

San Marino Tsunami Swim Team

Revised and Updated November 2004

I) Introduction

The San Marino Tsunami Swim Team is a swim team designed for swimmers ages 5-18, who possess basic water safety skills, can comfortably swim in deep water and have a basic knowledge of at least two strokes. The purpose of the Tsunamis is to promote swimming in a healthy competitive environment, promote good sportsmanship, and develop responsibility and to support the objectives of U.S. Swimming. Some of the goals of the team are as follows:

ATHLETIC DEVELOPMENT: by increasing proficiency in swimming,
by exercising with minimal physical strain

SELF-ESTEEM: through dedication and attaining achievable goals,
through competition in local and travel meets at different levels

FRIENDSHIP: by meeting with other children with similar interests

INDEPENDENCE: by participating individually in a team setting

Coaching is provided by Coach Gyongyver Sovago and may also include additional staff members under her direction. The team swims year-round at the San Marino High School Community Pool and new members are accepted continually throughout the year. The Team meets five times per week, Monday through Friday for a two-hour practice session, with some of the younger swimmers participating in a shorter workout. Team members are encouraged to participate in the USS (United States Swimming) sanctioned meets on weekends and as scheduled during the week.

Summer Tsunamis (formerly Junior Tsunamis)

During the busy summer months (June –August), the Summer Tsunamis serve as an introduction to a swim team format. Summer Tsunamis have a 90-minute practice 5 nights a week and have the opportunity to participate in local meets once a month. The Coach will inform each swimmer when

he/she is ready to advance to the regular Tsunami Team and begin participating in the USS meets. Summer Tsunamis may purchase the Tsunami swim caps but are not obligated to join the Tsunami Booster Club.

IIA) PRACTICES

TIME

The team generally practices either between 5-7:00p.m. or 6-8:00 p.m., depending on the availability of the pool as determined by the High School team practices and games throughout the school year. Summer times may also vary. There is occasional morning and Saturday workouts for certain swimmers in a higher swim level.

DROP OFF/PICK UP PROCEDURES

Each parent is asked to make sure that the coach is at the pool when the swimmer is dropped for practice. This is necessary as practice may be suddenly cancelled due to weather conditions or when the condition of the pool may not be appropriate for workouts. Although the coach does call all the families to inform them of any changes, in the event that any family has not been reachable, it is advised that each parent determine that the coach or assistant coach is present to check the swimmers in.

Swimmers must be picked up at the pool gate by the scheduled end of practice. Please be on time. No child will be allowed to walk out of the pool area alone to the parking lot. This also allows the parent to pick up any information or forms for upcoming meets, receive any newsletters or communications from the Coach or Booster Club. Parents need to notify the Coach if another adult other than a parent will be picking up their child. The Coach will not release the swimmer to an unknown person unless she has been notified in person by the parent. Swimmers who bike or walk to practice should provide the coach with a written permission slip from their parent stating such mode of transportation.

LOCKER ROOM

The SMHS Boys and Girls Locker Room are available for our swimmers PROVIDED we have a parent monitoring each area. Swimmers will not be allowed in the locker rooms UNLESS an adult is supervising. Currently the swimmers only use the locker rooms for the use of the bathrooms.

Swimmers are NOT to leave their personal belongings in the lockers rooms as their safety and security cannot be guaranteed. Swimmers leave their belongings on the bleachers or side of the pool. It is understood that swimmers are NOT to tamper with school equipment or other students' personal belongings while using the facility.

CANCELLING PRACTICES

Practice may be cancelled due to any of the following conditions: school holidays or special events, a pool maintenance problem, inclement weather, or illness of the Coach. Practices can be held in the rain provided there is no thunder or lightning. When possible, the Coach will phone all swimmers to inform them of any cancelled or postponed practices. Swimmers may also call the Recreation Department or the Coach to inquire about the status of the practice.

MAKE-UP PRACTICES

Make up practices will not be provided for individual days missed. This is due to the fact that the monthly fee is based on each swimmer attending approximately 3 practices per week. If there is an extended period that practices are cancelled, make up practices will be provided by the Coach during the weekend or morning hours.

MISSED PRACTICES/NOTIFY THE COACH

Please notify the Coach if you are unable to attend a workout or scheduled Meet. Messages may be left at the Coach's home or the Recreation Dept.

WATER TEMPERATURE

The water temperature is maintained at approximately 78-82 degrees year round except during the winter months when the average temperature is generally 84 degrees.

WHAT TO BRING

Each swimmer should bring a towel, goggles and a set of warm dry clothes (usually sweats, a parka and footwear). Some swimmers also bring bottled water to drink during the workouts. Swimmers may also bring fins if recommended by the Coach.

IIB) POOL RULES

Regulations practice suits are required.

No swimmer may enter the pool without the Coach, other coaching staff or lifeguard (if any) present.

No running, pushing, horseplay in the pool or on the pool deck.

No food, gum, tobacco, drinks or glasses allowed in the pool area (except during meets or unless provided by the Team).

No persons with colds, open sores, or deep cuts allowed in the water.

No foul language or profanity is permitted.

No hairpins, barrettes or clips (unless covered by a swim cap).

No floating apparatus, sports equipment, wheeled vehicles or toys in the pool or on deck.

No chicken fights, backwards jumps or trick entries into the pool.

Upon arrival at the pool, swimmers should quickly get ready to get into the water and stretch before getting into the water.

In the event that a swimmer is considered to be disruptive or unwilling to take directions from the Coach and her staff, the parent(s) will be contacted and asked to come pick up their swimmer. If a swimmer becomes ill during the workout, the Coach will make every attempt to contact the parent for pickup. To that extent, all families are asked to give the Coach a number where the parent(s) can be reached in case of emergencies.

III) FEES

MONTHLY FEES

All members of the Tsunamis are required to pay a monthly fee with each additional sibling entitled to a 10% discount. The fee is utilized to pay for pool rental and maintenance, coaching staff and then the Coach. Payments are due on the 1st of the month, payable to the City of San Marino, Rec. Dept. and may be mailed or brought directly to the office at Stoneman School located on Pasqualito Street.

Any payment received after the 5th of the month will be charged a late fee of \$25. - by the City of San Marino.

The current monthly fees are as follows:

Tsunami Monthly fee \$100. -
Jr. Tsunami monthly fee \$ 70.

ANNUAL BOOSTER DUES

After 30 days in the Tsunamis, each swimmer is automatically enrolled in the San Marino Tsunami Booster Club. The current booster club dues are \$75. - Per family. The annual membership dues for US Swimming (\$50) are also collected by the Team for those swimmers who are already registered. Swimmers that join during the year are required to send in their USS membership dues directly to Southern California Swimming in order to be able to swim with the Team.

In early November, all families will receive a letter asking for the payment of the above dues as follows:

USS Membership dues: \$50. - Per swimmer for Renewals through the Team.

Tsunami Booster Club Dues: \$ 75. - Per family

The Booster Club dues are primarily used for the following purposes:

Purchase any team equipment, such as tents, kick boards, stretch cords etc.

Home meet snacks.

Referee fees, if any, for dual meets etc.

Gifts for the coaches.

Relay fees at USS meets.

Entry fees for Senior level meets, as described in the following section.

EXTRAS

Additional fees associated with participation on the Team are voluntary and include among others:

- Meet entry fees
- Team caps (required for Meets)
- Team Swim Suit
- Team Parkas, sweats, or tee shirts.

IV) MEETS/COMPETITION

PARTICIPATION

Participation in weekend meets is voluntary but strongly encouraged as competitive swimming is not only beneficial to building confidence in the swimmer but also allows the swimmer to see the progress he/she is making in any given stroke. In addition, each swimmer's participation assists the team in accumulating points for the Team itself. Swimmers who have committed to participate, however, do have a responsibility to attend. If, for some reason, you must "pull out" of a meet due to illness, you are required to notify the Coach ASAP and reimburse the club for any expenses it incurs on your behalf.

Although most of our swimmers compete at the ABC level of swimming and some at the Junior Olympic level and above, for those swimmers who so desire, the Coach is ready and committed to take any swimmer to the highest possible level of competition achievable.

REGISTRATION/INFORMATION

Registration used to be the responsibility of each swimmer's family. However, due to recent changes put in place at Southern California Swimming, it is now possible to register for a meet through the Team applying directly online on one form. This has simplified the process and the team has adopted the following internal procedure in order to be able to register online:

- 1) Several weeks prior to the meet deadline for registration, the Coach will hand out to the swimmers the meet information sheet together with a list of recommended events for that swimmer.
- 2) The family will return that list and the corresponding payment as indicated on the list, initialed, before the requested deadline as indicated by the coach. Payment may be in cash or check payable to the San Marino Tsunamis. Payment usually consists of an entry fee and fee for each individual event.
- 3) The coach will register for those swimmers who have returned the initialed list and the payment needed in one registration form submitted online.

WHAT TO BRING

Each swimmer should bring at least two towels, goggles, sunscreen, swimsuit and cap, snacks and drinks. It is important that you also bring a set of warm dry clothes, such as sweats, a parka and footwear. Chairs are also handy.

BEHAVIOR AT MEETS

Swimmers should arrive on time and be ready to swim one hour before the meet starts. As most meets now have morning and afternoon sessions according to different age groups, it is advised that you check with the coach about the time you are expected to arrive for your warm-ups. Everyone attending is asked to know and adhere to posted pool rules as well as behavior code encouraged by the Coach. Swimmers need to remember that they are guests of that facility and should conduct themselves accordingly.

PARENT INVOLVEMENT

If your child is participating in a meet, you will be asked to help in one of the following areas:

- *Timer in a lane as assigned by the hosting team.
- *Assist the coach in any way
- *Supervise the swimmers if needed

TIMING ASSIGNMENT

Due to the growing size of our team and the larger number of participants at swim meets, our Team is usually assigned one or more lanes for “Timing” during the meet. Our Secretary will pre-assign the timing shifts according to the list given to her by the Coach ahead of the meet. Please check and initial your timing assignment for that day. A “Head Timer” will also be assigned to coordinate the timing the day of the meet for each of the morning and afternoon sessions. All parents are asked to time at some point or in rotation. If you have any compelling reason why you cannot time on any given day, please inform us ahead of time or discuss special circumstances with the Coach, the President or Board member of the Booster Club. The more parents are available, the shorter the shift will be. It is also encouraged that parents use the “buddy system” with another parent of a similar age swimmer to take turns watching the swimmers while one parent is timing.

CHECK IN PROCEDURE

Swimmers should arrive on time and be ready to swim one hour before the meet starts. Upon arrival, each swimmer must first check in with the Coach,

and then at the Official Meet Check-In Table. No swimmer will be allowed in the water unless the Coach is present. It is imperative that all swimmers warm up before the meet begins. Tardiness may result in the swimmer not being able to participate. It is also the swimmer's responsibility to check the postings for the heat/lane assignments, inform the Coach of the heat/lane and after the event talk with the Coach about the finished event.

DAILY COACH'S FEE

For each day that a swimmer swims at a meet, please pay directly to the Coach \$5.00 per swimmer daily (maximum \$10 per family a day) for a nominal daily payment to compensate for her out-of-pocket expenses. As the Coach will not remind you or ask you for such payment it is up to you to remember to do so.

TRAVEL MEETS

A) U.S.Open / Nationals / Olympic Trials

According to the recommendation of the southern California Swimming Annual House of Delegates, certain swimmers meeting required criteria will be given travel fund assistance. Such reimbursement are made directly to the Club as follows:

\$750 per athlete scoring at the U.S. Open

\$750 per athlete at the National level

\$750 per athlete at the trials and also

\$1,000 per athlete at the trials if the swimmer qualifies for Olympic trial times

If the Team receives any such funds, then it will reimburse the athlete in the same amount received, provided that all receipts for expenses are in place.

The coach is also reimbursed accordingly in the same manner.

B) Other Senior Level Meets

For other senior level meets, such as the Sectionals and Grand Prix Meets (i.e. Janet Evans, and Santa Clara), any reimbursement the Club receives from Southern California Swimming will be given to the swimmer's family and the coach for the expenses evidenced by receipts. In the event

that no travel fund allowance is given by S.C.S., then it is the responsibility of each swimmer's family to pay for their own expenses. Furthermore, if there are several swimmers traveling without SCS travel fund allowance, the coach's expenses should be split up among such families. If this is not financially feasible, it will be up for discussion at that time by the Booster Club Board and the families involved.

In order to recognize and encourage the swimmers to achieve the highest level possible, entry fees for the above-mentioned meets will be picked up by the Team.

C) Other travel meets

If we as a team participate in an away meet at the regular competition level, then it is assumed that more than several families will be attending and then the coach's expenses will be shared among the traveling families.

V) UNIFORMS/EQUIPMENT

SWIM SUITS AND CAPS

Each swimmer is encouraged to purchase a royal blue swimsuit from the vendors available at the meets in order to compete. Each swimmer is required to buy a team swim cap with the logo. Caps may be purchased from the Coach. This will allow our coach to identify her swimmers quickly from afar. For workouts, practice suits are acceptable.

SWEATS/PARKAS

Please see the attached flyer regarding Swim Depot. This vendor has generally given us good prices on equipment and parkas. When ordering directly please tell them that you are with the Tsunamis.

Occasionally, the Booster Club may order sweats and team tee shirts on behalf of the Team if enough swimmers request that we do so.

VI) FUNDRAISING

Parents are expected to support all fund raising activities. The most common form has been to have meals at restaurants on a given night with a percentage of the proceeds being paid back to the team or to do a "Swimathon" (collecting pledges). Although we do collect the annual

booster club dues from each family, it is better for us to be able to replenish our funds to cover for additional expenses needed for the various purposes of enhancing the team spirit or performance.

VII) NUTRITION

DURING PRACTICE/TRAINING

We strongly recommend that swimmers do not come to practice right after having a big meal. Swimmers should wait at least 1-½ hours after any meal to practice. If you do not allow enough time for food to digest and get into the blood stream, your stomach may get upset as blood diverts from your stomach to your exercising muscle. A full stomach can also interfere with proper breathing when you practice intensely.

Drinking adequate amounts of fluids is also essential to maintaining high energy levels. If you do not drink enough fluids, you can become dehydrated. You should drink 12 to 20 ounces of water or sports drink approximately 15 minutes before exercising. When you are exercising for 60 minutes or longer, drink 4 to 8 ounces of fluids every 15 minutes. After exercising, continue to drink fluids. If your urine is the color of full strength apple juice, you are probably dehydrated and need to drink more fluids. Symptoms of mild dehydration include:

- *Tiredness
- *Weakness
- *Muscle cramps

Eating a variety of foods, which provide the right balance of nutrients, can help boost energy levels. To maintain high energy levels, you need to eat just enough calories to provide fuel for your body and to maintain a little protein. This gives you plenty of time for stomach emptying before you swim.

Carbohydrates provide the quickest source of energy. High fat foods should be limited because they are digested slowly and can make you feel heavy and sluggish. Many foods that are high in protein are also high in fat.

IN MEETS

During meets, you need to coordinate your eating and event schedules. Your goal is to have enough time elapse between when you eat and when

you compete to allow your food to be digested and absorbed into your bloodstream. Some swimmers like to snack on small amounts of solid food such as bananas, graham crackers, dry cereal, and yogurt or sport bars if the time between events is an hour or less.

DRINK some fluid every hour (more when it is hot).

AFTER WORKOUTS/MEETS

Consuming carbohydrates (fruit juice, bread with peanut butter or low fat meat, fruit, cereal with low fat milk, crackers or yogurt) within 30 minutes after you stop exercising speeds up carbohydrate replacement, which in turn speeds up your recovery from the workout.

TEAM WEBSITE:

A team website with a multitude of uses and information is online at:

<http://www.e-neighborhood.net/neighborhood/SanMarinoTsunamis>

We also use an e-mail system to distribute information pertinent to swimmers in the fastest way possible.