

# 2024 New Parent Meeting

March 20, 2024



# About the Wyndham Tidal Waves!

- ▶ There is a place for everyone on our team and the goal is to have fun!
- ▶ Division 1 team within the Greater Richmond Aquatics League (GRAL)
- ▶ Comprised of kids 5-18 years old
  - ▶ Swimmers must be 5 years old on June 1
- ▶ Swim meets occur on Tues or Wed evenings
- ▶ 5 coaches with extensive swimming background

***Being a part of a summer swim team is a great way to become a better swimmer, build confidence and have FUN!***



# New Swimmer Evaluations

- ▶ New swimmers to the team must be evaluated by the coaches for placement on either the regular competition swim team or the Development team
- ▶ New swimmer evaluations to be held at Shady Grove YMCA on Sunday, April 28 from 2 - 4 PM
- ▶ A sign-up sheet will be available closer to the date
- ▶ Coaches will ask children to attempt to swim a lap or two
- ▶ Swimmers who cannot complete a length of the pool or who are not yet ready for competitive meets will either be placed on the Development team or recommended for additional swim lessons

**If you are not a member of the YMCA, create a “Non-Member” account to participate in evaluations.**





# Development Team

- ▶ Development team “Mini Meets” are held on Saturday morning at 8 AM
  - ▶ Typically last about an hour
  - ▶ Low stress environment for swimmers to get used to competing and build confidence
- ▶ At the discretion of coaches, Development Team swimmers will be asked to participate in the regular meets in the last third of the season





# Swim Meets - Competition Team

- ▶ Typically occur on Tuesday or Wednesday evenings
- ▶ Six meets per season (3 at HOME and 3 AWAY)
- ▶ Swim meets begin at 6 pm with check in beginning at approximately 4:30 PM and last until 10 or 11 PM
  - ▶ Younger swimmer events are done earlier in the evening
- ▶ Coaches pick events that your swimmer is ready for
- ▶ Several days before the meet, you will receive an email asking whether your swimmer will participate in the meet
  - ▶ **You must declare your intent to swim/not swim at each meet or you will not be placed in the meet**
- ▶ Swimmers can participate in up to three individual events plus one relay
  - ▶ New swimmers will typically start with two events depending on abilities

See MEET SURVIVAL GUIDE on website for more information on what to bring, etc.



# Champs Meet

- Saturday, July 20 (12 and under), Sunday, July 21 (13 and up)
- Held at Collegiate School Aquatics Center (SwimRVA)
- Time Standards, JV and Faster (listed on website under “Meet Central”)

| GIRLS     |         |         |         |         |            |         |         |         |         | BOYS      |         |         |         |         |            |         |         |         |         |
|-----------|---------|---------|---------|---------|------------|---------|---------|---------|---------|-----------|---------|---------|---------|---------|------------|---------|---------|---------|---------|
| 8 & Under |         |         |         |         |            |         |         |         |         | 8 & Under |         |         |         |         |            |         |         |         |         |
| METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      | METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      |
|           | 3:32.52 | 2:31.86 | 2:18.56 | 2:01.36 | 25 Back    | 3:11.46 | 2:16.81 | 2:04.83 | 1:49.33 |           | 3:19.77 | 3:01.14 | 2:23.54 | 2:07.00 | 25 Back    | 2:59.97 | 2:43.19 | 2:09.31 | 1:54.41 |
|           | 29.37   | 27.75   | 26.22   | 24.33   | 25 Breast  | 26.46   | 25.00   | 23.62   | 21.92   |           | 29.83   | 27.85   | 26.79   | 25.04   | 25 Breast  | 26.87   | 25.09   | 24.14   | 22.56   |
|           | 36.65   | 33.31   | 31.30   | 28.78   | 25 Fly     | 33.02   | 30.01   | 28.20   | 25.93   |           | 37.98   | 34.15   | 31.57   | 28.01   | 25 Fly     | 34.22   | 30.76   | 28.44   | 25.23   |
|           | 34.75   | 30.59   | 27.84   | 25.30   | 25 Free    | 31.30   | 27.56   | 25.08   | 22.79   |           | 37.46   | 32.84   | 29.82   | 26.68   | 25 Free    | 33.75   | 29.59   | 26.86   | 24.04   |
|           | 25.32   | 23.58   | 22.07   | 20.15   | 50 Free    | 22.81   | 21.25   | 19.89   | 18.15   |           | 24.95   | 23.42   | 21.93   | 20.55   | 50 Free    | 22.47   | 21.10   | 19.76   | 18.52   |
|           | 59.83   | 56.15   | 51.17   | 47.13   |            | 53.90   | 50.58   | 46.10   | 42.46   |           | 58.90   | 53.94   | 51.39   | 47.55   |            | 53.06   | 48.59   | 46.29   | 42.84   |
| 9 - 10    |         |         |         |         |            |         |         |         |         | 9 - 10    |         |         |         |         |            |         |         |         |         |
| METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      | METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      |
|           | 1:56.75 | 1:48.94 | 1:43.52 | 1:36.87 | 50 Back    | 1:45.18 | 1:38.14 | 1:33.26 | 1:27.27 |           | 2:04.75 | 1:54.82 | 1:45.12 | 1:39.77 | 50 Back    | 1:52.39 | 1:43.44 | 1:34.71 | 1:29.88 |
|           | 51.47   | 48.91   | 46.70   | 43.09   | 50 Breast  | 46.37   | 44.07   | 42.07   | 38.82   |           | 54.44   | 51.17   | 47.94   | 45.76   | 50 Breast  | 49.04   | 46.10   | 43.19   | 41.22   |
|           | 58.30   | 55.01   | 53.20   | 50.72   | 50 Fly     | 52.52   | 49.56   | 47.92   | 45.69   |           | 1:01.94 | 57.27   | 54.46   | 51.78   | 50 Fly     | 55.80   | 51.60   | 49.06   | 46.65   |
|           | 57.11   | 52.46   | 49.46   | 44.39   | 50 Free    | 51.45   | 47.26   | 44.56   | 39.99   |           | 1:04.31 | 57.20   | 50.34   | 47.39   | 50 Free    | 57.94   | 51.53   | 45.35   | 42.69   |
|           | 44.38   | 42.26   | 39.95   | 37.68   |            | 39.98   | 38.08   | 35.99   | 33.95   |           | 44.51   | 41.96   | 40.69   | 38.35   | 100 Free   | 40.10   | 37.80   | 36.66   | 34.55   |
|           | 1:42.38 | 1:36.67 | 1:31.47 | 1:26.36 |            | 1:32.24 | 1:27.09 | 1:22.41 | 1:17.80 |           | 1:45.01 | 1:37.65 | 1:32.97 | 1:27.80 |            | 1:34.60 | 1:27.98 | 1:23.76 | 1:19.10 |
| 11 - 12   |         |         |         |         |            |         |         |         |         | 11 - 12   |         |         |         |         |            |         |         |         |         |
| METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      | METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      |
|           | 1:40.14 | 1:34.15 | 1:28.31 | 1:22.29 | 50 Back    | 1:30.21 | 1:24.82 | 1:19.56 | 1:14.13 |           | 1:42.78 | 1:34.97 | 1:27.97 | 1:20.97 | 50 Back    | 1:32.59 | 1:25.56 | 1:19.26 | 1:12.95 |
|           | 45.06   | 42.69   | 40.76   | 37.83   | 50 Breast  | 40.60   | 38.46   | 36.72   | 34.08   |           | 46.76   | 43.29   | 40.98   | 37.53   | 50 Breast  | 42.13   | 39.00   | 36.92   | 33.81   |
|           | 51.26   | 48.56   | 45.82   | 43.25   | 50 Fly     | 46.18   | 43.75   | 41.28   | 38.97   |           | 52.48   | 48.30   | 45.94   | 42.97   | 50 Fly     | 47.28   | 43.51   | 41.39   | 38.71   |
|           | 45.94   | 42.22   | 39.77   | 36.17   | 50 Free    | 41.38   | 38.04   | 35.83   | 32.58   |           | 49.75   | 43.73   | 40.08   | 35.89   | 50 Free    | 44.82   | 39.40   | 36.11   | 32.33   |
|           | 37.90   | 35.78   | 34.45   | 32.78   |            | 34.14   | 32.23   | 31.03   | 29.53   |           | 37.85   | 35.39   | 33.71   | 32.00   | 100 Free   | 34.10   | 31.88   | 30.37   | 28.83   |
|           | 1:27.75 | 1:21.52 | 1:17.68 | 1:12.33 |            | 1:19.05 | 1:13.44 | 1:09.98 | 1:05.16 |           | 1:27.73 | 1:21.00 | 1:16.17 | 1:10.17 |            | 1:19.04 | 1:12.98 | 1:08.62 | 1:03.22 |
| 13 - 14   |         |         |         |         |            |         |         |         |         | 13 - 14   |         |         |         |         |            |         |         |         |         |
| METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      | METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      |
|           | 1:32.57 | 1:28.18 | 1:22.56 | 1:16.24 | 50 Back    | 1:23.40 | 1:19.44 | 1:14.38 | 1:08.69 |           | 1:30.25 | 1:25.74 | 1:20.57 | 1:14.66 | 50 Back    | 1:21.30 | 1:17.24 | 1:12.59 | 1:07.26 |
|           | 43.14   | 41.10   | 38.37   | 35.75   | 100 Back   | 38.87   | 37.03   | 34.56   | 32.21   |           | 42.76   | 40.05   | 37.61   | 34.90   | 100 Back   | 38.52   | 36.08   | 33.89   | 31.44   |
|           | 1:37.30 | 1:30.29 | 1:24.71 | 1:16.97 | 50 Breast  | 1:27.66 | 1:21.34 | 1:16.32 | 1:09.34 |           | 1:39.24 | 1:30.20 | 1:23.56 | 1:17.52 | 50 Breast  | 1:29.40 | 1:21.26 | 1:15.28 | 1:09.84 |
|           | 48.30   | 46.15   | 44.41   | 41.61   | 50 Fly     | 43.51   | 41.58   | 40.01   | 37.48   |           | 46.10   | 43.78   | 41.64   | 38.91   | 50 Fly     | 41.53   | 39.44   | 37.51   | 35.05   |
|           | 1:47.20 | 1:40.61 | 1:36.15 | 1:28.19 | 100 Breast | 1:36.58 | 1:30.64 | 1:26.62 | 1:19.45 |           | 1:44.02 | 1:38.58 | 1:33.15 | 1:26.19 | 100 Breast | 1:33.71 | 1:28.81 | 1:23.92 | 1:17.65 |
|           | 42.26   | 39.44   | 36.64   | 34.26   | 50 Free    | 38.07   | 35.53   | 33.01   | 30.86   |           | 41.54   | 37.88   | 35.60   | 32.14   | 50 Free    | 37.42   | 34.12   | 32.07   | 28.96   |
|           | 1:51.15 | 1:39.13 | 1:26.31 | 1:17.25 | 100 Fly    | 1:40.13 | 1:29.31 | 1:17.76 | 1:09.60 |           | 1:54.63 | 1:36.68 | 1:25.24 | 1:14.59 | 100 Fly    | 1:43.27 | 1:27.10 | 1:16.79 | 1:07.20 |
|           | 35.41   | 33.77   | 32.51   | 30.72   | 50 Free    | 31.90   | 30.42   | 29.29   | 27.67   |           | 33.04   | 31.71   | 30.40   | 29.04   | 50 Free    | 29.77   | 28.56   | 27.39   | 26.17   |
|           | 1:20.58 | 1:17.16 | 1:11.66 | 1:06.89 | 100 Free   | 1:12.59 | 1:09.51 | 1:04.56 | 1:00.26 |           | 1:16.97 | 1:12.62 | 1:09.20 | 1:04.05 | 100 Free   | 1:09.34 | 1:05.42 | 1:02.34 | 57.70   |
| 15 - 18   |         |         |         |         |            |         |         |         |         | 15 - 18   |         |         |         |         |            |         |         |         |         |
| METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      | METERS    | Adv     | JV      | Varsity | SV      | 100 IM     | Adv     | JV      | Varsity | SV      |
|           | 1:26.84 | 1:22.23 | 1:19.14 | 1:14.55 | 50 Back    | 1:18.24 | 1:14.08 | 1:11.30 | 1:07.16 |           | 1:16.98 | 1:14.30 | 1:09.67 | 1:06.03 | 50 Back    | 1:09.35 | 1:06.94 | 1:02.76 | 59.48   |
|           | 39.95   | 38.61   | 36.37   | 34.59   | 100 Back   | 35.99   | 34.78   | 32.76   | 31.16   |           | 36.05   | 34.46   | 32.68   | 30.94   | 100 Back   | 32.47   | 31.05   | 29.44   | 27.88   |
|           | 1:28.48 | 1:24.71 | 1:19.24 | 1:15.08 | 50 Breast  | 1:19.71 | 1:16.31 | 1:11.39 | 1:07.64 |           | 1:21.82 | 1:16.47 | 1:12.01 | 1:07.51 | 50 Breast  | 1:13.71 | 1:08.89 | 1:04.87 | 1:00.82 |
|           | 46.16   | 44.25   | 42.10   | 40.17   | 50 Fly     | 41.58   | 39.86   | 37.92   | 36.19   |           | 40.17   | 38.26   | 36.66   | 34.62   | 50 Fly     | 36.19   | 34.47   | 33.03   | 31.19   |
|           | 1:43.96 | 1:37.84 | 1:33.05 | 1:26.83 | 100 Breast | 1:33.65 | 1:28.14 | 1:23.83 | 1:18.23 |           | 1:30.57 | 1:26.01 | 1:22.29 | 1:15.51 | 100 Breast | 1:21.60 | 1:17.49 | 1:14.14 | 1:08.02 |
|           | 38.77   | 37.28   | 34.81   | 32.78   | 50 Free    | 34.93   | 33.58   | 31.36   | 29.53   |           | 32.50   | 31.25   | 29.92   | 28.48   | 50 Free    | 29.28   | 28.15   | 26.95   | 25.66   |
|           | 1:36.75 | 1:29.73 | 1:21.32 | 1:15.11 | 100 Fly    | 1:27.16 | 1:20.83 | 1:13.26 | 1:07.67 |           | 1:27.19 | 1:19.36 | 1:09.86 | 1:04.93 | 100 Fly    | 1:18.55 | 1:11.49 | 1:02.94 | 58.49   |
|           | 33.22   | 32.24   | 31.32   | 30.15   | 50 Free    | 29.93   | 29.05   | 28.21   | 27.17   |           | 28.69   | 28.10   | 27.31   | 26.18   | 50 Free    | 25.85   | 25.32   | 24.60   | 23.59   |
|           | 1:15.14 | 1:12.75 | 1:09.76 | 1:05.50 | 100 Free   | 1:07.70 | 1:05.54 | 1:02.85 | 59.01   |           | 1:06.27 | 1:03.80 | 1:00.30 | 57.75   | 100 Free   | 59.70   | 57.48   | 54.32   | 52.03   |



# Volunteering

- ▶ Parental participation is KEY to the success of the Tidal Waves!
- ▶ Home meets require over 100 Tidal Wave volunteers and Away meets require about 80 Tidal Wave parent volunteers.
- ▶ **Each family is required to sign up for at least four swim meet shifts prior to June 1 or you swimmer will not compete.**
  - ▶ This include both the Competition Team and Developmental Team - NO EXCEPTIONS
- ▶ Each volunteer shift is roughly 3 hours and typically covers ½ of a swim meet.
  - ▶ 1<sup>st</sup> Half is approx. 5:45 PM - 8:00 PM and 2<sup>nd</sup> half is about 8:00 PM - 10:00 PM.
- ▶ If you cannot complete your shift, *you are required to find a reliable replacement.*
- ▶ A list of teen volunteers is available for you to hire. You will need to make the arrangements and arrange for payment.
- ▶ Signups for shift will be available at (or shortly after) registration and on the website ([wtwswim.com](http://wtwswim.com))

When signing up for volunteer shifts, sign up with same account as your registered swimmer





# Practice Schedule

## After school (5/20 – 5/30) (Mon-Thurs)

4:30 - 5:15 PM: Ages 9 - 10

5:15 - 5:45 PM: Ages 7 - 8

5:45 - 6:15 PM: 6 & under and Development Team

6:15 - 7:00 PM: Ages 11 & up

*7 - 8 and 6 & under attend Mon/Wed or Tues/Thurs*

## Summer (6/3 – 7/9)

### AM Practices (Mon - Thur except days after meets)

8:00 - 8:30 AM: 6 & under and Development Team

8:30 - 9:15 AM: Ages 7 - 8

9:15 - 10:00 AM: Ages 9 - 10

10:00 - 10:45 AM: Ages 11 - 12

10:45 - 11:30 AM: Ages 13 & up

### **NEW** Friday AM Clinics (topics to be announced)

8:00 - 9:00 AM: Ages 10 & under

9:00 - 10:00 AM: Ages 11 & up

### PM Practices (Mon – Thurs except meet days)

4:00 - 4:45 PM – Ages 8 & under

4:45 - 5:30 PM – Ages 9 - 12

5:30 - 6:15 PM – Ages 13 & up

### Fun Practices (Day after meets at 9 - 10 AM)

6/6, 6/13, 6/19, 6/27, 7/3, 7/10

Champs practices begin 7/11 for qualified swimmers

No practice on Memorial Day or 4<sup>th</sup> of July.





# What You Need

- ▶ Team swimsuit - *strongly encouraged but not required*
  - ▶ We select new swimsuits every two years
- ▶ Swim cap - *strongly encouraged by not required*
- ▶ Goggles
- ▶ Swimsuits, goggles and caps will be available for purchase at our Suit Fitting and Season Kick Off
- ▶ Additional Spirit Wear will be available for purchase online or at NOVA Regency





# Suit Fitting and Season Kickoff

**Wed, May 1 - 4:30 PM - 7:30 PM at  
the Wyndham Clubhouse**

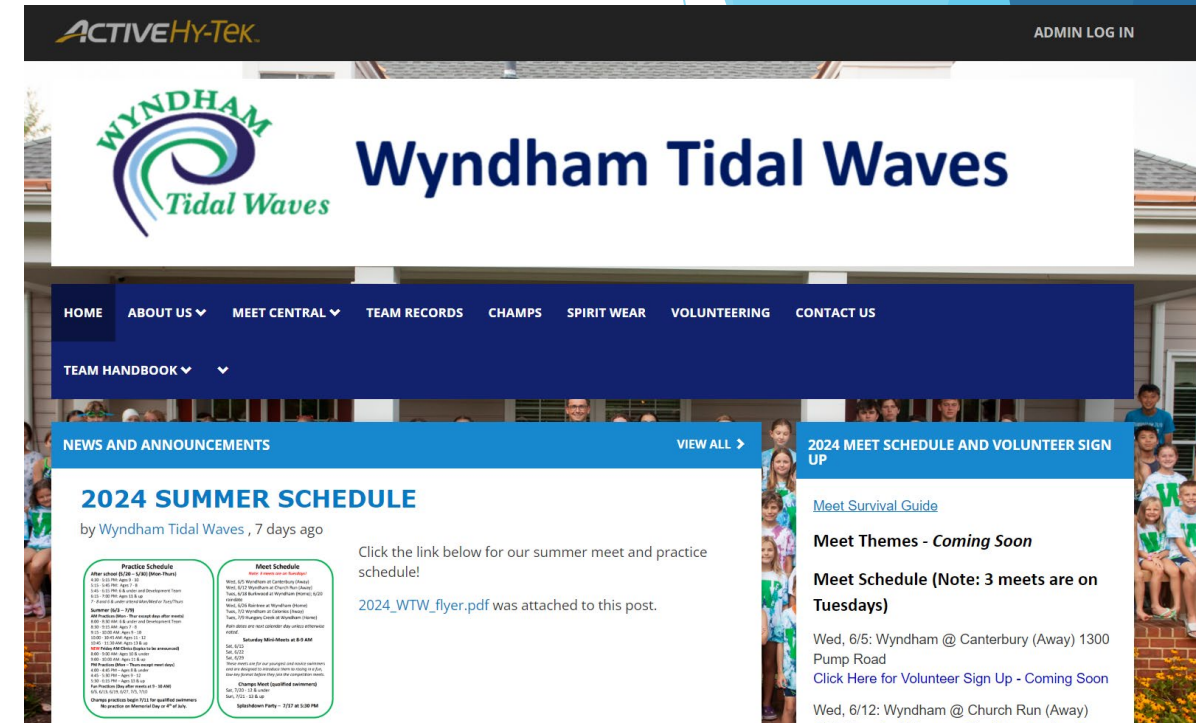
- ▶ Meet the coaches and tie dye new team shirts
- ▶ Swimsuits, goggles and caps will be available for purchase
- ▶ Additional Spirit Wear will be available for purchase online or at NOVA Regency





# Stay Up to Date

- ▶ wtwswim.com - Regular updates, announcements, etc.
- ▶ Facebook (Wyndham Tidal Waves)
- ▶ Instagram (wearethetidalwaves)
- ▶ General questions [wtwpresident@gmail.com](mailto:wtwpresident@gmail.com)
- ▶ Coaches [wtwcoaches@gmail.com](mailto:wtwcoaches@gmail.com)
- ▶ Parent Reps [wtwparentrep@gmail.com](mailto:wtwparentrep@gmail.com)
- ▶ Question about Volunteering [wtwvolunteers@gmail.com](mailto:wtwvolunteers@gmail.com)



# Registration Opens March 25 - May 6



- ▶ Register at [wtwswim.com](http://wtwswim.com)
  - ▶ Ages 5-14: 1<sup>st</sup> Swimmer \$150; additional swimmers in same family \$125
  - ▶ Ages 15-18: All swimmers \$75
- ▶ You can wait until after Swimmer Evaluations on Sunday, April 28<sup>th</sup> to register
- ▶ Include family members to be included on our e-mail list during registration

