

TAC Riptide Swim Team Parent Handbook

Program Outline

The purpose of the program is to enable swimmers to have the opportunity to obtain proper coaching and training for all levels of competitive swimming. Swimmers range from novice to Olympic Trials qualifiers. The program is under the direction of Head Coach Daniel Asencio. Qualified assistants also work with the program to strengthen its foundation.

The program is held at the Complex Pool on the 42-acre private property of The Atlantic Club. The facilities are outfitted with the latest Saline Salt-Water filtration system which reduces chloramines in the water and improves air quality dramatically. A Ultra-Violet filtration system is also being put in to ensure that both water and air quality is of the highest and cleanest standards. These facilities at The Atlantic Club are unique and one-of-a-kind. No other facility in the state and very few across the country offer such standards of quality. We train in a 6-lane 25 meter pool throughout the year and a 6-lane 50 meter pool during the summer. Our facilities are outfitted with Paragon Starting Blocks and Colorado Timing Systems touchpads, scoreboard, and starting system. Our facility is also outfitted with Non-turbulent lane lines to reduce wake and excessive water turbulent.

The Atlantic Club strives to instill values such as structure, discipline, balancing, and hard work into our athletes. These values allow our athletes to be successful in any endeavor they encounter be it inside or outside of the pool.

USA Swimming Registration

All swimmers must register with USA Swimming. The fee is \$52.00 dollars per child (not per family with multiple members) in a check payable to The Atlantic Club upon registration. Payment for the USA Swimming Registration is due with the first payment.

Parents and Spectators

Only swimmers are allowed into the Complex Pool during practice. Parents and siblings are welcome to wait at the Café in the main building. Parents are welcomed into the complex 15 minutes before or at the conclusion of practice to pick up their children.

All parents are expected to volunteer at meets either as timers or officials. Those interested in becoming an official to represent the TAC swim team at meets will be given the opportunity to become certified at a designated time of the year.

Built within our fees is a volunteer escrow. This is a refundable deposit of \$100 dollars given in the beginning of the year. Parents must volunteer as timers or officials in 4 meets in order to have the \$100 refunded. The money will be refunded at the conclusion of the year in August.

Disciplinary Regulations

Any individual involved in vandalism, misconduct, or failure to cooperate with the coaches or facility personnel will be disciplined. If an offense is deemed grave, that individual may be dismissed from the program.

Competition

Swimmers participate in USA Swimming meets according to their ability level and age group. Swimmers in the program represent The Atlantic Club swim team at competitions.

Fees and Payments

<u>Group</u>	<u>Membership</u>	<u>Volunteer</u>	<u>Annual</u>
Senior	\$2600	\$100	\$2700 Covers training from Sept to Aug
Pre-Senior	\$2400	\$100	\$2500 Covers training from Sept to Aug
Junior	\$2200	\$100	\$2300 Covers training from Sept to Aug
Sophomore	\$1400	\$100	\$1500 Covers training from Sept to May
Freshman	\$1200	\$100	\$1300 Covers training from Sept to May
Transitional	\$750	\$100	\$850 Covers training from Sept to May
Prep	\$700	\$0	\$700 Covers training from Sept to May
College	\$450	\$0	\$450 Covers training from Sept to Aug

Meet entries will be covered by the Membership fees for the year.

Swimmers in the Sophomore group will be invited to partake in long course training. Their will be an additional fee of \$350.00 added to the total for training and competing purpose.

*Any swimmer who leaves the program after the onset of the season must tryout for the team again at either the designated tryout date or at a time convenient for the Head Coach. And the swimmer may not be guaranteed a spot on the team.

Payment Schedule

There will be five equal installments in which families can pay for their membership fees. Below are the scheduled dates and sample payments. You can pay in full at any given time before the last schedule date. The fees include team membership, entry escrow, and volunteer fees. With first payment, please include a SPERATE CHECK for \$52.00 dollars made out to The Atlantic Club. This fee is to register with USA Swimming. It is \$52.00 per swimmer not family.

Sept 4th ,Oct 5st ,Nov 2th ,Jan 4th ,Mar 1th

* Transfers & College Swimmers will pay in full upon joining the program.

Enrollment Limitations

Enrollment in any group is at the discretion of the Head Coach. Coaches' discretion is the determining factor in placement of swimmers in training groups.

New Participants

All potential new participants MUST ATTEND the tryout sessions. A limited number of new swimmers can be accepted in the fall. Tryouts will be held August 18th 2009 from 4:30pm and 7:30pm. Swimmers accepted to the program will be notified by August 25th 2009 for the 2009/2010 season. Next season tryouts will be August 10th 2010 from 4:30pm to 7:30pm for the 2010/2011 season.

Basic Training Outline

Swimmers are encouraged to participate in the program year round and to progress to increasingly challenging training groups. A full season is from the beginning of September to the beginning of August. The winter season commitment is September through March. Spring/Summer season is from April to the beginning of August. Swimmers are grouped according to ability and age, with ability being the more important consideration. Recommendations for placement in training groups can be made by a primary coach prior to payment due dates. All training groups are finalized by the head coach at the recommendation of a primary coach.

Transfers

Any swimmer is welcomed to tryout for the TAC club swim team. If a swimmer has competed for another club team, they must meet all financial obligations from their previous club team before becoming a member of The Atlantic Club swim team. All new swimmers must tryout or meet particular standards set forth by the Head Coach in order to become a member of the TAC family. Each group has particular standards that will be divulged to those trying out for the team at a set time.

Training Groups

Transitional

This group is for ages 8 and over. Stroke mechanics and introductory competitive swimming are the focuses of this group. The group swims 3 practices per week for 1 hour each. Recommendation for placement into any of our other training groups is made at the request of the Transitional Coach with the final approval made by the Head Coach.

PREP

This group is for ages 6 and under. Stroke mechanics are the primary focus of this group. The group swims 1 practice per week for 1 hour each.

Freshman

This group is for ages 7 and over. Stroke mechanics and introductory competitive swimming are the focuses of this group. The group swims 3 practices per week for 1 hour each.

Sophomore

This group is for more experienced swimmers ages 8 and over. The maximum age of for the Sophomore swimmers is 12. Swimmers in this group must have competitive experience. Stroke technique and conditioning for competitive swimming are both emphasized. Sophomore swimmers practice 4 times per week for 1 hour to 1 1/2 hours each.

Junior

This group is for swimmers 10 and over who are ready for the transition from Sophomore to Junior. All aspects of swimming are emphasized. More focus is placed on technique refinement and enhance training. Dry land training is introduced 2 times a week. This group practices 5 times per week for 1 1/2 to 2 hours each. Placement is by recommendation of the Sophomore coach and the final placement of the Head Coach.

Pre-Senior

This group is for experienced young swimmers with a background of training. Minimum age is 11. All aspects of swimming are emphasized, including dry land training. Pre-Senior swimmers train 5 to 6 days per week for 2 1/2 hours each. Recommendation of the Junior coach is required.

Senior

This is the most intense training group. Minimum age is 13. Swimmers must be committed to training 6 days per week for 2 1/2 hours. All aspects of swimming are emphasized, including dry land training. Recommendation of the Head coach is required.

College

Any College athlete interested in training and competing for the swim program are invited at the discretion of the Head Coach. At TAC, we believe the opportunity for our club swimmers to train with collegiate athletes is invaluable and welcome such athletes under certain guidelines and criterias.

Dryland

The Sophomore, Junior, Pre-Senior, and Senior groups are required to attend and participate in dry land. Dry land will consist of an array of exercises and drills to increase core strength and flexibility. All exercises have been created by our personal trainers and other renowned strength and conditioning coaches from throughout the country.

Sophomores will do dry land 1 time a week.

Juniors will do dry land 2 times a week.

Pre-Senior and Senior groups will do dry land 4 to 5 times a week.

(The Parisi Speed School will be conducting dry land on specific days and times for each group.)

Practice Schedule

FALL SCHEDULE

Prep: Sat 11:00am to 12:00pm

**Freshman: Tues & Thur 4:15pm to 5:15pm
Sat 11:00am to 12:00pm**

**Sophomore: Mon, Wed, Fri 4:15pm to 5:15pm
Sat 9:00am to 10:30am**

Junior: Mon, Tues, Thur, Fri 5:15pm to 6:45pm
Sat 8:00am to 10:00am

Pre-Senior: Mon, Tues, Thur, Dryland: 6:15pm to 6:45/ Swim: 6:45 to 8:45pm
Fri Swim: 5:15pm to 7:15pm
Sat Swim: 6:00am to 8:00am/ Dryland: 8:00am to 8:30am

Senior: Mon, Tues, Wed, Thur Dryland: 6:15pm to 6:45pm/ Swim: 6:45pm to 8:45pm
Fri Swim: 5:15pm to 7:15pm
Sat Swim: 6:00am to 8:00am/ Dryland 8:00am to 8:30 am

Transitional Mon, Wed Swim: 5:30pm to 6:45pm
Sat Swim: 9:00am to 10:30am

***Practice times are subject to change. Notification will be posted on the website, as well as through e-mail notification.**

TYR TEAM

What is a "TYR Team"? The TAC swim team gets certain team privileges from TYR. Team privileges are discounted team products (race suits, team warm ups, equipment), coaches uniforms and free swimwear and products for our swimmers that make US National meets. In return, we will only wear TYR products at meets. Any swimmer wearing any other brand to swim meets will be scratched from the meet.

The team suit will be a simple TYR Black Durafast suit for the fall. For swimmers in the Pre-Senior and Senior groups, Danny expects you to wear the TYR Tracer at meets he designates. These suits have been thoroughly tested and have been found to be sturdier, last longer, and allow the body to be more buoyant in the water than its competitors. This will aid in the pursuit of swimming fast. REMEMBER THIS THOUGH: **THE SUIT DOES NOT GUARANTEE FAST SWIMS, HARD TRAINING AND COMMITMENT GUARANTEES FAST SWIMS!!!**

Required Equipment For Everyone:

TYR team swim suit
TYR team cap
TYR team warm up
TYR teams duffel/backpack.
TYR Pull buoy
TYR Kickboard
TYR Split fins

Additional Required Equipment for JR/Pre-SR/SR Groups:

TYR team training/drag suit
TYR Catalyst paddles
FINIS Snorkel

Recommended Equipment for SO Group:

TYR Catalyst paddles

TYR Tracer swim suit

Listed below are the discounts that TAC receives for being a TYR Team:

- 25% off TYR Team Bags
- 25% off TYR Alliance Team Warm-ups
- 25% off TYR Pull Floats, TYR Hand Paddles, and TYR Fins
- 15% off TYR Championship suits

Senior National Swimmers	(1) Championship Suit; (1) Warm-Up; (1) Bag; (1) Sandal
Junior National Swimmers	(1) Championship Suit; (1) Goggle
Sectional Swimmers	25% off TYR Tracer Suit

VENDOR

D & J SPORTS (www.djsports.com) will be supplying us with all of our equipment. Although their store is located over an hours drive away, their flexibility in ordering equipment, multiple fittings for the team, and discounted prices ensures we receive all of our equipment in a timely and inexpensive manner. They have guaranteed that orders sent and received through e-mails and over the phone will receive the team discounted prices regardless of the number of items ordered. Tui Weinman (our representative) has worked with numerous club teams and universities across the country. She is highly recognized and respected by her peers and coaches. A recommendation has been made that orders received through e-mail at jm@djsports.com are processed faster than over the phone (O): 610-282-5895 or F: 610-282-5894). Both are acceptable means of ordering any and all equipment required for training and competing for TAC swim team.

Team fittings will be Sept 19th and Oct 10th. Times will follow shortly. Bags, Warmups, and TYR Tracer suits can only be ordered at the two fittings to ensure proper sizing and comfort.

TEAM ACTIVITIES

We will be hosting several meets throughout the year at the Complex Pool at The Atlantic Club. Parents and swimmers are expected to assist in running these meets as they will be used as fundraisers. We will also be conducting several swim-a-thons to assist various charities and organizations. Funds raised at such functions will be donated on the behalf of the TAC swim team and its members. We will be hosting our annual Intrasquad meet (BLACK VS BLUE) in October. The set date and time will be given at a later time and date. The meet will be conducted as a true meet. All of our timing equipment will be put in place and scored as a dual meet. Any best times acquired at this meet will count as legitimate times. Other team activities will be listed and occur at later dates and times.

Any question, please contact Head Coach Danny Asencio at 732-223-2100 x 166 or at his e-mail address at daniela@theatlanticclub.com