to have your swimmer join us for this fun season!

Signature of Parent/Guardian

Date

Name of swimmer(s):

