

# GJCC TigerSharks Fall Swim Team

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## **Welcome to the Team!!!**

Dear TigerSharks Fall Swim Team Parents and Swimmers,

We are so glad that you have decided to join us for our 2020 Fall season. 2020 has definitely been a different year for us all, but we are committed to having the best and most successful season as possible. It takes participation from both swimmers and parents to make this happen. Swimmers coming to practice every day is definitely an important part, so thank you parents for getting them there each day. Parents, if your swimmers are competing (assuming we have meets this Fall), you are also a very integral part of us having plenty of volunteers for swim meets to run smoothly. We thank you in advance for your participation this Fall. We have a great season ahead of us, and look forward to having all of you swim with us.

## **About the Sharks**

The TigerSharks Fall Swim Team is a recreational swim team for ages 7 and up. Our team participates as part of the YMCA of Middle Tennessee Swim Club during the Fall and Spring sessions (typically, we have not received updated info for this Fall). Our swimmers will receive approximately 60% instruction and 40% conditioning 3 days a week to prepare them for their meets that occur every 4-6 weeks. Being a part of the TigerSharks Fall swim team is a great way for swimmers to increase their speed, technique, and endurance before the Spring and Summer seasons.

As part of the YMTSC swim league, we will compete against other local swim clubs, most of which are part of local YMCAs. Meets are all held locally on Saturdays and are followed by a championship meet at the end of the season, for those that have competed in the appropriate number of regular season meets. The 2020 schedule is coming soon!

\*As we get updates on the current possibility of swim meets, etc, we will distribute that info to parents. At this time we will be having a swim team and swim team practice, regardless of the status and possibility of meets.

## **Welcome our New Coach**

This year we have welcomed our new coach Yanel Pinto! If you have not met or heard about her yet, Coach Yanel is a 2-time Olympic swimmer (Beijing 2008 and London 2012) who representing her country, Venezuela. She started swimming when she was 6 years old because her parents wanted her to have a healthy lifestyle. At age of 13 she qualified for the Venezuelan National Team. She has competed in a variety of national and international competitions including the Pan American Games, South American Games, Central American Games and World Cups. She moved to United States in 2010 to swim for the at Gator Swim Club in Gainesville, Florida. After she finished her career as a swimmer in 2012, she fell in love with coaching and since then has been sharing her experiences with youth and adult athletes. Yanel's goal is to teach every athlete that swimming will give them skills that not only apply in the pool but also in their daily lives. One of these is the rule of 3D (discipline, dedication, and desire) – and Yanel says “with this you can achieve everything in life!” On a final note from Yanel; “I am very excited and honored to have this opportunity to work with the Tigersharks and I look forward to the exciting season ahead!”

# Attention Families!!!

## New Season Info

### Swim Meets

We participate in the YMCA of Middle Tennessee Swim Club (YMTSC). Meets are held locally and occur every 4-6 weeks. Even though participation in meets is optional, we encourage everyone to participate in meets as they are a great chance for those who haven't competed to have their first experience as part of a swim meet. For those that are more experienced with swim meets, these are fun meets to participate in and swim against other local swimmers your age.

### Remember

- YMTSC meet fees are not included in your registration fee
- If your swimmers participate in YMTSC swim meets, you are expected to meet our volunteer requirement
- These may not be a part of the 2020 season

### Practice Schedule

Practice will be held every Monday, Tuesday, and Thursday from 4:45pm – 5:45pm.

Session 1 – 9/8/20 – 10/1/20 \*no swim 9/7, 9/28

Session 2 – 10/5/20 – 10/29/20

Session 3 – 11/2/20 – 12/3/20 \*no swim 11/23 – 11/26

Session 4 – 12/7/20 – 12/17/20 \*2 week session

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\*\* Swimmers that are not quite 7 that want to be a part of the swim team must be able to swim 3 out of the 4 competitive swim strokes for 50 yards each. We will individually evaluate these swimmers and those that we feel need more training to handle the workouts will be referred to our group or private lessons, determined by what is the best fit and will benefit the swimmer most.



# JCC TigerSharks Fall Swim Team Information and Registration Packet

## Communication

### Email

Almost all team information will be distributed via email. During the season frequent emails will be sent to team members with up to date information and reminders of upcoming events/meets. Please contact Coach Yanel or Daniel Christmas to add or change emails on our distribution list. Emails will be sent before each meet that will require a response. Please read carefully and respond to emails when necessary to make sure your swimmer is appropriately entered in lineups for meets.

### Text Messaging

Occasionally, information will need to be disseminated more rapidly than email can allow (ex: a thunderstorm rolls in at 5pm and we have to cancel practice.) Please sign up for our text messaging alert system to receive updates as quickly as possible.

Text @gjccts to the number 81010 to be added to the TigerSharks Summer Swim Team text alert system or use the link: [remind.com/join/gjccts](https://remind.com/join/gjccts)

## Eligibility Requirements

The GJCC does not require Fall and Spring swim team members to be annual GJCC members, but there is a member benefit for the cost of registration. Swimmers that are not quite 7 that want to be a part of the swim team must be able to swim 3 out of the 4 competitive swim strokes for 50 yards each. We will evaluate swimmers that are under 7 on an individual basis. Those that aren't quite ready for the swim team are encouraged to join our group lessons.

## Parents Meeting

There will be no official parents meeting for Fall swim team, but please be on the lookout for any communication from Coach Yanel regarding Fall Swim team. We also encourage you to chat with us by phone, email, or catch us before/after practice.

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## Fall Sessions and Practice Schedule

Session 1 – 9/8/20 – 10/1/20 \*no swim 9/7, 9/28

Session 2 – 10/5/20 – 10/29/20

Session 3 – 11/2/20 – 12/3/20 \*no swim 11/23 – 11/26

Session 4 – 12/7/20 – 12/17/20 \*2 week session

Monday/Tuesday/Thursday

4:45 – 5:45pm

- Practice will be held at the indoor pool
- Swimmers should come prepared for each practice with goggles, a swim suit, a swim cap, and a towel. Back-up goggles and swim suits are also helpful.
- If there is inclement weather, practice will still be held and swimmers will have dry land practice unless otherwise instructed by Coach Yanel. This is also a great reason to always be prepared with workout appropriate clothes and tennis shoes, just in case

\*Remember, the more you practice, the more prepared you will be, and the better you will swim!

## 2020 Fall Swim Meet Schedule

Info will be distributed as we are updated. No meets are currently scheduled.

### What to bring to meets:

- Goggles, swim cap, extra towels, drinks, snacks, and money for concessions
- Sharpies to list events on swimmer
- Activities, games, etc., as needed to keep swimmers occupied between events

### What to do:

- Locate the posted heat sheets for our team
- Find your swimmers events
- Write swimmer's name and team on shoulder
- Swimmer's events can be written on their forearm or thigh. This helps swimmers to make sure they are in the right place at the right time. This helps them to know which events they are in so that they are at the Clerk of Course at the proper time.
- Swimmers will be called to Clerk of Course by event starting with the youngest to oldest. Freestyle is always first. Relays are later and score big points for the team. Please do not leave without making sure your swimmer is not needed for a relay, so please check with Coach Steve.

Please Note: Meets usually start at 8am with warm-ups beforehand and can last to around 2pm. That being said, plan for a good chunk of the day to be devoted to the swim meets. Especially if there is travel time involved. There is usually a break mid-way through the meet. Also be prepared to make lunch arrangements.

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## Awards

Ribbons are awarded at the end of practice on the Monday following a swim meet in an informal ceremony. Each swimmer is recognized for their contribution on the swim team. Children who are absent that day may collect their awards at the next practice they attend.

## Swim Suit and Cap

The Gordon JCC TigerSharks Official Colors are blue and black. Each swimmer is required to purchase a team suit. Order forms are attached for you to fill out and return ASAP. If you have any questions regarding suits, suit sizing, etc, please contact Coach Yanel @ [yanel@nashvillejcc.org](mailto:yanel@nashvillejcc.org) or Daniel @ [daniel@nashvillejcc.org](mailto:daniel@nashvillejcc.org) . There are regular and youth size options available. Regular suits may be worn for practice. Girls should wear one-piece suits and boys should wear jammers or briefs. Also contact us if you are interested in suit options for practice from previous years at a discounted rate that may be available. A team cap with logo will be issued to each swimmer at no additional cost.

## Goggles and Swim Caps

A good pair of goggles is essential for performance. Look for those labeled for training or competition. Recreational styles usually don't work well or last long, and face masks are not permitted. Goggles tend to be easily misplaced, so please write your names on them. It is also always a good idea to have a backup pair, especially on meet days.

Swim caps are also essential for performance. Many times we may give out or have extra swim caps, but it is always good to have at least an extra swim cap handy. Our team colors are blue and black, but most any swim cap is acceptable, especially in practice.

## Registration and Fees

Swim team fees are a **recurring monthly fee** of **\$65 for Members** and **\$80 for Non-Members**

- Swim meet dues are not included and will need to be paid before each meet you plan to attend
- Parent volunteer requirements for meets attended
- must give 30 day notice for fee cancelation
- All holiday closures are listed

# JCC TigerSharks Fall Swim Team Information and Registration Packet

## Parent Volunteer Responsibilities

It is essential that parents of swimmers participating in meets, to volunteer. We ask that a representative from each family sign-up to volunteer at each meet attended\*. Volunteer jobs and their descriptions are listed below. **ALL** parents with a swimmer participating in a meet are expected to participate in some way at the meets. All of our meets are away meets that are local, so it is very feasible to be able to volunteer. If you do not volunteer for a position, please expect us to come and find you during the meet or to be charged per our volunteer requirement\*. If everyone does their part, we will all have more time to enjoy the meets. Thank you all in advance for your participation.

\*Teams are expected to provide 1 volunteer for every 5 swimmers, but this also means you might not have to volunteer at each meet, but please be prepared to, just in case

**\*\*Swim families unable to provide a volunteer for meets their swimmers attend will be charged an additional \$25/meet**

\*\*\*There are also severe point deductions for teams that don't provide the volunteers required

## Volunteer Job Descriptions

Head Timer	Responsible for starting 2 stopwatches for every event and assisting timers
Timer	Responsible for using a stopwatch to time swimmers in a specific lane during swim meets. Time estimate: meet session
Runner	Collects DQ slips from the judges and delivers them to the referee's table.
Ribbons	Responsible for getting the labels from the computer operator, placing them on the ribbons and filing awards in appropriate team files. Time estimate: meet session until awards all awards are filed
Hospitality	Prepare and deliver food to be served to coaches, officials, and volunteers Time estimate: varies with meet timing
Food	Responsible for bringing assigned food to the event the night before or the morning of the meet
Clerk of Course	Reviews and checks heat sheet prior to lining up swimmers and directs the swimmers to appropriate seats to await their event
Stroke and Turn Judge	Reports to referee. Insures that strokes and turns are done legally. Illegal strokes/turns are reported to the referee for disqualifications (DQ's). Time estimate: meet session *there will be a stroke and turn training for everyone **stroke and turn training is available on the NSL website
Computer Operator	Responsible for running the computer for the swim meet Time estimate: meet session with pre-season preparation and post-season completion of results
Referee	Responsible for running the meet once the warm-up session has started. Gives instructions to other officials working the meet. Time estimate: meet session
Starter	Reports to referee. Responsible for starting the swimmers from the blocks. Time estimate: meet session
Setup/Cleanup	Responsible for setting up all equipment required to run the meet. This includes, but is not limited to tables, chairs, tents, and tarps. The setup team also provides setup support for the concessions and hospitality volunteers. Most help is needed the evening before the meet. Some help is needed each morning before the meet begins.

## Meet and Volunteer Agreement

By signing below, I authorize the accounting department for the TigerSharks process the registration fee and future charges for Meet Entry Fees and any volunteer fees using the below information. By signing below, I understand the amount for entry fees will depend on what events are registered for my swimmer. I understand that once my athlete is registered, the fee is non-refundable. I understand the dates of this charge will depend on the dates of the Meet and may differ month-to-month. I also understand that it is essential for me to meet certain volunteer requirements, and failure to do so will result in a monetary fine of **\$25 per meet** that I do not volunteer. I acknowledge if my method of payment changes, it is my responsibility to notify the accounting department to make the appropriate changes.

Name on Card: \_\_\_\_\_ Name on account: \_\_\_\_\_  
Card number: \_\_\_\_\_ Routing number: \_\_\_\_\_  
Exp date: \_\_\_\_\_ Accounting number: \_\_\_\_\_

A 2% convenience charge is added.

Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

## Hold Harmless Agreement

Participation in any GJCC activity and use of recreational facilities involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the GJCC, I/we as an individual or as a parent/guardian of the participant(s) named below, assume a risks and hazards incidental to the activities and release from responsibility and agree to indemnify and hold harmless the GJCC, its officers, directors, and all employees for any illness or injury to me, my children or family members occurring during participation in any activity at the GJCC.

I have read the above; I understand and agree with the GJCC's "hold harmless agreement" and all other stated obligations

Participants: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

# TigerShark Swim team suit order form



**Please return September 20 th**

**Thank you!**

Swimmer's Name:

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(One form per swimmer)

Phone #:

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Circle one of the following:

Female

Male

\$23

\$18

Size: 22 24 26 28 30 32 34 36 38 40