

Gordon JCC TigerSharks Summer Swim Team

Welcome to the Team!!!

Dear TigerSharks Summer Swim Team Parents and Swimmers,

We are so glad that you have decided to join us for our 2019 season. We all want to have 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, 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 summer. It is a quick and busy summer season, as always, but we are looking forward to another great summer with all of you!

Attention Families!!!

New Information

City Meet

Mark your calendars!!! City Meet will be held on July 12th and 13th at the Centennial Sprotsplex. City Meet will be in the same 2 day format that is was last year. There will be sessions Friday afternoon and all day Saturday. The 11-18 yr. olds will swim on Friday and 6 and unders and 7-10 yr olds will swim on Saturday. More details to come.

Remember

- City Meet fees are not included in your summer registration
- Volunteering to help with City Meet is part of your volunteer requirement

Practice Schedule

This season we will have 3 practice times.

- 6 and under Jr. Swim team from 3:45pm - 4:30pm (M, W, F)
- 7-10 yr. olds will practice from 4:30pm - 5:30pm
- 11 and ups will practice from 5:30pm - 6:45pm

* 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 Junior Swim Team or to our group lessons, whichever is the best fit and will benefit the swimmer most.

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 Jen Elliott jen@nashvillejcc.org or Daniel Christmas daniel@nashvillejcc.org 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

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About the Sharks

The TigerSharks Summer Swim Team is a recreational summer club team for ages 7 and up. Our team participates as part of the Nashville Swim League with our season concluding with their annual City Meet, which will be held on July 12th and 13th. Our swimmers will receive approximately 60% instruction and 40% conditioning 4 days a week to prepare them for their meets that occur once a week. It is a relatively quick season, but a fun summer for all!

The Nashville Swim League has been in existence for over 50 years. The league is divided into 4 divisions based on team size and performance. We are in the A division this year. We will compete against the other teams in our division during our 5 dual meets, which are listed in the Meet Schedule section.

Eligibility Requirements

The Gordon JCC requires that all members of the summer swim team be annual or summer membership holders. 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. Those that aren't quite ready for that are welcome to join our Junior Swim Team or sign up for our group lessons.

Junior Swim Team

Our Junior Swim Team serves our 5 and 6 year olds. Those that are younger will be evaluated on an individual basis. We realized that many of our younger swimmers weren't quite ready for more structured and rigorous swim workouts and could benefit from more hands-on instruction. Swimmers will be grouped by age and ability and work in smaller groups with an instructor. Swim instruction will focus on preparing swimmers for swim team by further developing their swimming skills, specifically their speed, technique, and endurance. Junior Swim Team members will have the opportunity to compete in swim meets on Tuesdays with the TigerSharks at no additional fee. If swimmers choose this option, parents will still be expected to meet the volunteer requirements. Practice schedule and registration fees are listed below.

M/W/F (5/13 – 7/10) - \$150

3:45pm - 4:30pm

Parents Meeting

There will be a meeting for all swim team parents at the J Indoor Pool on the first day of practice at 4:30pm. For those that miss the parents meeting, they are welcome to get with us later for all information.

Practice Schedule

Practice May 13 - July 11

Monday - Friday

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3:45 - 4:30pm: Jr. Swim Team

4:30 - 5:30pm: 7-10 yr. olds

5:30 - 6:45pm: 11 and ups

*no practice on swim meet days (meets are held on Tuesdays)

- This schedule is subject to change (especially in regards to inclement weather).
- 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.
- See the May, June and July Swim Team calendars enclosed in this packet for more detailed information as to when practices, meets and events will be held.

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

2019 Swim Meet Schedule

Tuesday, May 28th - JCC Mock Meet (at practice time 4:30pm - 6:45pm)

Tuesday, June 4th - Bye week

Tuesday, June 11th - OHC @ JCC

Tuesday, June 18th - Metro @JCC

Tuesday, June 25th - JCC @ Willoughby

Tuesday, July 2nd - Bye week - Swim-A-Thon

Thursday, July 4th - NO PRACTICE

Tuesday, July 9th - Gallatin @ JCC

Friday and Saturday, July 12th and 13th - NSL City Meet @ Centennial Sportsplex

Tuesday, July 23rd - End of season awards banquet

What to bring to meets:

- Goggles, swim cap, extra towels, drinks, snacks, and money for concessions
- Sunscreen
- Sharpies and 3x5 notecards to record your swimmers events
- 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 and record them on your paper
- Write swimmer's name and unique swimmer id on their left 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. **We get double points for relays!**

Please Note: Meets usually start at 8am with warm-ups beforehand and can last to around 2pm. With the new system implemented last year that uses digital timing, it makes meets run faster. 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.

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Awards

Ribbons are awarded at the end of practice on the Wednesday following a dual meet in an informal ceremony. Each swimmer is recognized for their contribution on the swim team. Placement is 1st to 12th place based on age and event. Children who are absent that day may collect their awards at the next practice they attend.

A team Awards Banquet will be held at the end of the season on **July 23rd** following the City Meet to celebrate our successes. Awards from the City Meet will be given at that time as well as team awards for the season. All swimmers will receive a participation medal, and trophies will be awarded in each age group for those who have shown best effort, have improved the most, and have scored the highest points. These awards are highly coveted since not all children will receive a trophy. **Performance, attitude, and participation during practice and meets are considered in the awards.**

NSL City Meet

Our dual meets help us to prepare our swimmers for the final event of the season, the Nashville City Meet. During this event, swimmers will compete against all other NSL teams in the league. Our team will compete within our division at the meet and our swimmers will compete overall for individual awards. **City Meet will be held this year on July 12th and 13th.**

*additional City Meet information to come

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 Jen @ jen@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 and a TigerSharks t-shirt will be issued to each swimmer at no additional cost. Please make sure you indicate t-shirt size to us as well.

Goggles

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.

Registration and Fees

The registration fee is **\$150/one child; \$275/two children; \$100/each additional child ***

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*Must be a summer or annual member to register

- This fee covers our NSL membership, meet ribbons, logo swim caps, coaches, and other related fees to help run our program. It will also offset the cost of our team banquet (Tuesday, July 23rd) and end of season awards.
- There will be a \$25 fee for each meet (including City Meet) that families don't provide a volunteer for

*Please review and sign the Volunteer Agreement at the end of packet and return to us

Parent Volunteer Responsibilities

It is essential that all Swim Team parents volunteer during the season. We ask that a representative from each family sign-up to volunteer at each meet*, including our mock meet** and at City Meet. Volunteer jobs and their descriptions are listed below. **ALL** parents are expected to participate in some way at the meets as set up by NSL. Home meets require us to provide most of the workers with some assistance from the visiting team. This also means we need parent volunteers at away meets. 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.

*Swim families unable to provide a volunteer for our mock meet, season meets, and at City Meet will be charged an additional \$25/meet to offset the cost of hiring staff to fill these positions.

**Essential training for volunteers will be discussed and implemented at the mock meet.

PLEASE BE THERE!

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Volunteer Job Descriptions

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Head Timer	Responsible for starting 2 stopwatches for every event and assisting timers
Timer	Responsible for operating the iOS device to record a swimmer's. There are 2 timers per lane with responsibility split between team 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
Cards/Registration	Greets all swimmers at the meet, gives TigerShark swimmers their event cards, and provides directions to parents Time estimate: 30 min. before warm-ups until after warm-ups
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 *training available on NSL website
Starter	Reports to referee. Responsible for starting the swimmers from the blocks. Time estimate: meet session *training available on NSL website
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.

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*All training links will be sent out to volunteers prior to the Mock Swim Meet

Directions to Division A Swim Clubs

Willoughby Waves

1800 Ashmore Ct, Mt Juliet, TN 37122

Directions from the J:

Head southwest toward Percy Warner Blvd

0.1 mi

Turn right onto Percy Warner Blvd

0.2 mi

Turn right onto US-70S E/Hwy 70 S/Harding Pike

Turn right onto the ramp to Knoxville

0.4 mi

Drive along I-40 E. Take exit 221A from I-40 E

15 min (14.7 mi)

Merge onto I-440

5.4 mi

Use the left 2 lanes to merge onto I-24 W toward Nashville/Knoxville/I-40 E

1.0 mi

Use the right 2 lanes to take exit 52B to merge onto I-40 E toward Knoxville

7.1 mi

Take exit 221A toward TN-45 N/The Hermitage

1.2 mi

Take Chandler Rd and W Division St to Ashmore Ct in Mount Juliet

10 min (4.9 mi)

Continue straight onto TN-45/Old Hickory Blvd

0.5 mi

Turn right onto Andrew Jackson Pkwy

0.3 mi

Turn right onto Old Lebanon Dirt Rd

144 ft

Turn left onto Chandler Rd

2.0 mi

Continue onto W Division St

1.4 mi

Turn left onto S Greenhill Rd

0.2 mi

Turn left onto Willoughby Station Blvd

0.1 mi

Turn left onto Melbourne Terrace

0.2 mi

Turn right onto Sydney Terrace

463 ft

Turn right at the 1st cross street onto Ashmore Ct

Destination will be on the right

Gordon JCC Summer Swim Team Agreements

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. I acknowledge if my method of payment changes, it is my responsibility to notify the accounting department to make the appropriate changes. I understand that the information below must be given in order for my child to participate as part of the TigerSharks.

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 Gordon JCC 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 Gordon JCC, 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 Gordon JCC, 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 Gordon JCC.

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

Participants: _____

Parent/Guardian Signature: _____ DATE: _____