

Northampton Cudas Swim Team

Charter Member of NWAL Est. 1970
Forty Years and Still Swimming...



Parent Handbook 2010

Welcome to the 40th Anniversary of the Northampton Cudas Swim Team! We are one of 6 inaugural teams in the Northwest Aquatic League (NWAL), and are excited to celebrate the tradition of Cuda Swimming! We are looking forward to a fun and exciting season, and we are glad that you have decided to be a part of our team. We strive to provide an opportunity for the swimmers to learn and improve in a fun, positive environment.

Please read through this entire document and keep it handy for future reference. It will provide answers to many questions that may arise throughout the season.

Our primary means of communications is through our weekly email newsletter and our website, www.northamptoncudas.com. We also have a Facebook presence this year - it will provide a forum for sharing fun facts, stories and photos. Our group is private, but all Cuda parents are welcome to join. Please send a Friend Request to Beverly Mills (with our logo as the picture), and she will verify that you are part of our Cuda Family and will send you a request to join our Cuda Group page.

Urgent communication, such as practices cancelled due to inclement weather, will be done through Twitter. You can follow the Twitter link on the Cudas Website to create a twitter account, and then follow 'Cuda Tweet' - you can specify a mobile phone to receive texts or an email address to receive emails. We will only send time sensitive communication through Twitter.

We will kick-off the season with the Cuda Splash on Saturday, April 17 from 4:00 - 7:00. Please plan to join us for food, recreational swimming, games, and fellowship with your teammates and their families.

Practices begin on April 15th for swimmers who have never been on the Cudas, and on April 19th for returning Cudas. Time Trials are on May 8, and our first meet is on May 15th. We will finish up with Divisionals (our championship meet) on June 19th and the All Star and Ponderosa Invitational Meets on June 26 and 27.

The meets require a lot of volunteers to run smoothly, so please plan to help out. It's one of the best ways to learn more about the team and meet other parents, besides being lots of fun.

We welcome your opinions. If you have comments or suggestions throughout the season, please contact the President of the Northampton Cuda Board, Janis Gebhart at 832-257-5479 or President@NorthamptonCudas.com.

2010 Cuda Swim Team Board

President	Janis Gebhart	president@northamptoncudas.com	832-257-5479
Vice President	Darci Singer	darcisinger@earthlink.net	281-516-9221
Secretary	Andria Bender		281-379-3735
Treasurer	Beth Martin	treasurer@northamptoncudas.com	281-370-8594
NWAL Rep	Jesse Hironymous	NWALrep@northamptoncudas.com	281-357-8184
Webmaster	Tim Raebig	webmaster@northamptoncudas.com	713-598-0044
Volunteer			
Coordinator	Shannon Tiemeyer	volunteer@northamptoncudas.com	281-251-2041
Sponsors	Barbara Speer	sponsor@northamptoncudas.com	281-251-8271
	Dana Cahal		281-255-0424
Past President	Linda Gorski	Lgorski5804@sbcglobal.net	281-379-4936
Awards	Pen Anderson		832-717-5974
Casino Night	Jennifer Wilson		281-257-2920
Tent Parents	Melissa Ward		281-255-9624
Concessions	Brooks deBoisblanc		281-374-0001
Spirit parties	Melissa Guerrero		281-636-8890
Head Timer	Tammy Koonce		
Merchandise	Cindy Durrett	shop@northamptoncudas.com	281-379-6105
Communications	Beverly Mills		832-717-7710
Ready Bench	Anna Nicholson		281-379-1025
Ribbons	Denise Hironymous		281-357-8184
Set Up	Robby DeVautour		281-251-4237
Communications	Beverly Mills		832-717-7710

COACHES

Head Coach	Laura Davis	coachlaura@northamptoncudas.com
Assist Coach	Ross Davis	coachross@northamptoncudas.com
Assist Coach	Anna Gorski	coachanna@northamptoncudas.com
Assist Coach	Quinton Jones	coachquinton@northamptoncudas.com
Assist Coach	Blythe Shoemaker	coachblythe@northamptoncudas.com
Assist Coach	Ben Davis	coachben@northamptoncudas.com
Assist Coach	Dani Tiemeyer	coachdani@northamptoncudas.com

Note: Board representative responsibilities are to coordinate volunteers for various functions and represent the volunteers at board meetings. All volunteers and parents are invited to board meetings. Voting privileges are limited to board members only. Unless it is an emergency, please refrain from calling a board member after 9 pm.

Northampton Barracudas 2010 Meet Schedule

Date	Event	Location	Warm up time	Sign In time
May 8	Team Pictures/TIME TRIALS	Northampton	TBA	7:45 a.m.
May 15	CUDAS v. Woodlands Marlins	Northampton	7:15 a.m.	7:30 a.m.
May 22	CUDAS v. Woodlands Waves	Northampton	7:15 a.m.	7:00 a.m.
May 29	CUDAS v. Wortham	Wortham	7:45 a.m.	7:30 a.m.
June 5	CUDAS v. Imperial Oaks	Imperial Oaks	7:45 a.m.	7:30 a.m.
June 6 & 7	Summer Thunder Invitational	Klein Oak	TBA	TBA
June 12	CUDAS v. Woodlands Hurricanes	Northampton	7:15 a.m.	7:00 a.m.
June 19	DIVISIONALS	Conroe ISD Natatorium	TBA	TBA.
June 26 & 27	Allstars & Ponderosa Invitationals	Klein Oak (Allstars) Klein Collins (Pond)	TBA	TBA

DIVISIONAL SWIM MEET

At the Divisional Swim meet all 5 teams in Division I will swim against each other in a championship meet. To be eligible to swim at Divisionals, a swimmer must have competed in 2 regular season swim meets.

INVITATIONAL MEETS

To participate in Summer Thunder, All-Stars, and/or Ponderosa Invitational meets, swimmers must meet or beat qualifying times for their events. These qualifying times can be found on the Cuda Website under the 'Invitational' tab. Team members who qualify are encouraged, but not required to participate.

Other Important Dates to Remember:

- **Thursday, April 15th** **New Parent Cuda Meeting 5:30-6:30pm** **Northcrest Clubhouse**
- **Saturday, April 17th** **Cuda Splash** **4:00 – 7:00pm** **Northcrest Pool**
- **Wednesday, April 21st** **Swim Shops will be at Northcrest Pool to sell team suits**
- **Tuesday, April 27th** **Swim Shops will be at Northcrest Pool to sell team suits**
- **Saturday, June 19th** **Casino Night & 40th Anniversary Party** **Willowcreek**

2010 Northcrest Pool Practice Schedule

New Cudas Swim Practice:

Thursday, April 15 & Friday, April 16th.

Practice Times:

Age 10 & Under 4:30 – 5:30

11 & Up 5:30 – 6:30

After School Practice for all Cudas begins Monday, April 19th

NO PRACTICE – Monday, May 31st (Memorial Day)

Please note these times may change after the first two weeks of practice to adjust for swimmers ability

Monday – Thursday April 19 – June 2

High School Age	3:00-4:00
9-10 Girls/Boy	4:00-4:45
7-8 Girls/Boys	4:45-5:30
6&U Girls/Boys	5:30-6:00
13 & 14 Girls/Boys	6:00-6:45
11 & 12 Girls/Boys	6:45-7:30

Friday's Schedule April 23-May 28

15-18 G/B	3:00-4:00
7-8 G/B	4:00-4:45
6&U G/B	4:45-5:15
9-10 G/B	5:15-6:00
11-14 G/B	6:00-7:00

All Cudas Summer Schedule: Friday, June 4 – Friday, June 18, 2010

Morning Schedule

15 – 18 G/B	7:30-8:15a.m.
11-14 G/B	8:15-9:00a.m.
6&U G/B	9:00-9:30a.m.
7-8 G/B	9:30-10:15a.m.
9-10G/B	10:15-11:00a.m.

Afternoon Summer Schedule: Monday, June 7 – Thursday, June 17, 2010

Monday - Thursday evenings

10 & Under 4:30-5:30pm

11 and Up 5:30-6:30pm

Allstar and Ponderosa Qualifiers June 21-25

11 and Up	8:30-9:30a.m.
8 & Under	9:30-10:15a.m.
9-10 G/B	10:15-11:00a.m.

REGISTRATION AND REFUND POLICIES

Registration Fees

First child	\$85.00
Second child	\$75.00
Third child	\$55.00
Fourth child & up	free
15 – 18 year olds*	\$15.00

****Every swimmer will receive a Northampton Cuda team shirt. Each swimmer will also receive a towel OR trophy at the end of season party. If the swimmer would like BOTH a towel and trophy, they will be charged an additional \$15.00.**

Late registration after April 5th will be charged a one time \$25.00 late fee per family.

THE LAST DAY TO REGISTER FOR SWIM TEAM WITHOUT A LATE FEE IS April 5, 2010.

Refund Policy

There is a non-refundable \$10.00 processing fee. The fee is included in the registration fees, not an additional \$10.00 fee. If you decide to cancel your registration, you will be refunded accordingly, minus the \$10.00 non-refundable amount. No refunds will be made after May 1st.

Volunteer Deposit

All families will pay a volunteer deposit of \$100.00, which will be destroyed upon completion of volunteer shifts.

GENERAL INFORMATION AND ELIGIBILITY

Purpose of the Northampton Swim Team

The purpose of the swim team is to foster competitive youth swimming and to provide instruction in competitive swimming skills in an atmosphere supportive to good sportsmanship and conducive to the proper social and physical development of our youth.

Northwest Aquatic League

Northampton swims as a participant in the Northwest Aquatic League (NWAL). The NWAL consists of 100 teams in the Harris and Montgomery County areas. The teams are grouped for competition into 18 divisions according to size, proximity to each other and capability. The NWAL provides coordination, establishes and enforces rules and regulations, assigns teams to divisions, sets meet schedules, trains officials and conducts league competitions for all teams.

Eligibility

Swim team membership is open to all residents who have **paid the Recreational Fee to the Northampton MUD.**

Only NOVICE SWIMMERS may participate in the NWAL. A NOVICE is any individual up to and including eighteen years of age who has not participated in US Swimming competition from the beginning of the NWAL season until the end of the NWAL season. This rule is not intended to preclude any type of organized practice.

Swimmers are expected to be able to swim the length of the pool (25 yards). Those who cannot, and still wish to participate in swim team competitions, will be allowed to accomplish this during the first few weeks of practice. Coaches are NOT hired to provide swim lessons for beginners, but to provide competitive skill instruction by age group.

Eligibility for an age group is determined by the individual age as of **June 1st of the current year.**

PARENT INFORMATION

Parent Participation

The organization and execution of the swim team is a tremendous effort. Countless hours, both off-season and during the swim season, are required to make the season a success. **VOLUNTEERS ARE ESSENTIAL TO THE SWIM TEAM; ALL PARENTS ARE REQUESTED TO CONTRIBUTE THEIR TIME IN SOME WAY.** Help is needed in the following areas:

Awards	Parties
Concessions	Ready bench
Casino Night/40 th Anniversary Party	Ribbons
Computer Room	Scribes
Cooks	Set-up/Clean-up
Data Entry	Sign In
End of Season Banquet	Timing
Merchandise	Tent Parents
Officials (Ref, Starter, Stroke and Turn Judges)	

PLEASE volunteer for an assignment when registering your child or say “Yes” when asked for help. The phone numbers of the Swim Team Board and Volunteer Chairpersons are in this handbook. Contact the volunteer coordinator for more information on how to get involved in your area of interest; or check out the CUDA website at www.northamptoncudas.com. Please check the website and your email regularly, as important information is shared through both of these venues frequently.

Parent Conduct

(taken from the NWAL code of conduct)

Children's sports are supposed to be fun for the *children*. Unfortunately, many parent, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Here are a few things for adults to remember at all meets and practices:

- *I will remember that children participate to have fun and that the sport is for youth, not adults.
- *I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet.
- *I will not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- *I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- *I will demand that my child treat other swimmers, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.
- *I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
- *I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- *I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
- *I will emphasize skill development and practices and how they benefit my child over winning.
- *I will respect the officials and their authority during meets.

Swimmer Responsibilities

1. When a coach is talking swimmers are looking and listening
2. Safety First – NO HORSEPLAY
3. Practice Time = Swim Time; come ready to swim.

Team Gear

The Cuda team suit is **Tyr Poseidon**, and is available from Swim Shops of the Southwest. We strongly recommend and encourage your swimmers to wear the team suit, it not only helps build team spirit, it makes a great impact in the water, and it is also helpful for the coaches in watching our kids at the meets. We would prefer your Cuda to wear a team suit, but the alternative would be a plain, solid black swim suit. (Logos of any other type are not allowed, as per NWAL rules.) All girls and swimmers with long hair will need caps for both practices and meets. A Cuda cap is suggested but not required. No other logos are permitted on caps. A good pair of goggles is imperative for a swimmer. Tyr and Speedo are good brands that offer a variety of sizes and shapes to ensure a proper fit for your child's face. Our coaches strongly recommend swim fins during practices; this helps in mastering correct stroke technique, building strength, and stamina. The Swimshops of the Southwest will be at practice on **Wednesday, April 21st and Tuesday, April 27th** and will have all gear available to try on and purchase. We receive a team discount on regular-priced items at Swim Shops, so be sure to tell them that you are a Northampton Cuda when you shop in their store, which is located about ½ mile west of Kuykendahl on Louetta.

Team Parties

These gatherings are held for CUDA swim team members and their family members to encourage team spirit and camaraderie.

Team Pictures

Team and individual pictures will be taken prior to **Time Trials, May 8th**, at the Northcrest Pool. Individual pictures will begin at 8:00 a.m. and the group photo will be taken at 9:00 a.m. All remaining individual photos will be taken immediately following the group picture. All swimmers should be at the pool no later than 8:30 a.m. that morning to be in the team photo (whether having individual photos taken or not). 2010 CUDA T-shirts will be handed out at check in.

COACHING INFORMATION

Interaction with the Coaches

Coaching a swim team requires considerable concentration and effort, particularly during practice and a meet. Coaches are required to instruct proper swimming/diving techniques in group sessions so that the swimmer and the team can be competitive. There will be times that certain coaching decisions may be made to benefit the team as a whole, not to please an individual swimmer. The coaches cannot effectively coach and answer questions, complaints & suggestions from parents. For the **SAFETY** of all swimmers, **NO PARENTS ARE ALLOWED ON DECK IN THE GATED AREA AROUND THE POOL AT ANY TIME DURING PRACTICE.**

Relays

Computer software used by the team calculates the fastest combination of swimmers for relays. At their discretion, coaches may make changes to relays based on attendance at practice or effort. NWAL rules

state that all members of a relay team must be present at the scratch meeting in order to swim the event. **Swimmers who are scratched due to late arrival cannot swim in their relay event.** If your child is entered in a relay, please make every effort to arrive on time. At times, entire relays have to be scratched because swimmers are not present on time.

Parents should be respectful of coaches and their numerous duties at meets. Parents should refrain from questioning coaches' decisions during meets.

Meet Registration

Swimmers must register for all meets that they plan on attending in order to be entered in the meet via the appropriate link on our website. The swimmer will choose the events that they would like to swim, although the coaches have final discretion on meet entries. The deadline for meet entries is generally the Monday evening prior to the Saturday meet. The Divisional and Invitational meet entry deadlines may vary. Swimmers will have the ability to register for all meets at the beginning of the season.

Day of the Meet (Check-In, Etc.)

Swimmers should arrive at the CUDA check in table before 7:00 am at home meets and 7:30 at away meets. Additionally, parents need to be sure their swimmers report to the age group (tent parent) **before** warm-ups. If swimmers aren't checked in on time, **THEY WILL BE SCRATCHED FROM THE MEET.** This is a decision agreed upon by all teams; it helps to ensure a timely start to meets, and to keep the meets moving at a steady pace. There are a huge number of swimmers participating at each meet, please plan ahead, and make sure you are at the meet on time. Also, please be sure your swimmer comes prepared with goggles, swim cap, towel, water bottle, snacks, etc. All personal items should have the swimmers name on them. It is the swimmers' responsibility to take all their belongings with them at the end of a meet.

AWARDS

Swim meets

Ribbons are awarded to the first six finishers in each event in a dual meet (ribbons may be awarded for more places at Divisionals). Heat ribbons are awarded to all finishers (ages 8 & under) in each heat. The coach will hand out place ribbons at the first practice following a meet. Improvement awards are awarded after the second meet.

Records

Detailed records are kept for the Northampton Swim Team and the Northcrest Pool. Awards are given to swimmers who break Northampton/Northcrest Pool records. Additionally, swimmers who set Northampton Swim Team Records will have their name/event/record added to the Record Board at the Northcrest Pool.

Awards Banquet

The Swim Team sponsors an Awards Banquet at the end of each season. All participating swim team members receive appropriate recognition and awards. Special recognition is given to those who displayed

exceptional performance, improvement, team spirit, and motivation during the season. More details will be provided as the season progresses.

NWAL Swim Meet Information

- Most dual meets start at 8:30 a.m. Warm-ups are usually scheduled for 7:15 a.m. for home meets and 7:45 a.m. for away meets. Swimmers, please be on time for warm-ups. Swimmers need to sign in **BEFORE** entering the pool to warm up.
- A regular dual meet consists of 78 events, alternating between boy and girl events. The order of the events is:
 - 100 yard Freestyle (13/14 & 15/18)
 - 6 & Under Free relays
 - Medley relays
 - Freestyle
 - Breaststroke
 - Individual Medley
 - Backstroke
 - Butterfly
 - Free relays
 - ✓ 6 & under swimmers swim 25 freestyle and 25 backstroke only.
 - ✓ 7 – 8 year old swimmers swim 25 free, 25 back, 25 breast, 25 fly, 100 free relay and 100 medley relay.
 - ✓ 9 – 10 year old swimmers swim “7-8” strokes plus 100 individual medley.
 - ✓ 11-12 year old swimmers swim 50 free, 50 back, 50 breast, 50 fly, 100 individual medley, 200 free relay and 200 medley relay
 - ✓ 13-18 year olds swim all ‘11-12’ events plus 100 free.
- Any one event will normally contain several “heats.” Finish placement in an event is accomplished by comparing times of swimmers in all heats of the event.
- Three (3) times are taken (by timers) on each lane and recorded on the swimmers card by scribes. If two of the watches agree, this is the official time. If all three watches disagree, the intermediate time is the official time. (Scorers determine the official time.)
- In a dual meet, points are awarded on a 5-3-1 (1st, 2nd, 3rd places respectively) basis for individual events. In relay events, first place is worth 5 points and 2nd place is worth 2 points. A team may only score relay points for one place. If they win both 1st and 2nd place, only 5 points will be awarded. The meet winner is the team with the most points (total number of 1st places determines the winner in the event of a tie). Scorers maintain the point count during the meet.
- In an event with several heats, the fastest swimmers are always placed in the last heat. Swimmers are assigned lanes based on their previous recorded times, with the fastest times in the center lanes.

- The Meet Referee has total responsibility for the conduct of the meet and will decide all questions concerning the meet and rules. The Referee can overrule other meet officials on a point of rule interpretation, or on a judgement decision pertaining to an action the referee has personally observed.
- Only a team official representative may discuss points of clarification with the meet Referee.
- Only officials and other individuals involved in running the meet are permitted within the roped off area surrounding the pool.
- Swimmers are required to execute the strokes correctly.
- A club may enter up to three (3) teams in a relay event. Any relay team is eligible to score points. (Dual meets only).
- Exhibition swimming is not permitted in any meet.
- Swimmers may participate in a maximum of five (5) events (including relays), but no more than three (3) individual events.