

**WELCOME TO ELIZABETH LAKE TIDERIDER'S
2011 SWIM SEASON**

A BIG welcome (back) to the swimmers and parents of the 2003 and 1997 *WHITE DIVISION CHAMPIONS*, not to mention our 4th place finish (nearly 3rd) at the 2010 city meet!! The Tideriders are ready to begin another WINNING season. One of our goals is to provide an opportunity for our young people to participate in a team sport that requires self-discipline, dedication and team spirit, while at the same time having an AWESOME time.

Coaching Staff:

Head Coach: Chris Stickle, cell 751-2126, home 851-0540, cstic001@odu.edu, on facebook Chris Stickle
Assistant Coach: Garret Lynn, cell 813-9186, on facebook Garret Lynn

Swim Team Board:

President: Melissa Smith, smith7us@yahoo.com, 850-8374/328-4882
Treasurer: Lori Shuford, lshuford@cox.net, 851-8330
GPSA Rep: David Denton, 438-1887 david.denton@cox.com & David Lynn, lynnbnunch@cox.net 660-1438

Swim Team Dues:

Registration fee \$48 per swimmer. This fee includes: Tiderider T-shirt & Team pictures. ALL swimmers must be a paid member of Elizabeth Lake Estates Pool (ELECA).

Payment made payable to: **Tideriders.**

Please pay **Melissa Smith by June 13th**. No Registration refunds past June 18th for any reason. *Note: Please do not make any checks relating to the swim team payable to ELECA. The swim team is a separate organization.*

SWIM PRACTICE SCHEDULE:

Bring a water bottle to every practice (Please have name on water bottle)

After School M - F:

(June 6 - June 17) 6:30-7:45pm

Summer M - F:

(June 20 - July 25) Time to be announced

Practice for City Meet Qualifiers

(July 26 - Aug 5) Tentative times are 8:00 - 10:00am M - F

TIDERIDERS SWIM SCHEDULE 2011

All meets begin at 6:00 p.m.

Home meets: Arrive 4:45, Warm-ups 5:00

Away meets: Arrive 5:15, Warm-ups 5:30

June 20 Time Trials (Team Night @ Capri Pizza)

June 23rd EL vs. Running Man Home

June 27th Warwick Yacht Club vs. EL Away

June 30th EL B Meet Home

July 7th George Wythe vs. EL Away

July 11th Meet Make up

July 14th EL vs. Colony Home

July 18th EL vs. Kiln Creek Home

July 21st Meet Makeup

July 23rd Mini Meet

July 25th Willow Oaks vs. EL Away

July 28th B Meet Willow Oaks Home

Aug 6th City Meet

Aug. 7th Banquet 5pm

SEASON ACTIVITIES:

Team Pictures:

Team pictures will be taken at the pool.

July 8th, Friday Arrive 9:00am sharp for line-up, arrive 15 minutes early-note this is on a **FRIDAY MORNING**, every year some folks have to miss pictures due to prior commitments do your best to attend picture day

Fundraisers:

Chili & Hot Dog Party Bring your best Chili or Hot Dogs and Buns to share!

June 18th 4:30 (Saturday), Open to the public

Swim Team Families-bring enough chili or hot dogs and buns feed your family +2! Drinks & Dessert will be provided.

Carwash at Burger King (We are counting on the leadership of our teens to make signs and wash cars, please sign up on the board)

July 9th 10am (Rain Date July 16th)

Banana Split Party:

Following Colony Home Meet July 14th

*If you signed up for ice cream social, Last names begin with A-L bring an ice cream, topping, or bananas, M-Z bring napkins spoons and bowls also: some volunteers please set up, serve, and clean up

Awards Banquet:

August 7th @5pm (see below for description of banquet)

Last names ending in A - M bring yummy dessert

Last names ending in N - Z bring a delicious vegetable, pasta or salad (vegetable or fruit) side dish.

We are in need of set up/clean up and servers/Please sign up on the sheet at parent meeting

Concessions Donations:

PARENT DONATIONS FOR SWIM TEAM CONCESSIONS (Tracy Lynn will contact you regarding concession needs)

Last names beginning with the following letters bring the listed items by June 20. **Please label your donation when you drop it off at the pool.**

A-D

8 pack of 20 ounce Gatorade *and* 12 pack of 12 ounce Pepsi/Coke

8 pack of 1 ounce bags of chips (Doritos, Lays, etc)

E-H

8 pack of 20 ounce Gatorade *and* 12 pack of 12 ounce Diet Pepsi/Diet Coke

8 pack of 1 ounce bags of chips (Doritos, Lays, etc)

I-L

8 pack of 20 ounce Gatorade *and* 12 pack of 12 ounce 7Up/Sprite

8 pack of small bags of cookies (Oreos, Teddy Grahams, etc)

M-P

8 pack of 20 ounce Gatorade *and* 24 pack of 16.9 ounce bottled water

8 pack small bags of cookies (Oreos, Teddy Grahams, etc)

Q-Z

8 pack of 20 ounce Gatorade *and* 24 pack of 16.9 ounce bottled water

8 pack of 1 ounce bags of chips (Doritos, Lays, etc)

SWIMMER GUIDELINES

You must be able to swim the length of the pool using a competitive stroke -or- be approved by our coaching staff. The coaches will make an individual determination of skill, and safety to the swimmer, for those younger swimmers who are just starting and may take a longer period of time to swim the required distance.

Three important rules to remember every day in practice:

1. ENTER THE WATER FEET FIRST UNLESS OTHERWISE DIRECTED BY THE COACH
2. NO HANGING OR PULLING ON THE LANE ROPES
3. NO STOPPING

Attend practices; BE ON TIME and help with set-up when asked. If practices are missed (without being excused) it will be up to the coach as to whether the child participates in the next swim meet.

Swimmers who refuse to participate in practice must leave the pool premises so as not to disrupt practice.

Exhibit good behavior (NO FOUL LANGUAGE/POOR BEHAVIOR will be tolerated) and cooperation at practice so as to gain maximum benefit of available time.

Swimmers will be expelled from practice for misconduct. After a swimmer is expelled twice, he/she will not swim in the next meet.

All non-USA-swimmers (year round) should attend practice every day. Remember; there is more to being a member of a team than simply participating in the meets. Being at practice also promotes better team unity!! Any concerns speak to your coach.

If a swimmer is assigned to swim in a meet and does not show up, or is late without prior coach permission, he/she may not be allowed to swim in the next meet. (Coach's decision)

The Tiderider swimsuit (or solid black) and logo team cap should be worn to all meets. Please do not wear a suit with another team name on it.

Elizabeth Lake Tideriders team suit will be in stock at Swim and Sport Shop See Maureen Camden
13641-B Warwick Boulevard
Newport News, VA
(757) 874-7946

Team Cap \$5.00 available from the Booster Club

At practice, swimsuits will be worn properly. If drag suits are worn, they should be pulled on completely and not rolled down. After swimming, shorts are to be zipped and buttoned.

The younger swimmers tend to watch and emulate everything the older swimmers do. This is a wonderful opportunity for the older swimmers to be a positive role model for the younger swimmers.

BRING A WATER BOTTLE TO PRACTICE. Make sure your name is on the bottle.

Do not ask to borrow someone else's goggles. This is a health risk. Swimmers are to bring their own goggles every day to practice.

Abide by rules, show team spirit, exhibit good sportsmanship at all meets AND HAVE FUN!!!!

PARENT GUIDELINES

The swimmer and/or his/her family must be a member of the Elizabeth Lake Estate Pool to be on the swim team.

Each family/swimmer will have to sign the GPSA Code of Conduct to participate in the swim meets. Specific Coach's rules are also attached. A signed copy of the Code of Conduct will need to be returned directly to the GPSA Representative.

Notify coach of any medical conditions.

Have swimmer(s) arrive at practice and meets ON TIME.

Inform the coaches, as far in advance as possible of practice/meets you swimmer will be unable to attend, in writing if possible. Please see the sign up sheet posted on the Tideriders board to indicate which meets the swimmer will be unable to attend. Coaches make the meet schedule two days prior to a meet so IT IS IMPERATIVE that the coaches know as far in advance as possible.

At meets, *DO NOT* approach the official's table to arrange to have your child placed in an event or to inquire if there is an open space for a swimmer. This is not the official's job at any time. *GPSA guidelines* must be followed or the meet can be protested.

It is the *coach's responsibility* to place your child in the event he/she deems best for each swim meet. Please abide by that decision. If you have concerns about this, talk to one of the coaches about it *BEFORE or AFTER* the meet, *not during*.

Provide constructive criticisms and/or concerns regarding your child's swimming to the coaches instead of speaking negatively in the presence of either your swimmer or other swimmers.

The Tiderider Bulletin Board located in the breezeway will have notices posted as well as any other information. Please read it frequently, as some messages may not make it home with your swimmer. Also, check the website and your email frequently.

Support the Tiderider team by being an active participant. It is expected that each family will help with four meets. *The meets are only successful with YOUR help*. The team will also have at least 3 other team activities that will require parent participation for them to work. If we will all work together then no one will feel over worked.

During practices, parents *are not to interfere with the coaching staff*. Please do not distract your swimmer by talking to them during practice. If you have coaching questions, please consult with Melissa Stickle (our coaches' liaison).

Parent's questions should be brought to the attention of the Booster Committee in a timely manner so it can be addressed and resolved immediately.

Make sure your swimmer comes prepared to practice everyday with goggles, cap, water bottle and towel. Please label everything your swimmer brings to practice and meets with their name (even shoes)!

- **Sportsmanship:** At all swim meets, swimmers, parents, and parent workers are expected to act in a sportsmanlike manner at all times. This includes swimmers following the guidelines set by the coaches during the meet, as well as the individual swimmer schedule for that meet. Parents and parent workers are expected to abide by these decisions and to perform their work duties independent of team affiliation. Failure to follow team procedures, or interference with the coaches during the meet, is cause for modification (or reduction) of the swimmer's event schedule during that meet, or league meets to follow, at the discretion of the coach or GPSA Representative. Please remember that the coaches are in charge of the team during the meet, and the GPSA Representative from each team is responsible for the successful operation of the scheduled meet. Any irregularities which occur during the meet will be handled by this specific group of individuals either with the swimmer directly, with the appropriate official, or with the GPSA Representative from the opposite team.

UNDERSTANDING A SWIM MEET

- Swimmers may participate in 3 of 5 main events (IM, free, breast, back or fly) and 1 relay event (including exhibition). Every stroke must be executed in the proper manner or the swimmer may be disqualified (DQ) by the stroke and turn judges. Swimmers will be taught proper stroke techniques, starts, turns and finishes in practice. A DQ can be a learning experience. Encourage your swimmer to use the information the stroke and turn judges gives them to work on perfecting their stroke.

Swimmers are divided by boys and girls and into their respective age groups. 6 & under, 7/8, 9/10, 11/12, 13/14, 15 – 18. The age your child is on June 1st 2010 will determine the age group in which your child will swim.

Swimmers in the 6 & under group swim only 25 meters of freestyle and backstroke (one length of the pool). Butterfly and Breast are considered an 8 and under event by GPSA. Any swimmer 8 years old and under may participate in these events provided they are able to perform the stroke. In league meets, those swimmers who are 6 and under will be considered for these events based on their times and ability to perform the stroke

The 7/8 age group swimmers swim 25 meters of freestyle (FREE), breast stroke (BREAST), backstroke (BACK), and butterfly (FLY).

All older groups swim 50 meters (2 lengths of the pool) events in each stroke, including an individual medley (IM) where the swimmer swims 25 meters of each stroke for a total of 100 meters.

Meets begin with the IM stroke and progress in order through freestyle, breast, back and fly.

The swimmers in lanes 1 – 4 (the middle lanes) are the only ones that score in an event. The outside lanes (5 & 6) are for exhibition only and are awarded no points. Exhibition heats also are awarded no points.

Points are awarded as follows:

First place - 5 points

Second place – 3 points

Third place – 1 point

The meet concludes with the relay events. Each relay event is worth 7 points to the winner and 0 points to the relay team that comes in second.

Free relay: All swimmers swim freestyle

Medley relay: Each swimmer swims one of the four strokes. Backstroke, Breaststroke, Butterfly & Freestyle.

Relay teams are composed of one swimmer from each age group, 10 and under, 11-12, 13-14, 15 –18.

Current Rule Change: Currently the Blue Division allows a swimmer to swim in 4 competitive events per meet. There may be a modification to this rule which will allow each team with fewer than 64 swimmers on its roster, to swim a portion of its team's swimmers in 4 competitive events. This will apply to the Red and White Division, as well as the Blue Division.

WHO SWIMS AT A MEET

The *league meet* team score determines our standing within the league. The coaches work diligently to schedule a successful meet. When creating the line-up the Coaching Staff considers the following:

Fastest Time (obtained in a GPSA meet / time trials, not in other organizations)

Availability

Participation in practice workouts or (USA practices--for year-round swimmers)

A swimmer may only compete in 3 individual events and 1 relay event per meet according to GPSA guidelines.

Please remember the coaches do their very best to allow everyone a chance to swim. Because only a certain number of swimmers may participate in the league meets, 2 interpool (practice) meets have been scheduled, as well as the GPSA Mini-Meet. Swimmers that typically do not compete for points in league meets will be given priority in these meets. Swimmers participating in the inter-pool (practice) meet times will count toward qualification for the GPSA City Meet. Swimmers in inter-pool (practice) meets can *only count the meet points accumulated during GPSA league meets* towards the high point awards presented at the end of the season.

Additionally, during the course of a meet, if the coach realizes a safe margin of points exists, the remaining line-up *may* be revised to allow swimmers to participate in accordance with GPSA guidelines, which might otherwise not have been scheduled in a specified event. The coaches always try to get exhibition heats to insure as many swimmers as possible the chance to compete. It should be emphasized that *all swimmers* are encouraged to *attend all meets* if possible. Should this occur on a regular basis during the season, *high point awards may be averaged based on the number of heats the swimmer participated in, so the swimmer is not penalized if the coach removes him/her from a competition lane in which they would have normally participated.* Additional information regarding this will be sent under separate cover prior to the start of the season if the coach anticipates that these changes will occur on a consistent basis.

HOW TO HELP YOU SWIMMER HAVE A SUCCESSFUL MEET

See that your child attends all practice and meets.

Be sure your swimmer is getting the proper diet and proper rest. Eat your larger meal around midday, and avoid candy, sodas and high fat foods. The team will often go out to eat after an away meet.

On the day of a meet it is recommended to keep your swimmer indoors or relatively inactive to conserve energy for the meet. Playing in the hot sun can drain them of all their strength. **DO NOT GO TO THE POOL** after practice.

Support your swimmer in a positive way and provide encouragement. Swimming is a sport that is as much mental as physical. A positive approach to swimming by both the swimmer and the parent can help guarantee success. The swim team tries to focus on Sportsmanship, Attitude and Team Spirit. These values will be of benefit to your child the rest of their life. Please help us encourage these values.

GPSA

The Elizabeth Lake Tideriders are members of the *Greater Peninsula Swimming Association*. The Tideriders are in the *White Division*. All meets are run according to specific rules and regulations of the association. Our GPSA Representative is responsible for organizing each meet as well as assuming responsibility for swimmer and parent conduct at the meet. It requires a lot of people to run a swim meet. Parents supply the people power needed to ensure a successful meet. Please do not hesitate to help out at these positions when asked. <http://www.gpsaswimming.org/>

ELIZABETH LAKE TIDERIDER AWARDS

(Awarded at the end of the swim season at the Awards Banquet)

High point trophy -- Given to one boy & one girl with most point in each age group.

Most improved trophy - Given to one boy & one girl who show the most improvement from the beginning of the season.

Coaches Award -- Given to one boy & one girl, who show consistent improvement, shows determination & demonstrates a positive attitude.

Participation Award -- Given to each swimmer who participates in at least 2 meets during the summer.

Point System used for high point trophies:

a. 1st place—5 points

b. 2nd place—3 points

c. 3rd place—1 point

d. Swimming up in any higher age group gives an automatic 2 extra points (unless the swimmer is disqualified during that

event). This is for the determination of this team award only, extra points are not given during meet competition to determine the winning team at a league meet.

INFORMATION

Team Communication:

Communication is very important for a fun and successful season. Things can change from day to day, and on a meet day, from hour to hour. To keep parents and swimmers informed we have four avenues of communication.

Email--if your email address changes, inform the Booster Club Representative as soon as possible so you don't miss out on late breaking news.

Website

Team Bulletin board across from the concession stand

Time Trials:

Our time trials are usually held one week prior to our first meet to provide competitive times for the coach. Time trials are just like a regular meet, but we swim only against ourselves in each respective age group. This is valuable to first time swim team members as they experience a meet atmosphere. *Time Trials are used to determine the fastest times for each swimmer prior to the first meet. These times will be used by the coach to determine our initial lineup at that meet. Times from other swimming organizations or other clubs are not acceptable for swimmer placement, and swimmers who establish times at Time Trials will be given priority over swimmers who provide written times from other organizations (and failed to attend the scheduled Time Trials). If that swimmer later establishes faster times in exhibition or competition heats of future meets, the coach will adjust the lineup accordingly as the season progresses.*

League Meets:

These meets are our *most* competitive and will determine our standing in the GPSA league. Our fastest swimmers will swim in the 4 scoring lanes during these meets. While the coach will try to swim as many children as possible in each League meet, either in a scoring lane or in an exhibition lane, it is not always possible for every child to swim during a league meet. This is the main reason for having practice meets with other teams.

Meets (B-Meets) or Inter-Pool (practice):

These are meets arranged by our GPSA representative with other teams to allow swimmers to Swim more and gain experience. These meets are scored but they do not count in the GPSA standings. Swimmers that did not swim (or swim less events) in the league meets are given priority in scheduling.

Exhibition Lanes:

These lanes are the two outside lanes in a six-lane pool, with each team using one. The coaches are free to use it at their own discretion. No points are earned toward the team score; however, the times ARE applicable to qualifying for the GPSA Championship City Meet. The coaches will make good use of this lane during the meet. (Please note: there are some pools that do not have 6 lanes)

GPSA Mini Meet:

This meet gives all swimmers an additional opportunity to qualify for the City Meet. Swimmers who have not achieved a championship meet qualifying time in the event are eligible to swim that race. Times cannot be faster than the 2009 Championship Meet Qualifying times. A small fee is charged for each event entered. This is a great meet for all the swimmers that qualify. It is fun and exciting to swim in a big meet.

Championship Meet (City Meet):

All swimmers who *achieve qualifying times* during the regular season are eligible to participate in the GPSA Championship City Meet at the end of the season. While team scores are kept, swimmers are mainly swimming for *individual* places. A small fee is charged for *each* event entered. *Qualifying times will be posted at the pool prior to the start of the season.*

Personal Best Ribbon:

We encourage "Individual Best Time". A personal best ribbon is awarded to a swimmer each time he/she improves upon hi/her own best time at a meet.

Swimming-Up:

The term "swimming up" refers to a swimmer swimming above his/her age group.

Awards Banquet:

At the end of the season, the team holds an awards banquet at the EL pool. Traditionally, the banquet is held the Sunday evening after the City Meet. The cost for the swimmers is covered in the registration fee paid at the beginning of the season.

There will be a small fee collected before the banquet to cover the cost of the chicken for family members and friends attending the banquet. We ask each family brings a side dish to share.

Illness/Vacation:

It is important that the coaches are notified promptly if a swimmer is unable to swim in a meet due to illness or vacation. This gives them time to make necessary changes in the line up. Remember to notify the coach and write it on the Tiderider board in advance that your swimmer will be unable to swim in a meet for ANY reason.

Rides:

Those swimmers needing a ride to any away meet should notify one of the coaches. Parents, if you have extra room, please let one of the coaches know as well. Thanks!!

Private Lessons:

Check with the Coach and Staff. Also check the Elizabeth Lake Tideriders bulletin board(directly across from snack bar) for others giving lessons.

GPSA Senior Scholarship:

High School Seniors are encouraged to check out the GPSA website for information about the Scholarship they offer. And speak to the GPSA Representative for more details. The deadline is July 18, 2011, at 12:00 noon. The GPSA Representative is required to email the entry directly to the President of GPSA. Therefore, do not wait until the last minute to get your essay to your Representative. The subject of the essay this year is "How my summer swimming prepared me for life." Visit the GPSA website at: <http://www.gpsaswimming.org> for more information. Seniors are encouraged to get their essays to Mr. Denton or Mr. Lynn early so they may review the essay, and discuss with the senior any areas that may need to be amended (before submission) to avoid point deductions for the judges. Please be prepared to share your essay on our team website-your essay will inspire our future seniors!

AWAY MEET ADDRESS OR DIRECTIONS:

George Wythe: Phone: 247-0185
230 Claremount Ave.,Hampton, VA,

Take I-664 toward the M-M Bridge Tunnel. Take the Powhatan Parkway Exit - Exit 2. Turn left on Powhatan Parkway. Turn right on Kecoughtan Road. Turn left on Claremont Ave.

Willow Oaks: Phone: 850-2813

From Eastbound Mercury Blvd.: Left on to Fox Hill Rd., Proceed approx. 1.4 Miles Left on to Willow Oaks Blvd.Right at stop sign on to Beaugard Hgts.Pool is on the right.

Colony: Phone: 833-8482

347 Eastwood Newport News VA

Take Jefferson Ave. to Bland Blvd. Turn West on Bland. Cross Warwick Blvd, cross Colony Road. After you past Colony you will see a big white barn on right side. That is Colony Pool.

Warwick Yacht Club: Phone: 930-0561

400 Maxwell Lane Newport News VA

Maxwell Lane is off of Warwick Boulevard near Yates Elementary in the Hidenwood area. Follow Maxwell Lane to the very end! You will go past a three way stop sign at Normandy Road. Please watch your speed all the way down. It is posted at 25 and well enforced!

Kiln Creek: From Jefferson/Warwick Area: Take Oyster Point Rd (turns into Victory Blvd as you cross over the I64 overpass), turn left at the second stoplight at the corner of Victory and Kiln Creek Blvd. Ruby Tuesdays and Hardee's is on this corner. Pool is about 1/2 mile on the right, just past the soccer fields. Additional parking at soccer fields. From J. Clyde Morris: Take a left onto Victory Blvd. Take first right onto Kiln Creek Blvd. Pool is 1/2 mile on the right just past the soccer fields.

Running Man: Phone: 867-7477

800 Running Man Trail

Yorktown, VA

From I-64:

Take the Victory Boulevard East exit (Exit # 256B) toward Poquoson.

Continue on Victory Boulevard approximately 3.4 miles

Turn right onto Running Man Trail.

Team Volunteering:

All families will be expected to volunteer to run home meets and Booster Club activities. All families will need to volunteer in at least three areas per season, one for Team Activities and two Meet Volunteering (see the registration form). This is your choice, refer to the registration form. It is the responsibility of the parent to find a volunteer replacement if they are unable to meet their obligation. It takes a minimum of 20 individuals per home meet to run it/40 for 2 shifts. We have about 40 total families, so plan on 1 shift per meet. We will also need volunteers for Away meets too. (Please sign up at meeting or see bulletin board).

Volunteer Options:

Timers, Lane Judges, Runners, Setting-up/taking-down equipment, Concessions, Bake Sale Table, Clerks of Course, Stroke and turn judges, Ribbon writers, Scorekeepers, Starter, Referee, Announcer. Fundraiser, Ice Cream Social Coordinator, fundraising, Bake Sale Coordinator.

2011 Calendar of Events

June 4	Training for Coaches & Officials & Score Keepers @ Marlbank Pool 9am
June 13	Team Rosters Due to rosters@gpsaswimming.org Code of Conduct due to rules@gpsaswimming.org
June 15	Training for Officials @ Poquoson 6:30pm
June 20	Official Start of Swim Season
July 11	1st Make up Swim Date
July 16	Mini Meet Entries Due to entries@gpsaswimming.org
July 18	J. Kyle Hurdle Scholarships Due scholarships@gpsaswimming.org
July 21	2nd Make up Swim Date
July 23	Mini Meet
July 28	Last Scheduled Meet
July 30	Heat Sheet Ads Due to ads@gpsaswimming.org City Meet Entries Due to entries@gpsaswimming.org
August 6	City Meet