

EPHRATA TIGERSHARKS SWIM CLUB PARENT HANDBOOK

Ephrata TigerSharks Swim Club (E.T.S.C.) is a non-profit competitive swim team that strives to provide each and every swimmer with the opportunity to excel in (and out of) the water. We encourage swimmers at every level to accept and conquer the challenges that come with one of the most wonderful sports in the world. E.T.S.C. will provide a positive environment in which we hope your swimmer will develop qualities that will serve them their entire lives. Good sportsmanship, self-motivation and confidence, the ability to handle pressure, personal responsibility, and dedication are just a few of the qualities we'll do our best to nurture.

E.T.S.C. began in the summer of 2002, and we've been going strong ever since. Our summer season begins in mid-June and runs through early August. E.T.S.C. is a co-ed team with swimmers ranging in age from 5 to 18 years.

E.T.S.C. BOARD MEMBERS

President	Huc Dilling
Vice President	Dave Laird
Treasurer	Sam Barnes
Secretary	Kim Ostrowski
Publicity/Fundraising	Tom Inch
Registrar	Laurie Dilling
Scorer	Michelle Koch

Board meetings are held monthly, and/or as needed, and all parents are encouraged to attend. Please feel free to contact any of the above Board members if you have questions or concerns, or are interested in serving on the Board.

Our Coaches will be as follows:

Head Coach	Laina Dilling
Assistant Coach	Lea Dilling
Assistant Coach	KJ Inch

E.T.S.C. FEES AND REGISTRATION

Each swimmer's registration fee must be paid in full before the start of practice each summer. The Board will establish this fee each year, taking into consideration the financial needs of the team. Before entering the water, each swimmer's registration fee must be paid in full. Due to insurance reasons, there are no exceptions to this rule. Registration is available through the City of Ephrata's website (www.ephrata.org).

Swimmers will have one week from the date of the first practice to request a refund. There will be a processing fee deducted from this refund. That fee will be set by the City of Ephrata. Once the one-week trial period is over there will be no refunds.

THE COACH'S ROLE

We are blessed to have an exceptional set of coaches. Their experience is plentiful and they are excited to pass the lessons they have learned on to our children. Their goal will be to help every swimmer become knowledgeable and proficient in each stroke. They will teach proper stroke technique in a positive manner, and will ensure that each swimmer experiences the fun and excitement that is competitive swimming.

THE SWIMMER'S ROLE

- Every TigerShark must:
- 1) Be respectful to all coaches, fellow swimmers, and officials.
 - 2) Set individual goals and work to achieve them.
 - 3) Be at practice on time and give 100%.
 - 4) Never interfere with another swimmer's workout.
 - 5) Sign up for and attend every meet possible.
 - 6) Always be on time for your events at a swim meet.
 - 7) Notify your coach if you cannot attend practice or a meet.
 - 8) Always behave in a manner that will make your team proud.
 - 9) HAVE FUN!

NOTE: Misconduct by any TigerShark will not be tolerated. The Team policy is as follows: 1st Offence – A Coach will talk with the swimmer. 2nd Offence – Parents will be notified. 3rd Offence – The Board will determine the degree of reprimand, which may include suspension.

THE PARENT'S ROLE

As a TigerShark parent, we rely on you to get your swimmer to practices and meets on time. In addition to being punctual, be sure your swimmer has all necessary equipment/gear. Please encourage your swimmer to eat a healthy diet and drink plenty of fluids, both during practice and at meets. Parent volunteers are an essential part of any swim team. It is required that all TigerShark parents volunteer at each meet, be it home or away. It is also necessary to run the occasional fundraiser, and we need your support at those times as well. E.T.S.C. has a No Parent On Deck rule during practice. If you need to speak with one of the Coaches please do so when practice is over. Parents are welcome to stay at the pool during practice, but we ask that you stay behind the Frog Slide, preferably near the Concessions area.

FUNDRAISERS

In an effort to keep our registration fees as low as possible, it is necessary to run the occasional fundraiser. We will only run fundraisers when the Board deems it necessary. It is essential that all TigerShark families participate in these fundraisers.

SWIMMER SUPPLIES

A new TigerShark swimsuit will be chosen on odd years. Although it is not a requirement to purchase a team suit, it is encouraged. Please speak to any Board member if you have questions concerning team suits, prices, and/or selection.