

Information & Fittings
Sept 9th & 10th
6:00pm
Northview HS

SYLVANIA TSUNAMI SWIM CLUB
2009-2010 Short Course Season Information
& Registration Packet

Practices start Monday, September 14th

Please attend one of the club's Information Meetings.
Each will include a Parent Meeting, Swim Suit Fittings,
New Swimmer Evaluations and Registration.

Registration Information:

- **Early bird registration for current swimmers:** To guarantee placement in a training group, a completed and paid registration form must be to the club no later than **Friday, September 4th**.
 - Final registration deadline for all swimmers is September 10th.
 - 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.
 - Starting in the fall, 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. For Stroke Development, Red, White and Blue Groups, please refer to the *Fall Winter Group Placements* chart (part of this registration packet & available online) for guidance. Senior level swimmers should contact Coach Chris Black via email (swimclub@msn.com) or phone (419-559-9255) regarding his/her training group.
 - If your name does not appear in the above mentioned Fall Winter Group Placements document, please contact Coach Chris Black directly regarding your 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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2009-2010 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

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

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

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

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 Andy Dugan

Summary of Training Group Information

All Training Groups practice at the Northview High School Natatorium. The following times are effective from September 14th through November 7th, which begins the high school swim and water polo seasons. Some practice times may shift slightly effective November 9th dependent on pool availability. Throughout the season, any practice changes or cancellations will be posted online, on the bulletin board and/or emailed to members.

Note that some training groups' practice times INCLUDE dry-land workout times. You will be notified by your coach regarding dry-land workouts.

Group Name	Practice Days	Practice Times *thru Nov. 7 th *	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	\$456.00	\$400.00	\$56.00	none
Stroke Development A	Mon - Fri	6:30-7:15pm	None	None	\$456.00	\$400.00	\$56.00	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	\$556.00	\$425.00	\$56.00	\$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	\$606.00	\$450.00	\$56.00	\$100.00
White Group B	Mon, Wed, Fri Sat	6:45-8:00pm 9:45-11:00am	3x week	4 to include NWOWI & Regionals	\$631.00	\$475.00	\$56.00	\$100.00
White Group A	Mon, Wed, Fri Tues, Thurs Sat	6:45-8:00pm 8:00pm-9:30pm 9:45-11:00am	4x week	5 to include NWOWI & Regionals	\$681.00	\$500.00	\$56.00	\$125.00
Blue Group B	Mon-Fri	7:45-9:30 pm	3x week	4 to include NWOWI & Regionals	\$656.00	\$500.00	\$56.00	\$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	\$731.00	\$550.00	\$56.00	\$125.00
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	\$431.00	\$300.00	\$56.00	\$75.00
Senior Group B	Mon - Fri	4:45-7:00pm	None	None	\$306.00	\$250.00	\$56.00	none

Committee Volunteering and Meet Volunteer Requirements:

- 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.
- Tsunami hosts the North West Ohio Winter Invitational (NWOWI) at BGSU on January 9-10, 2010. 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.

Advertisement Requirement: Each swim family is also required to submit a \$50.00 ad for our NWOWI heat sheet. You may solicit area businesses or submit a family ad. This charge is invoiced or credit given in January 2010 after the meet. More information regarding ads and NWOWI will follow.

Dues & Fees:

- Dues may be paid in two installments: ½ due with **completed registration form**, and final ½ paid by **December 1st**.
- 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

\$500.00 General Dues
56.00 USA Swimming
125.00 Beginning balance of Meet Entry Fee Account
\$681.00 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. The swim club will complete the USA Swimming registration and submit \$56.00 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 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.

If you have any questions concerning your Meet Entry Fee Account please contact our club Treasurer, Kathy Mefferd via email at kmefferd@aol.com.

Recommended Fall Winter Group Placements for 2009/2010 Short Course Season

for current swimmers

Swimmers who wish to be placed in Red A, White A, and Blue A need to contact Kris or Chris for placement

Senior Group swimmers will need to consult with Chris Black on group placement

Stroke Development 10 & Under		Stroke Development 11 & Over		Red Group		White Group		Blue Group	
Finn	Ryan	Dixit	Bahkti	Clark	Allison	Aris	Melissa	Balcerzak	Ashlee
Holt	Ansel	Dixit	Shruti	Crosley	Jennifer	Bassett	Tori	Chen	Yuran
Lee	Tristan	Dong	Catherine	Doenecke	Madeline	Clark	Ben	Debelley	Lauren
Mahmoud	Hannah	Hurley	Kenny	Doenecke	Ben	Cusick	Emilie	Douglas	Maya
McBee	Emily	Kameny	Antony	Francis	Alexa	Cusick	Jordan	Duwve	Kathleen
Tatchell	Ellie	Marshklar	Neil	Grinsberg	Isaac	Delmonico	Lydia	Finn	Morgan
		Sanderson	Jack	Hasleman	TJ	Dewitt	Maddison	Gordon	Ben
				Holt	Sophia	Dolin	Ilana	Grana	Alex
				Kalucki	Emma	Finn	Maggie	Gregory	Elle
				Krusynski	Trevor	Gaynor	Kevin	Hall	Morgan
				Mahmoud	Lila	Hadley	Mark	Hiltner	Tia
				Matrusynski	Paige	Hanna	Parker	Hoffman	Emily
				McGoldrick	Carly	Hanna	Reece	Hsieh	Katie
				Mefferd	Jason	Hirisaksh	Saraiya	Kalucki	Abby
						Hoellrich-			
				Noviski	Jack	Bower	Allison	Kloster	Alex
				Rose	Noah	Hong	Dillon	Kryusynski	Zane
				Ryder	Jack	Hsieh	Maggie	Lazenby	Grant
				Schalk	Madison	Kloster	Hannah	Ledrick	Forrest
				Schulz	Alissa	Kondalski	RJ	Lee	Tony
				Vesoulis	Madalyn	Lankard	Lauren	Lee	Warren
				Vesoulis	Megan	Lazaar	Reece	Liu	Lance
				Wainstein	Danny	Ledrick	Gwyn	Marvin	Sarah
				Zaim	Salma	Lee	Dakota	Monaghan	Patrick
						Liu	Tony	Murphy	Mikayla
						Noviski	Noah	O'Brien	Kelsey
						O'Hare	Trevor	Palus	Sheridan
						Pax	Katone	Pierce	Justin
						Piggot	Kevin	Pierce	Simone
						Piuma	Fausto	Rafac	Kelsey
						Ryder	Natalie	Schaffer	Jordan
						Ryder	Katherine	Smale	Avery
						Smith	Sabrina	Smith	Hannah
						Sullivan	Lauren	Towns	Becky
								Wainstein	Alex
								Wainstein	Matt
								Waite	Allison
								Zhang	Vickie
								Zick	Madeline
								Zsarnay	Rachael

PENNSYLVANIA

2009 - 2010 Short Course Fall/Winter Meet Schedule

Date	Meet	Location	Groups	Time Qualifications	Age Restrictions	Entry Deadline
17-Oct	STSC Intersquad	Northview HS	All Groups			14-Oct
15-Oct	SOS Oct. Dev.	Fremont Ross HS	Stroke Development & Red A & B		12 & Under	28-Sep
10/24 - 10/25	CLPR Halloween Inv.	Covington, KY	All Groups - TEAM TRAVEL MEET			26-Sep
11/6 - 11/8	Black Swamp	Fremont Ross HS	All Groups			12-Oct
11/27 - 11/29	GTAC - Turkey	St. Francis/U. Toledo	All Groups	Longer Event Standards		26-Oct
12/10 - 12/12	USA Swim Jr. Nats	Ohio State		US SC Jr. National Cuts		5-Nov
12/11 - 12/13	BGSC Winter Inv.	BGSU	All Groups	Longer Events Only		16-Nov
17-Dec	SOS Dec. Dev.	Fremont Ross HS	Stroke Development & Red A & B		12 & Under	16-Nov
1/9 - 1/10	NWOWI	BGSU	ALL GROUPS TEAM MEET			14-Dec
14-Jan	SOS Jan. Devl	Fremont Ross HS	Stroke Development & Red A & B		12 & Under	28-Dec
17-Jan	NAC Mini Meet	Napoleon HS			8 & Under	21-Dec
1/23 - 1/24	Puppy Mania	Fremont Ross HS	All Groups			4-Jan
2/5 - 2/7	CM TYR Invi.	Keating Natatorium		National A		28-Dec
2/6 - 2/7	NAC Valentine	Napoleon HS	All Groups			11-Jan
2/19 - 2/21	NW Ohio Regionals	Fremont Ross HS	ALL GROUPS TEAM MEET	Slower than Ohio JO	14 & Under	25-Jan
2/27 - 2/28	Barbara Kay Mini	Worthington, Ohio			8 & Under	25-Jan
3/5 - 3/7	Ohio Senior Meet	Oxford, Ohio	SENIOR A TEAM MEET		15 & Over	8-Feb
3/12 - 3/14	Ohio JO Champs	Bowling Green, Ohio		Faster than Ohio JO	14 & Under	18-Feb
3/16 - 3/20	NCSA Jr. Nationals	Orlando, Florida	Senior A	Faster than Meet Cut		1-Mar
3/25 - 3/28	Zone Sectionals	Indianapolis, Indiana	Senior A	Sectional Cut		8-Mar
SOS Developmental meets will not count towards meet requirement for any group other than Stroke Development and Red groups						
Post High School Season Attendance Requirement needed to attend these meets						





Sylvania Tsunami Swim Club Registration 2009/2010 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

1st 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 4, 2009
New Swimmer Tryouts & Registration: September 9/10, 2009**