

New Parent and Swimmer Orientation

Welcome to the Tidal Waves!

Registration includes 1 silicone team swim cap, 1 team T-shirt. We will distribute the shirts and caps after practices have begun, notifications will go out when they are available. All other swim gear is the swimmer's responsibility. The Northwest Swim Circuit does not charge swimmers for meet or coach fees.

Swimtopia App: after registration, download the Swimtopia App and set up push notifications. This will be used to send certain team notifications as well as during swim meets to let you know what events are happening, your swimmer's time, etc. There is a free version and a paid version you may choose from.

In this packet we will outline some of the basic information you'll want to familiarize yourself with prior to the start of the season, as well as a list of equipment your swimmer(s) will need.

Required Gear: These items are needed on the first day of practice.

MARK EVERYTHING WITH SWIMMER'S NAME

Practice suit - girls must wear a one piece race style suit, boys must wear jammers or swim briefs. No two piece, baggy swim trunks or cut offs allowed. The team suit is recommended but not required, if you opt to not wear the team suit we ask that you wear a solid black suit for meets. Having a separate meet suit and practice suit(s) is recommended.

Goggles - we recommend having at least 2 pairs per swimmer, they break and rip and you don't want to be without them at practice or a meet. Goggles must not have a nose covering.

Swim Cap - We recommend using the team cap received with registration for meets and having at least one backup. For practice any cap is fine but we recommend silicone caps as they are easier to get on/off and typically last longer.

Kickboard

Fins

Towel(s)

Gear Bag - Mesh bags are nice for practice as they allow the kickboards and fins to drain. A backpack or similar are nice for meets.

Shoes that are easy to slip on/off - flip flops, Crocs, etc

Folding/Camp Chair - will be used mostly at meets but is also nice to have if having to hangout during other practices.

Water Bottle - swimmers must have a water bottle at practices and meets, they are working hard and staying hydrated is essential. There is a pool water fountain but it has been known to break down, so we recommend bringing your own water.

ANYTHING GLASS OR BREAKABLE IS STRICTLY PROHIBITED INSIDE THE POOL AREA!

Our team Swimoutlet storefront has lots of gear recommendations. The link can be found on <https://tidalwaves.swimtopia.com/shop>. Gear may be purchased at the store of your choice. We recommend shopping from our SwimOutlet team store <https://tidalwaves.swimtopia.com/shop>. When you shop from the team store links Swimoulet gives a percentage back to the team. Gear can also be purchased from Amazon, D&J Sport, Academy, Dick's Sporting Goods.

Practice 101:

What does my swimmer wear and bring to practice?

A competition style swimsuit. Swimmers should also have goggles, swim cap, fins, kickboard, towel, and a bottle of water. Mark EVERYTHING with the swimmer's name. With dozens of swimmers in each practice it is common for things to get mixed up and taken by mistake.

What do parents do during practice?

Swimmers under 12 years old must have a parent or legal guardian onsite throughout the entire practice, this is a pool rule, team rule and required by our team insurance. Bring a chair and have fun watching your swimmer while getting to know the other Tidal Wave parents! Parents are permitted to watch practice from inside the gate but there are some rules. Please reference the picture, the areas in red need to be left clear for the coaches and swimmers. This allows the coaches and swimmers to move about safely but is also to reduce parent involvement in practice. Our coaches are very capable of running the practices and everything runs the smoothest when parents allow the coaches to handle things. Interfering with practice could result in parents being asked to leave the gated area. If there is an instance where the coaches need your help they will let you know. Younger siblings are allowed to be in the gated area but must be supervised at all times. The kiddie pool is strictly off limits to everyone.



When do we practice?

We practice Monday-Friday with meets on Saturdays. During May when school is in session practices are in the evenings, once school is out for the summer, practices will move to mornings. A tentative schedule has been posted on the team website, the final schedule will be posted very soon.

When does weather affect our swim season?

Several weather events cause practice delays or cancellation: Lightning (sighted or possibly near), thunder, and/or hard rain. If a lightning strike is seen, or if thunder is heard, practice will be paused for 30 minutes. Coaches, Board Members or Lifeguards will give the instruction to clear the pool. Light rain without lightning is no problem; hard rain that prevents a swimmer from seeing the bottom of the pool will cause practice delays or cancellation. Notifications about delays or cancellations will be sent through the Swimtopia app and/or email.

What are the family folders?

Family folders can be found under the covered area next to the front gate of Apache Pool at practice. They contain important information, ribbons, etc. Plan to check your folder weekly, especially once swim meets begin.

What is Wave-a-Thon?

Wave-a-Thon is a fundraiser that kicks off at the beginning of the season and ends the Friday before Time Trials with a fun practice and a pancake dinner for the swimmers. There is also a prize that can be earned. Details will be emailed out around the first week of practice.

Swim Vocab & Rules

Strokes:

Freestyle – Also known as the forward crawl. Swum on stomach, reaching arms and small flutter kicks.

Backstroke – Swum on back, long straight arms and a flutter kick. Belly up, head back.

Breaststroke – Swum on stomach, with a narrow “frog kick”. Breathe every stroke. All about timing and power.

Butterfly – Swum on stomach, both arms move simultaneously up and out of the water. Kick is like a mermaid or dolphin with feet, knees, and thighs staying together.

Terminology:

Distances – The Apache pool is 25 yards long.

Sets – Ex. 4x25 Free

This means we will swim 25 yards of freestyle a total of four times. Which is a grand total of 100 yards but the swimmers will stop and rest at the end of each 25.

Ex. 1x100 Free

Swimmers will swim four 25's but this time there will be no resting at the end of each length.

Starting Blocks – Not to be confused with diving boards, these are stationary and do not spring. This is where the race begins.

Starts – When the beep goes off swimmers dive out as far as they can and are in a streamline position while in the air to start their race.

Backstroke Starts – You start swimming backstroke in the water holding onto the wall or the starting blocks. Toes must be underwater.

Backstroke flags – The triangle flags at each end of the pool, they are used primarily for backstroke, to let the swimmer know the wall is near.

Flip Turn – Used to transfer your momentum 180 degrees. Swimming into the wall then stopping and pushing off the wall is a waste of time and energy. A flip turn allows you to take all the speed you have into the wall then change direction while at the same time avoiding all the water you were pulling behind you as you push off under water. Picture a conveyor belt or a chain on a bike and how they change direction and distance from the ground. This turn is used for freestyle and backstroke for a 50 yard swim or greater. Most levels will be taught this during the season, lower level groups will be taught later in the season.

Relay – Swam with 4 swimmers. Each swimmer will swim a 25 (older kids will each swim a 50) One swimmer will swim at a time, of course, and when that swimmer touches the wall the next swimmer will dive in and start swimming their leg of the race. Relays start and end the meet.

IM – Individual Medley – Individual means 1 or a single swimmer, Medley means a combination of things. The IM or Individual Medley is a race where the swimmer will swim EACH of the strokes.

IM Order – **Fly, Back, Breast, Free.** Ex. 100 IM is a 25 yard swim of Butterfly, 25 yard swim of Backstroke, 25 yard swim of Breaststroke, and a 25 yard swim of Freestyle, in that order.

Medley Relay Order– This is swam in a different order since you can't dive in and swim backstroke. **Back, Breast, Fly, Free.**

The ins and out of a swim meet will be covered either during the season kickoff meeting/party or will be emailed prior to the first meet. We know all these terms and information can be overwhelming, the board will do its best to explain everything and guide you through but our veteran parents are also helpful. Feel free to ask questions!

The Team Handbook, Code of Conduct, contact information for coaches and the board of directors are all available on the team website.