

# New Parent Orientation

## Class I





# GET DRENCHED in TMEC Information

(Orientation CLASS 1)

- Learn about Temecula Swim Club (TMEC)
- Get to know the Board Members, Coaches, and Group Parents
- Navigating the TMEC website
- Channels of communication
- Overview of TMEC groups



# About the Club

**Vision:** To offer our members in the Temecula and Murrieta Valley, as well as its surrounding Inland Empire residents a world-class competitive swim program.

**Mission Statement:** The mission of Temecula Swim Club is to develop our swimmers to be technically, physically, and mentally prepared to achieve their goals in and out of the water.

Our core goals are built on **teamwork and coaching**. TMEC is built upon the commitment, support, and participation of the Board, coaches, swimmers, parents/guardians, and our community at large.

Temecula Swim Club is here to serve the Temecula Valley, Murrieta, Fallbrook, and Lake Elsinore areas. We compete year round at local, regional, and national swim meets.





# Get to Know...

## TMEC BOARD MEMBERS

- **Bruce Scott** (President & Communications Officer)
- **Heather Elizondo** (Vice President & Coach Liaison)
- **Nolan McGaughy** (Secretary)
- **Blake Wettlaufer** (Treasurer)
- **Marcel Geegbae** (Board Member at Large)
- **Amy Frederick** (Board Member at Large)



Left to right: Blake W; Marcel G; Bruce S; Nolan M; Amy F; Heather E



# Get to Know...

## TMEC COACHING STAFF

Jenn Beech (Head Coach / Administrative)

Nathan Wilcox (Head Coach / Seniors)

Carol W Wilson (Competitive Groups Coach)

Sasha Zychowicz (Competitive Groups Coach)

Nicole Muir (Competitive Groups Coach)

Taylor Whitney (Competitive Groups Coach)

Mia Patterson (Age Group Transition Coach)



TMEC practices at the following  
pool locations:

*Community Recreation Center (CRC) - Temecula*

*Chaparral High School - Temecula*

*Murrieta Mesa High School - Murrieta*



# Get to Know...

## GROUP PARENTS

Group Parents are an important part of all the swim level groups, from stroke school through competition level.

Group Parents help facilitate queries from new parents on deck.

Each competitive group is represented by a volunteer group parent(s). They help the coach in ensuring the group's success, in areas outside of training, for the swimmers.

Group parents organize team building social events for swimmers as well as help with fundraising activities.

The Parent Liaisons, Board of Directors, Coaches, or majority vote of the parents from the group select the group parents.

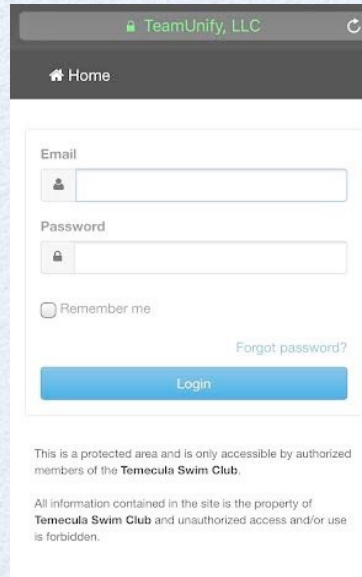
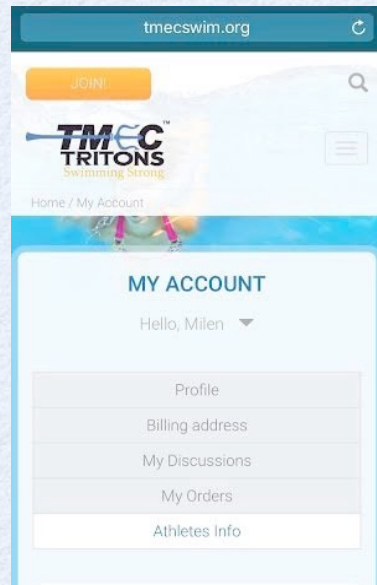




# TMEC Website

TMEC Website: [www.tmecswim.org](http://www.tmecswim.org)

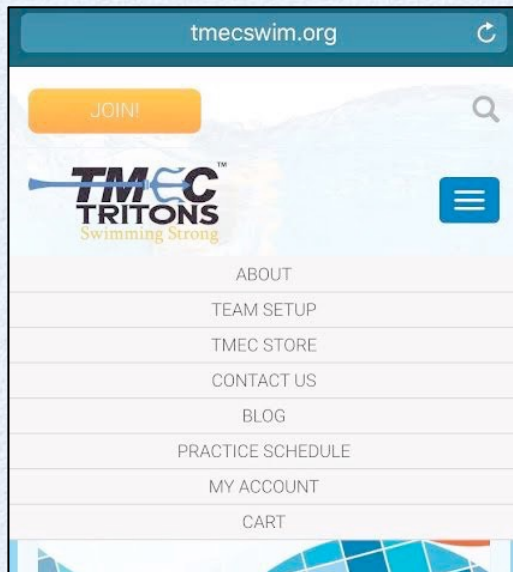
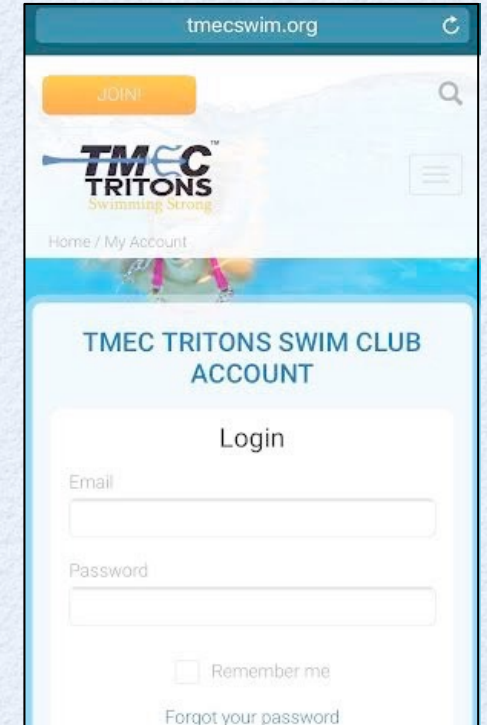
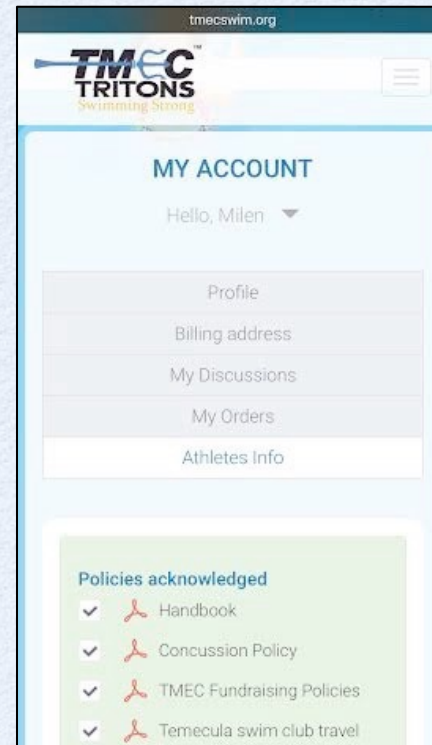
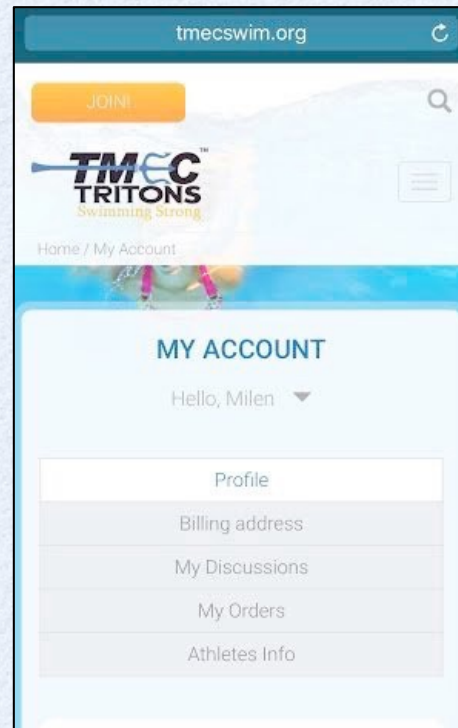
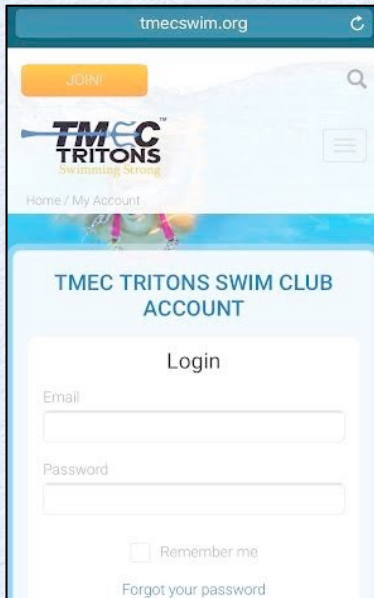
- ~ Purchase TMEC apparel
- ~ View the current practice schedule
- ~ Read the TMEC blog
- ~ Review policies manuals
- ~ Check the upcoming event calendar
- ~ Register your swimmer for swim meet events
- ~ Sign up for swim meet volunteer spots
- ~ View your swimmers meet times, points earned, and rankings





# TMEC Website

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# Channels of Communication

## COMMUNICATING WITH THE COACHES

The recommended method of communication with your swimmer's coach, for non-urgent matters, is to send him/her an email.

Please refrain from approaching your child and the Coach during practice. This will enable the Coach to better focus on coaching and attending to the swimmers needs.

The most appropriate time to communicate verbally with coaches is before or after practice.

## COMMUNICATING WITH THE BOARD OF DIRECTORS

First share your question, comment, or concern with the group parent responsible for your child's group. That parent will take it to the Parent Liaison.

We welcome feedback from our members!



# TMEC Groups

***Stroke School #1*** - This group focuses on building basic technique and basic turn technique for freestyle and backstroke. These swimmers also work on their butterfly and breaststroke kick.

***Stroke School #2*** - The focus in this group is to maintain proper freestyle and backstroke while also learning basic butterfly and breaststroke techniques. Turns for butterfly and breaststroke, as well as basic diving techniques, are also taught.

***Fitness*** - The focus is building on the techniques learned in Stroke School 1 and 2, attending meets, and helping swimmers attain red time standards.

***Age Group 3*** - This group builds on the techniques learned in Stroke School 1 and 2. The focus is on attending meets and swimmers attaining red time standards.

***Age Group 2*** - The focus is on developing proper stroke technique in all 4 strokes along with proper turns and starts. Swimmers work on attaining red and blue meet times.

***Age Group 1*** - The focus is on technique and basic race strategy. The goal is for swimmers to increase meet attendance and attain blue, Winter Invite, and Junior Olympic time standards.

***Age Group Transition*** - This is an 11 and over group that focuses on bridging the gap between age group and pre-senior level training. This group works on building proper technique along with swimmer endurance.

***Pre-Senior*** - Technique, building endurance, and basic race strategy are the focus. The goal is for swimmers to increase meet attendance and attain blue and Winter Invite time standards.

***Senior*** - The focus is on building power in all 4 strokes, race pace training, and race strategy. The goal is for swimmers to increase meet attendance and attain Winter Invite, Junior Olympic, and Senior Meet time standards.

***Senior Elite*** - The focus is on Olympic Trials quad level training. Swimmers work to attain Sectional, Junior Nationals, and National time standards.



# Summary

- Learn about Temecula Swim Club (TMEC)
- Get to know the Board Members, Coaches, and Group Parents
- Navigating the TMEC website Channels of communication
- Overview of TMEC groups



Questions?





# New Parent Orientation

## Class 2





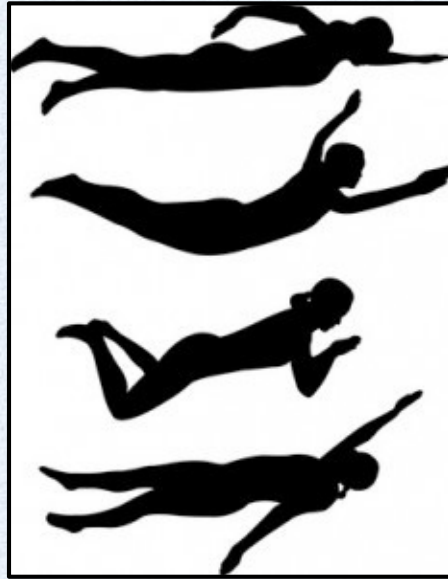
# SURVIVAL OF THE MEETS

## (CLASS 2)

- Planning your swimmers meet events
- What happens at a swim meet?
- What gear and information do I bring to the meet?
- The timing chair process: What is it and what do I do?
- Understanding heat and lane assignments
- Time Standards



# Selecting your swimmer's events



- If you are uncertain about what events in which to register your swimmer, the first course of action is to approach their Coach and get their recommendation.
- Try to avoid registering your swimmer in back to back events. For example, don't register in event # 2 (100 freestyle) followed by event # 3 (50 backstroke). This will be hard for the swimmer and they will not have time to rest between events.
- Register your swimmer in the same age group bracket for all events. For example, either all of their events need to be in the 5-8 bracket or all in the 7-10 bracket, **FOR THE WHOLE WEEKEND.**
- Short course season: Short course meets are held in 25 yard pools. The shorter distance necessitates extra turns. The season runs from September to February, meaning most meets in that time are short-course meets.
- Long-course season: Long course meets are held in 50 meter pools. The season runs from March to August.



# What happens at a swim meet?

WARM-UP SESSIONS - Swimmers in the morning session generally start around 7:15 am and 10:30 am for the afternoon session. Coach Jenn or Coach Nathan will send out an email to the swimmers a few days before the meet regarding meet information. This email will state the warm-up time, along with other pertinent information.

CHECK-IN TABLE - Be sure to have your swimmer check-in at the check-in table upon arrival at the meet. Failure to check-in will result in your swimmer being scratched from their events.

TMEC TENT AREAS - Find a spot under the TMEC EZ-Ups, or you are welcome to bring your own. This is where you will camp out for the day.

FIND YOUR COACH - Upon arrival, locate your coach, who will let you know what time the warm-ups begin.

BEFORE YOUR EVENT - Locate your heat and lane number on the board (more on this is coming). Swimmers need to check in with their Coach before their event. One event before their event, your swimmer needs to get behind the starting block and be prepared for their event.

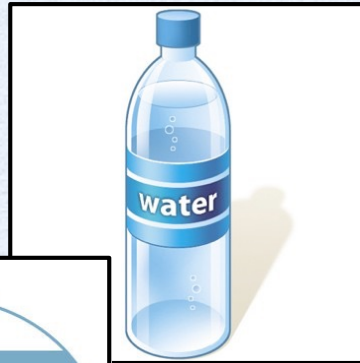
\*\*\*The event time stated on any estimated time line you may see is only an estimate. Meets can run ahead or behind schedule.\*\*\*

AFTER YOUR EVENT - Instruct your swimmer to report to the coach for a debrief and cool down instructions.



# What should I bring to a meet?

Healthy snacks and  
A LOT OF WATER



## PRE

Had a good, high carbohydrate breakfast/lunch?

\*Are you fully hydrated?

## DURING

Have you packed sufficient appropriate snacks & drinks for the entire time?

## POST

Do you know how much fluid you need to drink to become as hydrated as possible?  
Have you had the right amount of recovery snacks?

Swimsuit/jammers, cap, and goggles



## HELPFUL TIP:

Swim meets are a bit of "Hurry up and wait." Pack plenty of items to keep yourself and your swimmer occupied while you wait for their events. Also, don't forget chairs to sit in!

Please do be mindful of space, however, since we all share the space under the TMEC EZ-Ups!



Multiple towels so your swimmer always gets a dry one!



# Timing Chairs

- Timing chairs are located behind the starting blocks at every meet. There are 3 timing chairs for every lane, and they are staffed by parent volunteers from all the attending swim clubs.
- Each volunteer is provided with a stopwatch to record the swimmers time. Those times are then written on provided paperwork.
- The times obtained from the timing chair timers are used as either the way to determine the swimmers time, or as a backup for the touch pad system.





# Heat and Lane assignments

HY-TEK's MEET MANAGER 3.0 - 0:50 AM 5/21/2010 Page 1

?? vs Wells Branch - 5/22/2010  
Meet Program - RWB 2010

Event Number	Event Name	Age	Team	Seed Time
#1 Mixed 6 & Under 100 Yard Freestyle Relay				
Lane Team Relay Seed Time				
Heat 1 of 1 Finals				
1 WB-ZZ	E	NT		
Stephan, Karla G W5	Scott, Daeni E W5			
Shane, Kyla A W6	Simpson, Abs B W6			
2 WB-ZZ	C	NT		
Wadhwa, Beck R M5	Zayas, Riley S M5			
Brigey, Mara E W6	Cardwell, Aubrey G W6			
3 WB-ZZ	A	NT		
Larimore, Faith M W6	Yang, Hailee I W5			
Jahnke, Abby K W6	Koester, Riley H W6			
4 WB-ZZ	B	NT		
Uribe, Isa G W5	Uribe, Max N M4			
Mendez, Mario R M6	Waworuntu, Darren M6			
5 WB-ZZ	D	NT		
Herold, Mari P W5	Harris, Arwen M W4			
Christian, Annabelle E V	Freeman, Ephraim S M6			
6 WB-ZZ	F	NT		
Young, Marie E W6	Nguyen, Carolyn R W6			
#12 Girls 6 & Under 25 Yard Freestyle				
Lane Name Age Team Seed Time				
Heat 1 of 4 Finals				
1 Chambers, Joy C	4 WB-ZZ	NT		
2 Walker, Mia T	4 WB-ZZ	NT		
3 Harper, Sophia N	5 WB-ZZ	NT		
4 Harris, Arwen M	4 WB-ZZ	NT		
5 Nguyen, Elisabeth	4 WB-ZZ	NT		
Heat 2 of 4 Finals				
1 Scott, Daeni E	5 WB-ZZ	NT		
2 Yang, Hailee I	5 WB-ZZ	NT		
3 Stephan, Karla G	5 WB-ZZ	NT		
Heat 2 of 2 Finals				
1 Zayas, Riley S	5 WB-ZZ	NT		
2 Freeman, Ephraim S	6 WB-ZZ	NT		
3 Waworuntu, Darren	6 WB-ZZ	NT		
4 Mendez, Mario R	6 WB-ZZ	NT		
5 Prendeville, Ryan	5 WB-ZZ	NT		
6 Wright, Jackson H	5 WB-ZZ	NT		
#14 Girls 7-8 25 Yard Freestyle				
Lane Name Age Team Seed Time				
Heat 1 of 3 Finals				
1 Tran, Kimberly T	8 WB-ZZ	NT		
2 Kane, Jennifer T	7 WB-ZZ	NT		
3 Finch, Chloe E	8 WB-ZZ	NT		
4 Schulze, Rachel B	8 WB-ZZ	NT		
5 Prosper, Anne-Marie J	8 WB-ZZ	NT		
6 Adams, Fifi J	7 WB-ZZ	NT		
Heat 2 of 3 Finals				
1 Mohita, Anaya	8 WB-ZZ	NT		
2 Wadhwa, Serena J	8 WB-ZZ	NT		
3 Carter, Anaya J	8 WB-ZZ	NT		
4 Waworuntu, Demi K	8 WB-ZZ	NT		
5 Miles, Payton P	8 WB-ZZ	NT		
6 Harper, Shelby N	8 WB-ZZ	NT		
Heat 3 of 3 Finals				
1 Verdiciochio, Abbie H	7 WB-ZZ	NT		
2 Jamalsbad, Hanna	7 WB-ZZ	NT		
3 Buckley, Emma R	8 WB-ZZ	NT		
4 Ulsak, Caren R	7 WB-ZZ	NT		
5 Yang, Syd A	7 WB-ZZ	NT		
6 Kumar, Riya A	8 WB-ZZ	NT		

A lane, designated by floating lane dividers in the pool, keeps swimmers from interfering with one another during their event.

A heat is required when an event has more swimmers than available lanes, which is typical. This results in multiple heats for an event.

Event #

Heat # 1

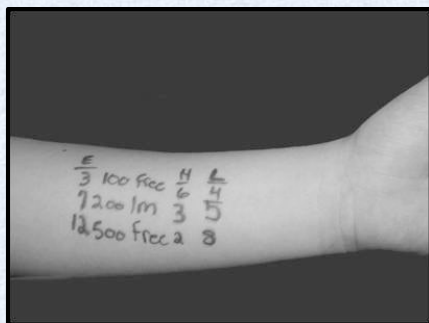
Lane #

Event Name

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2 Matthews, Marissa	7 LP-NC	42.44		
3 Frame, Aubree	7 CCST-NC	35.87		
4 Mercer, Jillian	7 LP-NC	37.64		
5 Zelakowski, Caleigh	7 LP-NC	50.80		
Heat 2 of 2 Finals				
1 Lockwood, Peyton	7 LP-NC	29.20		
2 Albrecht, Allie	8 LP-NC	24.60		
3 Denton, Grace	8 LP-NC	22.56		
4 Wilson, Kendall	7 CCST-NC	23.79		
5 Kramb, Claire	7 CCST-NC	27.75		
6 Love, Laniyah	7 LP-NC	31.88		

#14 Boys 8 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1 Frame, Mason	8 CCST-NC	27.84		
2 Bigham, Kaleb	8 CCST-NC	23.84		
3 McDevitt, Sean	8 CCST-NC	20.97		
4 Howe, Sam	8 CCST-NC	23.19		
5 Croly, Trace	8 CCST-NC	24.79		
6 Blume, Thomas	7 LP-NC	53.59		





# Time Standards

Age group time standards are designed to encourage swimmers to take their swimming to the next level, reaching their highest potential.

Below are the 2 current time standards for 5-10 boys and 5-10 girls.

Short Course Yards	2016 June AG	2016 Summer JO	Blue Min	Red Min	White Max	Nat A	Nat BB	Nat B
50 SCY Free	32.50	32.20	34.10	37.20	37.21	31.39	34.99	38.49
100 SCY Free	1:10.90	1:10.20	1:14.30	1:21.00	1:21.01	1:10.19	1:19.39	1:28.49
200 SCY Free	2:37.00	2:35.00	2:41.80	2:56.50	2:56.51	2:31.29	2:50.19	3:09.09
500 SCY Free	N/A	N/A	N/A	N/A	N/A	6:42.29	7:32.59	8:22.79
50 SCY Back	39.50	39.10	40.40	44.20	44.21	37.79	43.19	48.59
100 SCY Back	1:26.30	1:24.50	1:28.70	1:37.00	1:37.01	1:20.09	1:30.79	1:41.39
50 SCY Breast	44.50	44.60	45.60	49.80	49.81	41.89	47.49	53.19
100 SCY Breast	1:37.50	1:37.10	1:40.50	1:49.70	1:49.71	1:30.19	1:41.99	1:53.69
50 SCY Fly	37.30	36.80	38.20	41.60	41.61	36.19	41.39	46.69
100 SCY Fly	1:28.10	1:27.70	1:29.40	1:37.60	1:37.61	1:24.79	1:39.39	1:54.09
100 SCY Ind Medley	N/A	N/A	1:26.90	1:34.80	1:34.81	1:20.39	1:30.39	1:40.39
200 SCY Ind Medley	2:58.20	2:55.10	3:07.40	3:24.50	3:24.51	2:53.69	3:16.29	3:38.89
200 SCY Free Relay	2:16.40	2:12.50						
200 SCY Free Relay (soft)		2:15.70						
200 SCY Medley Relay	2:38.90	2:36.80						
200 SCY Medley Relay (soft)		2:40.60						

Short Course Yards	2016 June AG	2016 Summer JO	Blue Min	Red Min	White Max	Nat A	Nat BB	Nat B
50 SCY Free	32.30	31.90	33.90	37.00	37.01	31.89	35.69	39.49
100 SCY Free	1:11.70	1:10.90	1:14.70	1:21.50	1:21.51	1:11.39	1:21.09	1:30.69
200 SCY Free	2:35.40	2:34.70	2:42.00	2:56.80	2:56.81	2:36.39	2:58.29	3:20.19
500 SCY Free	N/A	N/A	N/A	N/A	N/A	6:48.39	7:39.49	8:30.49
50 SCY Back	39.30	38.90	40.50	44.30	44.31	37.99	43.29	48.59
100 SCY Back	1:24.90	1:23.70	1:28.60	1:36.80	1:36.81	1:21.79	1:33.49	1:45.09
50 SCY Breast	44.00	43.40	45.60	49.80	49.81	41.99	47.79	53.59
100 SCY Breast	1:34.50	1:34.30	1:40.00	1:49.10	1:49.11	1:32.39	1:45.59	1:58.79
50 SCY Fly	37.30	36.50	38.30	41.80	41.81	36.69	42.39	47.99
100 SCY Fly	1:27.50	1:27.30	1:29.30	1:37.40	1:37.41	1:25.29	1:40.39	1:55.49
100 SCY Ind Medley	N/A	N/A	1:26.60	1:34.40	1:34.41	1:21.39	1:32.39	1:43.39
200 SCY Ind Medley	2:57.60	2:55.20	3:06.50	3:23.50	3:23.51	2:54.19	3:17.29	3:40.39
200 SCY Free Relay	2:15.60	2:11.10						
200 SCY Free Relay (soft)		2:14.30						
200 SCY Medley Relay	2:38.90	2:34.60						
200 SCY Medley Relay (soft)		2:38.40						

Visit <http://www.socalswim.org/time-standards/> to see a complete listing of time standards by age category.



# Summary

- Planning your swimmer's meet events
- What happens at a swim meet?
- What gear and information do I bring to the meet?
- The timing chair process: What is it and what do I do?
- Understanding heat and lane assignments
- Time Standards





Questions?

