



About The Woodlands Township Swim Teams

Welcome to the 2018 season of The Woodlands Township Swim Teams. We are looking forward to a fun and exciting season and are glad that you have decided to be a part of our team!

The Woodlands Township Swim Teams are summer swim teams whose home pools are Lakeside Pool (Hurricanes), Creekwood Pool (Riptides), and Forestgate Pool (Waves). Pool addresses can be found on page 4 below. Each of our teams is a member of the Northwest Aquatic League, or NWAL, with Central Division assignments varying based on the team's performance during the past year.

Please visit www.nwal.org for league rules and other information,

And see each team's web page for meet information:

- Hurricanes: <http://thewoodlandshurricanes.swim-team.us/>
- Riptides: <http://thewoodlandsriptides.swim-team.us/>
- Waves: <http://thewoodlandswaves.swim-team.us/>

Our goal in this program is to develop and enhance existing swimming skills while building self-confidence, discipline, new friendships and a sense of teamwork. Because we recognize that competitive swim teams are not for everyone, we also offer a Learn-To-Swim program and a Junior Swim Team for those of other ability levels – or those that simply prefer a more recreational atmosphere. Please understand that this program is not meant to serve the purpose of teaching a child to swim if they do not already possess a certain level of comfort and ability in the water.

Please visit www.thewoodlandstownship-tx.gov for more information about The Woodlands Township Swim Teams as well as our other Aquatic Programs offerings.

Registration

Residency in The Woodlands

- In accordance with NWAL guidelines, both new and returning swimmers will be asked to verify residency in The Woodlands, or otherwise provide an approved NWAL waiver form, in order to participate in this program in 2018. This will be addressed in detail below within the sections, "Eligibility" and "Waivers".

Returning Swimmers

- If you are a returning swimmer from last season (2017) and would like to be on the same team this season, you may sign up at any time beginning January 3rd. No *new* participants may enroll until your exclusive enrollment period expires on February 5th.
- Returning swimmers will be required to swim for the team they swam for the previous year. If a returning swimmer wishes to move to another team, a league waiver would be required, which would be subject to the same rules as all other NWAL waivers, i.e. it would require approval for said swimmer to move. Waiver could be approved and/or denied.

New Siblings of Returning Swimmers

- Provided that they agree to join the same swim team as the returning swimmer in their family, immediate family members (siblings, half-siblings, etc) of a returning swimmer *living at the same address* will be allowed to register at the same time as the returning swimmer – during the exclusive enrollment period above.
- Siblings wishing to join a different swim team than the returning swimmer will need to wait until February 1st to register. Please contact the Aquatics Program Coordinator to explain your request. NWAL does not have a rule against this, but splitting families is discouraged.

New Swimmers

- New swimmers may enroll beginning February 1st
- Participants must be at least five (5) years of age by May 31st.
- If you were on the Jr. Swim Team, Cyclones, or Advanced Learn to Swim classes in 2017, then you may sign up for any team of your choice, as long as space is available on that team and in your age group. No skills evaluation is needed.
- Anyone that would like to be on one of The Woodlands Swim Teams and has **not** been enrolled in **any** of our aquatic programs in the past year must be evaluated first to verify their skill and comfort level in the water. This means that our Program Coordinator, or a designated Cyclones Coach/WSI not involved in the NWAL swim teams, will need to meet you at one of our locations to see what you can do!

Evaluations Process

- If you have not been a part of The Woodlands Township Swim Teams or another Aquatics Program you will need to set up a time and date for an evaluation with Aquatics Program Coordinator Debbie Arnold (darnold@thewoodlandstowship-tx.gov or 281-210-3904).
- Evaluations will be held at Forestgate Pool on select Saturdays from February through April **with advance notice**. NWAL representatives may also be present to audit the process and verify compliance with NWAL guidelines listed below.
- All swimmers must be able to:
 - Swim the length of the pool (25 yards) in 1:00 minute or less
 - Swim both freestyle and backstroke
 - Keep up with practice intervals
- Following this brief series of simple drills, the swimmer and parent will be informed of their enrollments options by Township Aquatics staff.
- ANY new swimmer who can complete the requirements above while visibly and audibly comfortable in the water and is able to follow basic coaching direction will be given the option to join ANY Township swim team, as long as space is available on that team and in your age group.
- Swimmer's families are encouraged to come to the skills evaluation date with a conveniently-located team in mind, but are not required to decide 'on the spot'.

NWAL Requirements of Township Staff regarding Registration and Team Placement

- For new swimmers requiring "Evaluations"
 - Evaluations will be held without the presence of NWAL swim team personnel - i.e., only Township persons, no NWAL team coaches, etc.
 - No recruiting, influencing, biasing or general directing of these swimmers should occur such that they choose one team over another. Swimmers would subsequently be placed onto a team on the basis of first come-first served and individual swimmer preference.
- For swimmers not requiring an evaluation (past program participants)
 - No recruiting, influencing, biasing or general directing of these swimmers should occur such that they choose one team over another. Swimmers would subsequently be placed onto a team on the basis of first come-first served and individual swimmer preference.

Eligibility

*NEW – USA swimmers can now swim in NWAL while still participating in USA meets.

1. The NWAL season begins on the Thursday before the first sanctioned NWAL Meet and ends the Monday after the Divisional Meet.
2. This rule is not intended to preclude any type of organized practice.
3. For NWAL, the swimmer will participate in the age group of his or her age on May 31st. For TAAF, there is a one-day difference, the swimmer will participate in the age group of his or her age on June 1.
4. Swimmers interested in competing with TAAF may not be registered with practice with or compete with any year round program from January 1 of the current year to April 30th.

(Eligibility Exceptions: any school related activity, any family lap swimming program, any swimmer in division 15 & older, programs approved in writing by both Swim Commissioners and the TAAF State Office).

Eligibility Waiver Policy

The Woodlands Township Swim Teams endeavor to follow all NWAL waiver policies and other league rules. If you are a returning swimmer to our program in 2017 you may find some of these requirements surprising or unsettling, and for that we apologize for our failure to strictly enforce them in the past. None of these requirements are “new” to the league itself. Further eligibility and waiver policy exceptions cannot be made if the Township wishes to continue our membership with the NWAL in future years. We believe NWAL offers the best possible swim team program for our residents so we are striving to do better. Thank you in advance for your cooperation!

Waivers

- All swimmers that have been on a Township swim team (Hurricanes, Riptides, or Waves) and would like to change teams, within The Woodlands, will have to have an NWAL waiver that will need to be approved by the NWAL Board in order to make the change to another team.
- Both new and returning swimmers that live in The Woodlands and would like to go to another NWAL team *outside* of The Woodlands must also comply with this policy, per league rules.
- Swimmers living outside of The Woodlands but within another team’s “Core Area” must also comply with this policy in order to swim for the Hurricanes, Riptides, or Waves.

Team Transfers after Registration:

- Special transfer policies apply for certain Township programs and activities. Please thoroughly review your specific program/class information.
- Once enrolled in a Township swim team (new or returning), staff at the Woodlands Recreation Center will *not* be able to transfer you to a different team within this program. If you feel a mistake has been made, only the Aquatics Program Coordinator may process your request.

For further information, please contact Aquatics Program Coordinator Debbie Arnold (darnold@thewoodlandstownship-tx.gov or 281-210-3904) or view policies at www.nwal.org.

Swim Practices – Locations

The Township teams practice at the following locations.

No practices will be held on the pool's closed day:

- Hurricanes:** Lakeside Pool, 5001 W. Alden Bridge Dr. (Pool is closed on Fridays)
- Riptides:** Creekwood Pool, 3383 S. Panther Creek Dr. (Pool is closed on Thursdays)
- Waves:** Forestgate Pool, 7505 S. Forestgate Dr. (Pool is closed on Mondays)

Swim Meets – Locations

The Township teams will have both Home and Away swim meets, always on Saturday mornings.

- Home swim meets and the practice meet, or Time Trial, will be at the team's practice location.
- Away meets will be determined by the team's Division schedule as assigned by the NWAL and will be released separately.

What Your Swimmer Will Need

Each swimmer will need a swimsuit, swim cap, and fins (make sure the fins fit like shoes; you can wear socks to avoid blisters). Team suits are **not** mandatory.

Team suits can be purchased at:

- **Swim Shops of the Southwest** at the new location: Woodlands Parkway and 2978, next to the Wal-Mart (281-298-3255).

Team Pictures

Team and individual pictures information to be announced. Swimmers and families will have the option of purchasing different photo packages.

Registration Fees* and Meet Costs

For Each Team Family (swimmers at same address):

- 1 swimmer: \$205 Resident / \$215 Non-Resident
- 2 swimmers: \$190 each Resident / \$200 Non-Resident
- 3 or more: \$175 each Resident / \$185 Non-Resident

**After April 15th, the registration fee will go up \$10 per swimmer.*

Note: Summer Heat, Summer Thunder, Ponderosa, All Stars, Red, White and Blue and Trinity Summer Classic Meets, (or any other invitational meet that there is a charge for) are not included in the basic program fee. Swimmers **MUST** sign up online and **are responsible for their own meet fees.**

*Time Trials - each family will be required to work at least 1 session (if your child is attending)

**Divisional Meet – each family is required to work at least 1 session (if your child is attending) or may option out for \$50 and we will find someone to work in your place.

****There will be a \$200 per family deposit due at the time of sign ups. This will be refunded back after your volunteer hours have been met. (Time Trials is not included in this fee)*

Mentoring Program

(For Ages 15 to 18 only)

- This program provides a valuable learning environment for both the older and younger swimmers. They will be assisting the Head Coach during practices.
- Swimmer must be on the team and in the 15 - 18 age group to take part in the program.
- Registration is required at the normal fee: (for 1 swimmer, \$205 -- or \$215 after April 15th)
- Swimmer will meet with Head Coach and sign up for 10+ hours they would like to work.
- \$100 will be refunded to each mentoring swimmer upon completion of 10 hours of volunteer work following verification by the Head Coach (you must complete 10 hours, no exceptions).
- If the Head Coach is not satisfied with your performance (i.e. if you spend time talking with friends or sitting around), you will need to make up the hours.
- The Head Coach and swimmer must sign off on all hours worked, or the refund will not be given.
- If the swimmer does not compete or participate in the program, and you have other swimmers on the team, you will receive the discounted price at the end of the season.

Coaching Information

Coaching a swim team requires considerable concentration and effort, particularly during practice and at meets. Although the coaches are very approachable, we ask that you not interrupt them during practice or meets. Therefore, parents are asked to stay off the deck during practice. If you have questions for the coaches, please speak with the Recreation Specialist. If you have concerns about the coaches that you wish to express to the Township, please speak with the Program Coordinator.

Communications

The primary method of communication from the team is via email and team website. Each team family must insure that:

- The Township has the proper e-mail address for your family – if you are not receiving our e-mails, let your Recreational Specialist know.
- The email address you have provided is functioning and is being checked frequently.
- It is highly recommended that the Recreation Specialist and Program Coordinator's email address be entered into your "Address Book" on your preferred email software. Give the high number of emails sent from the Township servers, some email services may mark our message as Spam!
- Optional text messaging notification information:
 - If you are enrolled in the **Hurricanes**, Text 81010, and type **@canessw**
 - If you are enrolled in the **Riptides**, Text 81010, and type **@riptides18**
 - If you are enrolled in the **Waves**, Text 81010, and type **@waves2018**
 - LATER, TO CANCEL and stop receiving these updates, TEXT the same number as before **@stopall**

Event Information

Time Trails

- All swimmers must swim in the team Time Trial meet, generally held on Saturday morning the week before the first dual meet, at the home pool of your team.
- All swimmers are required by NWAL to have a “seed time” in order to participate in a dual meet. Seed times from previous years or other leagues cannot be used.
- If you are not able to participate in the Time Trial, please notify the coaches. They will arrange to have your swimmer timed during practice in order to participate at the meets.
- Everyone is encouraged to attend the Time Trail to minimize interruption to regular practice times.

Meet and Event Participation, Minimums and Maximums

- Swimmers may swim in up to five (5) events at each meet, including:
 - Three (3) individual events
 - Two (2) relays

Special Procedures for Relays

- There will be a maximum of three (3) relays per event: A, B and C for each age group.
 - Relays A and B will be calculated on best times.
 - Remaining swimmers will be rotated through Relay C so that every effort is made to get each swimmer on a relay.
- At their discretion, coaches may make changes to relays based on attendance at practice or effort.
- NWAL rules state that swimmers who are scratched from the meet due to late arrival cannot swim in their relay events.
- If your child is entered in a relay, please make every effort to arrive on time to EACH event. At times, entire relays have to be scratched because swimmers are not present on time.
- Parents should be respectful of coaches and their numerous duties at the meets and should refrain from questioning their decisions at the meets.

List of All Events, by Age Group

AGE GROUP	EVENT	DISTANCE
6 & Under	Freestyle & Backstroke	25 yards
	Freestyle Relay	100 yards
	Breaststroke & Butterfly <i>(Optional)</i>	25 yards
7 & 8	Freestyle & Backstroke	25 yards
	Freestyle Relay	100 yards
	Breaststroke & Butterfly <i>(Optional)</i>	25 yards
9 & 10	Freestyle, Backstroke, Breaststroke & Butterfly	25 yards
	Freestyle & Medley Relay	100 yards
	Individual Medley <i>(Optional)</i>	100 yards
11 & 12	Freestyle, Backstroke, Breaststroke & Butterfly	50 yards
	Freestyle & Medley Relay	200 yards
	Individual Medley <i>(Optional)</i>	100 yards
13 & 14	Freestyle, Backstroke, Breaststroke & Butterfly	50 yards

	Freestyle & Medley Relay	200 yards
	Freestyle & Individual Medley (<i>Optional</i>)	100 yards
15 & Over	Freestyle, Backstroke, Breaststroke & Butterfly	50 yards
	Freestyle & Medley Relay	200 yards
	Freestyle & Individual Medley (<i>Optional</i>)	100 yards

Meet Registration

- Swimmers will have the ability to register for all meets at the beginning of the season. However, if the swimmer later decides, for any reason, NOT to attend the meet, you will need to let the coaches know, so they can make changes to the relay.
- Swimmers must register for all meets that they plan on attending in order to be entered in the meet via the appropriate link on the team website (listed above).
 - The swimmer will be able to choose the events they would like to swim, but Head Coaches will have final discretion on meet entries.
 - The deadline for meet entries for a Dual Meet is Sunday night, prior to the Saturday meet.
 - Contact your Recreation Specialist if you miss this deadline.
- “Meet Exchanges” with the opposing team for Dual Meets is on Thursday evenings.
 - NO CHANGES CAN BE MADE AFTER THIS DEADLINE.
- Individual and relay events will be posted on the team website and be available at the pool for review.
- Invitational Meet entry deadlines may vary; e-mails will keep you up to date on them.

Further Meet Information

Dual Meets

Make all efforts to check-in with the designated Age Group Parent between 6:45 to 7:15 A.m. (*Please note: if you sign up for the meet and don't sign in before 7:15 a.m., you will not be scratched until your event is “ready to swim”*). Make sure your swimmer comes prepared. They are responsible to take all belongings home with them.

Meets start at 8:30 A.M. Please stay for the entire meet to cheer for your teammates!

Scoring for dual meets

Individual events

1st place: 7 points
 2nd place: 5 points
 3rd place: 4 points
 4th place: 3 points
 5th place: 2 points
 6th place: 1 point

Relay events

1st place: 7 points
 2nd place: 3 points

Divisional Meets

- To participate in NWAL Dual Meet means the swimmer is entered in the meet during the exchange of entries.
- If all teams add all swimmers to the exchange then all swimmer would have met this requirement.
- No swimmer should ever miss this requirement.
- Swimmers still need to have an official time to swim in the Divisional Meet. (You need to participate in two (2) dual meets prior to the Divisional Meet).

Invitational Meets

- The day of the Divisional Meet will be the last day the Meet Entry Coordinators will accept entries for Ponderosa, Red, White and Blue, All Stars and Trinity Summer Classic.
- Each swimmer will be responsible for their meet fee for each individual event of \$6 which must be paid at the time of sign ups. (If in a relay, the amount will be billed after the meet and mailed out to each swimmer who swam.)
- **Swimmers MUST sign up online and are responsible for their own meet fees for each of the meets listed below.**
 - Ponderosa, Red, White and Blue, All Stars and Trinity Summer Classic:
To participate in these meets, a swimmer must make a qualifying time for that event. (This time will be on the heat sheet before each event).
 - Summer Heat Meet – (ages 10 and younger on Sunday and ages 11 and older on Monday):
 - Pentathlon – Swimmers compete in all 5 individual events.
 - Summer Thunder Meet

Volunteers

The organization and execution of a successful swim team is a tremendous effort. Countless hours, both off-season and during the swim season, are required to make the team a success.

- We ask that each family provide a volunteer at a minimum of four (4) sessions, or use the Buyout Option of \$200 per family.
- Volunteer positions will be posted on the team website.
- Parents will have the opportunity to sign up online at the time of the meet registration.
- Volunteers are needed at EACH Dual Meet in the following areas:
 - Announcer
 - Ready Bench
 - Age-Group Parents
 - Runners
 - Awards
 - Set-up/Clean-up
 - Data Entry Clerk
 - Timers/Scribes
 - Computer Clerk
 - Team Rep
 - Officials* (Referee, Starter, Stroke Judge, Turn Judge)

In addition, each team has several Lead Parent positions that oversee and direct the volunteers.

If you have registered to help at the meet and are not able to fulfill your duties, you will need to find someone to take your place. Please contact the Volunteer Coordinator with the name of your replacement.

**All officials must be certified by NWAL – contact Rec Specialist if interested*

***Set-up and clean-up is not part of volunteer hours.*

****If you become or are an official, lead parent, team coordinator, or computer person, you will not have to pay a deposit for your volunteer hours.*

Spirit Night and Parties

Each team is encouraged to assign a volunteer "Spirit Coordinator" to help plan social activities for the team with helps swimmers and their family to encourage team spirit.

The End of Season Party and awards presentations for all three (3) teams will be held together at Rob Fleming Aquatic Center (6535 Creekside Forest Drive), usually on the Monday after the Divisional Meet from 5:30 to 8:30 p.m. Formal announcements will be made during the season.

There is no cost to attend the End of Season Party! Please come!

Awards

Each team will have a party for the end of the season. Coaches will award:

- **Most Improved Swimmer** – both male and female for each age group
- **High Point Scorer** – both male and female for each age group
- **Overall High Point Scorer** - both male and female

Because of the large number of swimmers, we are no longer able to store unclaimed ribbons, medals and trophies the swimmers receive during the season. At the end of each season all awards will be recycled.

Discounted Season Pool Passes

Swimmers may purchase a pool pass for a discounted rate. Pool passes may be purchased by phone or in person at The Woodlands Recreation Center beginning about February 1st. In 2017, discounted season pool passes will be \$18 for all swimmers on the Waves, Hurricanes and Riptides swim teams. We do not offer discounted daily admissions fees or punch cards.

Refunds

Full refunds will be given to participants who have registered for a program that has been cancelled by The Woodlands Parks and Recreation Department. Otherwise, participants may request a refund minus applicable processing fees as described here. **No Refunds will be given, if not in writing via email.**

- Feb 1st – April 6th to submit a refund request via *email only* to: darnold@thewoodlandstowship-tx.gov, a full refunded will be provided, minus a \$5 processing fee.
- After April 6th, to submit a refund request via *email only* to: darnold@thewoodlandstowship-tx.gov, a full refund will be provided minus a \$25 processing fee.
- After May 1st, *no refunds* will be provided.

Refunds may take up to three to four weeks to process.

North West Aquatic League Parent/Coach Code of Conduct

Children's sports are supposed to be fun – for the children. Unfortunately, many parent, fans and coaches do not realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following **Code of Conduct** is for parents and spectators to abide by at every practice and meet.

Preamble

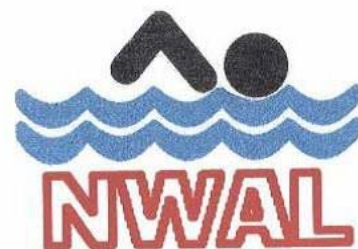
The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, and caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event.
5. I (and my guests) will not engage in any kind of unsportsman-like conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups.
13. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet suspension with written documentation of incident kept on file by organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.



The Woodlands Township

2018 CODE OF CONDUCT for SWIMMERS

The Woodlands Township Aquatics Division staff wants this swim team season to be a fun, family-friendly, positive, and learning experience for everyone involved. This Code of Conduct was developed to help everyone (especially all the kids) have a better swim team experience this season, and is meant to be a positive guide for their behavior during both swim team practices and swim meets.

1. I will participate in swim team because I want to, not just because my parents or coaches want me to.
2. I will respect myself by coming to the pool with a great attitude and always doing my best in the water.
3. I will respect my teammates in the pool, on the deck, in the restrooms, and in public. I will cheer them on, congratulate great swims, and support them when they are upset.
4. I will respect my coaches by listening carefully and following their instructions.
5. I will respect my opponents, their team officials, and parents, by treating them all the same as I treat my own teammates, coaches, and parents.
6. I will respect everyone by controlling my temper. I know that fighting, splashing others in the pool in a distracting manner, and “mouthing off” can spoil the fun for everyone. I know that can expect discipline for these actions.
7. I will respect my pool by helping to keep the pool, deck, and bathrooms clean and safe.
8. I will remember that winning isn't everything – that having fun, improving my skills, making friends, being a good teammate, and doing my best are also important.
9. I will always follow the rules of the pool whether at my pool or visiting someone else's pool.
10. I will remember that coaches, officials, and lifeguards are there to help me learn and keep me safe. I will always accept their decisions and do my best for the team.

I, _____ (print swimmer's name) agree to follow the Swim Team Member Code of Conduct.

Printed Name or Signature of Swimmer (by swimmer)

Signature of
Parent/Guardian that
helped review this Code
with their child

Failure to comply with the Code of Conduct for Swimmers will be discussed with parents or