



2023

Splash Swim Team

Parent
Handbook

ELIGIBILITY REQUIREMENTS

All Splash participants must meet the following criteria to be eligible for this program:

1. Summer Splash is open to participants between the ages of 5 and 17 years old.
2. Swimmer must currently be THPRD Swim Academy Level 4 or above.
3. Participants must be able to swim 25 yards front crawl, 25 yards back crawl, and tread water for one minute. For the safety and enjoyment level of the participant, skill level of all swimmers will be evaluated by coaches. Evaluation may be available by appointment before each season.
4. All swimmers are strongly encouraged to participate in all swim meets, however meet participation is not required.

WORKOUT INFORMATION

Workouts are held two/three days per week. The practices are typically one hour in length. Times vary at each pool. Our coaches work to make each workout skill and age-appropriate to the swimmer.

A typical workout may include:

1. Stroke technique and drills
2. Continuous swimming for endurance
3. Kickboard drills
4. Simulated races
5. Fun activities designed to teach skills.

GUIDELINES

All current THPRD rules and regulations are to be followed.

1. Each swimmer is eligible to swim in three individual events and two relays at each duel or tri meet, and two individual events and two relays at the District Championship Meet.
2. A one-hand touch on the wall is permitted in all strokes. Flip turns for freestyle and backstroke, and two hand touches for breaststroke and butterfly are preferable, in keeping with competitive swimming rules.
3. During the mixed medley and free relays, all swimmers from their team are welcome to participate on a relay.
4. The goal of freestyle relays is that swimmers will be from the same age group and of the same gender, however exceptions can be made to accommodate individual situations. Changes will be made at the coach's discretion.
5. Swimmers should compete all season in the age group they are at the beginning of the season.
6. Parents are expected to watch the meet from the spectator section unless they are on-deck volunteer for the meet.
7. Timecards and deck seeding will be used for regular season meets. The District Championship Meet will be seeded via Hy-Tek, therefore entries are required by the pre-established deadline.
8. Host teams are responsible for staffing the meet with volunteers, but all volunteers are appreciated!
9. Coaches from both teams will decide on disqualifications but are very uncommon in this program.
10. Starting blocks will not be used.

SWIM MEET INFORMATION

Each team will compete in three Saturday meets throughout the summer, plus the District Championship Meet at the end of the season. Duel and tri meets generally last about 2 to 2.5 hours, so please ensure you come prepared with water and extra towels. We encourage swimmers to participate in all practices and meets. A meet times.

Because of the size of the meet and the number of swimmers to accommodate, there is a deadline for entries for the Championship Meet. If there is space in a heat, late registrants will be allowed to swim exhibition but will not be swimming to place and will not receive ribbons.

Coaches rely upon volunteers to ensure the meet runs smoothly. We accept any help from family members and friends. (On the job training will be gladly provided.) Some areas you can help are:

TIMERS: 7 people needed

The timer operates a stopwatch to time swimmers in an assigned lane and record times on a meet card. Stopwatches will be provided and training on how to use the stopwatch.

STARTER: 1 person needed

The Starter keeps the meet moving and starts races.

BULLPEN: 2-3 people needed

Organize the swimmers into heats, events, and lanes.

RUNNER: 1 person needed

Takes time cards from the timers to the scorer's table.

SCORERS: 2 people needed

Records the time of the swimmers following the completion of each event.

All volunteers will be asked to fill out a brief volunteer information form before the beginning of the meet, which can be found [here](#). Again, we greatly appreciate you help!

LETTER FROM THE COORDINATOR

Dear Splash Families:

I would like to welcome you to the 2023 Summer Splash season! I am so happy that our Summer Splash is back and I anticipate a fun filled and successful summer!

Our coaching staff's goal is to introduce your swimmers to new water skills and improve on the skills that they already have, allowing them to succeed in a swim team environment. We also encourage sportsmanship, team spirit, and fun in our practices to create a positive atmosphere for your swimmers.

I want to invite each of you to participate in at least one meet as a volunteer. This is the best way to see your swimmer up close and congratulate them (and their friends) on a job well done, as well as allowing the meets to run as efficiently as possible. Without your support, the success of the Splash program would not be possible. As a reminder, Splash is a recreational program, therefore, please emphasize to your swimmers the importance of doing their personal best, cheering on their teammates, and having fun!

Please get in touch with your team coaches with any questions or concerns. If necessary, feel free to contact me at a.krieger@thprd.org or the Beaverton Swim Center at 503-629-6312.

Have a wonderful season!

Aimee Krieger