

# Tallahassee Serinas

Parent & Swimmer Handbook

2019-2020 Season



The Tallahassee Serinas is a competitive synchronized swimming team, founded by Karen Norris. We currently are a team ranging in age from 6-19 years of age.

As a competitive team, members compete in meets throughout the State of Florida, and possibly out of state. The team functions under the rules of Florida Synchronized Swimming, Inc. (FSSI), which is a division of United States Synchronized Swimming, INC.

Currently, one FSSI divisions operate in Tallahassee, ***The Tallahassee Serinas***. Our team coordinator (also known as head coach) is responsible for overall program implementation and direction.

The competitive season runs from September 1- August 31. We travel throughout Florida during the meet season (January-July) and have had a lot of success at the various meets including, Sunshine State Games. If you do not want your child to participate in meets at the competitive level, ***please inform the coach immediately***. In the past, if there are at least 4 participants, we have offered the non-competitive swimmer, an option of being on a Seasonal Team / Recreational Team.

By participating in the synchronized swimming program, your child not only develops the physical and mental conditioning of a synchronized swimmer, she also benefits from the character building aspects of the sport: perseverance, dedication, the will to excel, caring for others, respect for well-won victories of others, self-confidence, and self-recognition of capabilities and limitations.

Preparation for competition also molds the athlete's perception of herself, her teammates, her competitors, and those who do not participate. These perceptions eventually influence what the athlete brings to the remaining aspects of her life.

Synchronized swimming is a very demanding sport requiring much hard work and self-discipline. It also is very rewarding for everyone involved, particularly the swimmers.

**All** of our parents play an important role in the club. They continue to ensure the club growth, progress and a safe, fun environment for members and their families.

## **Tallahassee Serinas Board of Directors**

Elected Board of Directors members direct and oversee the running of the swim team. The 2010-2020 **Board** consists of the following members:

- President - Molly Simon
- Secretary
- Treasurer - Bryan Stout
- Wardrobe
- Publicity / Fundraising
- Hospitality

## **Coaches**

The Tallahassee Serinas is fortunate to have experienced coaches along with former synchronized swimmers on staff as paid coaches. Although our coaching staff changes from time to time, we maintain a consistency for the team through our parent board and Association.

### **Current Coaches:**

- Kelsey James                      Communications Director/ Parent advisor
- Natalia Lopez                      Junior Olympics Coach
- Karen Norris                      Consulting Coach
- Sara Moran                      Intermediate Team Coach
- Maggie Ely                      Novice Team Coach

## **Levels of Competition**

- Four teams can make up the entirety of the club: Novice Clinic/Recreational, Novice, Intermediate, and Junior Olympic. Team placement is based on age and to some degree, ability, of the swimmer.
- Within each of the groups, the swimmers are divided by age. The age is determined by the birth year. The swimmer will compete in the age division in which she will be in that competitive year. For example if your child will turn 10 in November 2017 she will compete in the 11 & under division even though throughout the competitive season she is 10.
- A swimmer can always swim up in age but never down in age.
- In Novice the divisions are 10 & under, 11-12, 13-15, 16-17, 18-19.
- In Intermediate the divisions are 10 & under, 11-12, 13-15, 16-17, 18-19.
- In Junior Olympics the divisions are 11-12, 13-15, 16-17, 18-19
- Please refer to the USSS Handbook for a further detailed description of the Age Group divisions.

## **Parent Roles**

### **Registration**

- Registration forms and payment must be completed and returned by the due date.
- After the due date, you must turn in these materials before the swimmer may participate in club practices and activities.
- Late registration will be the responsibility of the parent/guardian.

### **Practice**

- Parents are responsible for ensuring swimmers arrive at practice on time and properly equipped.
- Please remind swimmers to use the bathrooms in the locker room and to practice proper good hygiene.
- You must come in to pick your child up from practice, so we know they are going home safe and sound.

#### ***Before leaving practice:***

Be sure that the pool area and restrooms are as clean as or cleaner than you found it when you leave! We are fortunate to use a City of Tallahassee recreational facility, so we must not abuse it!

### **Communication**

- If your child must miss practice for any reason, please **notify** the coach by text, email or phone.
- Communicate with coaches regarding any problems or questions with your swimmers performance. This should not to be done during practice times.
- Communicate with the board of directors if you have any problems or questions regarding the organization of the program, swim meets, parent meetings, etc.
- Please check email and website regularly to stay current with team activities and responsibilities.
- Attend team parent meetings at which the coaches and the Board share important information and club plans at these meetings
- 

## **Financial Policies and Fees**

- **2019/2020 Annual Fee – Payable to Tallahassee Serinas**
  - Tallahassee Serinas \$75
  - USA Synchrony \$100 for competitive fee
- **2019-2020 Monthly/Quarterly Dues – Payable to Performance Enhancement Enterprise**

	Clinic	Novice	Intermediate	Junior Olympics
<b>USAsynchro Fee</b>	--	\$100	\$100	\$100
<b>One Time Fee</b>	--	--	--	--
<b>Monthly Fee</b>	--	\$130	\$130	\$160
<b>Quarterly Fee</b>	--	\$390	\$390	\$480

- *Tallahassee Serinas* – is the competitive team / club that your swimmer represents
- *Performance Enhancement Enterprises* – is the entity that holds the agreement with the City of Tallahassee to use the facility and in turn whom the Tallahassee Serinas rent pool space
- The fiscal year is September 1 – August 30. This club operates on a twelve-month season.
- If paying dues monthly, the draft will occur between the 1<sup>st</sup> and the 5<sup>th</sup> of each month.
- If paying dues quarterly, the bill will be mailed the week prior to the beginning of the quarter. The payment will be due on the 1<sup>st</sup> and late on the 15<sup>th</sup> of the month.
- ***If a swimmer cancels participation in a meet, after the deadline, the parent is required to pay meet registration for their daughter, as well as the registration for any other swimmer in the same routine who has to scratch because of their daughter's cancellation.***

### **Past Due Policies**

- Dues become past due if paid past the 15<sup>th</sup> day of the month in which they are due.
- Dues paid after the 15<sup>th</sup> of the month will incur a 20% penalty fee.
- Dues not paid by the 25<sup>th</sup> of the month result in the swimmer not allowed participation in practices or competition. Swimmers must have their dues paid before they may resume participation.

### **Returned Checked Policy**

- Returned checks due to insufficient funds result in a 20% penalty fee.
- Parents must pay this late fee and dues payment in cash or via Square Up.

### **Meet Fees “Example”**

In addition to the Annual Tallahassee Serinas and the Monthly/Quarterly Performance Enterprises fee,

**each** meet your swimmer competes will have some or all of the following expenses. These are billed to you following the conclusion of each meet.

Meet Entry Fee \$65-100 (per swimmer)  
Per Diem \$25 Per Day  
Per Coach

Hotel \$85-\$200  
Nightly Gas \$50-  
\$100

Using the above, a team that has 6 swimmers (example Intermediate Team), 2 attending coaches, 2 nights accommodations, could expect to pay approximately **\$145** for their swimmers meet (*this does not include food and accommodations for the swimmer and their families*).

## **Practice**

- Practice varies depending on the team.
- It consists of warm-ups on deck, then conditioning laps, to build stamina.
- Work on perfecting the respective routines for the upcoming meets follows.
- Extra practice is sometimes scheduled during weekends and/or holiday break(s), usually with a 2- week notice.
- There is also optional summer conditioning during July and August

### **Practice Location**

The Tallahassee Serinas practice at Trousdell Aquatic Center. Located at 298 John Knox Road. In event

the pool is closed for repairs or other events, arrangements will be made at other city pools.

### **2019-2020 Practice Times**

All Teams	Deck Stretching / Warm Up	5:15 – 5:30 p.m.
Novice	Monday, Thursdays	5:30 – 7:00 p.m.
Intermediate 11-12	Monday, Thursdays	5:30 – 7:00 p.m.
Junior Olympics	Tuesday, Wednesday, Friday	5:30 – 7:30 p.m.

- Please have your swimmer at the pool on time, and dressed and ready to practice.
- This includes swimsuits on, hair secured in a ponytail, swim cap, nose clip and goggles.
- At the scheduled time of practice completion, please be prompt in picking up your child.
- The Tallahassee Serinas and coaches are not responsible for your child before or after practice times.

### **Tardiness**

- There is nothing more disruptive to a coach and her workout organization than to have swimmers entering the practice/workout late.
- Please be on time and ready to enter water at the beginning of the scheduled practice time.
- Swimmers who are late for a practice must complete the warm-up before joining the other swimmers for practice.
- Swimmers should arrive at the pool fifteen (15) minutes prior to the start of practice to complete deck warm up / stretching activities.

### **Items Needed For EVERY Practice**

- Sun Screen
- NON Competitive/Team Swimsuit
- 2 nose clips
- Goggles
- Swim cap
- Hair Bands
- Flip Flips
- Towel
- Optional: Jacket, Sweat Pants, Robe

# Swim Meets

## Meet General Information

- Swimmers receive a copy of meet schedules once the schedule is set. Determination of this schedule occurs at a meeting conducted for the coaches within our Association, usually in October.
- In case your swimmer misplaces their copy, you can find meet schedules available on the website, [serinas.org](http://serinas.org)
- Novice swimmers usually participate in three-four meets per season.
- Intermediate swimmers participate in approximately five meets per season.
- Junior Olympic swimmers participate in approximately five-six meets per season.
- At the time of a meet, there will be expenses incurred by the swimmer's family that including meet entry fees, which average \$50-75 per meet. \*\*\* See Financial Polices and Fees Page for an Example\*\*\*
- These approximate fee amounts are estimations and do not include the cost of traveling to the different meets. Hotel accommodations can range from \$85 plus per night, depending on location and season. There will also be coaches' expenses, food, gas, and etc. \*\*\* See Financial Polices and Fees Page for an Example\*\*\*
- When possible, swimmers receive a meet information sheet at least one week before each meet. This sheet contains location of meet, hotel accommodations, arrival and departure times and places, and any other pertinent information.
- Tallahassee Serinas communications will be in electronic formal (emails / texts / website). It is the **responsibility of the parent** to check these areas for the most up to date information.

## NEW Swimmers, Prior to Competing

There is a MANDATORY clinic for Parents and Athletes prior to the competitive season beginning. During this clinic, all parties will learn the proper way to secure hair, prepare and knocking and headpiece placements

## Competition Apparel

- The wardrobe chair, with the help of the coaches, will select and order all wardrobe items required in addition to competition swimsuit(s) for all swimmers and routines. Some swimmers may have more than one competition suit. Parents must pay for swimsuits upon delivery. No swimmer may compete prior to this payment.

### • Items Required For Competition

- Same as for practice but include the following as well:
- Garnet and Gold Team Suit and Yellow Serinas Cap
- Black Figure Suit and White Cap
- Competition Suit(s) and Headpiece(s)
- Goggles (couple of pair)
- Nose clips (multiple)
- KNOX
- Paintbrush and Disposable for Knocking
- Hair Band, Bobby pins and Hair net(s)
- Hair brush and comb
- Head pieces for routine
- Waterproof make up (Coaches will advise on colors / brands)
- Towels (Three is a good number, one to wrap up in, one for hair, one to sit on)
- Dry change of clothes
- All Team clothing
  - For Swimmers:
    - Saturday: Gold Serinas T-shirts/Black Shorts
    - Sunday: White Serinas T-shirts/Black Shorts
    - Travel Days: Garnet Serinas T-shirts/Black Shorts
  - For Parents (suggestions):
    - Saturday: Garnet Serinas T-shirts
    - Sunday: White Serinas T-shirts



## Meet Etiquette

- Arrive at least 15 minutes early, Coaches will let you know when to arrive, and if necessary which suit(s) to have on under Team Wardrobe
- Ensure that coaches and the team know how to reach you at the hotel in case of schedule changes or team plans.
- **Do not talk** during announcements or when a team is in the water.
- Stay out of the competition area. **You must** remain in the spectators' area. Coaches will ensure your child knows where to go.
- Show proper respect to **all** competitors.
- Support the hosting team's fundraising efforts if you can.
- Keep in mind: space is limited. Be considerate and do not bring large coolers, etc into the meet area.

## Other Useful Information

- Soaking a cap, suit, etc. in baking soda will help remove the chlorine and prevent mildew.
- Keep nose clips in a small container with baby powder in it. This keeps the nose clips from deteriorating too quickly.
- Silicone and rubber caps are easier to put on if the swimmer first puts water inside the cap.

## *Recipe for Knox*

- ½ cup of HOT water
- 3 - 4 packages (not boxes) of Knox gelatin\*
- Combine and stir until it thickens. Liberally apply to hair with paintbrush after styling hair into a bun. Let dry.
- \*Found near the Jell-O at the grocery store

# ACKNOWLEDGEMENT FORM

By signature(s) below, both the Athlete and Parent/Legal Guardian/Responsible Party, acknowledge they have received and reviewed the **Tallahassee Serinas** Parent & Swimmer Handbook

Parent / Legal Guardian / Responsible Party

Athlete / Participant / Swimmer

Date

Date

*\*\*\* Please tear off and include in the year round registration package  
\*\*\**