

Blue Tide FAQs:

“Competitive Swimming” are not dirty words.

Competitive swimming gets a bad rap for some reason, whether it is fables about having 8 year olds swimming countless miles, or “throwing them to the lions” in a meet situation that they’re not ready for. Putting your child on a year-round swim team does not mean they will “eat, breathe, and sleep competition”. Our goal is to improve their technique and enjoyment of swimming, so that they will be swimming for many years to come. Over the next few points, we’ll give you an idea of what we’re all about; “developing great swimmers & great people!”

- Child Commitment/Expectations (practice attendance, meet participation)

- For most of our swimmers (until they get to the national level), there are no minimum practice requirements, we have practices scheduled throughout the week to meet your schedule. If you have soccer on Tuesday and Thursday, then come Monday-Wednesday-Friday. We just want to get the kids to practice as often as we can, learn some new skills, be challenged, and be eager to come to practice again tomorrow.

-We publish our meet schedule at the beginning of each season, and for most of our swimmers there are meets available every 3-4 weeks (depending on the level of the swimmer). Although meets are not required, we recommend regular meet attendance as it helps to give the swimmers perspective about why they are practicing every week. Meets for many of our swimmers are held Saturdays & Sundays and they typically run from 8-Noon. If you can come to the meet on Saturday, but have family commitments on Sunday, that’s fine, just let your child’s coach know.

- Practice Structure (how much training vs. technique at each level)

- The design for our practices around technique and fun for our younger swimmers. The coaches write out their lesson plans so that they include a technique segment, a training segment, and a fun/games segment.

- Sample practice format for our Tidalwave & 10&Under Groups

-- Many of our other groups’ practices use a similar format for their practice structure.

- 5-10 Minutes of warm-up (stretching, loosen swim, some kicking)
- 10 minutes of “Training”
 - ex: -12x25y swim taking :30 seconds rest between
(doing #1&2 perfect backstroke, #3 fast freestyle)
- 15 minutes of technique work
 - ex: - one length at a time, doing assorted drills, working on stroke technique
- 5-10 minutes of racing skills (starts, turns, etc.)
- 5-10 minutes of relays or games

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- Registration Dues/Monthly Cost

Registration fees for each swimmer who registers for a Blue Tide competitive team are \$125.00, which includes a BTA registration fee and a USA Swimming membership fee. If the swimmer has a current USA Swimming membership, the registration fee is \$60.00. The 2009-2010 monthly dues by practice team are as follows:

Tidalwave - \$82 / month

10 & Under - \$90 / month

Junior Orange - \$95 / month

Junior Blue - \$130 / month

Senior Orange - \$100 / month

Senior Two - \$130 / month

Senior Elite - \$165 / month

- Difference between Typhoon/Rest of Team

Typhoon is a non-competitive stroke group that runs from Labor Day through Thanksgiving and New Years' through Mid-April. Swimmers participating in Typhoon are typically new to year-round swimming and are just looking to improve their technique levels during the non-summer months. Dues for Typhoon are \$72.00 per month with a \$20 registration fee.

Getting Started:

If you have questions, or would like to get registered:

Head Coach Kevin Milak: kevinmilak@gmail.com

Team Registrar Karie Sommers: jksommers@kingwoodcable.com