



**Boys & Girls Clubs of Union County, Union Club
1050 Jeanette Ave, Union, NJ 07083
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 **2024-2025** TWST Fall/Spring season begins on **September 10, 2025**.

The TWST staff is highly experienced and consists of many former swim members. The coaching staff and Aquatics Department at the Boys & Girls Club is led by Yefim Shoykhet, who has over **40** years of coaching experience, both in the United States and in the former Soviet Union developing swimmers for national and international level (Youth Olympics Games 2018, Pan American Games 2019, Youth World Championship 2019)

New Swimmers: Team Tryouts for new swimmers will be held by appointment. *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: <https://www.bgcuc.org/aquatics/>. 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. Online Member Registration (OMR) Hub

All USA Swimming member registrations and renewals will be completed online. The OMR Resource Hub is designed to help members navigate the new registration flow, and answer FAQs. OMR RESOURCE HUB, <https://www.usaswimming.org/>

Returning swimmers:

We cannot guarantee a space on the team if you are not registered by **Sept. 30, 2024**. 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.



Stroke Development Camp Registration:

Registration for Stroke Development Camp is an entirely different process. The appropriate paperwork is distributed/ available around the middle of May.

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 \$250 a year in fundraising be it up front or volunteering in the above ideas.** This amount returns back to the swimmers be it a uniform apparel, new equipment, and repairing existing equipment.

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. This is run by a small parent committee with collaboration of the coaches. A lot of planning goes into this event. All swimmers that complete their fundraising will receive a gift; typically, uniform apparel or swim gear. On top of that there will be food and lots of dancing.

Parent Participation Requirements

Meets:

Parents will be assigned to timing duties at meets that your child is participating in. Failure to complete this obligation will result in a **\$50 fine per meet per child.** The task is required as part of meets as it provides swimmers with backup times in case of meet equipment failure. All that's required is that stopwatches are used to record a race and then dictated it to the person designated with clipboard at that lane. Typically, timing is between 20 – 60 Minutes.

**Being a part of the Tidal Wave Swim Team is
a commitment for both swimmers AND
parents!**



2024 – 2025 Swimming Fees

Months	TYM BEG	TYM ADV	Juniors	Seniors
September	\$500	\$500	\$500	\$500
October	\$200	\$200	\$200	\$200
November	\$100	\$100	\$125	\$150
December	\$100	\$100	\$125	\$150
January	\$100	\$100	\$100	\$125
February	\$100	\$100	\$100	\$125
March	\$100	\$100	\$100	\$100
April	\$50	\$100	\$100	\$100
May	\$50	\$100	\$100	\$100
June	\$50	\$100	\$100	\$100
July	\$100	\$100	\$100	\$100
August	Swim Camp	Swim Camp	Swim Camp	Swim Camp
Swim Team Total	\$1450	\$1600	\$1800	\$1900
Fundraising	\$250	\$250	\$250	\$250
Total	\$1700	\$1850	\$2050	\$2150
Additional escrow	\$50 - \$200	\$50 - \$200	\$100 - \$300	\$200 - \$450

There is no modifying of payment schedule unless spoken to and approved by Head Coach. For swimmers that join the team after September will also need to talk with the Head Coach. A revised payment schedule will be provided.

Annual Boys & Girls Club Membership Fees:

Membership is valid for 1 year, and is non-refundable and non-transferable

Youth (ages 4-13) 1st child in household - \$105.00

Teen (ages 14-17) 1st child in household - \$85.00



What does this Cover:

- **September's fee is first initial payment to begin. USA SWIMMING MEMBERSHIP INCLUDED \$100.00**
- **October's fee is kept as credit for escrow balance.** This amount is used for swim competitions. Each event a swimmer swims varies from \$5 to \$10. Included on the page before is an **estimated** amount of how much additional cost a swimmer may need to pay per season. Every month swimmers escrows account will be checked, if the balance is negative an additional \$50-\$100 will be charged to cover cost and any future meets.
- **Expense for the annual award banquet will come from fundraising.** This amount only covers for banquet expenses and awards.

Payments:

Payments are done on a monthly schedule by automatic credit card transactions set up throughout the year. **CREDIT CARD IS REQUIRED.** If a credit card is declined an email will be sent with a single warning. Failure to correct the issue will result in a \$25 fine to be assessed for every month.

Group Practice Schedule: Dry land: T-shirt, shorts or pants (NO B/SUIT) Leave your clothes in the lockers. Pick up in 15' after practice is finish	
Take Your Mark Beg. (Ages 6 – 10 / Development of skills and technique)	Monday: 4:30-5:30 SWIM Wednesday & Friday: 5:15-5:30 LAND 5:30-6:45 SWIM Pick up in 15' after practice is finish
Take Your Mark Adv. (Ages 9 – 12 / Continuation of skills and preparation for Higher level)	Monday, Tuesday & Thursday 5:00pm-5:15(dry land) 5:15 – 6:30PM (swim) Saturday: 9:00 AM - 10:30 AM
Junior (11 & UP / SILVER and Higher)	Monday – Friday 5:45pm-6:30(dry land) 6:30- 8:45 PM swim Saturday:8:30 AM – 10:00 AM
Seniors (12 & up / Jo's and Higher) Commitment contract	Monday – Friday 5:45pm-6:30(dry land) 6:30- 8:45 PM swim Saturday:8:30 AM – 10:00 AM

****Group placement is decided by coaching staff and swimmers in Junior and Senior, TAKE YOUR MARK level will meet with head coach to go over commitment and goals DURING THE MONTH OF SEPTEMBER, REGISTER SWIMMER WHERE YOU WAS IN SEASON 2022-23.***

SCHEDULE SUBJECT TO CHANGE.

Equipment:

- **TYM: Mesh Bag, Pull Buoy, Kickboard, and Flippers, Ankle band**
- **Junior/Varsity/Senior: all of the above with inclusion of Paddles and Snorkel, Ankle band**



Shop swimoutlet.com, arena.com

Team Rules & Policies (*Practices*):

1. Senior-group swimmers must attend a minimum of six (6) practices per week. Junior / Varsity -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 them 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 last Thursday and Friday of the month. 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.



Team Rules & Policies (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 are expected to attend ALL Dual, Invitational, and USAS meets, both home and away.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.



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.

Parent/Guardian Signature

Date

Parent/Guardian Printed Name

Swimmer's Signature

Date

Swimmer's Printed Name

Tidal Wave Swim Team Agreement of Participation



The following are reminders and obligations that must be met by parents. They repeat and state specific rules and regulations that we expect to be met.

- Timing is a requirement that must be met by all parents with swimmers that are participating at a meet. Parents that fail to complete their assignment or find a replacement will be given a \$50 fine due to the Swim office. A swimmer will not be entered into meets until this is taken care of.
- If a swimmer misses a meet without notifying the coach's or not reaching out in case of lateness. Can be subjected to not being able to participate in the meet that day or if multiple days. This will also result in still being charged for the meet. Furthermore, other fees may apply if a swimmer misses a day in which he is a part of a relay.
- Prior to the start of the first meet of the season an email list will be distributed by levels. This will provide parents with a form of contact between one another so that arrangements can be made in case needed to cover timing assignments.
- The payment in October is the only amount that goes toward escrow. If a swimmer exceeds this initial amount a charge of \$100/swimmer will be made that month. This will ensure swimmers have a positive balance which will allow swimmers to eligible to compete in further meets. If a swimmer is in the negative and cannot be charged for whatever reason that it may be they will not be entered into meets until they are in the positive again.
- **Each family is responsible for fundraising \$250/swimmer.** Money can be fundraised or paid up front. We will collect \$50 a month from October to February of the season or one lump sum can be paid at the beginning of the season. This money comes back to the swimmers in the form of aquatics parties, gifts, new/repared equipment, and the annual Banquet.

By signing this, I agree to the Tidal Wave Swim Team policies. I will fulfill my obligations to volunteer for the following: dual meets, USAS meets, meets hosted by TWST, and participation in fundraisers.

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.

Parent/Guardian Signature

Date

Parent/Guardian Printed Name