

# Clarke Farms Tsunamis Swim Team



## 2019 Team Handbook

WEB PAGE:

[www.clarkefarmstsunamis.com](http://www.clarkefarmstsunamis.com)

### Table of Contents

- I. A Message from your Swim Board
- II. Commandments for Parents

- III. **Meet Schedule**
- IV. **Meet Location**
- V. **Coaches**
- VI. **Practice Schedule**
- VII. **Swimmer Expectations**
- VIII. **Parent Expectations**
- IX. **Important Dates and Team Fun**
- X. **Website Tools**
- XI. **Head Volunteers**
- XII. **Volunteer Involvement**
- XIII. **AllStar Times**
- XIV. **Personal Goal Tracking**

***Risk more than others think is safe  
Expect more than others think is wise  
Dream more than others think is practical  
Achieve more than others think is possible***

**I. A Message from your Tsunamis Swim Board:**

Welcome to the Tsunamis Swim Team! We are really looking forward to a great summer and getting to know you and your swimmers! Our goals for this summer are to have fun and to help our swimmers meet their personal and performance goals. We hope that parents and swimmers will be active participants with the Swim Board and Tsunami Staff in helping our swimmers be the best that they can be!

As your Tsunamis Swim board, we rely heavily on our parents and swimmers for guidance and support as we work towards making this the best summer yet! For this reason, and many more, please contact us if you have questions, concerns, or to

communicate someone on the team that you would like to recognize for their team spirit or good deeds. We really look forward to hearing from you!

Have a great swim season and remember to have fun!!!

Your Tsunamis Swim Board:

Tiffany Kemp: President  
 Jen May: Parent Representative (MHSL V.P. Division C)  
 Laura Johnson: Treasurer  
 Laura Stonecipher: Awards/Team Spirit  
 Corey Yanzito: Volunteer Coordinator  
 Darren Schroeder: Coaches Representation

Position	Name	Email address	Cell number	OK to Text
President	Tiffany Kemp	<a href="mailto:ctkkemp@yahoo.com">ctkkemp@yahoo.com</a>	303-501-9419	Yes
Parent Rep	Jennifer May	<a href="mailto:carbon.girl@me.com">carbon.girl@me.com</a>	303-359-4952	Yes
Treasurer	Laura Johnson	<a href="mailto:klasj@comcast.net">klasj@comcast.net</a>	303-807-6885	Yes
Awards/Team Spirit	Laura Stonecipher	<a href="mailto:Cftlaura19@gmail.com">Cftlaura19@gmail.com</a>	303-887-5442	Yes
Volunteer Coordinator	Corey Yanzito	<a href="mailto:coreymcauliffe@hotmail.com">coreymcauliffe@hotmail.com</a>	303-668-6931	Yes
Coaches Representative	Darren Schroeder	<a href="mailto:dssstsmts@msn.com">dssstsmts@msn.com</a>	303-475-6440	Yes

## II. Commandments for Parents

•**Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child’s activity. Improvements and progress occur at different rates for each individual child. The nice thing about swimming is that every person can strive to do their personal best!

•**Thou shalt be supportive no matter what.** There is only one question to ask your child ‘Did you have fun?’ If meets and practices are not fun, your child should not be forced to participate.

•**Thou shalt not coach your child.** You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

•**Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

•**Thou shalt acknowledge thy child’s fears.** At a first swimming meet any race can cause a stressful situation. It is totally appropriate for your child to be scared. Just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.

•**Thou shalt not criticize the officials.** If you do not have the time or the desire to volunteer as an official, don’t criticize those who are doing the best they can.

• **Honor thy child’s coach.** The bond between coach and swimmer is a special one, and one that contributes to your child’s success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child’s swimming.

•**Thou shalt demonstrate good sportsmanship at all times.** Parents play a huge roll in demonstrating good behavior to children. Please be considerate of others and not excessively celebrate if your swimmer has does well.

•**Thou shalt have respectful conduct at all times.** Parents will respect coaches, officials and other volunteers. Parents will never question, discuss or confront coaches or other adults during swim meets and will take time to speak with coaches and the team parent reps at an agreed upon time and place.

•**Thy child shalt have goals besides winning.** Giving an honest effort regardless of what the outcome is much more important than winning.

•**Thou shalt leave no trace.** When we are the host team, we’re hospitable in every way. When we are the visiting team, we are courteous and “leave no trace”.

**III. Meet Schedule:**

Date	Home -Hosting	Visitor	Theme
June 1st	@ Clarke Farms- HOME	Canterberry	Superhero
June 8th	@ Castle Rock West	Clarke Farms	Pirates
June 15th	@ Clarke Farms- HOME	Castle Rock East	Under the Sea
June 22nd	@ Dam West	Clarke Farms	Emojis
June 29th	@ Castle Pines Village	Clarke Farms	Color wars
July 6th July 8th	<b>Last Chance Meet @ Butterfield Crossing Prelims @Clarke Farms-HOME (Ages 5-6,7-8,13-18)</b>		Tsunami pride

July 9th	<b>Prelims @ Canterbury/MAC (Ages 9-10,11-12)</b>		Tsunami pride
July 13th	Championships @ Butterfield Crossing -Castle Rock		Tsunami pride
July 20th	ALL STARS @ Butterfield Crossing -Castle Rock		Tsunami pride

**IV. Meet Locations**

**CANTERBERRY:**

[11300 Canterbury Pkwy Parker, CO 80138](#)

**CASTLE PINES VILLAGE STINGRAYS: [4500](#)**

[Canyon Club Dr. Castle Rock, CO 80108](#)

**Dam West:**

[11700 E. Yale Way. Aurora, CO 80014](#)

**CASTLE ROCK CRUISERS EAST:**

[3952 Butterfield Crossing Drive, Castle Rock, CO 80109](#)

**CASTLE ROCK CRUISERS WEST:**

[3952 Butterfield Crossing Drive, Castle Rock, CO 80109](#)

\*\*\*Meet results will be emailed by our Parent Rep or Team Manager via email and posted on our website each week.

**V. Coaches:**

**Contact Information:**

COACHES	Name	Email address	Cell number	Age Group
Head Coach	Evan Sullivan	<a href="mailto:evansully3@gmail.com"><u>evansully3@gmail.com</u></a>	720-568-0653	11-12
Head Coach	Ayla Main	<a href="mailto:aylamain@gmail.com"><u>aylamain@gmail.com</u></a>	720-644-7334	9-10
Coach	Kristofer Johnson	<a href="mailto:kristofersj@comcast.net"><u>kristofersj@comcast.net</u></a>	720-454-0447	13-18
Coach	Kilee Kemp	<a href="mailto:kempkilee233@gmail.com"><u>kempkilee233@gmail.com</u></a>	303-547-0680	6 & under
Coach	Hailey Toth	<a href="mailto:haileyatoh@gmail.com"><u>haileyatoh@gmail.com</u></a>	720-417-4000	7-8

Coach	Alex Torres	swimmergirl2235@gmail.com	303-725-7381	6 and under

**VI. Practice Schedule:**

First week of practice is May 20th to May 23rd from 7:00-8:00 PM only

Second week of practice is May 28th -Normal practice times AM and PM.

Regular practices start on May 28th:

**Morning practices:**

- **Monday to Thursday: 7:00 AM-8:00 AM (11 & up), 8:00 AM-9:00 AM (10 & under),**
- **Friday 8:00 AM-9:00 AM (all ages)**

**Evening practices:**

- **Monday to Thursday: 8:00 PM-9:00 PM (all ages).**

**Note:** Please refer to the calendar posted on the website for variations due to holidays and events. Currently: No Practice on Memorial Day, July 4th and 5th.

**VII. Swimmer Expectations:**

- Swim for the fun of it, not just to please your parents or coaches!
- Swimmers are encourage to attend a minimum of 3 practices per week. Attendance will be taken at each practice.
- We are guest at every facility we compete at. Athletes, coaches and families are expected to treat these locations with respect and always abbeey pool roles. We must leave the pool and locker rooms in better condition then when we came.
- Swimmers should be punctual for all practices and meets. Pool time is very valuable.
- Swimmers should plan to attend all meets unless they have made special arrangements with their coach.
- Swimmers should be an active participant in all team practices, competitions, and team events.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- The coach is there to help you. You are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, inquire politely.

**VIII. Parent Expectations:**

- Parents will need to register their child for the swim meet on the team web-site for events NO LATER than 10:00 A.M. the Tuesday morning before the upcoming dual meet. **There are NO exceptions.** IF you do not register your child on or before this day and time, your swimmer **will not be allowed** to swim in that week's meet.
- Communicate with your child's coach for all dates that your swimmer will not be attending a meet.
- If your child is sick the morning of the meet, text the coach so we can remove your child from the meet.
- Your child's coach has a final say in all entries for the meet.
- You can print your meet schedule the Friday evening before that weeks meet; meet schedules will be posted at the site, but no copies will be available for purchase.
- Bring a SHARPIE! We are going CARDLESS again this year. Your swimmer is required to have the following written on the inside of their left or right arm:
  1. Event
  2. Heat
  3. Lane
  4. Stroke

## IX. Important Dates and Team FUN!

- Themes for swim meets:

- 6/1 Superhero
- 6/8 Pirates
- 6/15 under the sea
- 6/22 Emojis
- 6/29 Color Wars

Prelims, Championship, Allstars : Tsunami pride.

- Donut Fridays: Each Friday swimmers can enjoy a donut at the morning practice. Parents can purchase donuts for \$1.00, or for the entire season, \$5.00 per child. Pay Laura Stonecipher each week by Wednesday evening's practice and indicated what kind of donut, glazed or chocolate.
- Best Costume: At each meet, one swimmer will be awarded best costume. They will get a prize and their picture in our newsletter.
- Swimmer of the Week: After each meet, the Coaches choose one male and one female swimmer who display excellent sportsmanship, positive attitude, dedication, and improvement or ability.
- Ribbons: Ribbons are awarded to swimmers placing 1st-8th place. Each swimmer has a file folder and ribbons are placed in folders weekly for pick up at the end of practices. If you are missing a ribbon please email Tiffany Kemp.

- **Speeding Tickets:** After the first swim meet each time you beat your best time you will get a ticket. Collect your tickets to trade in for prizes. Once a week the prize table will be set up to exchange your tickets.
- **Heat Winner:** At home meets, a prize will be awarded to each heat winner.
- **Home Meet Set Up and Potluck Carb Night:** 7:30 PM on the nights prior to home meets: *Carb Night Dates: 5/31, 6/14 and 7/7.*
- **Team Pictures:** June 5th -6:00PM for Individuals in your team swim suit. If you are not getting individual photos, arrive at 7:50PM for team photo. (NORMAL PRACTICE @8PM)
- **Team Water World Trip:** This year, we will not have a team day at Water World. Feel free to use the link on our webpage to get discounted tickets for your visits.
- **End of Season Party/Awards:** Sunday, July 14<sup>th</sup>, 5:00 -7:00 PM

#### X. **Website Tools:**

Visit our team website for the following:

[www.clarkefarmstsunamis.com](http://www.clarkefarmstsunamis.com)

- Team Registration
- Meet Sign-ups
- Volunteer Sign-ups
- Team News/Events
- Documents/Links
- Team Calendar

To add your cell number to get last minute practice cancellations via text:

- 1 Go to Team Admin > Account/Member Admin > Members tab
- 2 Search for and **click the name** for whom you would like to add a cell number
- 3 You will see a box for "Email and Text Messaging Setup." Click the **Add SMS** button to the right of the box.
- 4 Fill in the Cell Number and Cell Carrier in the pop up and click the **Send** button
- 5 A pop up will notify you that a text has been sent to the cell number for verification
- 6 Have the account holder check their cell phone for this message and let you know the Verification / Validation code. Note that some cell carriers can take awhile to deliver the message.
- 7 Enter the code in the "Verification Code" field and click **Verify**. This **MUST** be done for the number to be activated for use through OnDeck.



8 The cell number will appear in the box with the “Verified” checkbox checked

Download the mobile app “[OnDeck Parent](#)” to keep track of your swimmers times, sign up to volunteer and view meet results. You will need our Team Alias: recmhs1cfsco to log



into our team.

Don't forget to join our private Facebook page! [Clarke Farms Tsunamis](#)



**XI. Head Volunteers:**

Position	Name	Email Address	Coming back
<b>Clerk of Course</b>	Corey Parton	<a href="mailto:caparton@gmail.com">caparton@gmail.com</a>	<b>Yes</b>
<b>Meet Manager</b>	Ruth King	<a href="mailto:ruth_king@comcast.net">ruth_king@comcast.net</a>	<b>Yes</b>
<b>Meet Manager Assist</b>	Devin Armstrong	<a href="mailto:armstrongcd@hotmail.com">armstrongcd@hotmail.com</a>	<b>Yes</b>
<b>Heating Coordinator</b>	Lanie Holbrook	<a href="mailto:dawn.hildenbrand@dcsdk12.org">dawn.hildenbrand@dcsdk12.org</a>	<b>Yes</b>
<b>Head Timer/Dolphin</b>	Rachel Baltzer	<a href="mailto:baltzerfam@gmail.com">baltzerfam@gmail.com</a>	<b>Yes</b>
<b>Concessions</b>	Audrey Beckman	<a href="mailto:audrey.beckman1@gmail.com">audrey.beckman1@gmail.com</a>	<b>Yes</b>
<b>DJ</b>	Josh Parnes	<a href="mailto:jparnes@aol.com">jparnes@aol.com</a>	<b>Yes</b>
<b>Deck Ref/Starter</b>			<b>Yes</b>
<b>Head Official</b>			<b>Yes</b>

<b>Head Scorer Table</b>	Tiffany Kemp	<a href="mailto:ctkkemp@yahoo.com">ctkkemp@yahoo.com</a>	<b>Yes</b>
<b>Team Manager</b>	Laura Johnson /Tiffany	<a href="mailto:klasi@comcast.net">klasi@comcast.net</a>	<b>Yes</b>
<b>FaceBook and Newsletter</b>	Sarah Schroeder	<a href="mailto:dssstsmts@msn.com">dssstsmts@msn.com</a>	<b>Yes</b>

**2019 we are in need of the following:**

**6 Stroke and Turn officials**

**1 Deck Ref**

**1 Starter**

**XII. Volunteer Involvement**

**The Following Volunteer Agreement was signed during registration:**

- All of the work, except for coaching, is done by parents, making volunteers very important. There cannot be a swim team without volunteers. Swim meets are labor intensive with 100% of the labor supplied by parent volunteers.
  
- To succeed, everyone must carry the load. Right up front, all parents need to know they are expected to help. There is only one way we can orchestrate 90 events and that's with lots of help!
  
- If your swimmer is NOT swimming in a meet, then you are NOT required to work at that meet.
  
- ***IF your child is swimming in a meet, one parent (or friend, Grandparent, Aunt etc.) is required to volunteer and work half of that meet.*** If your name is not listed on the initial meet assignments, a duty will be assigned to you at the meet.
  
- All parents of swimmers must check in with the volunteer coordinator by 7:30 a.m. the morning of the meet to confirm their assignments and most importantly to get credit for working.
  
- Note that if you do not volunteer, your swimmer will not be allowed to swim in the following week's meet.
  
- Please contact the Volunteer Coordinator if you have questions or concerns about volunteering prior to each meet.

- If there is a last minute change to your plans & your children will not be at a meet, please contact their coach and the Volunteer Coordinator as soon as possible to remove yourself from the volunteer schedule.

By signing, I confirm that I understand my volunteer requirements and will abide by them. I understand that I am required to volunteer my time so that the swim team can function. Failure to do so will jeopardize my swimmer(s) participation in future meets.

**\*\*\*Please look for your email sent each week and promptly sign up for a job so that we don't have to track you down and force you into a job for the meet.**

### Volunteer Job Descriptions

Set-Up	Assist in setting up the pool area the night before the meet and Saturday morning. Usually only required for when we are hosting the meet.
Swimmer/Volunteer Check In	Checks in Swimmers and Volunteers the morning of the meet to confirm they are there. Shift is from Start of Warm-ups until just after the start of the meet. <b>**Very easy job, great for new parents.</b>
Timer	*2 Shifts. Three timers are needed at each lane. Works timing device (and/or stop watch) for a specific lane on a stop watch and/or Dolphin system. Attend timing meeting at the beginning of each swim meet to go over any new instructions for that pool. <b>**Very easy job, great for new parents.</b>
Runner	*2 Shifts. Collects time sheets from Timers and delivers them to the Scoring Table. Assist in communication between Starter, Clerk of Course, and Scoring table when needed. <b>**Very easy job, great for new parents.</b>
Scoring	*2 Shifts. Organize swimmer time cards by events/heats and verify times. <b>**Easy job, great for parents that have been on the team.</b>
Heating Area	*2 Shifts. Assist with getting swimmers checked in for their events and in chairs behind the starting blocks. Make sure swimmers are in the correct lanes. <b>**Very easy job, great for new parents.</b>
Misc	This position is open to help with whatever is needed during the meet. <b>**Very easy job, great for new parents.</b>

Concession	*2 shifts. Assist with selling concession items. Usually required for when we are hosting the meet. <b>**Very easy job, great for new parents.</b>
Clean-Up	Help return the pool to normal. Usually only required for when we are hosting the meet.
Concession Coordinator	Seasonal position. In charge of organizing, purchasing, collection donations for concessions. Only required for home meets.
DJ	Seasonal position. Runs the music at the home meet.
Head Timer/Dolphin	Seasonal position. Responsible for rounding up all timers for each shift, assigning lanes, handing out clipboards, timing instructions and holding the timers meeting for when we host the meet. Must be experienced timer.
Deck Referee	Official position. Must attend training clinic offered through <a href="http://www.mhsl.org">www.mhsl.org</a> See website for dates and locations. Verifies any/all stroke infractions and keeps the meet moving.
Clerk of Course	Official position. Must attend training clinic offered through <a href="http://www.mhsl.org">www.mhsl.org</a> See website for dates and locations. Organizes and coordinates the race events of swimmers at the meet.
Meet Manager	Official position. Must attend training clinic offered through <a href="http://www.mhsl.org">www.mhsl.org</a> See website for dates and locations. Runs computer during meet.
Starter	Official position. Must attend training clinic offered through <a href="http://www.mhsl.org">www.mhsl.org</a> See website for dates and locations. Starts each race event at meets by announcing the heat and sounding the horn to start the event.
Stroke & Turn	Official position. Must attend training clinic offered through MHS. <a href="http://www.mhsl.org">www.mhsl.org</a> See website for dates and locations. Judges the swimmers' strokes and turns during each meet event.
Team Manager	Seasonal position. Keeps track of scoring the meets, ribbons awarded, individual's times and personal best. Must be able to work well with a computer.
Team Apparel/Swim Suits Coordinator	Seasonal position. With the help of the board purchases swim suits and apparel for the team. Helps with selling apparel at home meets.

Heating Area Coordinator	Seasonal position. Head person over heating area to assign volunteers where they are needed and make sure heating area runs smoothly.
Spirit & Ribbon helper	Assist the Award/Team Spirit Chair with all the fun at the meets. Help organize team parties, individual awards, personal best and ribbons.
Board Positions	Elected board positions. President, Secretary, Treasurer, Parent Rep, Awards/Team Spirit, Volunteer Coordinator, Coaches Rep.

**Please note:**

- Official and Seasonal positions are for experienced volunteers and usually commit to that position for the whole season.
- \*2 shifts = you will only be required to work shift 1 or shift 2 at each meet (not the whole meet). Shift 1 typically runs from event 1 through event 45. Shift 2 runs from event 46 through event 90. Each shift is typically half the meet. Actual shift change may vary.

• **Mountain Hi Swim League 2019 Allstar Times**

boys meters	boys yards	2019 Allstar times	girls yards	girls meters
2019	2019	EVENT	2019	2019
21.10	19.00	8&U 25 free	18.30	20.40
49.00	44.10	8&U 50 free	42.50	47.20
27.00	24.30	8&U 25 back	22.50	25.00
30.50	27.40	8&U 25 brst	25.20	28.00
29.00	26.10	8&U 25 fly	22.50	25.00
2:15.00	2:01.60	8&U 100 IM	1:52.60	2:05.00
40.30	36.30	9-10 50 free	35.10	39.00
1:33.30	1:24.00	9-10 100 free	1:21.00	1:30.00
50.30	45.30	9-10 50 back	42.30	47.00
54.80	49.30	9-10 50 brst	46.40	51.50
51.40	46.30	9-10 50 fly	42.00	46.70
1:50.00	1:39.00	9-10 100 IM	1:30.00	1:40.00
35.80	32.20	11-12 50 free	31.50	35.00
1:24.40	1:16.00	11-12 100 free	1:11.00	1:19.00
44.50	40.00	11-12 50 back	37.80	42.00
48.70	43.80	11-12 50 brst	41.60	46.20
45.10	40.60	11-12 50 fly	35.50	39.50
1:36.00	1:26.50	11-12 100 IM	1:20.00	1:29.00

32.70	29.40	13-14 50 free	30.00	33.30
1:14.50	1:07.10	13-14 100 free	1:08.20	1:15.70
2:59.00	2:41.00	13-14 200 free	2:35.00	2:52.00
1:35.00	1:25.50	13-14 100 back	1:20.00	1:29.00
1:38.30	1:28.50	13-14 100 brst	1:28.50	1:38.20
1:52.20	1:41.00	13-14 100 fly	1:27.50	1:37.30
3:30.00	3:09.00	13-14 200 IM	2:57.00	3:17.00
28.90	26.00	15-18 50 free	29.30	32.60
1:06.60	1:00.00	15-18 100 free	1:05.50	1:12.80
2:36.30	2:20.80	15-18 200 free	2:29.00	2:45.50
1:25.50	1:17.00	15-18 100 back	1:18.50	1:27.20
1:29.00	1:20.00	15-18 100 brst	1:27.00	1:36.60
1:27.70	1:19.00	15-18 100 fly	1:24.50	1:33.80
3:07.00	2:48.50	15-18 200 IM	2:53.00	3:12.00

- 
- Some conversions have provided a little slower meter time
- Highlighted times are changes from 2018

## **XIV. Personal Goal Tracking Goals:**

**What would you attempt to do if you knew you could not fail?**

Individual Time or Place Goal for Swimming

---

Individual Technique Goal for Swimming

---

---

Team Goal for Swimming

---

---

Goal for the season, Non-Swimming

---

### **Personal Record Tracking:**

<b>Event</b>	<b>Canterberry</b>	<b>Castle Rock West</b>	<b>Castle Pines</b>	<b>Castle Rock East</b>	<b>Lifetime</b>
200 Free					
25 Free					
50 Free					
25 Fly					
50 Fly					
100 Fly					
25 Back					
50 Back					
100 Back					
25 Breast					
50 Breast					
100 Breast					
100 Free					

100 IM					
200 IM					

**Tsunami Goal Ideas**

1. Improve time from last meet
2. Swim length of pool without taking a break 3. Decrease amount of breaths per length
4. Come to one more practice than last week
5. Not to get DQ'd (disqualified) at next meet
6. Do correct hand touch for the stroke at the next meet
7. Do proper breathing for the stroke
8. I will not hold my nose anymore
9. I will encourage a teammate this week
10. Dive off block instead of jump
11. Improve my diving technique
12. Improve my arm stroke technique
13. Make it to practice on time
14. Improve my back stroke
15. Improve my breast stroke
16. Improve my freestyle
17. Break a division record & have my name on the Tsunami Record Board
18. Learn to do the butterfly
19. Swim two laps without stopping
20. Learn to turn properly