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**Boys & Girls Clubs of Union County, Union Club**

**Tidal Wave Swim Team**

The Tidal Wave Swim Team (TWST), based out of the Boys & Girls Clubs of Union County, Union Club, is a USA Swimming-registered team. We compete in dual meets (against one or two other teams) and in NJ Swimming sanctioned meets (against many other teams, leading up to championship meets). NJ Swimming is the regional supervising division of USA Swimming. Our Fall/Spring Short Course season runs from September to June, and our Summer Long Course season runs from May to August. We also host a Stroke Development Camp in the summer, approximately running from the fourth week of June to the third week of August. The **2017-2018** TWST Fall/Spring season begins on **September 11, 2017**.

The staff of TWST is highly experienced. The coaching staff and Aquatics Department at the Boys & Girls Club is led by Yefim Shoykhet. Yefim has **45** years of coaching experience, both in the United States and in the former Soviet Union.

**New Swimmers**:

Team Tryouts for new swimmers will be held by appointment any time prior to **Sept. 11, 2017**. *Call for an appointment for date and time at* (908) 687-2697 ext. 109 or email Yefim at yshoykhet@bgcuc.org*.* Parents must have meeting with Yefim prior to registration. Space is limited, and we will do our best to accommodate new swimmers.

We also recruit swimmers from our Swimming Lessons program in December/January and in March/April. These swimmers can only participate in dual meets and home meets, not USAS meets. Parents should see the coaching staff for more information.

**Registration**:

You can find all forms related to registration on our website: www.bgcucaquatics.org . Incomplete forms *will not* be accepted. Parents *must* maintain a **current email address** so the BGC staff can effectively send information. Please make payments at the front desk. Full payments or Credit Card Authorization for Monthly Payment Schedule will be required.

*Returning swimmers*:

We cannot guarantee a space on the team if you are not registered by **Sept. 11, 2017**. Print out all documents, read and sign them, and bring them with you to registration. Any debt from the previous season(s) must be paid before registering for this season.

*Summer Team/Camp Registration*:

Registration for Summer Team and Stroke Development Camp is an entirely different process. The appropriate paperwork will be distributed as soon as they are available.

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**Parent Participation Requirements:**

*Meets*:

Parents must volunteer for at least:

* Two dual meets (2 ½ hours per meet per child).
* *Failure to complete this obligation will result in a* ***$50 fine per meet per child.***
* To be a timer for every USA Swimming (USAS) meet as needed
* *Failure to complete this obligation will result in a* ***$50 fine per meet per child.***
* Any meets hosted by TWST (5 hours per day per child)

At dual meets and USAS meets, parents will most likely be asked to be timers. Parents interested in becoming an official should inform the coaching staff. Officials are parent volunteers who judge swimmers and ensure that they are following proper USA Swimming rules and regulations.

*Annual Awards Dinner*:

At the end of each season, the Tidal Wave Swim Team has an awards dinner to celebrate the accomplishments of all swimmers throughout the year. In previous years, the coaches were the ones who organized all aspects of the dinner: fundraising, planning, coordinating with the venue, etc. This year, **the coaches have decided to delegate the entire dinner to the parents**, in order to have more time to focus on the swimmers. The coaches will be available to help as much as they can, but their first concern is the swimmers. Parents who are willing to take the lead in organizing and planning the dinner can work with the coaches to organize parents meetings, and all parents are expected to help out in some way.

*Fundraising*:

In order to keep the cost of the Awards Dinner at a minimum, we need parents to help with fundraising. Fundraisers that we have held in previous years include: Swim-a-Thon, baked goods sales, and water/Gatorade sales. Any type of fundraiser can be organized and held, but the coaching staff must be kept aware of the fundraisers to comply with Club policies. **We ask parents contribute at least $250 a year in fundraising be it up front or volunteering in the above ideas**. This fee can be charged toward the credit card at any time of the year.

**Being a part of the Tidal Wave Swim Team is a commitment for both swimmer AND parent, as it is for every other swim team.**

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**2017-2018 Team Fees:**

* Fall/Spring Season (September-June)
* Take Your Mark Beginner (TYM Beg) - $950.00
* Swimmers beginning in January - $700
* Swimmers beginning in April - $500
* Take Your Mark Advanced (TYM Adv) - $1,150.00
* Junior (Jr) - $1,600.00
* Senior (Sr) - $1,750.00

There is a monthly payment schedule by automatic credit card transactions set up to distribute payment throughout the year. If you choose not to pay using automatic credit card transactions, you MUST pay by the 8th of each month. *Failure to do so will result in a $50 fine for every month that payment is late.*

*Annual Boys & Girls Club Membership Fees:*

(Membership is valid for 1 year, and is non-refundable and non-transferable) Youth (ages 4-12) 1st child in household - $85.00

Teen (ages 13-17) 1st child in household - $25.00

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| **Group Practice Schedule:**  Take Your Mark Beg. | Monday – 4:30-5:30 Wednesday & Friday: 5:30 PM - 6:45 PM |
| Take Your Mark Adv. | Monday, Tuesday & Thursday: 5:30 PM - 6:45 PM  Saturday: 9:00 AM - 10:30 AM |
| Junior & Senior | Monday – Friday: 5:45 PM - 8:30 PM  Saturday: 8:30 AM – 11:00 AM |

\*Group placement is decided by coaching staff.

**Equipment:**

* TYM: Pull buoy, Kickboard, Flippers, Team Uniform
* Junior/Senior: Pull buoy, Kickboard, Flippers, Team Uniform, Paddles, Mesh Bag, Heart Rate Watch, Drag Suit, Parachutes

We recommend that swimmers purchase their own equipment, because we only have a limited amount to share between swimmers.

**Recommended Uniform:**

Every swimmer should be dressed appropriately for practice. In all levels, we spend time stretching and exercising before entering the water. We recommend that swimmers come to practice prepared with the following items according to the weather: T-Shirts, Shorts, Sweatshirts/Hoodies, Sweatpants, Warm-up suits, etc.

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**Team Rules & Policies:**

*Practices:*

1. Senior-group swimmers must attend a minimum of six (6) practices per week. Junior-group swimmers are expected to attend a minimum of five (5) practices per week, Take Your Mark Advanced swimmers are expected to attend a minimum of four (4) practices per week, and Take Your Mark Beginner swimmers are expected to attend a minimum of three (3) practices per week.

2. If the swimmer is unable to attend practice due to illness the parents should call the Aquatics Department prior to practice at (908) 687-2697 ext. 109 or email Yefim at yshoykhet@bgcuc.org.

3. In case of inclement weather, please call the club front desk to find out if practice is canceled at (908) 687-2697. We will try our best to contact everyone via email.

4. Swimmers are expected to be at the dry-land area (or any other area directed by the coaching staff) by the start of their assigned practice. Anyone coming late must check in with their coach for directions.

5. Swimmers must stay entire practice. The last part of the practice is very important. Do not leave pool area at any time without coach’s permission. If leaving practice early is necessary, a parent must speak with the coach or the swimmer must have note written by his/her parent stating the reason why the swimmer must leave early.

6. Swimmers should not eat a full meal before coming to practice (or before exercising in general). A light snack is acceptable. Parents should expect their swimmers to want a healthy meal after each practice to replenish nutrients used during the practice.

7. Swimmers should have a type of sports drink or water to keep hydrated and energized during the practice. Soda is not an acceptable drink, and swimmers will not be allowed to drink soda during practice.

8. Be quiet and still while coaches are instructing your practice group. If a swimmer is not following the coach’s directions, he/she will get a warning. Disciplinary action will be taken at the coach’s discretion if a swimmer acts out more than once. Be courteous to all coaches and teammates.

9. All swimmers are to conduct themselves in a sportsmanship-like manner at all times.

10. Obscene language will not be tolerated.

11. Parents are allowed to observe practice on the bleachers. Please DO NOT use your cell phone in the pool area during practice or talk loud with other parents.

12. Parents are not allowed to talk to the coaches during practice. This time is needed for the Swimmers. Please speak with the coaches before or after practice, or call/email them with any questions.

13. The coach reserves the right to ask a parent to leave the pool area if he/she believes that the parent is distracting the swimmer.

14. If child feels sick during practice, parents will be called to pick up.

*Meets:*

1. A tentative meet schedule is provided and posted on our bulletin board at the beginning of the season. Meet locations, warm-up schedules, and events will be posted on the bulletin board as soon as they are available.

2. Swimmers will only be entered to meets that have been to practice on consistent bases.

3. Swimmers are expected to attend ALL Dual, Invitational, and USAS meets, both home and away.

4. Swimmers are expected to notify the coaching staff if they cannot attend a meet due to illness or emergency. Parents are expected to notify the coaching staff if their swimmer(s) cannot attend a meet.

5. If a swimmer does not notify the coaching staff that he/she will be absent at a meet, we have the right to charge your entry fees account for any fees incurred by entering the swimmer into the meet.

6. Swimmers must wear Tidal Wave Swim Team uniform only during meet (bathing cap, bathing suit, sweat suit) NOT during practice! Team uniforms can be purchased at the annual sale or through the vendor specified by the coaching staff.

7. Swimmers are expected to be on deck in bathing suit, cap, and goggles at least 15 minutes before the posted warm-up time. Coaches are required to check in their swimmers prior to the start of the meet. Any swimmer not present by the check-in time will not be allowed to swim in the meet, unless the coach has been notified of a late arrival.

8. During the meet, all swimmers are to remain with the team unless given permission to leave by the coach. When you are not swimming, you should be cheering your team members to victory.

9. Swimmer eligibility and relay placement/participation will be decided by the coaching staff. Any concerns regarding this should be directed to the swimmer’s coach.

10. If a swimmer is not supervised by a family member, the parent/guardian must make arrangements for another adult (non-coach) to supervise their child and fulfill any parent participation requirements.

11. Parents are expected to participate and volunteer in meets as needed.

*Meet Information:*

* Dual Meets: All swimmers are automatically eligible to participate in Dual meets. Placement in events is at the discretion of the coaching staff.
* USA Swimming Meets: Some meets are open to all swimmers, while other meets have time requirements. Every swimmer will not be able to compete in all USAS meets. USAS meets end with championships for each age group. The age groups are as follows: 8 & Under, 9-10, 11-12, 13-14, and 15 & Over. Placement in events is at the discretion of the coaching staff.

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**Tidal Wave Swim Team Agreement**

**Parents:**

By signing this, I agree to the Tidal Wave Swim Team policies and will do my part in encouraging my child to do his/her best. I will fulfill my obligations to volunteer for the following: dual meets, USAS meets, meets hosted by TWST, and participation in fundraisers. I also give permission for my son/daughter to be recorded for swimming education, club projects, or team use.

I understand that failure to fulfill my obligations can result in penalty fees as described above. I also understand that if my child is entered in USAS meets and my child does not attend without notifying the coaching staff, the entries fee will be charged to my account.

**Swimmers:**

By signing this, I understand that being on a swim team is a commitment, and I will work hard to achieve my goals. I will be courteous and respectful to my fellow swimmers and to the coaching staff. I agree to attend practices and meets as per stated in policies. I agree to be prepared at all practices and meets. I agree to follow the policies above.

If these policies meet your expectations, we encourage you to join the Tidal Wave Swim Team. If not, then we have other aquatic programs available to you. Please see the Aquatics Director for more information.

**There are also two lines in the bottom right corner of each page for both parent/guardian and swimmer to initial, stating they understand the material on each page.** This document is available on our website for you to reference throughout the year. **Please submit the entire packet for registration.** Violating these requirements could result in dismissal from the program.

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Parent/Guardian Signature Date

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Parent/Guardian Printed Name

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Swimmer’s Signature Date

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Swimmer’s Printed Name