



TMEC Parent Cheat Sheet

About the Club

Vision, Mission & Philosophy

Handbook

http://tmeCSWIM.org/library_category/library-handbook/ Pg.6

Website

<http://tmeCSWIM.org/about/about-us/>

Handbook

The handbook is the first source of information. It contains contacts, rules, policies; meet information, training, advancement and much more.

<http://tmeCSWIM.org/library/>

Contacts – Board of Directors, Board Support, Coaches

<http://tmeCSWIM.org/library/> Pg.15, 16

Glossary - Swimming terms and definitions

(In the Handbook beginning on Pg. 40) <http://tmeCSWIM.org/library/>

How to advance

(In the Handbook beginning on Pg. 20) <http://tmeCSWIM.org/library/>

Registration, preparation, nutrition, training what happens at an event, reading the board

(In the Handbook Pg. 29) <http://tmeCSWIM.org/library/>

Roles and Conduct

<http://tmeCSWIM.org/library/> beginning on Pg.7

Questions & Concerns

Coach – To contact Coach of the groups, set an appointment

<http://tmeCSWIM.org/about/coaches/>

Coach Liaison – Coach related concerns for the Board of Directors

[http://CoachLiaison@TMECSWIM.ORG](mailto:CoachLiaison@TMECSWIM.ORG)

Group Parents – first source of information and help

<http://tmeCSWIM.org/about/parent-groups/>

Parent Liaison – General concerns for the Board of Directors

[http://ParentLiaison@TMECSWIM.ORG](mailto:ParentLiaison@TMECSWIM.ORG)

Reference

The 2016 Swim Guide – Everything you would ever want to know about swimming

<http://www.socalswim.org/download/scs-swim-guide.pdf>

Time Standards

Southern California Time Standards

<http://www.socalswim.org/time-standards/>

Website

Apparel – One stop to buy swim gear

<http://tmecswim.org/tmec-store/>

Billing – Accessed through log in @ <http://tmecswim.org/>

My Account > Login > My Account Page/ > Athletes Info Tab > Athletes Information > Click "**Billing**" (New page opens) > Log into Bill.com

Contacts – Board of Directors, Board Support, Group Parents

<http://tmecswim.org/about/about-us/>

Contact US – All General information questions and concerns

<http://tmecswim.org/contacts/>

FAQ – Common questions asked by parents

<http://tmecswim.org/faq/>

<http://usaswimming.org/DesktopDefault.aspx?TabId=1500>

Fees and Policy (Including Fundraising)

<http://tmecswim.org/policies/fees-payment-policy/>

Navigation – Outline of all locations of the site

<http://tmecswim.org/sitemap/>

Team Setup – The Different groups, structure, and requirements within the Club

<http://tmecswim.org/team-setup/tmec-groups-setup/>

Library – All policy, documents, forms, Handbook, Minutes

<http://tmecswim.org/library/>

Links to Other sites – USA Swimming, Southern California Swimming, etc

<http://tmecswim.org/links/>

Locations – Practice site locations

<http://tmecswim.org/contacts/>

My Events – Accessed through login @ <http://tmecswim.org/>

My Account > Login > My Account Page/ > Athletes Info Tab > Athletes Information > Click "**My Events**"

My Results – Accessed through login @ <http://tmecswim.org/>

My Account > Login > My Account Page/ > Athletes Info Tab > Athletes Information > Click "**My Results**"

My Volunteer Hours – Accessed through login @ <http://tmecswim.org/>

My Account > Login > My Account Page/ > Athletes Info Tab > Athletes Information > Click "**My Volunteer Hours**"

TMEC Organization – Layout of the Organization

<http://tmecswim.org/tmec-charts/organization-chart/>