



Dear Families,

Welcome to Tiger Splash Swim Team. Tiger Splash is a summer recreational swim league affiliated with the Texas Amateur Athletic Federation. Our swim season begins the first week of May, per TAAF rules and regulations. Our summer swim season typically includes six home swim meets, a TAAF regional swim meet hosted by Landa Park in mid-July and a TAAF state swim meet held in different locations in Texas. The TAAF regional meet serves as the qualifying meet for the TAAF State meet.

Tiger Splash swimmers may also choose to participate with some team members at The Winter Games of Texas, usually held in Victoria, Texas every January.

### **BOARD MEMBERS**

Tiger Splash Swim Team is a non-profit, 501c3 organization governed by an elected Board of Directors elected for two-year, staggered terms.

President:	Carrie Wingrin (term ends 2026)
Vice President:	Lane Holt (term ends 2026)
Secretary:	Cindy Lee (term ends 2027)
Treasurer:	Jessica Rogers (term ends 2027)
At Large:	Lisa Gonzales (term end 2027)
	Jessica Krejci (term ends 2026)
	Katie Zasowski (term ends 2027)

### **COACHES**

Our goal is to have a wonderfully fun and productive season. We are not trying to make Olympians; we want to make lifelong swimmers. We hope our swimmers will insist on returning year after year because they have a sense of accomplishment, teamwork, and FUN they can get nowhere else.

**JAVs**: Junior Assistant Volunteers

Given the size of Tiger Splash, we are dedicated to offering every swimmer ample opportunity to learn and develop strokes and techniques. Our JAVs are volunteers who get in the water with our younger swimmers to offer encouragement and repetition of the Coaches' directives. JAVs must submit applications and attend a training session in April to qualify as JAVs. Additionally, our JAVs earn community service hours for their volunteer efforts.

## **FACILITY and TRAINING RESOURCES**

The Tiger Splash swim team practices and hosts meets at Founder's Pool of the City of Dripping Springs. The facility features a 6-lane, 25-meter competition pool, and a Colorado timing system for competition. We have kickboards and other training gear for use during practice.

## **INCLEMENT WEATHER POLICY**

In the case of inclement weather, particularly thunderstorms with lightning, all swimmers will be required to exit the pool and pool area immediately. Participants will wait 30 minutes from the last lightning strike before being permitted re-entry to the pool.

In most cases, of rain only, swim practices will take place.

In the rare events of temperatures below 50 degrees, the pool will be closed.

## **COMMUNICATIONS**

Please consider downloading and purchasing the **Swimtopia** app.

Primary communications will take place via email through the **Swimtopia** app. Weekly emails will include important announcements to inform swimmers and parents of the swim-related news for the upcoming week.

Also, in the case of time-sensitive reminders such as weather, meets, registration deadlines, et cetera, the **Swimtopia** alerts will be our primary tool.

Tiger Splash has a Facebook and Instagram account for recognition of Sponsors and fun updates.

Tiger Splash uses "Family Folders" for the distribution of ribbons, beads, and other awards; as well as communication, when necessary.

## **TEAM EXPECTATIONS for ATTENDANCE / PRACTICE**

Each swim level is offered four afternoons of practice time throughout the week—Mondays through Thursday. As a recreation swim team, all practices are optional. However, please remember, the more you practice, the better your results.

Parents are not permitted on deck during practice. Parents may observe from outside the fence/perimeter of the pool deck; if this becomes a distraction, a board member will address the parent.

Swimmers are expected to come to practice with their required equipment (swimsuit, cap, goggles, filled water bottles, etc.).

Swimmers are NOT allowed to enter the water until given permission by the coach.

Swimmers are not allowed to leave the pool area without the permission of the coach. The bathroom should be utilized prior to the start of practice or after sets – not during sets.

Swimmers are required to act responsibly; failure to follow team rules is grounds for dismissal.

Destructive behavior is not tolerated; parents will be responsible for any financial costs related to damages.

Absolutely no cell phones permitted at practice; swimmers should keep them in car or bags.

## **DISCIPLINE POLICY**

Swimmers are expected to show responsible behavior before, during, and after practices as well as at meets. The behavior of each swimmer affects our team image and relationships. Negative or abusive behavior will not be tolerated. Due to the volume of swimmers and the limited space / amount of practice time available, it is crucial the practice environment remains positive and practice sessions operate in a smooth, efficient manner.

Inappropriate behavior would include, but is not limited to the following:

- Speaking when coaches are speaking.
- Disobeying the requests or instructions of the Coaches and/or JAVs.
- Failing to respect others' private property.
- Behaving in any way that could reflect negatively on the program.
- Failing to respect all areas of the facility and/or any persons.
- Any disruptive behavior which interferes with practice or the safety of another swimmer will automatically result in the swimmer being asked to leave practice. In cases of repeated offenses, may be required to leave the team.
- Profanity
- Substance Abuse

## **SWIM MEET INFORMATION**

Swim meets can be a great family experience. They are a place where the whole family can spend time together. A list of swim meets and dates can be found on our website or on the Swimtopia app. The first meet is the Time Trials meet for swimmers to get acclimated to the meet process and event. There are two major differences in the Time Trials Meet: no relay races and no DQs (disqualifications for swim stroke infractions). The last home swim meet of the season is the PR (Personal Records) meet. The PR home meet is the first meet that will have relay teams created by swimmer speed (A, B, C relay teams). All other meets will have balanced relays (we will try to make the teams the same speed).

### Meet Entries

Parents are encouraged to ask their swimmer/s what events they would like to swim. Using the SwimTopia app, parents will register their swimmer/s for the events for the next meet. Typical limits are: four individual events for swimmers 13 and up; three individual events for swimmers 12 and under. The Medley Relays and Free Relays are offered to everyone starting with the second meet. These limitations are to ensure the meets are completed in a reasonable time. Parents will have Monday through the end of practice on Thursday to complete the meet entry registration. Please note: for families on a tight schedule, please do not enter your swimmer/s in the Free Relays which occur at the end of the meet; it is quite disappointing to swimmer/s to prepare for a relay only to find one or more of their teammates left the meet early.

What to bring to the Meet: In addition to a great attitude:

- SWIMSUIT, TEAM CAP, AND GOGGLES. Bring an extra cap and set of goggles since they can break at the most inopportune times.
- Towels. Realize that your swimmer will be there a while, so pack at least two.

- Something to sit on such as an old blanket or a chair. Your swimmer will be spending a lot of time on it, so it should be something comfortable.
- Sweat suits / Warm-ups to help stay warm.
- Games. Travel games, books, cards, anything to help pass the time.
- Snacks. It is often better to bring your own nutritious snacks, even though we offer concession sales at the meets.
- Drinks. Water is best. Gatorade, Exceed/All-Sport, PowerAde, etc. work well, too.
- A change of clothes in a waterproof bag may make the ride home more comfortable.
- A “Sharpie” marker for writing Events on the swimmer; and a highlighter for marking events in the Heat Sheet, if you have the paper copy.
- Once you have attended one or two meets, this will all become routine. Please do not hesitate to ask any board member or experienced parent for information. Swim meets are a lot of fun for your swimmer and family. The team also gets to see how much they have improved after all those hours logged at practice!

#### Before the meet starts

Arrive at the pool at least 15 minutes before the scheduled warm-up begins. Typically, 7am.

Upon arrival, find a place to “camp” at least three feet away from the fence/perimeter.

A Heat Sheet, which lists all swimmers in order of event according to their seed times (times of previous meets) will be available on the SwimTopia app. You will have the opportunity to print the heat sheets at home on Friday nights.

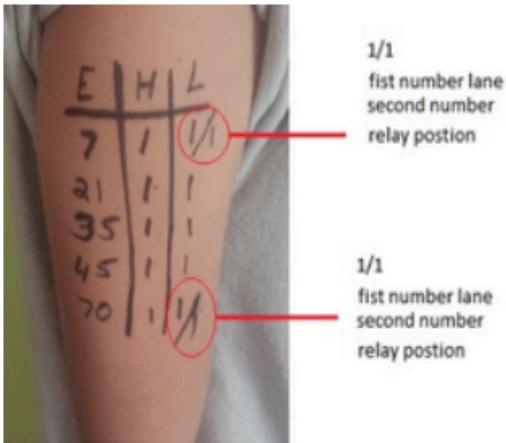
If the swimmer is swimming the event for the first time, he/she will be entered as having “No Time” or NT. An NT swimmer will most likely swim in one of the first heats of the event.

Be sure to read any announcements and / or emails prior to the meet.

Once you have a Heat Sheet, write each event number, heat, and lane assignment on your swimmer’s hand or left arm in permanent ink. This will help him/her remember what events he/she is swimming in; and will help the volunteers at the ready bench efficiently arrange the swimmers for their events.

Around 7:15 am, your swimmer needs to bring his/her cap and goggles and report to the Coach for warm-up.

Marking your Swimmer for Events:



E= Event

H= Heat

L= Lane

Use Meet sheet to confirm child's events for each day of champs.

### Example of Arm Marking

Write Clearly and Legibly on your child's LEFT arm as illustrated in the picture.

**Stroke:** If you'd like to note the stroke do so after the lane designation.

- FR = Freestyle
- BA = Back Stroke
- BR = Breast Stroke
- FLY = Butterfly
- IM = Individual Medley
- FRR = Free Relay (All swimmers swim freestyle)
- MR = Medley Relay (Each swimmer swims a different stroke: 1st = back, 2nd=breast, 3rd=fly, 4th=free)

**Relay Marking:** This will designate the relay leg the child is swimming.

- 1/1 = Lane 1, first relay leg
- 4/2 = Lane 4, 2nd relay leg \*\*If the Medley Relay this will be Breast Stroke

### During the Meet

It is important for the swimmer to know what event numbers he/she is swimming (that's why they should have the numbers written on their left arm and/or hand).

A swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "ready bench." Swimmers should report with their cap and goggles.

The "ready bench" will be in a designated area on the pool deck at meets where swimmers are organized for their respective events.

The swimmer will swim his/her race.

#### After each swim:

The swimmer will return to their family and wait for her/her next event to be called.

When a swimmer has completed all his/her individual events he/she and their parents may go home. Please double-check that your swimmer has, in fact, finished all their events—especially relays, if relays are offered.

#### Concessions:

Tiger Splash encourages all families to bring their own healthy snacks and beverages; however, given the length of time of each meet, Tiger Splash will host a concession stand during all meets. Items to be sold include, but are not limited to: coffee, breakfast tacos, other breakfast items, and snacks; as well as drinks. Tiger Splash accepts cash as well as debit and credit cards (no checks, please).

#### Awards:

In each event, swimmers who place 1st through 6th overall will be awarded a ribbon. Please note there are likely more than six participants in each event—for example one event may have three heats which means there are as many as 18 swimmers per event. Therefore, several swimmers will not receive ribbons for their events.

As such, Tiger Splash has a bead system in place. For each event a swimmer participates, they will be awarded a colored bead when they improve their time. For example, a swimmer swims "long free" in 58 seconds. In the next meet, the swimmer improves their time to 50 seconds, this swimmer will have a dark blue bead to symbolize that achievement! A rubber necklace will be given to every swimmer at the start of the season for their accumulation of beads.

#### BEAD COLOR KEY

Lt Blue(transparent): Short Free	Orange(transparent): Starts
Yellow(transparent): Back	Grey: Turns/Transitions
Purple(transparent): Breast	Pink(transparent): Finish
Green(transparent): Fly	Gold: Swimmer of the Week
Dk Blue(transparent): Long Free	Teal(opaque): Coach's Bead Free
Red(transparent): IM	Yellow(opaque): Coach's Bead Back
Black: Kickboard & 200 Free	Purple(opaque): Coach's Bead Breast
White: Polar	Green(opaque): Coach's Bead Fly
Clear: Rain	Iridescent: Sportsmanship
Stars: Give 5 – Volunteers for 5 meets	

## **GUIDELINES for a HEALTHY COACH-PARENT RELATIONSHIP**

Parents have an important role in providing a supportive atmosphere for swimmers and the coach. Parental involvement and encouragement are essential ingredients in a successful swimming program. However, the coach has the responsibility and authority for conducting swim practice, maintaining discipline, and motivating swimmers.

Parents should have a positive attitude and remember that swimming is only a small part of life, not the central issue. Should parents have a pressing problem with regard to their swimmer and the coach, they should resolve that problem directly with the coach and/or Board Members, as soon as possible, rather than discuss it with other parents or swimmers.

## **SUPPORTING YOUR SWIMMER**

Offer the love, recognition and encouragement needed to help a swimmer feel positive about him/herself.

Have a positive attitude. A parent's attitude often dictates those of the swimmer. Even if you don't think they are aware of an issue, they are subconsciously absorbing powerful messages about a parent's desires or feelings.

Remember that every individual has potential and requires patience.

Encourage your child without comparing to another swimmer. Avoid comparing the skill, drive, attitude or improvement of another swimmer to your own. Swimmers mature physically and mentally at different ages.

Leave the coaching to the coach; children want the approval of their parents above all else and will do whatever it takes to get it. Do not try to coach your child based on what you see (or think you don't see) at his/her practice.

Bring any problems or concerns to the attention of the coach but not through your child. As the coach does not want to rely on a swimmer to relay verbal information to you, he or she does not want it relayed to them through a child because there is too much of a chance of it getting lost in translation.

## **VOLUNTEERING**

We cannot operate without volunteers. Each family must complete **5 volunteer points** during the summer season in order to qualify for early registration the following year. We have numerous opportunities throughout the season however we are always in need of timers. It takes a minimum of 24 timers for each meet.