

Northampton Cudas Swim Team

Charter Member of NWAL Est. 1970

Northampton Cudas



Parent Handbook 2017



6 April 2017

Welcome to the 2017 Season of the Northampton Cudas Swim Team! 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, our website: www.northamptoncudas.com, and our Facebook Group. Please send a Friend Request to Northampton Cudas Swim Team, and once we verify that you are part of our Cuda Family, we'll accept your request.

New Cuda Orientation is scheduled for April 11 - 12. New swimmers will have a chance to meet the Cuda Coaches and experience practices in a small group.

Regular Cuda practices begin on April 17th. The Cuda Parent meeting will be at 6:00 pm on Monday, April 17th at the Pool Activity Room next to the Northcrest Pool (building behind the pool). We encourage all Cuda Parents to attend so that we can get to know you and answer your questions.

Time Trials are on May 6th, and our first meet is on May 13th. We will finish up with Divisionals (our championship meet) on June 17th and the All Star and Ponderosa Invitational Meets on June 24 and June 25.

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, Wes DeBord at President@NorthamptonCudas.com.



2017 Cuda Swim Team Board of Directors/Committee Heads

Position Type	Position	Name	Email
Board of Directors	President	Wes DeBord	president@northamptoncudas.com
Board of Directors	Vice President	John Irwin	computers@northamptoncudas.com
Board of Directors	Volunteers	Angela Collins	volunteer@northamptoncudas.com
Board of Directors	Treasurer	Kim Andrews	treasurer@northamptoncudas.com
Board of Directors	Secretary	Christina Toth	secretary@northamptoncudas.com
Board of Directors	NWAL Rep	Gary Cooper	teamrep@northamptoncudas.com
Board of Directors	Sponsors	Carla Escamilla	sponsors@northamptoncudas.com
Board of Directors	At Large	Derek Lund	dereklund@sbcglobal.net
Committee Chair	Registration	Melissa Ward	registration@northamptoncudas.com
Committee Chair	Ready Bench	Tiffany Fuller	tiffany.fuller@doggett.com
Committee Chair	Head Timer	Amanda Tanner	a_c_tanner@outlook.com
Committee Chair	Communication	Beverly Mills	communications@northamptoncudas.com
Committee Chair	Merchandise	Jennifer Morter	jennifer.morter23@gmail.com
Committee Chair	Concessions	Jonathan Drescher	jonathan.drescher@rheem.com
Committee Chair	Casino Night	Bruce Jones Scott Ward	bruce.jones@united.com scott.ward1@yahoo.com
Committee Chair	Tent Parent	Allison Ewing	allisondiers@hotmail.com
Committee Chair	Meet Setup	Colin Santich	colin_1015@yahoo.com
Committee Chair	Invitationals	Kristi Davis	invitationals@northamptoncudas.com
Committee Chair	Awards	Amber Harris	amb3rharris@gmail.com
Committee Chair	Spirit Parties	Lauren Burns	laurenbburns@hotmail.com
Committee Chair	New Cuda Contact Big Fish/Little Fish	Erin Johnson	erin@springcreekathletics.com
Committee Chair	Officials	Walter Basket	walterbaskett@gmail.com
Committee Chair	Computers	John Irwin Angel Pawlak	computers@northamptoncudas.com baguette77@sbcglobal.net
Committee Chair	Sprint Sizzler Coordinator	Julia Manning Steve Manning	julie.manning@sbcglobal.net
Auxiliary Member	Head Coach	Laura Davis	coachlaura@northamptoncudas.com



Northampton Barracudas 2017 Meet Schedule

Date	Event	Location	Warm up time	Sign In time
May 6	Team Pictures/TIME TRIALS	Northampton	8:00 - Individual pics 9:00 - Team pics	8:00 am
May 13	CUDAS away v. Woodlands Hurricanes	Hurricanes	7:45 a.m.	7:30 a.m.
May 20	CUDAS home v. Imperial Oaks	Northampton	7:15 a.m.	7:00 a.m.
May 27	CUDAS home v. Northpointe	Northampton	7:15 a.m.	7:00 a.m.
June 3	CUDAS away v. Windrose	Windrose	7:45 a.m.	7:30 a.m.
June 4&5	Sprint Sizzler Invitational	Klein Oak H.S.	TBA	TBA
June 10	CUDAS home v. Oak Ridge North	Northampton	7:15 a.m.	7:00 a.m.
June 17	DIVISIONALS	Klein Oak H.S.	TBA	TBA.
June 24 & 25	All Stars & Ponderosa Invitationals	TBA	TBA	TBA

DIVISIONAL SWIM MEET

At the Divisional Swim meet all 5 teams in Division Red 2 will swim against each other in a championship meet. To be eligible to swim at Divisionals, a swimmer must have competed in 1 regular season swim meet (time trials doesn't count). A swimmer is only eligible to swim events at Divisionals that a swimmer participated in during a dual or invitational meet.

INVITATIONAL MEETS

To participate in Sprint Sizzler, 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:

- **Saturday March 25th** Registration 10-2pm Saturday MUD Building
- **Saturday April 1st** Registration 10-2pm Saturday MUD Building
- **Friday April 7th** Cuda day at Swim Shops of the Southwest: Discount off all merchandise
- **Monday April 10th** New Cuda swim practice starts
- **Tuesday April 11th** Cuda day at Swim Shops of the Southwest: Discount off all merchandise
- **Monday April 17th** Practice starts for all Cudas
- **Monday April 17th** Cuda Parent Meeting 6:00 - 7:00pm Community Center
- **Monday April 17th** Swim Shops of the Southwest will be at Northcrest Pool to sell team suits
- **Friday April 28th** Star Program End Date
- **Friday April 28th** Drop Date – No Refunds Made after April 28th
- **Thursday May 4th** Late Registration ends
- **Friday May 5th** Spirit Party @ Northcrest Pavilion
- **Friday, May 19th** Spirit Party @ Northcrest Pavilion
- **Friday, May 26th** Spirit Party @ Northcrest Pavilion
- **Friday, June 9th** Spirit Party @ Northcrest Pavilion
- **Saturday, June 10th** Sponsor Appreciation
- **Saturday June 10th** Casino Night
- **Friday, June 16th** Spirit Party and Car Decorating
- **Monday June 26th** Year End Party



Junior Coach:

Applications are due Friday April 7th. Training to be determined and scheduled by Coach Laura

6 & under Star Program:

The 6 & under Star Program will begin Monday, April 17th. Near the end of every work out the coaches will give each swimmer an opportunity to swim across the pool without fins or assistance to earn a star next to their name. At the end of 2 weeks (April 28th) the swimmers that have a star(s) will receive a reward and a chance to continue swimming with the Cudas Swim Team. We will have a conference with the parents of those that have not yet made it across the pool without assistance and due to safety reasons, we will recommend swim lessons for this season. Our first priority is safety of all swimmers hence our team requirement that swimmers be at least 4 years old and be able to swim across the pool safely.

2017 Cuda Practice Schedule- Northcrest Pool

NEW CUDAS only: Monday April 10 - Wednesday April 12. No Practice Thursday or Friday

Ages	Time	Location
10 & Under	4:30 – 5:00	Northcrest Pool
11 & over	5:00-5:30	Northcrest Pool

ALL CUDAS: April 17- May 31

Ages	Time	Location
6 & Under	4:45 - 5:15	Northcrest Pool
7-8	5:15- 6:00	Northcrest Pool
9-10	4:00-4:45	Northcrest Pool
11- 14	6:00 - 7:00	Northcrest Pool
Ages 15-18	6:00 - 7:00	Northcrest Pool

Monday May 29- Memorial Day- No practice!

June 1 - last day of school schedule

Morning: June 2-16 at Northcrest

Ages	Time	Location
11-18 (M-F)	8:00-9:00	Northcrest Pool
7-8 (M-F)	9:00-9:45	Northcrest Pool
6 & Under (M-F)	9:45-10:15	Northcrest Pool
9-10 (M-F)	10:15-11:00	Northcrest Pool

Evenings: June 9-20

10 & under (M-TH)	5:00-5:45 p.m.	Northcrest Pool (3 lanes)
11 & up (M-TH)	5:45- 6:30 p.m.	Northcrest Pool (3 lanes)

* No evening practice on Sprint Sizzler Monday June 5!

June 19-23 at Northcrest: morning practice for All-Star/Ponderosa qualifiers

6 & under (M-F)	8:45-9:15 a.m.	Northcrest Pool
11 & over (M-F)	9:15-10:15 a.m.	Northcrest Pool
7-10 (M-F)	10:15-11:00 a.m.	Northcrest Pool

*Practice schedule subject to change after registration is complete.



2017 Season Registration

Registration Group	Registration Fee
4 – 14 with Trophy	\$110.00
15 – 18 with Trophy*	\$40.00
T-Shirt	Included
Multi-Swimmer discount will show up at checkout:	
Swimmer 2	\$10.00 discount
Swimmer 3	\$40.00 total discount
Swimmer 4	\$120.00 total discount
Swimmer 5	\$200.00 total discount
Swimmer 6	\$280.00 total discount
For example: If you register 3 swimmers at \$110 each you will get a \$40 discount which would make your registration fee \$290 (\$330-\$40).	
*PLEASE NOTE-15-18 year olds do not qualify for multi athlete discount as their registration fee is already discounted.	

Every swimmer will receive a Northampton Cuda team shirt. Each swimmer will also receive a trophy at the end of season Awards Event.

Online Registration will open Friday, March 3rd at 8 am. To complete registration, everyone must attend in-person registration at the dates and listed below to turn in their volunteer check and pay any applicable MUD fees. Swimmer accounts will remain inactive until in-person registration is complete.

In-Person Registration Dates are:

Saturday, March 25 10:00 am - 2:00 pm

Saturday, April 1 10:00 am - 2:00 pm

Late registration will be handled on a case by case basis and if allowed will incur an additional non-refundable \$50 late fee per family.

Refund Policy

There is a non-refundable \$15.00 per swimmer processing fee. If you decide to cancel your registration, you will be refunded accordingly, minus the \$15.00 per swimmer non-refundable amount. No refunds will be made after April 28th.

Volunteer Deposit

All families will pay a volunteer deposit of \$300.00, 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 and are in good financial standing with The Cuda Swim Team.**

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 **May 31st of the current year.**

Parent and Swimmer Expectations

During practice, the coaches are responsible for the kids/swimmers inside the pool gates during a practice age group time. Parents are not allowed on deck inside the gates during practice. The coaches are also responsible for the kids/swimmers during meets when the swimmer is behind the blocks preparing to swim an event and when swimming the event in the pool. If a coach has an issue with a child's behavior and actions during these times, they may seek out the parent to discuss the situation.

Parents are solely responsible for their kids and their actions at all other times. This includes before and after practice and outside of swimming an event at the meet. Kids are not to be left unattended before or after practice for any length of time. Kids and parents are expected to treat all MUD district property with respect. Kids and parents are expected to respect all other swimmers, coaches, officials, volunteers, parents, and MUD district employees.

Failure to follow these expectations can and will lead to dismissal from the team.



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 REQUIRED TO COMPLETE VOLUNTEER CREDITS.** Help is needed in the following areas:

Awards
Concessions
Casino Night
Computer Room
Cooks 1
Data Entry
Awards Event
Merchandise
Officials (Ref, Starter, Stroke and Turn Judges)
Parties
Ready bench
Ribbons
Scribes
Set-up/Clean-up
Sign In
Timing
Tent Parents

PLEASE volunteer for assignments when registering your child or say “Yes” when asked for help. The contact information 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: (parts 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, volunteers, families/parents, and spectators at every meet/practice/swim team function.
- *I will not engage in any kind of unsportsmanlike conduct and inappropriate behavior with any official, coach, swimmer, volunteer, family/parent, and/or spectator such as booing and taunting; refusing to shake hands; using profane language or gestures; or being disrespectful and discourteous with communication and interaction.
- *I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence. I will also follow the rules and resolve conflicts without resorting to hostility or violence.
- *I will demand that my child and I 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/coaches/officials/parents/volunteers 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, coaches, and board member's authority during meets/practices/team functions
- *I will foster a positive team concept and teamwork.

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.
4. Respect all other swimmers, coaches, officials, parents/families, and volunteers
5. Foster a team approach. No bullying...zero tolerance. Foster a positive team environment.

*Failure to follow parent Code of Conduct and Swimmer Responsibility can and will lead to dismissal from the team.



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Team Gear

The Cuda team suit is **TYR Phoenix Splice**, and is available from Swim Shops of the Southwest.

Cost: Girls - \$50 and Boys - \$33.

We 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.

All girls and swimmers with long hair will need caps for both practices and meets. A Cuda cap is suggested but not required.

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.

Swim Shops will be at practice on **Monday, April 17** and will have all gear available to try on and purchase.

Friday, April 7th and Tuesday, April 11th will be Cuda day at Swim Shops with 20% discounts on all merchandise in the store (except team suits & clearance items). **Make sure to tell Swim Shops that you are a Northampton Cuda** when you shop in their store, which is located on Louetta, just west of Kuykendahl.



www.SwimShops.com - 5010-M Louetta, Spring, TX 77379 – 281-376-4460

Team Spirit Parties

These gatherings are held for CUDA swim team members and their family members to encourage team spirit and camaraderie. They are held the Friday night prior to a home meet.

Team Pictures

Team and individual pictures will be taken prior to **Time Trials, May 6th**, at the Northcrest Pool. Individual pictures for the group photo will begin at 8:00 a.m. All swimmers should be at the pool no later than 8:00 a.m. that morning to be in the team photo (whether having individual photos taken or not). 2017 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. THIS RULE IS STRICTLY ENFORCED.**

If you have any questions or concerns you can contact the Cuda President at president@northamptoncudas.com

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 Tuesday 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 Event

The Swim Team sponsors an Awards Event 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 80 events, alternating between boy and girl events. The order of the events is:
 - 50-yard Freestyle (10& Under)
 - 100-yard Freestyle (11-14 & 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 and 50-yard freestyle.
 - ✓ 11-12-year-old swimmers swim 50 free, 50 back, 50 breast, 50 fly, 100 individual medley, 100 Freestyle, 200 free relay and 200 medley relay
 - ✓ 13-18 year old swim all '11-12'.
- 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 swimmer's 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.



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- 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.