

**SYLVANIA TSUNAMI SWIM CLUB**  
**2010-2011 Short Course Season Information**  
**& Registration Packet**

**Practices start Monday, September 13<sup>th</sup> for All Training Groups**

**Club Parent Meetings will be held on the following dates, at NV High School:**

**Stroke Development Sept. 15 – 5:45 PM**

**Red Sept. 16 – 7:00 PM**

**White Sept. 20 – 7:00 PM**

**Blue Sept 21 – 8:00 PM**

**Senior Sept. 22 – 6:00 PM**

**Registration Information:**

- **Final registration deadline for current Tsunami members swimmers is Tuesday, September 7<sup>th</sup>.** Registrations for current Tsunami members received after Tuesday, September 7<sup>th</sup> will have an added \$40 late registration fee.
  - Early registration is encouraged, as training groups have a limited number of available spots.
  - A registration form must be submitted for each swimmer to P.O. Box 268, Sylvania, OH 43560.
  - No registration form will be accepted without payment of the club dues and fees.
  - All fees from previous seasons must be paid in full to register for upcoming season.
  - Unregistered and unpaid swimmers will not be allowed to participate in the Tsunami swim program.
  - Registration forms are also available online and at the Northview High School Natatorium.
  - Each training group level offers two levels of training and competition commitments: Group A (advanced) and Group B (basic). Swimmers who are interested in Group A training must contact Coach Chris Black before registering.
  - Our coaches have a training group recommendation for each current swimmer. *Current swimmers should contact Coach Chris Black via email ([swimclub@msn.com](mailto:swimclub@msn.com)) or phone (419-559-9255) regarding his/her training group.*
  - Swimmers who participate in other sports during the fall, but also plan to swim the short course season need to submit a paid registration during our registration period to insure a place in his/her training group. These swimmers must also consult with our coaching staff regarding practices.
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## 2010-2011 Short Course Season Training Group Information

**Stroke Development:** This introductory group is for swimmers who are just beginning in the sport of swimming. Swimmers must be able to do freestyle with rotary breathing. Basic mastery of freestyle and backstroke, as well as the introduction to butterfly and breaststroke are the primary goals of the Stroke Development Program. There are no meet requirements, however all swimmers are encouraged to swim at NWOWI. Practices will be held in the short lanes of the pool. The group is divided into two age groups: **Group B** is for ages 10 and under, limited to 20 swimmers. **Group A** is for ages 11 years and over, limited to 16 swimmers. Staff: Coaches Allyson Keefer & Darrah Desmond

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**Red:** Red is our second level of developmental groups, and is for beginners (ages 7-9) who know the four competitive strokes, but need coaching to put them together in order to swim strokes legally and more efficiently in swim meets. Basic mastery of the four competitive strokes and turns are the primary goals of this group. Swimmers are required to participate in a specified number of meets. Practices will be held in the long lanes of the pool. This group is limited to a total of 40 swimmers. The Red Group offers two levels of training and competition commitment: **Red A** (advanced) & **Red B** (basic). Staff: Kris Moellenberg, Lead Coach with Allyson Keefer & Darrah Desmond

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**White:** White is our introduction into training group. These swimmers (ages 9-12) know all four competitive strokes legally. Swimmers are introduced to basic training methods with emphasis on proper stroke technique, technical refinement, understanding the pace clock, and other swimming skills. Swimmers are required to participate in a specified number of meets. Practices will be held in the long lanes of the pool. This group is limited to a total of 40 swimmers. The White Group offers two levels of training and competition commitment: **White A** (advanced) & **White B** (basic). Staff: Kris Moellenberg, Lead Coach with Allyson Keefer & Darrah Desmond

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**Blue:** Blue is designed for swimmers (ages 11-14) making preparations for the Senior Group level of training and competition. Swimmers begin to use training methods to improve fitness levels, including more extensive dry-land conditioning, stroke technique, and proper training and race strategies. Technique is still emphasized, but a shift is made towards higher levels of training. Swimmers are required to participate in a specified number of meets. This group is limited to a total of 40 swimmers. The Blue Group offers two levels of training and competition commitment: **Blue A** (advanced) & **Blue B** (basic). Staff: Chris Black, Lead Coach with Kris Moellenberg

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**Senior:** Senior Group is for national, advanced and intermediate-level high school swimmers. This group is offered before and after the high school season, along with the long course season. Swimmers in this group train to reach their personal potential. Goals and training programs are developed to maximize individual abilities. Swimmers are encouraged to attend the uppermost levels of competition as discussed with the Senior Group coaching staff. This group is limited to a total of 36 swimmers. The Senior Group offers two levels of training and competition commitment: **Senior A** & **Senior B**. **Senior A** practices 5 days per week until the high school season begins and 2-3 weeks after the high school season ends. **Senior B** is for swimmers seeking ongoing training and conditioning preparation for the winter high school swim season, without a meet or practice commitment. The group focuses on training methods to improve stroke technique, proper training and race strategies. Staff: Chris Black, Lead Coach with Kris Moellenberg

## Summary of Training Group Information

All Training Groups practice at the Northview High School Natatorium during the fall and winter. \* The practice times listed below begin on September 13th. Due to the rental schedule of our facility, practice changes will occur during the course of the fall and winter season. Tsunami will strive to make those changes as small as possible. Throughout the season, any practice changes or cancellations will be posted online, on the bulletin board and/or emailed to members. A complete calendar of daily practices, upcoming events, and meeting schedules will be posted on the CALENDAR portion of the team web site. PLEASE NOTE: You must be logged into the team web site to access monthly calendars. Additionally, training groups' practice times INCLUDE dry-land workout times.

Group Name	Practice Days	Practice Times*	Weekly Practice Requirements	Minimum Meet Requirements	DUES & FEES			
					TOTAL=	Club Dues+	USA Swimming+	Meet Entry Fees
Stroke Development B	Mon - Fri	5:45-6:30pm	None	None	<b>\$482.00</b>	\$425.00	\$57.00	none
Stroke Development A	Mon - Fri	6:30-7:15pm	None	None	<b>\$482.00</b>	\$425.00	\$57.00	none
Red Group B	Tues/Thurs/Fri Sat	6:45-8:00pm 10:45-12:00pm	2x week	3 to include SOS, NWOWI, Regionals or BKay	<b>\$607.00</b>	\$475.00	\$57.00	\$75.00
Red Group A	Tues, Thurs, Fri Mon or Wed Sat	6:45-8:00pm 7:00-8:15pm 10:45-12:00pm	3x week	4 to include SOS, NWOWI & Regionals	<b>\$657.00</b>	\$500.00	\$57.00	\$100.00
White Group B	Mon, Wed, Fri Sat	6:45-8:00pm 9:45-11:00am	3x week	4 to include NWOWI & Regionals	<b>\$682.00</b>	\$525.00	\$57.00	\$100.00
White Group A	Mon, Wed, Fri Tues, Thurs Sat	6:45-8:00pm 8:00-9:30pm 9:45-11:00am	4x week	5 to include NWOWI & Regionals	<b>\$732.00</b>	\$550.00	\$57.00	\$125.00
Blue Group B	Mon-Fri Sat	7:45-9:00 pm 8:00-9:15pm	3x week	4 to include NWOWI & Regionals	<b>\$707.00</b>	\$550.00	\$57.00	\$100.00
Blue Group A	Mon – Fri Sat	7:30-9:30pm 8:00-9:45am	11 yr : 4x/week 12-14 yr: 5x/week	5 to include NWOWI & Regionals	<b>\$782.00</b>	\$600.00	\$57.00	\$125.00
Senior Group B	Mon - Fri	4:45-7:00pm	None	None	<b>\$357.00</b>	\$300.00	\$57.00	none
Senior Group A	Mon – Fri Sat	4:45-7:00pm 8:00-10:00am	5x week	2 meets prior to HS Season & 1 meet after HS Season	<b>\$482.00</b>	\$350.00	\$57.00	\$75.00

## Committee Volunteer Opportunities:

- All parents are encouraged to help out as volunteers on various club committees, such as Spirit Wear, Team Activities. Look to the website or the club's bulletin board for more information on how to get involved, or contact any member of our coaching staff or board of directors for current needs.

## Club-Sponsored Home Meet Volunteer & Financial Requirements:

- Tsunami hosts the *North West Ohio Winter Invitational (NWOWI)* at BGSU on January 8/9, 2011. Because this meet is a *major fund source* for our club, each swim family is required to work **two** sessions at NWOWI. Volunteer activities include all jobs that are crucial to running a smooth swim meet, from timers to concessions. More information on volunteer position and signup will be posted online and at the pool in the fall.
- In addition, each family is required to purchase a *Family Meet Package* (\$60 to \$75 per family). The package includes support for concession items & meet supplies, exclusive team meet t-shirt, complimentary meet entry & heat sheet.

## Dues & Fees:

- **Membership Dues** may be paid in two installments: ½ due with **completed registration form**, and final ½ paid by **December 1st**. Any membership fees received after the due date are subject to a \$40 late fee.
- **USA Swimming Fees are due at registration.**
- Payment can be paid by cash or check, payable to Sylvania Tsunami Swim Club.
- Dues include three things: General Club Dues, USA Swimming Membership and Meet Entry Fee Account. The dues and fees for each training group are outlined in the Training Group Information.

Example of how your dues break down:

### White Group A

\$550.00 General Dues (1/2 due at registration; 1/2 due Dec 1)

57.00 USA Swimming (due at registration)

125.00 Beginning balance of Meet Entry Fee Account (1/2 due at reg; 1/2 due Dec 1)

\$732.00 Total Dues and Fees

1. General Club Dues cover the club's expenses associated with staff, pool rental and general administration.
  2. Each swimmer is required to have an annual USA Swimming membership...covers swimmer for both short & long course seasons The swim club will complete the USA Swimming registration and submit \$57.00 for each swimmer.
  3. Included in the total dues is a beginning balance for your Meet Entry Fee Account. At swim meets, the host club charges a meet entry fee for each event swum by a swimmer. Fees vary by meet, but are typically \$3 to \$7 *for each event*. A typical session (1/2 day) at a swim meet averages \$25, but will vary based on the number of events in which your swimmer will participate
- Meet entry fees are paid to the host club several weeks before the meet. Therefore, you will be notified of each meet's entry deadline, by which date you will need to enter your swimmer(s). This can be done either online at [www.sylvaniatsunami.com](http://www.sylvaniatsunami.com) or onsite at the pool on the club's bulletin board.
  - Entry fees must be paid in advance to insure swimmer eligibility, and are non-refundable after the deadline.
  - A Meet Entry Account will be set up for each swimmer at the beginning of the season. An estimate of the funds needed for the minimum required meets has been included in the fee schedule for each training group. (ie., White A Group swimmers will participate in 5 meets, so \$125 will be the starting level of their Meet Entry Fee Account.) That money will be used specifically for meet entries. You will be able to see the amounts used for each meet on your invoices.
  - As meet entries are submitted, the total amount due will be deducted from your Meet Entry Fee Account. As the season progresses, we ask that you monitor your Meet Entry Fee Account to make sure you have adequate funds available for meet entries. If your Meet Entry Fee Account has a zero balance, you will be asked to pay the entry fees before the meet deadline. Failure to pay entry fees by the specified deadline will result in the removal of your swimmer from the meet.



## Sylvania Tsunami Swim Club Registration 2010/2011 Short Course Season

### Swimmer Information (one child per form)

Legal First Name: \_\_\_\_\_ MI. \_\_\_\_\_ Last Name: \_\_\_\_\_  
Preferred First Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Email: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Training Group: \_\_\_\_\_  
Date of Birth (mo/day/yr): \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

### Swimmer's Background

1<sup>st</sup> Time Member of Tsunami: Yes No If no, what previous training group \_\_\_\_\_  
Other USA Swimming Team: \_\_\_\_\_ Summer Swim Team: \_\_\_\_\_

### Parent/Guardian Information

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### Medical/Emergency Information

This Medical and insurance form must be completed to allow your child's participation in the Sylvania Swim Club

In Case of Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Alt Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Any Medical concerns/Allergies/Medications: \_\_\_\_\_  
Name of Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_  
Policy Holders Name: \_\_\_\_\_ Relationship to Swimmer: \_\_\_\_\_

I certify that the information above is accurate and complete, and that this swimmer is in good health and has no condition that would cause harm by swimming. If Club staff (Coaches) determine that medical attention is required and the parent / guardian or emergency contacts can not be reached in sufficient time in the judgment of the staff, we hereby give the staff permission to seek medical treatment on our behalf and release the Sylvania Tsunami Swim Club, its staff and volunteers from liability for such treatment. I, the undersigned parent/guardian of said applicant swimmer, agree that the information provided in this application is accurate and true. I agree to pay all swim club dues, entry fees and USA swim membership fee. The swimmer and parent will follow the club policies, codes of conduct and terms and conditions of participation even if we have not read them.. I indemnify and hold harmless the Sylvania Tsunami Swim Club, the coaching staff and Sylvania Schools from any claims for personal illness and injury that my child/swimmer may sustain during practice, swim meet or other swim club sponsored event.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Payment must be included with registration.**

**Send completed form & payment to:  
Sylvania Swim Club PO Box 268 Sylvania, Ohio 43560**

**Current Swimmer Deadline: September 7, 2010  
New Swimmer Evaluations & Registration: September 8/9, 2010 at 5:30pm**

# 2010 - 2011 Short Course Meet Schedule

Date	Meet	Location	Groups	Time Qualifications	Age Restrictions	Entry Deadline	Meet Entry Error Notification Deadline	Entry Fee Account Update Deadline	Tentative Coaching Assignments
7-Oct	SOS Oct. Dev.	Fremont Ross HS	Stroke Development & Red A & B		12 & Under	24-Sep	28-Sep	1-Oct	CB & AK
16-Oct	STSC Intersquad	Northview HS	All Groups			13-Oct			All Staff
10/23-10/24	Clipper Halloween	Covington, KY	All Groups			24-Sep	28-Sep	1-Oct	KM & CB
11/5 - 11/7	Black Swamp	Fremont Ross HS	All Groups			8-Oct	11-Oct	15-Oct	All Staff
11/26 - 11/28	GTAC - Turkey	St. Francis/U. Toledo	All Groups	Longer Event Standards		15-Oct	19-Oct	22-Oct	All Staff
12/11 - 12/12	BGSC Winter Inv.	BGSU	All Groups	Longer Events Only		12-Nov	15-Nov	17-Nov	CB, KM, AK, DD
1/8 - 1/9	Tsunami's NWOWI	BGSU	ALL GROUPS TEAM MEET			10-Dec	14-Dec	16-Dec	All Staff
23-Jan	NAC Mini Meet	Napoleon HS			10 & Under	10-Jan	12-Jan	14-Jan	KM & DD
1/21 - 1/23	KCST Medal Inv.	Kettering, Ohio	All Groups Team Travel Meet			3-Jan	5-Jan	7-Jan	TBA
2/4 - 2/6	CM TYR Invi.	Keating Natatorium		National A		13-Dec	15-Dec	17-Dec	CB
2/5 - 2/6	NAC Valentine	Napoleon HS	All Groups			14-Jan	17-Jan	19-Jan	KM, AK, DD
2/19 - 2/21	NW Ohio Regionals	Fremont Ross HS	ALL GROUPS TEAM MEET	Slower than Ohio JO	14 & Under	24-Jan	26-Jan	28-Jan	All Staff
3/4 - 3/6	Ohio Senior Meet	Oxford, Ohio	SENIOR TEAM MEET		15 & Over	14-Feb	16-Feb	18-Feb	CB
3/5 - 3/6	Barbara Kay Mini	Worthington, Ohio			8 & Under	24-Jan	26-Jan	28-Jan	KM & DD
3/11 - 3/13	Ohio JO Champs	Bowling Green, Ohio		Faster than Ohio JO	14 & Under	18-Feb	23-Feb	23-Feb	All Staff
3/16 - 3/20	<b>Zone Sectionals</b>	<b>Ft. Lauderdale, FL</b>	<b>All Qualifiers</b>	<b>South Zone Sectional Cut</b>		21-Feb	28-Feb	28-Feb	CB
<p><b>Swimmers will be expected to attend all practices from the conclusion of their high school season until the meet</b></p> <p><b>Swimmers Attending this meet must also participate in 2 days of 3 meets including the Ohio Senior Meet</b></p> <p><b>SOS Developmental meets DO NOT count towards meet requirement for any group other than Stroke Development and Red groups</b></p>									
CB = Chris Black		KM = Kris Moellenberg		AK = Allyson Keefer		DD = Darrah Desmond			
Meets that families should plan on scheduling and attending									