

Practices

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

May 17-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 16 - 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 16 - 3-4 lanes depending

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

June 11-July 16

Monday-Thurs 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

2010 TCST Swim Team Schedule

| | |
|--------------------|--|
| Saturday, April 24 | TCST Registration at the Tennis Club |
| Sunday, April 25 | TCST Registration at Stoneridge |
| Saturday, June 5 | TCST @ SVGC |
| Wednesday, June 9 | <i>HOME</i> vs EXSC |
| Tuesday, June 15 | TCST @ HHCC |
| Tuesday, June 22 | <i>HOME</i> vs FMM |
| Saturday, June 26 | TCST @ CHCCR |
| Wednesday, July 7 | <i>HOME</i> vs HR |
| Thursday, July 8 | Makeup date |
| Saturday, July 17 | Championship Meet @ Triangle Sportsplex |
| Sunday, July 18 | Banquet & Award Ceremony |

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. **The wading pool will not be open during swim meets.** 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.

2010 TCST Swim Team Parent Handbook

GO TCST!

Parent Representatives

Linda Pudik

TC

lpudik@nc.rr.com



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

\$99 for each child

Registration

Saturday, April 24 2 - 4 pm
Chapel Hill Tennis Club

Sunday, April 25 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.

