



Orangevale TigerSharks Swim Team

2024 Parent & Swimmer Handbook

Welcome to the Orangevale Recreation & Park District's TigerSharks Swim Team!

Please read all attached registration information, as some items change from year to year. This information packet has been assembled to help you understand what is involved when you sign-up for the Orangevale TigerSharks.

Registration Dates

Beginning January 8th (Returning swimmers that swam in 2 dual meets and Champs in the 2023 season)

Beginning February 5th (For New Families)

If you have any questions or need additional information, please feel free to contact the District Office at 916-988-4373. We look forward to having your child swim with the Orangevale TigerSharks!

Important Phone Numbers and Information Spots

Recreation Supervisor Jason Bain916-988-4373
Head Coach James Coulter
..... Mike Chavez
TigerSharks Parent Club Board President Kristin Hurd ovtspresident@gmail.com
OVparks District Office & Registration 916-988-4373
TigerSharks Hotline 916-988-1285

Website www.ovts.club

Team Suits and Practice Gear..... www.swimoutlet.com/OVtigersharks

TigerSharks Fees and Charges

Program Registration Fees

For each swimmer, participants pay a flat fee to Orangevale Recreation & Park District for the entire season. The fee is due at the time of registration or before the date noted below. The fee is not pro-rated for holidays, vacation, or days missed.

Registration Fee: for each swimmer

\$178 (\$183 NR) for the first swimmer in a family

Family Discount: \$5 off 2nd swimmer, \$10 off 3rd & 4th swimmers

Swimmers in the 15-18 age group may qualify for a reduced fee of \$88 (\$93 NR) with a commitment of assistant coaching for a minimum of 12 hours during the season

A \$10 non-refundable deposit, per swimmer, will hold your spot. Full registration fees are due by April 8th .

Split Payment Option

You may pay your registration fees in two payments, using the split payment option. You pay a minimum of one half of the amount due by 4/8, plus a \$10 handling charge per family and your final payment is due **May 31st, 2024**. If the fees are not paid in full by June 3rd your child/ren will not be able to participate in practice and will not be seeded in any meets until fees are paid in full.

If special financial arrangements are needed, due to unforeseen circumstances, please contact the Recreation Supervisor by April 8th. Every attempt will be made to accommodate special situations; however, we cannot guarantee that we can honor your request.

Credits/Refunds

The District does not provide credits and/or refunds for program fees for days missed. Applicable refunds shall be processed for any participant who is removed from the program by District staff. Refunds will be given prior to the start of the program. Once practices have started, you will have two weeks to determine if your child is ready and able to participate in the program. If you decide to pull your child from the team at the two week mark, a \$50 fee will be deducted from your refund, to cover cost of participation and processing of your refund. No refunds will be given after the two-week grace period.

Parent Club Participation Responsibilities

A family member is expected to work at each swim meet their child is participating in. **Failure to meet the participation commitment will make you ineligible to pre-register for the next season.** Please speak to the board president for special arrangements. We will do our best to accommodate all families.

Other Fees or Charges

~ Purchase of team swim suit (Approximately \$35-60)

~ Purchase of team apparel (swim caps, shirts, hats, etc, \$10-30 each)

~ Fundraisers and spirit activities (Pasta Feed, Swim-A-Thon, Sunsplash, etc.)

~ Post Season Meet of Champions fees if your swimmer qualifies at our league championships (costs \$50)

Practice Information

Practice is a vital part of swim team. The TigerSharks have limited pool time and therefore, we must make the best use of the time we have. Swimmers need to arrive at the pool on time. Every swimmer is responsible for checking in with their assigned coach at the beginning of each practice and signing the roll sheet. If your child will be missing more than two practices a week for any reason, please inform your coach.

Swimmers must come to practice prepared to swim, unless otherwise instructed by the coach. Be sure to bring a swimsuit, towel, goggles, cap, dry clothes and shoes to each practice. **Label all belongings, as items often get lost.**

The coaches have the right to keep swimmers out of the water if they are late or fail to meet the Swimmer's Responsibilities as noted in this book.

In case of emergency, Orangevale Recreation & Park District may have to close the pool unexpectedly with short notice. Pool emergencies include but are not limited to chemical imbalances of the pool, inclement weather, or vandalism to pool equipment. Refunds will not be provided in the event this happens.

TigerSharks practice even if it rains! Although, in the event of lightning there will be no practice. If you are unsure, you can call the TigerSharks hotline # (916) 988-1285 for a message.

The coaching staff determines practice times for each age group. Generally speaking, when San Juan schools are in session (May 6st – June 5th), practice times are after-school, around 4pm to 8:45pm. When school is out, practice times are between 6:30-10:45am. For those swimmers who cannot attend the morning practices during the summer (usually summer school students, etc.), please contact the head coach.

Practice duration varies between the age groups. Usually the 8 & Under groups practice 30-45 min, 9-12 groups will practice 1 hour, and the 13+ groups will practice for 1.5 hours. All practice lengths are subject to change.

Practice is scheduled five days per week, Monday through Friday
No Practice on Holidays: Memorial Day 5/29 and Independence Day 7/4

Tentative TigerSharks Practice Schedule May 6 - June 5

Ages 6 & Under 4:00-4:30 PM
Ages 7-8 4:30-5:15 PM
Ages 9-10 5:15-6:15 PM
Ages 11-12 6:15-7:15 PM
Ages 13 & Up 7:15-8:45 PM

Tentative TigerSharks Practice Schedule June 6 - July 26

Ages 6 & Under..... 8:00-8:30 AM (supplemental practice)
Ages 7-8 8:30-9:00 AM (supplemental practice)
Ages 9-10 10:00-10:45 AM
Ages 11-12 9:00-10:00 AM
Ages 13 & Up: Group A 6:30-7:45 AM & Group B 7:45-9:00 AM

Summer PM Practice

Ages 6 & Under 4:30-5:00 PM
Ages 7-8 5:00-5:45 PM

PRACTICE SCHEDULES ARE SUBJECT TO CHANGE.

Swim Meet Information

Competition is the goal for our team, having all members able to participate. There are many opportunities throughout the season to compete including Time Trials, Dual Meets, Champs and Meet of Champions. See a following page for an explanation of the different types of meets.

Are meets required?

Yes. We encourage our swimmers to be active team members who swim at least 3 meets to see how they are improving throughout the season. These 3 meets should include 2 dual meets and the VFCAL Champs. You must swim in 2 league dual meets to qualify for our league championships. *Only active team members who swim in 2 dual meets and champs plus fulfill their volunteer hours will be able to pre-register for the following season.*

Signing in to meets:

You MUST sign your swimmers in to each meet you plan on attending.

In May, you will be emailed a link to register with the team online. You must register each swimmer in your family. Once registered, you will receive invitations to sign in to meets. Two weeks prior to the meet, the link will be sent out for the online sign in, please follow the instructions to sign in all swimmers in your family. The process of setting up a swim meet takes one week, so you must SIGN IN early for your swimmer to attend. Adding swimmers on the day of the meet is very difficult for the coaches and computer staff. If you are not planning to attend a meet, please mark "not attending" on the online sign in.

How do I know if my child is swimming and what events they are swimming?

Coaches determine who swims in each event, according to individual goals and abilities. The coaches evaluate the strokes, endurance and experience of all of the swimmers during the weekly practices. Seeding a meet consists of placing the swimmers in events that will benefit themselves and the team. The benefits may be to help them achieve a goal, try a new stroke, and/or post a time.

Coaches are required to complete their seeding by the WEDNESDAY evening prior to the swim meet. The coaches will post the meet sheet by Thursday on our bulletin board on the pool deck, listing each swimmer's events. It is very important that you check the sheets and notify the coaches if your child will not be attending the meet but is listed.

The Orangevale TigerSharks is a TEAM made up of individuals. Each individual has a place on the team and each swimmer is important. When a child does not show up at a meet without notifying a coach, often an entire seeding sheet must be changed prior to the start of the meet. If you have questions or concerns about meet events, talk to your swimmer's coach.

Events

The coaches will determine the number events your swimmer may swim. This will vary depending on the number of swimmers in each age group. Individual events are the individual medley (1 lap of each stroke), short free, long free, backstroke, breast stroke and butterfly. Exemptions are for the 6 & Under swimmers which only swim the short free and backstroke.

Relays

There are two relay events at each meet; Freestyle and Medley (back, breast, fly, free).

Teams are made up of 4 swimmers of the same age group, each swimming an equal length (1 or 2 laps)
6 & Under age group only swim the freestyle relay.

Swim Meet 101

Arrival: YOU MUST CHECK YOUR SWIMMERS IN AT 7:00am SHARP for swim meets!

At each meet, you must check in with the coaches at 7am at the sign in spot. Any swimmer not checked in will be scratched from the meet and not able to swim that day. This is a timely process for the coaches and computer staff to scratch swimmers and rework the relays. Only sign into a meet if you intend on coming. At home meets, the coaches will have a table set up just inside the entrance gate. At away meets, the coaches will be by our age group tents.

PARENTS: It takes around 90 volunteers to staff a swim meet.

We need all families to work at the meets their children are swimming in. Job signups will open the same time as meet sign in. The final volunteer schedule will be sent out a few days before each meet, please verify where you are working and contact the Volunteer Coordinator with any questions.

All parents must check in with your Volunteer Coordinator after checking your swimmer in with their coaches, even if you are on stand-by.

After checking in with the coaches & volunteer heads, please check in with your swimmer's age-group parent.

Age Group Tents

Each Age group will have a tent set up to at each meet.

10 & Under Swimmers: Swimmer will gather and be placed into order before each event at their tent. Help the Age Group parents by making sure your swimmer is at their tent 3-4 events prior to the one they are swimming in. The Age Group parents will do a head count, line them up and take them to the ready bench. If your swimmer is not at the tent, they may miss their race. It is the responsibility of the swimmer and their parent to make sure they are at their races on time, not the Age Group Parent.

11 & Older Swimmers: There will be tents set up to hang out in between races. A program will be posted for them. Swimmers are responsible for getting to the ready bench and blocks on time.

Ready Bench

We will have a ready bench at all meets this season, home and away.

The Ready Bench parent will make sure the swimmers are in heat and lane order, and then send them to the blocks when it is time for their race. Please be ready to swim when arriving at the ready bench with your cap and goggles. DO NOT leave shoes, towels, or other personal items at the ready bench.

About 2 events prior to every swimmer's event, swimmers should be at the ready bench. 10 and younger ages are usually brought over by the Age Group parents, older swimmers are expected to arrive on their own. This is done to ensure that every swimmer makes it to their race on time and does not miss his/her opportunity to compete. Please follow the directions of the Ready Bench parents once in that area.

Events

The order of events will be the same at all VFCAL meets. Events start with the youngest girls and then the youngest boys, alternating girls then boys until the stroke is finished.

Order of Events: IM, 6U Free Relay, 7+ Medley Relay, Short Free, Backstroke, Breaststroke, Long Free, Butterfly, 7+ Free Relay.

Swimmers will have 30 seconds to be on the blocks once their heat is up. If they are not there in time, they will be disqualified from that race.

Setup & Tear Down

If you are assigned meet set up and tear down, arrive on time! Usually 10 & under aged families set up the meets and 11 & older families tear it down. Please pitch in to make the work go faster.

Personal Areas

We encourage our families to bring tents and chairs for the day. Please follow the direction of the Meet Director for where to set up and leave your area clean at the end of the day.

Types of Swim Meets

We swim in the VFCAL Swim League that has 8 teams; Arden Manor Pirates, Auburn Robalos, Cordova Blue Marlins, Life Time Roseville Sugar Bears, Orangevale TigerSharks, Placerville Dry Diggins Dolphins, Rio Linda AquaKnights, and Woodland Wreckers.

Time Trials

This is our first meet of the year, also known as the Orange vs. Black meet. TigerSharks are the only ones in the pool for this meet. The purpose is to give everyone a chance to see how a meet runs and to set base times for our swimmers so they know where they are starting at for the season. The coaches use these times to seed the swimmers in upcoming meets. Time trials are a trial run for everyone including the swimmers, coaches, and parent volunteers.

Dual Meets

A league dual meet is when the TigerSharks compete against one other team in the league. A complete schedule and locations will be posted on our website.

VFCAL League Champs

Championships are the final league meet of the season. All eight teams in our league compete against one another at one giant meet. The meet is open to all TigerSharks that have swam in at least 2 dual meets during the regular season. We encourage all swimmers to attend champs! This is the last time most of our swimmers will be able to post times to show their improvements for the season. *As a reminder, you must be an active team member attending championships and volunteering in order to pre-register for the 2024 season.*

Meet of Champions

Meet of Champions (MOC) is a meet you must qualify to attend. To qualify you must finish in the top 10 of any stroke at our league champs or meet qualifying times at any dual meet during the season. Times are listed on the MOC website at www.meetofchampions.com. MOC is held 1-2 weeks after our league champs. There are additional meet fees to attend MOC. If your swimmer has qualified and would like to practice with the TigerSharks coaches, there is an additional practice fee of \$50 paid to OVparks.

VFCAL Rules

The Orangevale TigerSharks Swim Team participates in the Valley-Foothill Competitive Aquatics League. The league has a set of general and swimming specific rules that govern how the swim meets are run. Please note the following rules, as they are important. For a complete set of VFCAL rules, call Jason Bain, our Aquatics Supervisor.

Age Groups

The six age groups are: 6 & Under, 7-8, 9-10, 11-12, 13-14 and 15-18. The swimmers' age is determined by their age on June 1, 2024. A swimmer may advance to the next highest age group before they actually turn that age, but they must remain in that higher age group for the remainder of that season.

Entries

Teams may enter eight official swimmers in most events.

1. Teams may enter four official teams in the Medley relay event and eight in the Free Relay event.
2. All Swimmers may be entered in a maximum of three individual events and two relays.

Eligibility

No participant of the VFCAL may compete with any organized swimming group during the period of January 15 to February 28, 2024; EXCEPT an individual on a high school swim team.

League participants may workout with any organized group prior to the May 6th start date.

All VFCAL participants have a MANDATORY rest (SWIMMING ONLY) period from January 15 to February 28, 2024 in which you are not allowed to swim in any meets.

Once VFCAL season begins, VFCAL participants must workout exclusively with their VFCAL team, EXCEPT for high school swimmers.

To be eligible for League Championships, all swimmers must compete in at least two League dual meets.

Code of Conduct of Spectators and Participants

Smoking is prohibited in ANY pool area during VFCAL sponsored competition and at all times at the Orangevale Community Pool.

Meet officials, coaches, and timers request that all spectators and swimmers stay away from the starting area (behind the blocks or in the shallow area for 25-yard events.) ONLY swimmers who have been called to the starting area are permitted in this area. With your assistance, this will cut back on the confusion with all swimmers. Please follow all pool rules.

Any empty lanes or open areas in the pool, including the zero-depth area, are not open for spectators, swimmers or family members to swim or wade in. Entering the competition area in any way during the competition can be considered interfering and the team may be disqualified.

No Photography behind the starting blocks.

TigerSharks Swimmers Responsibilities

All swimmers will:

Follow the directions of the Orangevale Recreation & Park District staff including coaches, lifeguards, or any other staff member.

Always wait for a coach to give you directions to enter the pool.

Establish personal goals, and actively train to achieve them. Ask for help from your coaches to achieve your goals. Have your mom or dad help you write your goals down at the beginning of the season and check to see if you have achieved any of them at the end of the season.

Attend practice on a regular basis and arrive on time.

Swimmers who are continually late or absent from practice may not be seeded in upcoming meets.

Talk with your coaches. Let your coach know if you must leave the pool or pool area during practice. (i.e. going to the bathroom or leaving early)

Use equipment and facilities appropriately.

Remember to bring your own suit, goggles, cap, and towel.

Please help your coaches in setting up and putting away any equipment.

Clean up after yourself. Put garbage in the trash cans.

Participate in meets and time trials.

If you are unable to attend practice for an extended period of time, please notify your coach in writing as soon as possible.

Demonstrate good sportsmanship towards your teammates and opponents.

Congratulate each other on achievements.

Follow all pool rules at the Orangevale Community Pool and while at the other pools:

- NO RUNNING on any pool deck.
- No rough play or profanity allowed in the pool area, deck, or within the pool area.
- Swimmers are not allowed to enter the pool without a coach or lifeguard at poolside.
- Swimmers are not allowed on the slide, unless directed by a coach.
- NO GLASS bottles, jars, mugs, etc. on the pool deck. No exceptions.
- Pool offices are for employees only. Please respect their work place.

Remember: WINNING IS NOT AS IMPORTANT AS TRYING YOUR BEST!

Orangevale TigerSharks Parent Club and Parent Responsibilities

The TigerSharks Parent Club consists of the Board of Directors and team Leads. By joining the TigerSharks, your family is automatically a part of the club! The Parent Club has four main functions:

1. Assist in the running of home and away meets during the season; make sure parents are informed of what is going on.
2. Assist the coaches and OVparks in recruitment and training of parent volunteers for all aspects of meet operations and preparations.
3. Organize social functions for all team members and parents during the season.
4. Fundraising for supplies, awards and other operational costs of the team that are not covered by the Orangevale Recreation & Park District.

For additional information about the Parent Club, or if you are interested in serving on the board or as a lead person, please contact the Board President, Kristin Hurd, at ovtspresident@gmail.com

Parent Participation Responsibilities

Competitive swimming requires a great deal of parent participation. **EVERY family is required to work at EACH swim meet their child is scheduled to swim in. Failure to participate will make you ineligible to pre-register for the next season.** Assistance is needed from every family to run the swim meets. Parents perform a variety of duties throughout a meet including timing, stroke and turn judging, hospitality, placing stickers on the ribbons, selling merchandise, snack bar help, or set up and tear down. Plus, participation can be a fun way to be involved with your child and meet new people. Please remember, you keep the swim team together. Without parent support, the TigerSharks could not have swim meets, fundraisers, or social events. Parents aren't the only ones who can help; assistance can be from an older sibling, grandparent, neighbor, etc.

Parent Reminders

While on the pool deck at practices and during meets, please remember you are responsible for your child's behavior, including non-swimmer siblings and guests. Only swimmers are permitted in the pool any time during a practice or swim meet, and only when a coach has directed them to enter the pool. This includes all areas of the pool; the deep area, the slide and the zero-depth area.

All parents, spectators, and swimmers are to respect the coaches, their decisions, and their positions with the team, as they have the necessary experience and training to perform their duties. If you have a concern with the team personnel, please see the Aquatics Supervisor, Jason Bain.

All parents and spectators must refrain from the use of tobacco, alcohol and/or illegal drugs while working with the children, including while on the pool deck. This restriction is for the health and safety of all participants and staff.

Volunteer Position Descriptions

Timer: home and away meets (32 volunteers needed)

Very easy position and you get to watch all the races!

Position is for half of the meet, generally switching after backstroke is completed.

Your job is to help ensure each race is timed accurately by stopping the clock in your assigned lane when the swimmer touches the wall. Each lane will have 2 timers working at all times.

Training will be given, great for new families (especially the dads).

Stroke & Turn Judge: home and away meets

Mandatory training session prior to first meet, no experience required.

You will work as part of a team, assigned to specific lanes, to ensure swimmers are swimming their stroke correctly and turning/touching the wall in a legal manner.

Age Group Parent: 10 & Under home and away meets

Good position for those with younger siblings that need to be with you during the meet.

Position is for the whole meet, ending after the freestyle relay is at the blocks.

Supervise the age group tent with another parent between swim events.

With a program, marks swimmers events, heats and lanes on their arm or foot after scratch list has come around.

Helps parents to know when their swimmer is swimming.

Gather swimmers 3-4 events prior to their next event and takes them to the ready bench.

Meeting prior to the first meet will be held for training and questions.

Age Group Parent: 11 & Older home and away meets

Similar to what is listed above.

Only one parent per tent (or per age group, instead of one for each gender)

Helping to ensure swimmers know their event, heat and lane assignments for the day.

Most of these swimmers will not stay in the tents and will go to the ready bench on their own.

Ribbons: home and away meets

Easy but vital position, training will be given at first dual meet.

Position is for half of the meet, generally switching after backstroke ribbons are stickered.

Place printed labels on place ribbons for each race that is swam. File ribbons in the correct family folder.

Hospitality: home meets and champs

Easy but vital position, training will be given at time trials.

Position is for half of the meet, generally switching during backstroke.

Work with a team of parents to prepare and serve snacks and drinks to officials, timers, and coaches during the meet.

We are known for our hospitality; help us continue this great tradition.

Snack Bar: home meets only

Easy positions, training will be given at time trials.

Position is for half of the meet, generally switching after backstroke is complete.

Works at our snack bar, selling food and drinks, assembling food items, handling money and assisting with set up or tear down of this area.

Computers: home meets only

Mandatory training session prior to first meet, no experience required.

Front row seat to all the swimming action and you are in the shade!

Generally working as a team of 2 or 3 to do data entry on the day of the swim meet. Adds and subtracts swimmers from the program as needed. Works with starter and head timer to ensure all the timing clocks are working properly and ensuring accurate timing for races. Enters race times as needed.

Prints and posts race results throughout the meet.

Starter: home meets only

Training will be given at time trials.

Work as a team of 2, switching between strokes throughout the meet day.

Calls swimmers to the blocks and starts all races. Stops races when false start happens.

Shark Shack: home meets & some TigerSharks events

Easy positions, training will be given at time trials.

Position is for half of the meet, generally switching at the start of backstroke.

Selling TigerSharks merchandise, with prices clearly labeled and assisting with setup and tear down of this area. May be asked to handle money.

Meet Announcer: home meets and champs

Training will be given at time trials.

Helping to keep the meet moving, announcers let the public know what race we are on, what's coming up next and any general information that needs to be heard. Also, plays music during long events and during breaks.

Runner: home meets and champs

Training will be given at time trials.

Position is for half of the meet, generally switching after backstroke is complete.

Retrieves timing sheets from the timers and gives them to the computer operators. Deliver ribbon labels to the ribbons table. Post results on the bulletin board. Other jobs as needed.

2024 Team Suits and Practice Gear

We now have a shop on Swim Outlet online for all your swimming gear needs!

www.swimoutlet.com/OVTigersharks



All suit orders will be placed by each family online at Swim Outlet. Online you will find our official team suit, the Speedo Water Supply.

We recommend that suits are ordered by 4/1 to ensure they have arrived by picture day.

A portion of all sales through the Swim Outlet site come back to the team.