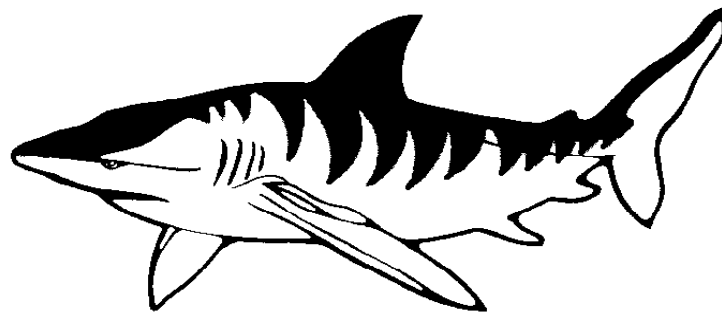




Tiger Sharks



Swim Team Handbook
2010-2011

INTRODUCTION

The Tiger Sharks Swim Team was reestablished in 1989. In its first year, the team was made up of 28 swimmers. We're currently nearing 100 swimmers strong.

There are basically three components to our competitive program:

Blue Sharks Pre-Competitive Swimming	(runs each session)
Short Course Season	(runs from Sept. thru April)
Long Course Season	(runs April thru August)

Following the YMCA's philosophy, we do not have "tryouts" or "cuts", which enables us to accommodate all swimming abilities.

MISSION

All swimmers are valuable to this team and we can use the sport of swimming to develop them as human beings.

It is for this reason that the TIGER SHARKS have the following objectives:

1. Provide opportunities for the positive social and emotional development of each individual.
2. Create a positive training environment that promotes high self-esteem and demonstrates the values of hard work, perseverance, commitment, self-discipline and dedication.
3. Provide opportunities to learn good health habits that last a lifetime.
4. Participate in the leadership, direction and administration of swimming on the local, regional, and national level.
5. To provide an environment that not only encourages, but supports, well-rounded student athletes, which in turn provides collegiate opportunities.
6. Strive to be a model representative for youth sports in general and specifically for teaching the life skills that may be gained from participation.

VALUES

"Every Child a Swimmer" and "Friendship through Competition"

While "winning" can be important, the striving, planning, and learning that leads to the overall competitive experience is of greater importance. Championships, trophies, medals, and records do not begin to compare with the valuable lessons and personal growth that can take place as a result of participation by both swimmers and parents. These lessons can be applied to situations that occur later in life.

We will offer a full range of swimming programs to meet the goals of any swimmer, from beginning age group through national competition. We believe that physical fitness, athletics, and healthy competition are important components of personal development for youth. Swimming should be a lifelong, healthy activity. It helps to develop friendships and increase confidence.

Our philosophy is that great swimmers are best developed by first allowing children to be children, rather than by treating them as small versions of world class swimmers. Our younger swimmers do not have demanding training schedules and they are encouraged to participate in activities outside of swimming. Psychologists and educators have shown that children learn skills more rapidly and thoroughly when they are having fun. Our age group program is committed to developing proper stroke technique in a structured, but fun, atmosphere.

Swimmers are encouraged to continually progress toward being the best that they can, and to measure their success in terms of their own improvement, rather than by comparing themselves with other swimmers. Emphasis is placed on individual improvement by teaching swimmers to develop both short and long-term goals. We want our swimmers to have fun in the water and to develop a lifelong love of swimming.

The hardest worker does not always win the race just as the hardest worker does not always earn the most money or success. When one is committed to individual excellence for the good of a team, a positive result is virtually unstoppable.

Youngsters are encouraged to learn at their own rate through several different training groups based on age and ability. Younger swimmers are taught basics through “low key” instructional methods including games. Swimmers are encouraged to learn because they choose to do what is in their best interest.

Throughout the program the swimmers are taught, with varying emphasis, the importance of striving to be the best they can be. Along the way, we strive to instill a positive self-image and teach goal-setting skills, basic time management skills, determination, commitment, dedication, and “team support” in each athlete. We like our young athletes to learn and mature at their own rate in a positive climate. The long-term interest of the athlete is kept in mind at all times.

TEAM GOALS AND REQUIREMENTS

“Faster swimming through technique”

The Tiger Sharks swim team program is characterized by adherence to certain goals and objectives. A highly specialized coaching staff will strive to teach, train, and motivate children of all ages to achieve their full potential in competitive swimming and to create an experience that will prove valuable to them throughout life. This direction and philosophy applies to the novice, as well as the national caliber, athlete.

At each level of the program, swimmers will strive for excellence. Excellence will be achieved when each swimmer knows that he or she has absolutely done everything possible to achieve their desired goals. The program’s aim is for long-term success versus short-term goals.

The program, being a multi-level structure, will, through experience and guidance, take care of the needs of the swimmers. The major emphasis of will be on technique, conditioning, and result-oriented work habits. The coaching staff will stress healthy competition.

COACHES’ PHILOSOPHY

1. Our coaching staff’s primary goal with swimmers is to support their growth as good human beings. This is to be done by building confidence, teaching respect for others, and encouraging honest and open communication between all members of our swimming family.

2. Swimmers should be well-rounded. Our coaching staff will support a combination of academics, athletics, family, and friends.
3. Swimmers will be encouraged to THINK in practice and in races by our coaches.
4. Swimming technique will be emphasized above all else in training.
5. Swimmers will be developed to swim their fastest as they reach the Senior Group.
6. Parents should feel comfortable in approaching coaches about swimmers in our program. Coaches will make decisions regarding swimmers, taking into account parental concerns and what is best for a swimmer from the coaches' point of view.

GOALS FOR PRACTICE GROUPINGS

The beginning of each swim season brings with it opportunity and change. Whether a swimmer has been with us for years or is new to our program, the first step is their placement into a practice group.

Each practice group will work under a specific season plan, which will set forth technique, conditioning, and endurance goals for the current season. Swimmers are placed into these groups based on their current ability, taking their age into consideration.

Our aim is to move swimmers from one group to the next in a progressive fashion so their learning increases in relation to their ability. The ultimate goal for each swimmer is to swim with the team until after their senior year in High School, when each swimmer will be able to best achieve their individual potential both as a swimmer and human being.

PRACTICE GROUPS

The below are guidelines for our coaching staff to use in placing swimmers into each of our training groups. Many other factors will be taken into consideration including the maturity level of the swimmer, their ability to concentrate in practice and at meets, and the current physical development of the child at the time of placement. Swimmers are able to move up within the season as long as both coach and parent approve.

White Group: This is the entry level for the Tiger Sharks. The swimmer must be able to swim at least 50 yards without stopping; 25 yards of freestyle with proper breathing and 25 yards of backstroke. The White Group focuses on developing strong techniques in freestyle and backstroke, as well as introducing breaststroke and butterfly. Dives and turns are also incorporated. The goal is to give each swimmer a solid base on which to build, while having some fun along the way. Ages in this group range from 5 to 9. A minimum of two practices per week are recommended.

Yellow Group: This group of swimmers has mastered the skills practiced in the White Group. Swimmers in the Yellow Group can complete 200 yards (8 lengths of the pool) without stopping. In the Yellow Group, mastering the breaststroke and butterfly are of high importance. A gradual process of building endurance takes place in this group. Swimmers will work to master all four competitive strokes, as well as both freestyle and backstroke flip turns. Ages in the Yellow Group range from 7-11. A minimum of three practices per week are recommended.

Age Group: This group is for swimmers who have mastered all four strokes and have begun to build up their endurance. To qualify for this group, a swimmer must be able to swim 50 yards in all four competitive strokes, legally, as well as complete a 500 yard swim without stopping. At this level, swimmers will continue to refine their stroke technique, while learning the rudiments of swimming at a more competitive level. The recommended age is 8 to 14. A minimum of four practices per week are recommended.

Junior Group: The Junior Group is for those who are ready to step up their level of competition and commitment to attend practice. They focus on increased training and advanced swimming techniques. To secure a position in the Junior Group, the swimmer will be advanced in all four strokes and turns and well-versed in competition. They also must complete a 400 I.M. and 10 x 100's on 2:00. The recommended age is 11 to 15. It is recommended that Junior Group members attend a minimum of 4 workouts per week.

Senior Group: The Senior Group consists of the most advanced swimmers, who have demonstrated the desire to work hard and compete at high levels. A Senior Group swimmer is willing to make a strong commitment to the sport of swimming. It is recommended that these swimmers attend 5 practices per week and take part in the dryland program. The recommended age is 11 to 18 years of age.

FINANCIAL OBLIGATIONS

Every swimmer must maintain a **FULL** membership to the YMCA throughout the swim season.

Team Dues:

Swim team dues varies by group. There are three payment bank draft /credit card options available.

- Option 1: Pay total in full by the first practice (1 payment)
- Option 2: Pay half the amount by bank draft by the first practice and the balance paid in full by bank draft on December 1st.
- Option 3: Seven payments of equal amounts by bank draft beginning on day of first practice and the remaining six payments on the first of every month until paid in full.

Full Payments can also be made by check, but if you want to do any of the payment plans above, it must be via automatic bank draft or credit card.

USA Swimming Registration Fee:

A yearly fee (generally around \$60.00) is required of every swimmer who registers to be a member of USA Swimming. As members of USA Swimming, swimmers can compete in NHSA and USA-sanctioned swim meets and their times are registered in USA Swimming's national database.

Escrow

USA Swimming members are required to pay entry fees to enter USA-sanctioned swim meets. Generally there is an entry fee and a per event fee. (You can find specific entry fees for each meet at www.neswim.com in the event calendar or in the binder in the balcony.) Typically, a \$50.00 initial escrow deposit covers the first few meets.

COMMUNICATION

Good communication is vital to any organization; therefore, we have attempted to establish numerous channels of communication to facilitate information-gathering, clarification, and problem-solving as they relate to the program. It is the responsibility of the parents to be aware of the various information centers, since information doesn't always make it home through the swimmers.

Bulletin Boards: The Bulletin Board is located in the balcony area. The Bulletin Board is a great source of information. Posted there is detailed information regarding upcoming meets. Also, to the right of the Bulletin Board, is a binder that has meet information and meet results, as well as qualifying times for all Championship meets.

E-Mail: Most written communication is now sent via e-mail to families who have registered their e-mail address with the team. Please note that this method is not infallible. Many times e-mails are returned because a mail box is full or for other reasons. E-mail is the **BEST** way to contact Coach Jennifer.

Tiger Sharks Web Site: www.gmfymcatigersharks.org: Our website has loads of information regarding the Tiger Sharks Swim Team. Directions to Competitive Pools in New England, qualifying times, meet schedules, and important links are all included on the site.

Facebook Page: The Tiger Sharks have a Facebook page (Tiger Sharks Swimming!) for current Tiger Sharks swimmers and their immediate families. It is a FUN community page, which allows team members to interact with each other. Share pictures, share accomplishments, or just get to know each other. (It is NOT a way to contact coaches regarding swim team business.)

Direct Contact with Coaches: During practice sessions, parents are not permitted on the pool deck. They are, however, welcome to watch practice sessions from the balcony area. If you would like to speak to your swimmer's coach, please do so after practice (not during), so that coaches may concentrate on their coaching duties and pool safety.

If you need to contact a coach, a number of avenues are available. Coaches are generally available for questions for about 15 minutes after practice. If you are unable to catch one of the coaches during this time, you may want to communicate your message in an email sent to Coach Jennifer (JCullen@gmfymca.org). Coach Jennifer will refer the message to the appropriate coach. If a parent or swimmer feels that they need to speak in length with the coaches, a mutually-agreed upon time should be arranged.

Mailboxes: Each family has an assigned mailbox on the pool deck. Please check your mailbox at least once a week for updates. The mailboxes will also be where all of the ribbons and medals from past swim meets are placed for the swimmers to take home.

EQUIPMENT:

Kastaway Swimwear is our official apparel provider. To access the Tiger Shark apparel, go to www.kastawayswimwear.com. (**You must register before you can access the team section of the website!**) If you registered last season, you may login as usual.

For new swimmers, click on **Not a Member Yet?** to register. Fill out all of the required information and click **Create Account**. Back on the main page, click on **Teams** on the Toolbar. Enter your email address and password and click **Sign In**. This will take you to your **Teams/Affiliations Login page**. **Team Login code is: 8DVRFMY1 (case sensitive) The Team Password is CP8H41CU (case sensitive)**. Your team should now be listed on the left side of your screen under Team Affiliations.

Kastaway Swimwear will perform an onsite team suit-fitting at the Allard Center, typically in mid-September. All team members are strongly urged to attend, as team suits are fitted differently than practice suits.

Each swimmer is required to have specific equipment listed below:

Practice for Everyone:

Practice suit (not team suit)
2 Swim Cap for shoulder length hair
2 pairs of competitive Goggles
Water Bottle

Practice for Juniors and Seniors:

In addition to the above list they also need to bring...
Sneakers & Socks
Shorts
T-shirt

fins, pull buoys, and kickboards are provided, but swimmers are welcome to bring their own

Meets:

Official Team Suit
Official Tiger Sharks Swim Cap
2 pairs of Competitive Goggles
Tiger Sharks Team shirt

**Please remember that some venues that we compete at have bullpen areas in which swimmers are required to gather between events. Swimmers should always bring extra towels, clothing (sweatpants, sweatshirts, etc.) so that they may remain warm and comfortable during meets.

SWIM MEETS:

Dual Meets:

Dual meets are meets against other local teams. We compete in several of these meets over the course of the season. Dual meets generally last 3-5 hours and all swimmers are able to compete. There are no entry fees for dual meets!

USA Meets:

USA meets are meets which include swimmers from numerous teams in the region and which are sanctioned by USA Swimming. To compete in a USA Meet, a swimmer must be **currently** registered with USA Swimming. USA meets require additional fees, which can include fees per event and a standard entry fee. A swimmer's times from any USA meet will be entered into the USA SWIMS database.

Championship Meets:

Each season there are several Championship meets which swimmers can **qualify** to compete in. These include, but are not limited to, Senior Opens, Sectionals, Regional's, Age Group Championships, YMCA New England Championships, YMCA National Championships, and the Eastern Zone Championships. Swimmers must qualify for individual events based on established cut times. Additional fees are required for these meets. Travel is often required. (Qualifying times

are posted in the binder in the balcony, on the bulletin board on deck, and on the Tiger Sharks website.)

PARENTAL PARTICIPATION

Be Your Swimmer's #1 Fan!!!

A Parent's Role: Be Supportive! Be Positive!

Pressure to succeed, applied directly or indirectly, by a parent, is a substantial impediment to a swimmer's ability to perform well. This pressure will often create a great deal of anxiety and a possible "fear of failure" that is difficult for an athlete to cope with. It is important for parents to encourage their children to honor their commitments, but the coaches must administer performance expectations. Parents must also appear to support the coach in all coaching matters. Any attempt by a parent to discredit the coach could render that coach ineffective in dealing with their child.

Ten Commandments for Swimming Parents

The following was copied from the "Parents" section of the USA Swimming website. It is good advice to follow: <http://www.usaswimming.org>

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition – "did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

- VI. **Thou shalt not criticize the officials.**
Please don't criticize those who are doing the best they can in purely voluntary positions.
- VII. **Honor thy child's coach.**
The bond between coach and swimmer is special. It contributes to your child's success, as well as fun. Do not criticize the coach in the presence of your child.
- VIII. **Thou shalt be loyal and supportive of thy team.**
It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.
- IX. **Thy child shalt have goals besides winning.**
Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort, regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.
- X. **Thou shalt not expect thy child to become an Olympian.**
There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

PARENTAL RESPONSIBILITIES

As members of the Tiger Sharks swim team, parents are expected to volunteer in varying degrees over the course of the season. Part of what makes our team successful is the group effort put forth by its parents. There are several ways to volunteer. You can sign up to be on a committee or you can volunteer at individual swim meets. We ask that ALL families volunteer over the course of the season.

VOLUNTEERING:

Opportunities to volunteer are available at every swim meet, whether home or away. Duties range from meet set-up, timing, admissions, concessions, timing board, ribbons, and clean up. These duties are in addition to making a food donation to our concession stand. The more we donate, the more the swim team makes. We cannot host meets unless we have the manpower necessary. We are required to supply timers at away meets, as well as home meets. You should almost always be able to watch your child swim in his or her events when you volunteer. If many people sign up to help at each meet, it is more likely volunteers won't have to work the entire meet. Remember, each family is expected to volunteer numerous times during the season. In addition to the volunteer opportunities listed above, we ask that each family is a part of one of the Tiger Shark Parent Committees listed below

COMMITTEES:

Concessions Committee: The main responsibility of this committee is to operate the concession stand at our “home” meets. The concession stand is the primary fundraising avenue for the team. Responsibilities include organizing donations from team members, soliciting donations from local businesses (pizza, soda, etc.) and organizing volunteers to set-up and man the concession stand during the meet, as well as clean-up following the meet . Ideally, several people would lead this committee so that the responsibility does not fall on one individual.

Team Events and Fundraising Committee: To help offset costs to parents, the Tiger Sharks run several fundraisers during the season. Money from the fundraising account helps to pay for team activities, such as the banquet. The money is also used in the event we need to repair team equipment, such as the timing board, touch pads, or starting equipment and the like. Our goal is to organize a few “big” fundraisers, so that we can earn larger sums in two or three fundraising events, rather than have numerous little fundraisers. This committee will be responsible for organizing the year-end banquet (including reservation of a facility, menu-planning, and coordination of raffle baskets and team gifts), as well as any other fun all-team events (Holiday party?).

Meet Management Committee: This committee involves running the timing board and computer that are used in scoring each home swim meet. It requires set-up and breakdown before and after each meet. Members of this committee will train, organize, and schedule volunteers to work in shifts during each home meet. They will also set up all of the timing assignments for each of the swim meets.

IMPORTANT WEBSITES to VISIT

www.gmfymcatigersharks.org: Home of the Tiger Sharks!

www.neswim.com: New England Swimming LSC. Check it frequently to stay up to date

www.ymcaswimminganddiving.org: YMCA National website

www.usaswimming.org: USA Swimming

www.ymcacompetitiveswim.org: another National YMCA website

www.melroseymca.com: YMCA New England Championship information

www.nhsaswim.org: New Hampshire Swim Association (Winter League)

www.gssaswim.com: Granite State Swim Association (Summer League)

www.kastawayswimwear.com: Our official Apparel and Team Suit provider

GENERAL CODE OF CONDUCT

All team members are expected to be orderly, courteous, and to show good sportsmanship during practices, meets, and any team-related function. In other words, they need to be good Tiger Sharks members. Any inappropriate behavior may constitute cause to dismiss a swimmer from practice or to send a swimmer home from team functions at the family’s expense. All violations of conduct will be reviewed by the head coach and may lead to suspension and/or dismissal.

The coaching staff cannot be responsible for supervision of any swimmer who does not report to them on deck. Therefore, parents of younger swimmers are strongly advised to ensure that these swimmers safely reach the pool deck.

Prohibitions

The use or possession of tobacco, illegal drugs, or alcohol by any team member is strictly prohibited.

Disciplinary Dismissal

A swimmer who is dismissed from practice for disciplinary reasons is expected to get dressed in the locker room and report back to the pool deck where they will remain until practice is over. Their parents will be called immediately or spoken to when they come to pick their child up.

Consequences for Continued Non-Compliance

Verbal Warning
Written Warning
Suspension
Dismissal from Team

TIGER SHARK STAFF

Jennifer Cullen (Head Coach)

Coach Jennifer began swimming at the age of four and continued competitive swimming through High School. As a teenager, she was a YMCA National Qualifier in the Butterfly and Individual Medley events. She attended Trinity High School in Manchester, NH and the University of New England in Biddeford, ME. Her coaching career began with the Greater Manchester YMCA Tiger Sharks in the early 90's. Jennifer was actively involved with the construction of the Samuel Hunt Pool at the Allard Center. In the late 90's, she moved to Massachusetts where she worked for 6 years with the YNS Sharks. Jennifer was also the Director of Aquatics at the Gloucester YMCA during this time. She returned to the Greater Manchester YMCA in 2005 as head coach of the Tiger Sharks. Jennifer's coaching career extends over 20 years, 13 of which have been as a fulltime coach and mentor. Her experience includes coaching teams of all sizes, from Bernal's Gators to High School teams (Beverly, MA and Bedford, NH) to the current Tiger Sharks team consisting of roughly 100 swimmers.

Pete Favreau (Dry land Coach)

Born and raised in Manchester, NH, Pete became involved in athletics at a very young age. He played a number of sports at Memorial HS in Manchester, and went on to play hockey at St. Michael's College in Burlington, VT. During his college years, he first participated in a serious dry land program, with 90 minute off-ice sessions every day at 5 am. After college, he continued fitness training on a personal level, learning as much as he could through books and research. He then went to work for the Federal Government in 1991, and graduated from the Federal Law Enforcement Training Center with awards in Fitness and Academics. He was sent back the following year and trained as a fitness instructor, so that he could develop wellness programs for Federal Employees. In 1993, Pete became a Police Officer, and is currently assigned to the Patrol Division as a Lieutenant. Throughout his Police career, he has served as a Detective, the Commander of the SWAT Team, and the head of the Training Division. As the Training Director, Pete had the pleasure of training many Police Officers in all areas of police work, and fitness was a huge part of that program. As Pete's fitness has evolved, he has gravitated toward

more extreme competitions. He has competed in numerous triathlons, including Half-Ironman distances. To top off all of his accomplishments, Pete has completed the 5-mile Coral Reef open-ocean swim in St. Croix. Although he learned to swim as a kid, he began training with Coach Jennifer in 2005 as a way to develop an actual swim stroke that would benefit him in triathlons. In return, he began assisting with the dry land program for the Tiger Sharks that same year. Pete loves working with the kids and prides himself on improving strength and fitness, along with injury prevention, in order to provide positive support for the team and its coaches.

Sarah Gordon (Age Group Coach)

Sarah grew up in Bangor, Maine. She started swimming for the Hurricane Swim Club when she was in third grade. From 1998 through 2001, she competed at the YWCA Nationals in Charlotte, North Carolina, where she achieved a Maine State Record in the 200 IM Relay. In 2002, she joined the Bangor YMCA Barracudas. She competed in the YMCA New England Championships in 2002 and 2003. During her senior year at Bangor High School, she was named Captain. After high school, Sarah went on to swim for the University of Maine. During her time at the University of Maine, she was honored with the Chandler Comeback Award her sophomore year and the Senior Service Award for her dedication to swimming and the team her senior year. While at the University of Maine, she also helped coach with the Black Bear Swim School and various summer swim camps. She graduated from the University in 2007 with her B.S. in Kinesiology and Physical Education.

Gabrielle Hunt (White Group Coach)

Gabe began swimming competitively at the age of six in a local summer league. She later swam year-round, initially at the Marblehead/Swampscott (MA) YMCA and later for the North Shore Piranhas (now part of the North Shore Swim Club) at the North Shore Jewish Community Center in Marblehead. Gabe swam for Marblehead High School on the varsity swim team for four years.

During her freshman year, the team won the Northeastern Conference Championship in an undefeated season and she achieved the MVP award for that season. She was named Co-Captain of the swim team her senior year. Her favorite events are the 500 Freestyle, the 200 I.M. and the 100 Butterfly. She joined the Tiger Sharks staff in the fall of 2009. She hopes to impart her love of swimming to the Tiger Shark swimmers.

Laura Levine (Team Manager)

Laura has been involved with the Tiger Sharks for the past 6 years and has two kids who swim on the team, Greg and Nina. For the past 4 years, she has supported the team in a number of roles, having served as team parent/parent coach, office volunteer, and cheerleader. Currently, she works in the office as the Team Manager. Never a swimmer herself, Laura has made a point of learning as much as she can about the sport for which both of her children have such passion and she is always happy to share information about the team or the sport with other parents who are new to the swimming world!

Jon Luby (Junior/Senior Group Coach)

Jon began his competitive swimming career at the age of five. He swam with Hampshire Hills and the original Manchester Swim Team prior to joining Bernal's Gators. Jon qualified for Junior Nationals for 5 consecutive seasons in all of the Freestyle events and was invited to train and compete with the Mission Viejo Nadadores National Team in California for the summer of 1982. After returning to New England, Jon continued to have opportunities to swim with a number of

National and Olympic swimmers and began coaching for the Bedford Swim Team and Manchester Swim Club. In his Senior year, Jon qualified for Senior Nationals in the 1650 and won the High Point trophy at New England Senior Championships. Jon graduated from West High School in Manchester NH and then attended Phillips Exeter Academy for a Post Graduate Year, where he set several school records and played Water Polo. After graduation, Jon migrated South on a swimming scholarship to Clemson University. During his college career, Jon coached Age Group and Junior National swimmers with the Clemson Aquatic Team, Bedford Swim Team, Manchester Swim Club and the Manchester YMCA Tiger Sharks and began officiating High School Swimming. Jon then spent a year as the assistant coach with the University of New Hampshire. Jon is dedicated to sharing his love of the sport with others.

Lauren Merritt (White Group Coach)

Lauren grew up in Manchester, NH and began swimming competitively for the Tiger Sharks at the age of 9. During high school, she swam for the Manchester Central Varsity Swim Team and also worked at the Allard Center, as a swim instructor and lifeguard. Lauren graduated from Keene State College and La Universidad de Sevilla in Sevilla, Spain. She currently teaches Middle School Spanish with the Goffstown School District. Lauren is excited to be back with her old swim team!

Peggy Robinson (Yellow Group Coach)

Coach Peggy comes from a swimming family. She began swimming competitively when she was six years old at a summer pool club in NJ. Old York Country Club and was part of the Princeton Area Swimming and Diving Association. The following year she joined an AAU winter program at Peddie School in Hightstown NJ. She excelled in butterfly and freestyle and was a member of both medley and freestyle relays. She continued swimming in summer and winter programs in NJ and Pennsylvania until she graduated high school. One of her proudest accomplishments is being part of establishing a high school swim team. At the time, Notre Dame High did not have a swim team. Peggy and her older sister, along with two other students, were invited to represent their school in the final championship of the season. At the end of the meet they accumulated enough points, to earn them a fourth place finish out of 8 teams. This opened the eyes of our athletic director and the next year, the school had its first official swim season. To this day, Notre Dame's swim program is still going strong. I am happy to be back at pool side but in a different capacity as a mom and coach. I look forward to being part of the Tiger Shark swim team.

Al Tisbert (Yellow Group Coach)

Al has been a member of the Tiger Sharks coaching staff for 3 years. He swam competitively throughout middle school and high school for the Salem Boys and Girls Club. When Al is not poolside, he works for the Goffstown School District as a kindergarten teacher, a preschool teacher, and a special education case manager. Al and his wife have 2 sons. Al is proud to be part of our coaching staff and looks forward to giving back to the sport that offered him so much opportunity in his youth.

GLOSSARY OF SWIMMING TERMS

Age Group Swim Meet: All USA registered swimmers 18 years old or younger who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of the meet shall govern the entire event.

Course: Designated distance over which the competition is conducted. Long Course (LCM) is swum in a 50 meter pool. Short course is a 25 yard pool (SCY) or a 25 meter pool (SCM).

Course Conversion Factors: Numbers used to estimate seed times if a swimmer's best time was accomplished in a pool of different length. To convert SCY to LCM multiply by (1.14). To convert LCM to SCY divide by (1.14) To convert SCM to SCY divide by 1.105

DQ (Disqualification): A swimmer is disqualified when he performs a stroke, touch, or turn incorrectly or when he enters the water before the start (false start).

Dual Meet: Meets conducted between two teams.

GSSA (Granite State Swim Association): The Greater Manchester YMCA Tiger Sharks Summer League.

Heat: A group of swimmers who swim a race at the same time, generally based on similar times. Several heats may be held in a particular event.

Heat Sheets: Printed listings of all swimmers at a meet showing event number, heat, and lane.

Individual Medley (IM): One swimmer swims butterfly, backstroke, breaststroke and freestyle in that order.

LSC (Local Swimming Committee): USA Swimming's 2,800-plus clubs and 300,000-plus athletes are broken up regionally into 59 Local Swimming Committees who are responsible for governing swimming in their individual regions.

Medley Relay: Four swimmers on each team. Each swims one-fourth of the total prescribed distance in this order: backstroke, breaststroke, butterfly and freestyle.

NHSA (New Hampshire Swim Association): The Greater Manchester YMCA Winter League.

Psych Sheets: A list of all swimmers at a meet showing rank by time, but not showing heat and lane assignments.

Referee: The USA official who has the ultimate authority over all other officials at the meet. He makes all final decisions and ensures that the meet proceeds efficiently.

Seed Times: The times a swimmer uses to enter a meet. These times, which were achieved at a previous meet, appear on the heat sheets and are used to determine heat and lane assignments.

Split: The time a swimmer achieves during a partial segment of his race. For example, the time for the first 50 yds. in a 100 yd. race is the swimmer's 50-yd. split.

Starter: The official responsible for starting each heat.

Stroke and Turn Judge: A certified official, who determines the legality of swimmers' strokes, turns, and finishes and disqualifies those who do not conform to USA Swimming rules.

Touch Pad: An electronic pad which stops a clock when the swimmer touches it at the end of the race. This is usually the official time, but a stopwatch time may be used in case of malfunction or if the swimmer misses the pad.

Unattached: A swimmer who swims at a meet without being affiliated with any team. When switching clubs, a swimmer must swim unattached for 120 days from the date of the last USA Swimming meet he swam for the previous club.



TEAM HANDBOOK SIGNATURE PAGE



Directions for parents and swimmers: Please read the team handbook and clearly mark the appropriate boxes below to indicate understanding and personal choices. Return the completed page, with signature, to the swim team office as soon as possible.

SWIMMER'S NAME(S): _____

YES [] I have reviewed the team handbook with my son(s) and/or daughter(s).

YES [] I have read the policies of the Tiger Sharks Swim Team and agree to assume all of the responsibilities stated within.

NO [] YES [] I give/do not give the Tiger Sharks Swim Team permission to release my child's name and/or photograph in YMCA or swim team-related media releases (local newspapers, team website, YMCA catalogs and promotional materials).

As parent/guardian of a Tiger Shark team member, I have indicated my acknowledgement of and decisions on the above statements.

Parent/Guardian Signature: _____