

Practices

All practices are open to all swimmers without regard to club membership.

May 11-June 10

Monday - Friday afternoons **CHTC**
4:30-5:15 pm - novice swimmers,
generally 8 & under
5:15-6:15 pm - all others

June 11-July 17 - All lanes entire pool

Monday - Saturday mornings **CHTC**
9:15-10:00 am - novice swimmers
9:00-10:00 am - all others

June 11-July 17 - 3-4 lanes

Monday - Friday afternoons **CHTC**
4:30-5:15 pm - novice swimmers,
generally 8 & under
5:15-6:15 pm - all others

June 11-July 17

Monday-Friday evenings **Stoneridge**
7:00-7:30 pm - novice swimmers
7:30-8:30 pm - all others

Swim Meets

(additional notes)

Please notify the Head Coach in advance by email if your swimmer will not be at a meet.

Please do not leave a meet early unless you check in with the coach - your child may be needed for a relay and swimmers really enjoy them!



Go TCST

2009 TCST Swim Team Schedule

Saturday, April 25 TCST Registration CHTC 2-4 pm
Sunday, April 26 TCST Registration Stoneridge 2-4
Sunday, May 31 Swim for Smiles Youth Triathlon
Wednesday, June 3 Mock Meet, Team Photo
& Dinner
Saturday, June 6 TCST @ EXSC
Thursday, June 11 TCST @ FMM
Wednesday, June 17 **HOME** vs CHCCR
Tuesday, June 23 **HOME** vs SVGC
Saturday, June 27 TCST Bye
Wednesday, July 1 TCST @ HR
Tuesday, July 7 **HOME** vs HHCC
Sunday, July 12 Swim for Smiles Swim-a-thon/
Wacky Relay
Saturday, July 18 Championship Meet
Sunday, July 19 Banquet & Award Ceremony
Sunday, July 26 Swim for Smiles Family Triathlon

2009 TCST Swim Team Parent Handbook

GO TCST!

Parent Representatives

Liz Crabill	TC	lizcrabill@post.harvard.edu
Deanna Larus	TC	Dee@eLarus.com
Linda Pudik	TC	lpudik@nc.rr.com
Julie Slocum	ST	jmscrs@bellsouth.net
Cate Sullivan	ST	cate24@nc.rr.com

Swim Meets

Home meets are held at the Chapel Hill Tennis Club. Please note that glass containers are not allowed in the pool area. Coolers are permitted and an extensive snack bar is available. Don't forget extra towels and games (cards, game boys, etc) for the children to play with while they wait to swim. Directions for away meets can be found at www.sssrc.org

Weeknight meets: Warm-ups 4 pm
Meet begins at 5:00 pm

Saturday meets: Warm-ups 8 am
Meet begins at 9:00 am

There is a social gathering after all swim meets for swimmers and families. Please ask coaches for details.

*To be eligible for the Championship Meet, swimmers must compete at two dual meets.



Registration and Fees

We welcome all children regardless of ability.

- No tryouts
- No minimum attendance requirements

Tennis Club Registration Fee

\$90 for the first child in a family
\$85 for each additional child

Stoneridge Registration Fee

\$90 for the first child in a family
\$85 for each additional child

Registration

Saturday, April 25 from 2 - 4 pm
Chapel Hill Tennis Club

Sunday, April 26 from 2 - 4 pm
Stoneridge

Team suit and cap may be purchased separately at registration but are optional.

After June 5, a late registration fee of \$10 per child will be added to the regular registration fee.

Communications

Please be sure to have your correct email address on your registration form. Almost all communications will come by email so please let us know if you are not getting regular emails from the parent reps.

We typically have over 180 swimmers on our awesome team! The coaches are very busy most of the time helping all of our children. If you have questions or concerns, we encourage you to first ask the parent representatives for help, so that our coaches can focus their time on the kids. If you have a problem or issue with a coach, please consult the parent reps and we will help you resolve the situation.



Go TCST!

Volunteers

Each swimmer on the team is requested to have a parent (or other adult) volunteer able to work at meets. The volunteer effort needed to run a swim meet is tremendous. If everyone contributes during the season, the load will be minimal for each of us. No experience is necessary for any of these jobs-training will be provided.

Chaperone (for ages 12 and under) Gather swimmers together for upcoming events and lead them to the Clerk of Course.

Home Meet Set Up Arrive early to assist with set up.

Clerk of Course Line up swimmers in order by heat.

Timer Time swimmers in a lane using a stopwatch and record time on a card.

Runner Collect and distribute heat cards from swimmers to timers and from timers to scorekeeper.

Scorekeeper Enter meet results on scoring sheets.

Social Committee Coordinate hot dog lunch, Saturday brunches, Banner party, Awards Banquet, and other special events.

Stroke Judge Official position; watch swimmers to insure they are using proper stroke/kick techniques (requires 1 1/2 hours of training).

Starter Start swimmers in each race. Home meets only; official position.

Concessions Sell concessions and provide volunteers with refreshment. Home meets only.

Place Judge Watch the finish and place swimmers in order.

Bad Weather Policy

Pools may be closed at the discretion of the lifeguards if bad weather is in the area. Do NOT assume, however, that rain always means cancellation. If there is no thunder/lightening and only a light rain falling, practices and meets may be held. If we have enough advance notice, we will send changes by email. If you are uncertain, call Stoneridge (967-0915) or the Tennis Club pool phone (929-0540) for information. **For away meets, call the host team's pool.** In the event that a meet is cancelled, we will notify you of the make-up date as soon as possible.

