

CARROLL WELLNESS CENTER

TIGER SHARK



SWIM TEAM HANDBOOK

CARROLL WELLNESS CENTER



TIGER SHARK SWIM TEAM

WELCOME TO THE TIGER SHARK SWIM TEAM

ON BEHALF OF THE CARROLL WELLNESS CENTER OF HILLSVILLE, VIRGINIA, WE WOULD LIKE TO WELCOME YOU TO THE TIGER SHARK SWIM TEAM! WE ARE THRILLED TO HAVE YOU JOIN OUR TEAM IN PARTICIPATING IN OUR SWIM LEAGUE. IF THIS IS YOUR FIRST TIME JOINING A SWIM TEAM, THEN AN EXTRA HUGE WELCOME IS IN STORE FOR YOU! WE CANNOT THANK YOU ENOUGH FOR CHOOSING THE TIGER SHARKS TO CAPTURE YOUR FIRST TIME EXPERIENCE. WE STRIVE TO WELCOME EACH NEW SWIMMER WITH SMILES, COMFORT, AND THE UNDERSTANDING. IF THIS IS NOT YOUR FIRST TIME JOINING A SWIM TEAM, THEN A HUGE WELCOME IS STILL IN STORE FOR YOU. WHETHER YOU ARE A PREVIOUS CWC TIGER SHARK OR NOT, WE ARE EXCITED TO HAVE YOU BECOME A PART OF OUR TEAM!





MISSION STATEMENT

THE PURPOSE OF THE TIGER SHARK SWIM TEAM IS PROVIDE AND **PROMOTE, EDUCATE, INSTRUCT, AND TRAIN SWIMMERS TO BE COMPETITIVE IN A POSITIVE ATMOSPHERE** FOR CHILDREN OF ALL AGES (5-18) AND ABILITIES! WITH ASSISTANCE FROM A SKILLED AND DEDICATED COACHING STAFF, WE STRIVE TO PROVIDE A COMFORTABLE AND FUN LEARNING EXPERIENCE. FOUNDATIONAL SWIMMING SKILLS AND TECHNIQUE (FOCUSING ON ALL FOUR STROKES) ARE TAUGHT AT A LEVEL TO ENSURE SUCCESS FOR EACH INDIVIDUAL SWIMMER. SPORTSMANSHIP, TEAMWORK, ACCOUNTABILITY, AND PERSEVERANCE – ALL WHILE HAVING FUN ARE THE MAIN CONCEPTS WE TEACH EACH SWIMMER AND WORK TOWARDS EVERYDAY! EACH CHILD IS IMPORTANT TO THE TIGER SHARK SWIM TEAM! WE ENCOURAGE THEM TO PARTICIPATE IN THE FUN OF THE EXPERIENCE, LEARN, SHARE THE PASSION OF THE SPORT SWIMMING, MAKE NEW FRIENDS, AND LEARN TEAM UNITY AT THE REWARD OF GREAT PHYSICAL ACTIVITY. THE COACHING STAFF IS EAGER AND EXCITED THAT YOU CHOSE TO COME SWIM WITH THE TIGER SHARK SWIM TEAM ! WE CANNOT WAIT TO KICK OFF EACH SEASON, FILLED WITH UNFORGETTABLE MEMORIES AND TONS OF FUN! IF YOU HAVE ANY QUESTIONS, COMMENTS, AND/OR CONCERNS DO NOT HESITATE TO ASK THE COACHES; WE ARE HERE TO ASSIST YOU AND OFFER AN ENJOYABLE EXPERIENCE.



TEAM GOALS

- TO AID IN THE DEVELOPMENT OF A POSITIVE SELF-IMAGE.
- TO ENCOURAGE HIGH PERSONAL AND ACADEMIC EXPECTATIONS.
- TO DEVELOP A LIFE-LONG LOVE FOR THE SPORT OF SWIMMING.
- TO PROMOTE GOOD SPORTSMANSHIP BY LEARNING TO WIN HUMBLY AND LOSE GRACEFULLY.
- TO LEARN TO HAVE FUN AND SUCCESS AT ALL AGES AND ABILITIES.
- TO LEARN HARD WORK, COMMITMENT, SELF-DISCIPLINE, LEADERSHIP, AND RESPONSIBILITY.





COACHING TEAM BIOS

JOI OGLE – HEAD COACH

JOI OGLE IS A NATIVE OF WELCH, W.VA., WHERE SHE SWAM FROM 1988–1998 FOR THE WELCH STINGRAYS SWIM TEAM. MS. OGLE GRADUATED FROM CONCORD UNIVERSITY IN 2002 WITH A BACHELORS' DEGREE IN ELEMENTARY EDUCATION. MS. OGLE HAS BEEN EMPLOYED WITH CARROLL COUNTY PUBLIC SCHOOLS FOR THE PAST 14 YEARS AS A KINDERGARTEN TEACHER AND FOR THE PAST TWO YEARS, SHE HAS BEEN THE HEAD COACH OF THE CARROLL COUNTY HIGH SCHOOL SWIM TEAM. SHE IS MARRIED TO JEREMY; THEY HAVE TWO CHILDREN, WYATT AND PAIGE. MS. OGLE BEGAN COACHING THE TIGER SHARK IN SUMMER 2014.

BLAKE PHIPPS – COACH

BLAKE PHIPPS IS A NATIVE OF GALAX, VIRGINIA. HE IS A GRADUATE FROM CARROLL COUNTY HIGH SCHOOL. HE SWAM FOR BOTH THE CCHS SWIM TEAM AND TIGER SHARKS FROM 2016-2019. BLAKE HAS WORKED AT CWC AS A LIFEGUARD SINCE 2017 AND IS CURRENTLY OBTAINING IS WATER SAFETY INSTRUCTOR CERTIFICATION.



EVALUATIONS & GROUP PLACEMENT

INDIVIDUAL SWIM EVALUATIONS ARE PERFORMED BY OUR HEAD SWIM COACH TO DETERMINE GROUP PLACEMENT. GROUP PLACEMENT FOR TEAM SWIMMERS ENSURES THAT EACH CHILD RECEIVES APPROPRIATE INSTRUCTION FOR HIS/HER SKILL LEVEL.

WHAT TO EXPECT AT A SWIM EVALUATION

A PARENT/GUARDIAN BRINGS THE SWIMMER TO A DESIGNATED POOL AT THE CARROLL WELLNESS CENTER. AT THIS TIME HE/SHE WILL BE REQUIRED TO ENTER THE POOL AND SWIM, THEREFORE MAKE SURE TO BRING APPROPRIATE ATTIRE (BATHING SUIT, TOWEL, GOGGLES, CHANGE OF CLOTHES, ETC). FOR GROUP PLACEMENT, EACH CHILD WILL BE ASKED TO SWIM AT LEAST 25M FREESTYLE AND 25M BACKSTROKE (25M = ONE POOL LENGTH). SWIMMERS MAY ALSO BE ASKED TO SWIM BREASTSTROKE AND BUTTERFLY, DEPENDING ON AGE, KNOWLEDGE, AND SKILL. HIS/HER STROKES WILL BE REVIEWED AND EVALUATED, PLACING HIM/HER IN AN AGE AND ABILITY APPROPRIATE LEVEL/GROUP.



PRACTICE RULES

THE FOLLOWING ARE RULES THAT WE, AS COACHES, ARE ASKING ALL TIGER SHARK SWIMMERS TO FOLLOW AND ABIDE BY DURING PRACTICE TIMES.

1. NO TIGER SHARK SWIMMER IS ALLOWED TO ENTER THE WATER BEFORE HIS/HER SCHEDULED PRACTICE TIME. THIS IS TO ENSURE THAT SWIM LESSONS, PATRONS, AND/OR PREVIOUS SWIM TEAM GROUPS ARE NOT DISTRACTED FROM THEIR SWIMMING EXPERIENCE. HOWEVER, IF A TIGER SHARK SWIMMER IS INTERESTED IN ONLY SWIMMING LAPS HE/SHE CAN ASK PERMISSION TO ENTER THE WATER EARLY FROM A COACH PRESENT ON DECK.



2. AT THE TIME OF PRACTICE ALL SWIMMERS NEED TO BE READY (GOGGLES IN HAND, SHOES OFF, ETC) AND PRESENT AT THE END OF THE POOL DECK WHERE THE BLOCKS ARE LOCATED.



3. BE PROMPT WHEN ATTENDING PRACTICE!

4. IF YOU NEED TO LEAVE PRACTICE EARLY, YOU MUST LET ONE OF THE COACHES KNOW BEFORE PRACTICE BEGINS.

5. WHEN PRACTICING A SKILL AND/OR STROKE WE, AS COACHES, ASK YOU TO TRY, TRY, AGAIN... ALWAYS REMEMBER **"PRACTICE MAKES PERFECT!"**

6. HAVE AS MUCH FUN AS POSSIBLE!





SWIM MEET COMPETITION RULES

IN ADDITION TO THE PRACTICE RULES ABOVE, THE FOLLOWING ARE EXTRA RULES THAT WE, AS COACHES, ARE ASKING ALL TIGER SHARK SWIMMERS TO FOLLOW AND ABIDE BY DURING SWIM MEET COMPETITIONS.

1. WE ASK THAT WHEN ATTENDING SWIM MEETS, EACH TIGER SHARK SWIMMER ARRIVES AT LEAST 15 MINUTES EARLY - BEFORE THEIR SCHEDULED AGE GROUP TIME AND/OR BEFORE WARM UPS ARE TO BEGIN. THIS ALLOWS COACHES TO TAKE ATTENDANCE AND MAKE ANY "LAST MINUTE" HEAT OR ENTRY CHANGES.
2. WHEN ATTENDING SWIM MEETS, EACH TIGER SHARK SWIMMER MUST WEAR HIS/HER TIGER SHARK SWIM TEAM T-SHIRT, SUIT AND CAP
3. EACH SWIMMER NEEDS TO COME PREPARED WITH WHATEVER ITEMS THEY NEED TO BE SUCCESSFUL. (GOGGLES, SWIM CAP, TOWEL, SNACKS, WATER/DRINKS, ETC.)
4. **HAVE AS MUCH FUN REPRESENTING THE TIGER SHARKS!** REMEMBER TO CHEER ON EVERYONE SWIMMING!





TEAM INFORMATION

EDUCATION

- SWIMMERS LEARN FOUR COMPETITIVE STROKES – FREESTYLE, BREASTSTROKE, BACKSTROKE, AND BUTTERFLY, AS WELL AS STARTS AND TURNS.
- COACHES ARE CERTIFIED IN FIRST AID, CPR, AND WSI.
- PARENT VOLUNTEERS ARE ENCOURAGED TO ASSIST WITH PRACTICES AS NEEDED.

COMMUNICATION

- CHECK THE TEAM FACEBOOK PAGE FOR INFORMATION AND UPDATES. (CWC TIGER SHARKS SWIM)
- PLEASE CALL (276) 728-2500 TO FIND OUT ABOUT PRACTICE CHANGES OR INFORMATION.
- CHANGES TO THE SWIM TEAM PRACTICE SCHEDULE WILL BE POSTED ON OUR WEB PAGE AND THE TEAM'S FACEBOOK PAGE AS SOON AS THEY OCCUR. VISIT [HTTP://CARROLLWC.ORG/](http://carrollwc.org/)



ATTENDANCE

WHEN YOU JOIN A TEAM, YOU MAKE A COMMITMENT TO ATTEND PRACTICES, COMPETITIONS, AND OTHER TEAM-ORIENTED FUNCTIONS. SWIMMERS ARE ENCOURAGED TO ATTEND AT LEAST ONE PRACTICE PER WEEK. ACCEPTABLE REASONS FOR FAILING TO FOLLOW THROUGH WITH THIS ARE:

- FAMILY EMERGENCIES OR FAMILY VACATION
- ILLNESS OR INJURY
- OTHER COMMITMENTS

PRACTICE

- ARRIVE ON TIME FOR PRACTICE.
- HAVE PRACTICE SUITS, GOGGLES, AND CAPS.
- PRACTICE IS FOR DEVELOPING STROKES, PRACTICING STARTS AND FINISHES, AND BUILDING ENDURANCE.





COACHES' RESPONSIBILITIES

THE COACHES' JOB IS TO SUPERVISE THE ENTIRE COMPETITIVE SWIM PROGRAM. THE CWC TIGER SHARKS SWIM TEAM COACHING STAFF IS DEDICATED TO PROVIDING A PROGRAM FOR YOUNGSTERS THAT WILL ENABLE THEM TO LEARN THE VALUE OF STRIVING "TO BE THE BEST YOU CAN BE". WHILE DOING THIS, THE STAFF EMPOWERS CHILDREN SO THEY CAN MAKE



GOOD DECISIONS IN THE FUTURE. THEREFORE, THE COACHES MUST COMMUNICATE WITH THE ATHLETES. THE COACHES, ATHLETES, AND PARENTS WILL WORK TOGETHER TO CONTROL MATTERS AFFECTING TRAINING AND COMPETITION.

- THE COACHES ARE RESPONSIBLE FOR PLACING SWIMMERS INTO PRACTICE GROUPS. THIS IS BASED ON THE AGE AND ABILITY LEVEL OF EACH INDIVIDUAL AS WELL AS THE ATHLETE'S GOALS. WHEN IT IS IN THE BEST INTEREST OF A SWIMMER, HE/SHE WILL BE PLACED IN A MORE CHALLENGING TRAINING GROUP BY THE COACH.
- SOLE RESPONSIBILITY FOR STROKE INSTRUCTION AND TRAINING RESTS WITH THE COACHING STAFF. EACH GROUP'S PRACTICES ARE GEARED TO THE SPECIFIC GOALS OF THAT GROUP.



- DURING PRACTICE, COACHES ARE RESPONSIBLE FOR SUPERVISING AND FOR DISCIPLINING SWIMMERS.
- THE COACHING STAFF WILL MAKE THE FINAL DECISION CONCERNING WHICH MEETS TIGER SHARKS WILL ATTEND AS A TEAM. THE COACHES WILL WORK WITH PARENTS TO MAKE DECISIONS CONCERNING WHICH EVENTS A SWIMMER WILL BE ENTERED INTO.
- THE BUILDING OF A RELAY TEAM IS THE RESPONSIBILITY OF THE COACHING STAFF. THE COACHING STAFF IS CONSTANTLY UPDATING AND IMPROVING THE PROGRAM.
- AT MEETS, THE COACHING STAFF WILL CONDUCT AND SUPERVISE WARM-UP PROCEDURES FOR THE TEAM. AFTER EACH RACE, THE COACHES WILL OFFER CONSTRUCTIVE CRITICISM REGARDING THE SWIMMER'S PERFORMANCE. (IT IS THE PARENT'S JOB TO OFFER LOVE AND UNDERSTANDING REGARDLESS OF THEIR YOUNGSTER'S PERFORMANCE)

PROBLEMS WITH THE COACH?

ONE OF THE TRADITIONAL SWIM TEAM COMMUNICATION GAPS IS THAT SOME PARENTS SEEM TO FEEL MORE COMFORTABLE IN DISCUSSING THEIR DISAGREEMENTS OVER COACHING PHILOSOPHY WITH OTHER PARENTS RATHER THAN TAKING THEM DIRECTLY TO THE COACH. NOT ONLY IS THE PROBLEM NEVER RESOLVED THAT WAY, BUT IN FACT THIS APPROACH OFTEN RESULTS IN CREATING NEW PROBLEMS. LISTED BELOW ARE SOME GUIDELINES FOR A PARENT RAISING SOME DIFFICULT ISSUES WITH A COACH:





- TRY TO KEEP FOREMOST IN YOUR MIND THAT YOU AND THE COACH HAVE THE BEST INTERESTS OF YOUR CHILD AT HEART. IF YOU TRUST THAT THE COACH'S GOALS MATCH YOURS, EVEN THOUGH HIS/HER APPROACH MAY BE DIFFERENT, YOU ARE MORE LIKELY TO ENJOY GOOD RAPPORT AND A CONSTRUCTIVE DIALOGUE.
- KEEP IN MIND THAT THE COACH MUST BALANCE YOUR PERSPECTIVE OF WHAT IS BEST FOR YOUR CHILD WITH THE NEEDS OF THE TEAM OR A TRAINING GROUP. ON OCCASION, AN INDIVIDUAL CHILD'S INTEREST MAY NEED TO BE SUBORDINATE TO THE INTERESTS OF THE GROUP, BUT IN THE LONG RUN THE BENEFITS OF MEMBERSHIP IN THE GROUP COMPENSATE FOR OCCASIONAL SHORT-TERM INCONVENIENCE.
- IF YOUR CHILD SWIMS FOR AN ASSISTANT COACH, ALWAYS DISCUSS THE MATTER FIRST WITH THAT COACH, FOLLOWING THE SAME GUIDELINES NOTED ABOVE. IF THE ASSISTANT COACH CANNOT SATISFACTORILY RESOLVE YOUR CONCERN, THEN ASK THAT THE HEAD AGE-GROUP COACH OR HEAD COACH JOIN THE DIALOGUE AS A THIRD PARTY.
- IF ANOTHER PARENT USES YOU AS A SOUNDING BOARD FOR COMPLAINTS ABOUT THE COACH'S PERFORMANCE OR POLICIES, LISTEN EMPATHETICALLY, BUT ENCOURAGE THE OTHER PARENT TO SPEAK DIRECTLY TO THE COACH. SHE IS THE ONLY ONE WHO CAN RESOLVE THE PROBLEM.



TRANSPORTATION

TRIPS TO MEETS IN OTHER CITIES BECOME AN IMPORTANT ASPECT OF A SWIMMER'S CAREER. THE CWC TIGER SHARKS SWIM TEAM HAS ESTABLISHED THE FOLLOWING POLICIES FOR THE SAFETY OF SWIMMERS AND THE PEACE-OF-MIND OF PARENTS:

- PARENTS ARE RESPONSIBLE FOR ARRANGING TRANSPORTATION TO PRACTICES AND TO AWAY MEETS.
- PARENTS ARE ENCOURAGED TO ATTEND OUT-OF-TOWN MEETS WITH THEIR SWIMMERS AND TO CHAPERON OTHER YOUNGSTERS. THESE TRIPS CAN BE GREAT FUN FOR PARENTS AND SWIMMERS ALIKE. THEY ALSO ARE A RARE OPPORTUNITY TO PARTICIPATE IN A SPECIAL WAY IN EACH YOUNG SWIMMER'S CAREER.
- A COACH HAS TOO MANY RESPONSIBILITIES TO THE ENTIRE TEAM TO ACCEPT RESPONSIBILITY FOR AN INDIVIDUAL SWIMMER. THEREFORE, DO NOT ASK A COACH TO PROVIDE TRANSPORTATION.
- ANY SWIMMER RIDING IN A CAR IS RESPONSIBLE TO THE PARENT/DRIVER FOR HIS/HER BEHAVIOR AND IS EXPECTED TO ADHERE TO THE TIGER SHARKS TEAM "HONOR CODE" AT ALL TIMES.
- A MEDICAL RELEASE AND EMERGENCY TELEPHONE NUMBER SHOULD BE GIVEN TO THE PARENT/DRIVER WITH WHOM YOUR SWIMMER IS RIDING, IN CASE EMERGENCY MEDICAL TREATMENT IS REQUIRED.
- AN APPROPRIATE CONTRIBUTION IS EXPECTED FROM EACH PASSENGER IN A CAR TO THE DRIVER/OWNER TO HELP DEFRAY GASOLINE AND RELATED EXPENSES.

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TIGER SHARK SWIM TEAM

- IF A SWIMMER WISHES TO SWIM AT AN AWAY EVENT AND DOES NOT HAVE TRANSPORTATION, PLEASE CONTACT JOI OGLE.

TRANSPORTATION POLICY

IT IS HEREBY THE STATED POLICY OF THE CWC TIGER SHARKS SWIM TEAM, EFFECTIVE IMMEDIATELY AND UNTIL EITHER REVOKED OR RESTATED BY THE CARROLL WELLNESS CENTER, THAT TRANSPORTATION OF SWIMMERS AND/OR COACHES TO PRACTICES, MEETS, OR ANY OTHER EVENT CONSIDERED TO BE A TEAM FUNCTION BY ANY NON-PUBLIC CONVEYANCE, AS DEFINED TO INCLUDE PRIVATELY OWNED VEHICLES, IS RECOGNIZED BY THE CWC TIGER SHARKS SWIM TEAM AS A PURELY PRIVATE AGREEMENT BETWEEN THE PARTIES INVOLVED AND THAT NEITHER THE CWC TIGER SHARKS SWIM TEAM, NOR THE CARROLL WELLNESS CENTER, SEPARATELY OR AS A GROUP, EXCEPT FOR THE PARTIES DIRECTLY INVOLVED CAN BE OR WILL BE CONSIDERED AS A PARTY TO SUCH ARRANGEMENT AND THAT ANY LIABILITY IN ANY FORM ARISING FROM SUCH ARRANGEMENT IS PURELY AND COMPLETELY THE RESPONSIBILITY OF THE PARTIES INVOLVED.

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TIGER SHARK SWIM TEAM

SWIM MEETS

WHAT TO BRING TO SWIM MEETS?

- TEAM BATHING SUIT AND EXTRA SUIT
- SWIM CAP AND EXTRA CAP
- RACING GOGGLES AND EXTRA PAIR
- 2 TOWELS
- FLIP-FLOPS OR OTHER WATER SHOES
- OTHER CLOTHING (DEPENDING ON THE WEATHER), FOR EXAMPLE, SWEAT PANTS, T-SHIRTS, SHORTS, ETC.
- SNACKS AND DRINKS FOR SWIMMER OR MONEY TO PURCHASE THESE ITEMS
- BLANKET OR LARGE TOWEL TO SIT ON
- FOLDABLE/PORTABLE CHAIRS (FOR PARENTS TO SIT ON)
- SWIM BAG OR BACKPACK

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TIGER SHARK SWIM TEAM

WHAT TO DO WHEN YOU ARRIVE AT THE MEET?

REGULAR MEETS

- ARRIVE 30 MINUTES BEFORE WARM-UP TIME.
- FIND THE AREA THAT IS DESIGNATED FOR THE TEAM.
- CHECK IN WITH THE COACH.
- GET YOUR EVENT NUMBERS FROM COACH.
- GET DRESSED AND STRETCH.

SPECIAL MEETS

- SWIMMERS FIND THE COACH AND GET READY FOR WARM-UPS.
- FIND A SPOT IN DESIGNATED AREA TO SET UP CHAIRS, BLANKET, ETC. (LOOK FOR OTHER CWC TIGER SHARKS OR OUR TEAM BANNER.)

EACH SWIMMER IS RESPONSIBLE FOR REPORTING ON TIME TO THE CLERK OF COURSE OR BEHIND THE BLOCKS TO COMPETE.



VOLUNTEERS

MEETS CAN BE FUN! THEY GIVE PARENTS A CHANCE TO BE A PART OF THEIR CHILD'S SWIMMING EXPERIENCE. THEY ALSO GIVE US A CHANCE TO GET TO KNOW OTHER SWIM FAMILIES. BY WORKING TOGETHER, WE CAN PROVIDE A VERY ENRICHING EXPERIENCE FOR SWIMMERS AND THEIR FAMILIES.

PARTICIPATION IN SWIM MEETS IS ESSENTIAL TO THE SUCCESS OF OUR TEAM. EVERY FAMILY IS REQUIRED TO VOLUNTEER AT SWIM MEETS, AND WE HAVE A VARIETY OF POSITIONS TO ACCOMMODATE BOTH NOVICE AND EXPERIENCED PARENT VOLUNTEERS. EACH PARENT OR VOLUNTEER WILL BE PROPERLY TRAINED TO DO AT LEAST TWO DIFFERENT POSITIONS. TRAINING SESSIONS WILL BE OFFERED BEFORE THE SEASON BEGINS. LISTED BELOW ARE THE VARIOUS POSITIONS FOR WHICH WE MUST PROVIDE WORKERS AT EACH MEET:

PLACE JUDGE

DETERMINES PLACE FINISHES (1ST, 2ND, 3RD, ETC.) FOR EACH HEAT OF AN EVENT. IN CASES WHERE EVENTS ARE COMBINED, THE PLACE JUDGE MUST SEPARATELY DETERMINE PLACE FINISHES FOR EVENTS THAT ARE RUN CONCURRENTLY.



TIMERS

RESPONSIBLE FOR CONTROLLING STOPWATCHES AND RECORDING TIMES. FOR DUAL MEETS, 12 PARENT VOLUNTEERS ARE NEEDED. (ONE FOR EACH LANE WITH A SWITCH OF TIMERS MIDWAY THROUGH THE MEET.)

RUNNERS

RESPONSIBLE FOR COLLECTING RECORDED TIMES FOR SWIMMERS AND TAKING THEM TO THE RESULTS TABLE.

CLERK OF COURSE

RESPONSIBLE FOR CALLING SWIMMERS TO EVENTS, PROVIDING EVENT CARDS TO SWIMMERS, LINING SWIMMERS UP FOR EACH HEAT OF AN EVENT. MUST BE EFFICIENT, POLITE, AND PATIENT.

STROKE AND TURN JUDGES

EVALUATE SWIMMER STROKES AND DISQUALIFY AS NECESSARY. ONLINE TRAINING TUTORIALS WILL BE PROVIDED.

AWARDS

RESPONSIBLE FOR TRANSFERRING RESULTS OF EACH EVENT ONTO RIBBONS AND/OR MEDALS.



CONCESSION

SELLS SNACK BAR ITEMS TO SWIMMERS, PARENTS, AND SPECTATORS (HOME MEETS ONLY).

ANNOUNCER

USES THE PA SYSTEM, A WHISTLE, AND STARTER TO DIRECT SWIMMERS OUT OF THE POOL, ANNOUNCE EVENTS, AND START EACH HEAT.

* THESE POSITIONS ARE NORMALLY PROVIDED BY CWC STAFF DURING HOME MEETS.

TIGER SHARKS RELAY POLICY

FOR ANY AGE GROUP FOR WHICH THERE ARE ENOUGH SWIMMERS TO MAKE A RELAY, FASTEST TIMES WILL BE USED TO FORM THE TEAM. FOR THE FREESTYLE RELAY:

- 2ND FASTEST SWIMMER
- 3RD FASTEST SWIMMER
- SLOWEST SWIMMER
- FASTEST SWIMMER

IF MORE SWIMMERS ARE AVAILABLE WITHIN ANY AGE GROUP FOR WHICH THERE IS ALREADY AN "A TEAM", A "B TEAM" CAN BE FORMED. HOWEVER, ONLY ONE RELAY



TEAM PER AGE GROUP CAN EARN POINTS IN A SWIM MEET. IF ANY MEMBERS OF THE "A TEAM" ARE ABSENT FOR A MEET, THEN SWIMMERS FROM THE "B TEAM" CAN FILL IN. PERIODICALLY, ALL SWIMMERS WILL HAVE A CHANCE TO UPDATE THEIR TIMES, AS WELL AS TIMES THEY'VE EARNED AT SWIM MEETS. THE COMPOSITION OF RELAY TEAMS CAN CHANGE DEPENDING ON CURRENT TIMES OBTAINED BY SWIMMERS.

MEDLEY RELAYS

IN LINE WITH THE FREESTYLE RELAYS, MEDLEY RELAYS WILL BE SWUM ACCORDING TO THE FASTEST TIMES SWIMMERS HAVE OBTAINED WITHIN THEIR AGE GROUPS. THE FASTEST BACKSTROKE, BREASTSTROKE, BUTTERFLY, AND FREESTYLE SWIMMERS WILL BE USED AT MEETS.

FORMING RELAY TEAMS AT MEETS

ALTHOUGH THE COACHES WOULD LIKE TO FORM OUR RELAY TEAMS AND SWIM THEM IN LINE WITH THE ENTRIES THAT WE'RE REQUIRED TO SEND TO THE HOST TEAM, THIS IS NOT ALWAYS POSSIBLE. SWIMMERS UNEXPECTEDLY DON'T SHOW UP, AND WE MUST COMPOSE THE TEAM AT THE MEETS.

WE WILL MAKE EVERY EFFORT TO FIND SUITABLE SUBSTITUTES WITHIN AGE GROUPS. IT MIGHT BE NECESSARY TO PULL IN SWIMMERS FROM LOWER AGE GROUPS, ALSO KNOWN AS "SWIMMING UP." AND BECAUSE THE LEAGUE AGREED TO LET GIRLS SWIM IN BOYS'

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RELAYS TO GIVE SMALL TEAMS A BETTER CHANCE OF EARNING RELAY POINTS, YOUR GIRL MAY BE ASKED TO PARTICIPATE ON A BOY'S RELAY.

BLUE RIDGE SWIM LEAGUE INFORMATION

THE CONFERENCE MEET WILL BE DETERMINED AND ANNOUNCED AT A LATER TIME.

EACH SWIMMER MUST SWIM IN TWO (2) MEETS PRIOR TO JULY 15, 2021 TO QUALIFY FOR THE CONFERENCE MEET.



2021 TIGER SHARK SWIM TEAM COVID-19 GUIDELINES

BASED ON CONTINUALLY AND RAPIDLY CHANGING CIRCUMSTANCES, WE HAVE NOT YET FULLY FINALIZED OUR 2021 COVID-19 SWIM TEAM GUIDELINES.

WE RESERVE THE RIGHT TO RE-IMPLEMENT AND/OR ROLL BACK SOME OR ALL OF THESE PROCEDURES, AS REGULATORY AGENCIES ALLOW, AND SUBJECT TO FURTHER APPROVAL OF OUR BOARD OF DIRECTORS. OUR POLICY TO DATE HAS BEEN TO NOT ADOPT ANY GUIDELINES OR PROCEDURES THAT ARE LESS RESTRICTIVE THAN THOSE REQUIRED UNDER APPLICABLE GOVERNMENTAL REGULATIONS. WE WILL CONTINUE TO CONSULT WITH HEALTH PROFESSIONALS IN CONNECTION THEREWITH.

2021 TIGER SHARK SWIM TEAM PLAN

OVERVIEW

THE FOLLOWING PLAN IS BASED ON INFORMATION DRAWN FROM NUMEROUS SWIM AND HEALTH PROFESSIONALS AND ORGANIZATIONS, INCLUDING LOCAL COMPETITIVE TEAMS, LOCAL SUMMER LEAGUE TEAMS, GOVERNMENTAL AGENCIES, HEALTHCARE PROFESSIONALS, INDUSTRY GROUPS (SUCH AS USA SWIMMING). PLEASE NOTE THAT THE SPECIFICS OF THIS PLAN ARE SUBJECT TO CHANGE BASED ON FACTORS SUCH AS CHANGING GOVERNMENTAL REQUIREMENTS, ADJUSTMENTS BASED ON EXPERIENCE UNDER THIS PLAN, AND THE NUMBER OF PARTICIPANTS.

GENERAL GUIDELINES AND PRACTICE PROCEDURES

- WHILE NOT IN THE WATER, MINIMUM DISTANCES OF 6 – 10 FEET WILL BE MAINTAINED BETWEEN INDIVIDUALS (SWIMMERS AND COACHES) AS NECESSARY.
- SWIMMERS WILL BE REQUIRED TO HAVE A TEMPERATURE SCREENING BEFORE SWIMMING.
- SWIMMERS ARE REQUIRED TO WEAR A FACE COVERING WHEN ENTERING THE FACILITY AND TO KEEP IT ON UNTIL READY TO ENTER THE POOL.



- SWIMMERS MUST COME AND LEAVE IN THEIR SUITS. RESTROOMS ARE AVAILABLE BUT THE LOCKER ROOM CHANGING AREA AND SHOWERS ARE CLOSED.
- SWIMMERS WILL BE ASSIGNED 2 PER LANE. (1 BEGINNING AT EACH END)
- A 6-FOOT SOCIAL DISTANCING REQUIREMENT IS IN PLACE FOR THE POOL AND DECK AREAS. WE WILL OBSERVE THIS FACTOR TO THE EXTENT POSSIBLE. EXCESSIVE HORSEPLAY, TOUCHING, AND SPLASHING MAY RESULT IN REMOVAL FROM PRACTICE.
- SWIMMERS WILL NEED TO BRING THEIR OWN GOGGLES, SWIM CAPS AND TOWELS. WE ARE NOT TO SHARE TOWELS, WATER BOTTLES OR OTHER SWIM EQUIPMENT.
- WE UNFORTUNATELY ARE NOT ALLOWED TO USE THE POOL EQUIPMENT BELONGING TO CWC (KICKBOARDS, PADDLES...ETC), DUE TO THE SANITATION EFFORTS.
- THE BLEACHERS ARE CLOSED, BELONGINGS MAY BE LEFT ON THE BLEACHERS, AND SANITATION WILL NEED TO BE COMPLETED AT THE CONCLUSION OF PRACTICE.
- ONLY SWIMMERS ARE ALLOWED ON THE POOL DECK. PLEASE RETURN PROMPTLY AT THE END OF THE PRACTICE SESSION TO PICK UP THEIR CHILDREN.

DUE TO THE EVER EVOLVING AND EVER CHANGING REQUIREMENTS ASSOCIATED WITH THE COVID-19 PANDEMIC, PROCESSES AND PROCEDURES MAY CHANGE THROUGHOUT THE SEASON. WE WILL MAKE YOU AWARE OF ANY CHANGES THAT WILL AFFECT OUR PRACTICES. WE APPRECIATE YOUR PATIENCE AND UNDERSTANDING DURING THIS DIFFICULT TIME.

THE HEALTH AND SAFETY OF TIGER SHARK COACHES AND SWIMMERS, AND THEIR RESPECTIVE FAMILIES, IS A TOP PRIORITY FOR CARROLL WELLNESS CENTER. SWIMMERS AND COACHES MAY NOT ATTEND ANY ORGANIZED SWIM TEAM ACTIVITY IF THEY:

- HAVE HAD COVID-19 AND DO NOT HAVE A DOCTOR'S NOTE PERMITTING THEM TO RETURN TO PRACTICE.
- DO NOT FEEL WELL.
- HAVE A TEMPERATURE ABOVE 100.00° WITHIN THE PAST 72 HOURS.



- HAVE BEEN IN DIRECT CONTACT WITH ANYONE WHO HAS HAD COVID-19 IN THE PAST TWO WEEKS.
- HAVE TRAVELED INTERNATIONALLY, BUT NOT COMPLETED THE TWO-WEEK SELF-QUARANTINE PERIOD RECOMMENDED BY THE CDC.

MEETS

FOR 2021, WE WILL HAVE ALL "VIRTUAL" MEETS HERE AT CARROLL WELLNESS CENTER.

ADDITIONAL IMPORTANT NOTES

EXECUTIVE ORDERS, CDC/OSHA GUIDELINES, AND OTHER ORDINANCES IN FORCE WILL BE FOLLOWED AT ALL TIMES AND SHOULD OVERRULE ANY CONTRADICTIONARY GUIDANCE PROVIDED HERE.

THESE PROCEDURES WILL REMAIN IN PLACE UNTIL FURTHER NOTICE. AS GUIDANCE AND REGULATIONS ARE ALTERED, COACHES AND PARENT VOLUNTEERS WILL REVIEW AND UPDATE THEIR POLICIES AS REQUIRED.

ACTION PLAN IF A SWIMMER OR COACH TESTS POSITIVE FOR COVID-19

- PRACTICES WILL BE DISCONTINUED UNTIL CLEANING AND ANY RELATED MEASURES, AS PRESCRIBED BY OUR POOL MANAGEMENT COMPANY AND CARROLL COUNTY HEALTH DEPARTMENT OFFICIALS, ARE PERFORMED.
- COMMUNICATION WILL OCCUR WITH FAMILIES OF SWIMMERS WHO HAD "CLOSE CONTACT" WITH THE SWIMMER OR COACH WHO TESTED POSITIVE. THESE INDIVIDUALS WILL DEFER PRACTICE ATTENDANCE AND BE ASKED TO FOLLOW MEDICAL PROFESSIONAL ADVICE REGARDING TREATMENT AND QUARANTINES.
- COACHES WILL FOLLOW UP REGULARLY WITH THE FAMILY(IES) OF THE AFFECTED COACH(ES) OR SWIMMER(S)