**General Information 2019**

Wood Valley is a member of the Tarheel Swimming Association (TSA), which is composed of 86 summer league teams. TSA has divided the teams into the North Wake League (38 teams), the South Wake League (49 teams). The Wood Valley Otters are ranked 13th in the Northern league. TSA information (all schedules, results, directions to pools, etc.) can be found at [www.tsanc.org](http://www.tsanc.org).

Swim practices will begin Monday May13th. While Wake County Schools remain in session, practices will be held in the afternoon. After school closes, swim team practices will be in the morning and afternoon practices will be held for year-round school team members. Your swimmer may attend one practice a day.

To begin the season, we will have a “practice” meet on Tuesday, June 4th. At this meet the team will swim all events except for relays. This gives the swimmers (and parents) a feel for how the meets are run. We strongly encourage the new families and first year swimmers to pay close attention and use this as an opportunity to familiarize themselves with the framework of a typical TSA meet. Every effort should be made to attend this meet. This is an intra-squad meet. All swimmers’ times will be recorded and used to determine the line-up for the first dual meet of the season. Our regular season will begin on Tuesday, June 12th. We have six scheduled meets, with three teams ranked above us and against three teams ranked below us in our division. (Want to know more about the structure and rules of TSA meets? Please check the “helpful notes” section of our website.

**Weather Policy:**

Inclement weather is often a part of every TSA swimming season. Please show up for each meet at the proper time even if it appears that weather may impact the scheduled event. Rain alone is not grounds for delaying or rescheduling a meet. Every attempt is made to run a meet on the scheduled day because of inconvenience of the host club and staff to reschedule. The inclement weather date will typically be the next day starting at 6:00 PM unless an alternate day can be mutually agreed upon by the two TSA representatives. On these occasions, there is the potential conflict with swimmers and workers having other activities scheduled on make-up evenings which often affects the line-up and outcome of the meet.

The TSA rules and regulations state “unless the host pool has a written policy that is more stringent, swimmers will not be allowed in the water for a minimum of 30 minutes after the last flash of lightning or clap of thunder. A meet may not be delayed for more than 60 minutes due to inclement weather. If the meet is interrupted more than once during an evening due to inclement weather, the meet will be stopped.”

As per TSA rules, all meet participants, officials, and spectators are encouraged to clear the pool, decks, pavilions, and other non-substantial structures until the storm or threat is gone. It is strongly recommended to go to your car if it is parked nearby.

**Parent/Coach Communications**:

* Coaches are on deck during practice for the swimmers. This is not the appropriate time to be addressing concerns. If you have a swim team concern, please contact the head coach by email. They will work with you to set a mutually convenient time to meet face-to-face or discuss matters further by phone. There is very little time available in between practices to discuss issues in private or in-depth, so it is recommended that concerns be handled at a time other than practices and swim meets.
* If your concern is not fully resolved, please contact Megan DeLong the Swim Team Chairperson, Heather Clark the Youth Sports Manager, or any other member of the Wood Valley Swim Club Board of Directors. We will work jointly to address your concern in a very timely manner.

**For all practices and swim meets**….

* Swimmers need to be on time for all scheduled practices and meet warm-ups.
* Disruptive conduct of any type (profanity, unsportsmanlike conduct, refusing to participate, lack of cooperation, bullying etc…) will result from dismissal of the practice or swim meet.

### Swim suits:

**Team Suits for the 2018 Season are the RISE Solid H-Back Poly Splice Swimsuit in Blue for girls $22 plus tax and the RISE Solid Poly Splice Jammer in blue for Boys $17 plus tax. Swimmers will wear their Team Suits for all swim meets. Visit an All-American Swim store.** Please purchase your suit as soon as possible to ensure availability. Swimmers will officially wear their suits for the first time at our practice meet on June 4th.

**All American Swim Cary**

**1231 NW Maynard Rd**

**Cary NC 27513**

**(919) 439-8678**

**M-F 10-6 Sat 10-4**

**All American Swim North Raleigh Location**

**6070 Six Forks Rd Suite K**

**(**Office park Corner of Six Forks, Spring Forest & Sandy Forks Rd) Raleigh NC 27615

(256) 740 – 1250

Tues & Thurs 10-6

**Swim Caps:**

We also use a Wood Valley swim cap during swim meets.  These will be available for sale at the concessions stand at the pool.