

**2025-2026**

## **Team Handbook**



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# 1. Introduction

Welcome to the Tahoe Truckee Swim Team (TTST) for the 2025/2026 season!  
Membership in TTST requires that all athletes and their families read this handbook and the associated policies and procedures.

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## 2. What is TTST?

TTST is Truckee Tahoe Swim Team, a non-profit 501(c)(3) USA Swimming club team, governed by a parent-based volunteer Board of Directors. The team offers a year-round competitive swimming program, primarily serving athletes from Truckee and neighboring towns including Reno, Olympic Valley, Tahoe Vista, Kings Beach, and Incline Village.

TTST is governed by two bodies:

- **USA Swimming**, the national governing organization for the sport.
- **Sierra Nevada Swimming**, our Local Swim Committee (LSC) within USA Swimming.

Founded in 1979, TTST has proudly provided a competitive, community-based swimming program in Truckee, California.

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## 3. Mission Statement, Vision & Philosophy

### Mission Statement

**Our mission is to provide all members, regardless of ability, with a chance to grow socially and athletically without feeling lost or left behind.**

### Vision

**TTST aims to create a fun, competitive environment that fosters a lifelong love of swimming while developing life skills.**

### Philosophy

#### Teamwork

TTST thrives on the commitment, support, and participation of its board, coaches, swimmers,

parents/guardians, and the broader community. Success depends on cooperation and positive, constructive relationships among all members.

### **Coaching**

TTST is dedicated to delivering comprehensive swim and stroke training through an experienced coaching staff. We also encourage healthy lifestyle habits, including good nutrition and adequate sleep.

### **The Swimmer**

Every athlete has unique backgrounds, needs, and goals. TTST supports positive self-esteem and individual goal setting, encourages year-round competitive participation, and promotes team spirit and sportsmanship.

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## **4. Coaches' Role**

All TTST coaches meet high standards set by USA Swimming. Each holds current certifications in First Aid and CPR, completes USA Swimming Safety Training for Coaches, Safe Sport and MAAPP (Minor Athlete Abuse Prevention Policy) training, and undergoes extensive background checks. These certifications must remain current to coach in good standing.

The primary role of TTST coaches is to help athletes reach their full swimming potential. Coaches also mentor swimmers in life skills and positive values, collaborate with families to set and achieve goals, and build connections with other aquatic organizations.

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## **5. Parents/Guardians' Role**

Parents and guardians play a vital role in supporting TTST swimmers. Your responsibilities include:

- Providing encouragement and praise, particularly for improvements in effort, technique, and personal best times.
- Ensuring punctual attendance at practices and meets.
- Encouraging open communication between your swimmer and their coach.

Parents/guardians contribute significantly to the team's success by modeling positive attitudes and good sportsmanship toward coaches, officials, teammates, and other teams. Every interaction either strengthens or diminishes the team environment; strive to make positive “deposits” that enhance the experience for everyone.

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### **Parent Code of Conduct**

By registering your athlete with TTST, you agree to follow the TTST Parent Code of Conduct.

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## Parent Volunteering

TTST relies on family volunteers to run successful programs. All families are expected to volunteer in some capacity. Opportunities include:

- Signing up for volunteer roles at swim meets.
- Becoming a USA Swimming stroke & turn official.
- Organizing social events (e.g., the annual season kick-off BBQ).
- Coordinating fundraising events (e.g., Give Back Tahoe campaign, Spring Fun Fast 50's Swim Meet).
- Helping with grants and sponsorship opportunities.
- Managing team swag orders and distribution.
- Using your unique skills to help the team—contact the Board President with ideas: [ttstbod@truckeeswim.org](mailto:ttstbod@truckeeswim.org).
- Joining the “Fun Committee” to plan team-building activities, recognition events, and other social gatherings.

## TTST Program Overview – 2025/2026 Season

**Season Dates:** *September 8, 2025 – July 31, 2026*

Welcome to the **Truckee Tahoe Swim Team (TTST)**!

We look forward to a dynamic year of growth and achievement under **Head Coach Cyrus Crews** and our talented assistant coaching staff. Questions? Reach out to us at [coaches@truckeeswim.org](mailto:coaches@truckeeswim.org).

TTST offers training and competition opportunities for swimmers at every level. Our groups are organized into *practice groups* and *training levels* to support each swimmer's progress and meet the goals of our mission.

### Program Levels:

- **Mini Marlins** – Seasonal Intro to Swim Team
  - **Learn to Compete (LTC)** – Levels 1, 2, and 3
  - **Senior Team** – Regional Competition Focus
  - **National Team** – National/Elite Level Competition
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## Mini Marlins – Introduction to Swim Team

A **non-competitive, seasonal swim team experience** for novice swimmers who want to explore what it's like to be part of a swim team—without the commitment of swim meets, volunteer hours, or annual team fees.

✅ A **USA Swimming Seasonal or Flex Membership** is required.

💰 **Cost:** \$300 per swimmer, per 6-week session

#### **Session Dates:**

- 🏊 **Season 1:** October 13th – November 20th, 2025
- 🏊 **Season 2:** April 6<sup>th</sup> - May 28<sup>th</sup>, 2026

Mini Marlins is the perfect first step to discover the fun, skills, and team spirit of swimming with TTST!

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## **Competitive Team Levels (Full Season Membership)**

All competitive team levels run from **September 2025 – July 2026**, with **open enrollment** throughout the season. Members may take a leave of absence if planned for **1 month or more**.

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### **LTC Level 1 – Introduction to Competitive Swimming**

**Target Age:** 10 & Under Novice Swimmers

**Monthly Dues:** 💰 \*\*\$170\*\*

**Focus:** Building the core skills and confidence needed for early competition, in a fun and supportive environment.

#### **Key Skills Developed:**

1. ✅ Safe entry & circle swimming
2. 🌀 Streamline positions (5+)
3. 🦶 Mastering 6 kicking positions
4. 🙌 Basic sculling
5. 🔄 Legal turns for all strokes + I.M. transitions
6. 🏊 Technique drills for all strokes
7. ⬇ Dives from deck/blocks & backstroke starts

## **LTC Level 2 – Competitive Skill Development**

**Target Age:** 11 & over, plus advanced 10 & Under

**Overview:** Swimmers in this group are actively developing their racing skills and preparing for the next level. Meets are part of the season experience.

**Key Skills Developed:**

Same as LTC Level 1, with deeper training and intensity.

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## **LTC Level 3 – Pre-Senior Competitive Training**

**Typical Age Range:** 11–14

**Entry Criteria:**

- ☒ Swims all 4 strokes legally
- ☒ Attends 3+ practices/week
- ☒ Participates in at least 3 meets/year
- ☒ Demonstrates goal-setting and accountability

**Focus:** Preparing swimmers for advanced competitions and promotion to the Senior Team.

**Training Components:**

- Advanced technique
  - Interval training and set structure
  - Racing strategy and seasonal planning
  - Leadership and teamwork
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## **Senior Team – Regional Competitive Focus**

For athletes aiming to compete at the highest regional levels.

**Requirements:**

- ☒ 4+ meets per year
- ☒ 5 practices/week expected
- ☒ Strong communication of goals, schedule, and attendance

### Targeted Time Standards:

1. 🕒 **Sierra Nevada JR+** (local senior-level meets)
2. 🕒 **Sierra Nevada SR+** (e.g., Summer Sanders Invitational)
3. 🕒 **Western Zones** (regional elite meets)

### Focus Areas:

- Long-term development
  - Competitive readiness
  - Advanced training cycles and discipline
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## National Team – Elite Level Competition

Our top-level group for swimmers competing or striving to compete at the **national level**.

### Requirements:

- ✅ 5+ meets per year
- ✅ 5 practices/week required
- ✅ Full communication of goals and scheduling

### Progressive Meet Goals:

1. ♦ **CA/NV Sectionals**
2. ♦ **Futures Championships**
3. ♦ **Winter Junior Nationals**
4. ♦ **Summer Junior Nationals**
5. ♦ **USA Swimming Summer Nationals**
6. ♦ **U.S. Olympic Trials**

### Expectations:

- High performance and accountability
  - Leadership in and out of the water
  - Self-motivation and goal ownership
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### Final Notes:

Both **Senior** and **National Team** athletes are expected to model professionalism, leadership, and team spirit. Their commitment sets the tone for the entire TTST program.

## 1. Equipment

Check with your coach—**not all items are required for every group.**

Recommended gear may include:


-  **Practice suit** (chlorine-resistant swimwear suggested)
-  **Goggles**
-  **Cap**
-  **Pull buoys**
-  **Fins**
-  **Paddles** (hand & finger)
-  **Water bottle**

Used swim bags are available **first come, first serve** on deck at practice.  
Ask a coach where to find them.

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## 2. Team Attire

- TTST swimmers should have **durable suits and goggles** for daily practice.
- Caps are recommended but optional for practice.
- All registered swimmers receive a **TTST cap** after registration.
- At swim meets, swimmers must wear either **TTST or Sierra Marlins caps**.
- Swimmers are encouraged to wear **additional TTST or Sierra Marlins team gear** at meets to build team spirit.

 *Note: Our mascot is currently the Sierra Marlin, reflecting our competition partnership with Sierra Marlins Swim Team of Folsom, CA.*

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## 3. Lost & Found

- **Label everything!** (t-shirts, swimsuits, towels, gear).
- Labeled gear found on the deck will be returned to the swimmer.
- Unlabeled items will go to the **general lost & found** at the front desk, where they'll be kept for **30 days**. After that, items become first come, first serve.
- Swimmers should **keep all personal belongings on the pool deck** during practice (not in the locker room).



⚠️ *Locker rooms are shared with the public and other groups. TTST is **not responsible** for lost or stolen items.*

## TTST Financial Policies



### Registration Fee

- **Annual fee:** \$125 per swimmer
- Applies to **all new and returning swimmers** at the start of each swim year (early September).
- Covers training equipment use, administration, at least three team-run swim clinic/camp days, and one TTST swim cap.
- Swim year: **September 2025 – July 2026** (team takes a break in August; new registration begins for the following year).

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### Monthly Dues

Monthly dues depend on training group assignment and include team fundraising built in. All dues are billed **September – July** (August is break/new registration month).

Group	Schedule	Monthly Dues
<b>Mini Marlins</b> (non-competitive)	2× weekly, ~40 min/session, 6 weeks	\$300 per 6-week season
 Season 1: Sept 29 – Nov 6, 2025		
 Season 2: May 4 – June 11, 2026		
<b>LTC Level 1 – Intro to Competitive</b>	2× weekly, ~40 min	\$170 per month
<b>LTC Level 2 – Skill Development</b>	2× weekly, ~50 min	\$190 per month
<b>LTC Level 3 – Pre-Senior Training</b>	5× weekly, ~1 hr. 15 min	\$260 per month
<b>National &amp; Senior</b>	5× weekly, ~2 hours	\$325 per month

✅ *Sibling discount: 10% off the lower dues for additional swimmer(s) in the family.*

⚠️ Training days/times are approximate and may change at the head coach's discretion. Dues are based on group placement, not per session, and are **non-refundable/non-prorated**.

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### Leave of Absence

- Email **cyrus@truckeeswim.org** *before the 1st of the month* to request leave (minimum ~1 month).
  - \$50/month per swimmer is charged during leave to keep membership active.
  - If there's a waitlist, your spot will be saved at no extra charge.
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## **Departing Members**

- Email **cyrus@truckeeswim.org** before the 1st of the month to cancel membership.
  - Leave of absence keeps your account active; departure fully ends membership and team communications.
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## **Visiting Swimmers**

- Out-of-town swimmers may train with TTST (up to 2 weeks/year free; after that must join as a member).
  - Must provide proof of current USA Swimming membership.
  - Payment: monthly dues or prorated weekly (up to full monthly rate).
  - All must sign TTST code of conduct.
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## **Returning College Swimmers**

- Must register and show proof of current USA Swimming membership.
  - Summer season flat fee: **\$330**
  - Age 18+ must complete USA Swimming MAAPP training.
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## **Injuries**

Swimmers with medically documented injuries/illness may suspend membership temporarily (with head coach approval).

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## **Payment Policy**

- Prompt payment keeps the team sustainable.
- Accounts **30+ days past due** may lead to suspension from practice/meets.
- Monthly charges may include dues, meet fees, travel fees.

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## Fundraising

Fundraising helps offset operating costs; part is built into dues.

- If a family raises **\$150+** in fundraising, they receive **25% of amount raised in credit** toward their account (per swimmer).
- To claim credit, email [cyrus@truckeeswim.org](mailto:cyrus@truckeeswim.org) with how much funds have been raised.

### Fundraising events:

- Holiday Giving Season
- Swim-A-Thon
- Fun Fast Intersquad Meets
- Team Raffle

Volunteers needed to help lead fundraising—contact Cyrus if interested.

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## Scholarships

Goal: provide support so all swimmers can participate regardless of financial means.

- Funded by grants + **5% of all fundraising dollars**.
- Scholarship covers **25% –75%** of monthly dues (amount determined by Board).

<b>Group</b>	<b>Approx. dues @ 75% scholarship</b>
LTC Level 1	\$50 per month
LTC Level 2	\$55 per month
LTC Level 3	\$70 per month
National / Senior	\$90 per month

### To apply:

- Email [ttstbod@truckeeswim.org](mailto:ttstbod@truckeeswim.org) explaining why support is needed.
- Family accounts must be in good standing.
- Scholarship recipients must:
  - Attend at least **60%** of practices.
  - Volunteer.
  - Pay annual registration fee.
  - Meet annual fundraising requirement.

⚠️ If scholarship requests exceed budget, the Board may adjust:

- Reduce % per swimmer.
- Tier by family (e.g., first swimmer 75%, second swimmer 50%).

Any changes come with **60-day notice**.

All applications are confidential and reviewed case by case.

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### Questions?

- Financial: [cyrus@truckeeswim.org](mailto:cyrus@truckeeswim.org)
- Scholarships/Board: [ttstbod@truckeeswim.org](mailto:ttstbod@truckeeswim.org)


## Club Communications & Information

### Best response hours:

- ✓ Monday–Friday, 8:00 AM – 12:00 PM
  - ✓ Also available during team swim meets and travel.
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### Website

[www.truckeeswim.com](http://www.truckeeswim.com)

- Find team updates, schedules, resources, and more.
  - Check out our **YouTube channel**:  
 “Between Two Kick Boards” – Truckee Tahoe Swim Team news & videos.
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### Key Contacts

Contact	Email	Purpose / Best Time
Head Coach Cyrus	<a href="mailto:cyrus@truckeeswim.org">cyrus@truckeeswim.org</a>	For questions, swimmer progress updates, or to schedule an in-person meeting (best time: weekdays 5–6 PM at the pool)
Board of Directors	<a href="mailto:ttstbod@truckeeswim.org">ttstbod@truckeeswim.org</a>	Governance, scholarships, financial questions, policies

Contact	Email	Purpose / Best Time
All Coaches	coaches@truckeeswim.org	General coaching questions, practice details

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## Team Updates

- TTST sends **news and updates** directly to your email from the team website.
  - Please keep your contact info up to date in your online team account.
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## Annual Meeting & Social

- Join us at the **TTST BBQ** every fall!
- Great opportunity to meet other families, coaches, and Board member



## Swim Meets: Overview & Details

**Yes!** We encourage all TTST swimmers to participate in swim meets.

TTST is a *competitive* team, not a recreational club, so swimmers are expected to take part in meets when ready.

For many new swimmers, racing for the first time can feel like a big step. Our coaches understand this and will help guide families on which meets are best for beginners. Developmental groups aren't required to attend meets until they feel prepared.



### Seasons & Meet Schedule

- **Short Course Season:** September–March (25-yard pools)
- **Long Course Season:** March–August (50-meter pools)

Each year TTST participates in:

✓ 9 *All Level Meets* (open to all ages/abilities) in: Sept, Oct, Nov, Jan, Feb, Apr, May, June, July–early Aug.

✓ 6 *Championship or qualifying meets* in: Dec, Jan–early Feb, March (×2), end of July–early Aug (×2).

All meets appear on the [team website calendar](#).

The Head Coach enters all swimmers into meets. Meet fees appear on swimmer accounts in the month the meet is held (approx. \$25 per single-day entry).



### Team Meet & Travel Cost Policy

To cover coaching and travel costs:

Meet type	Additional fee per swimmer
Local (Truckee & Reno)	\$5
Regional (60+ miles from Truckee)	\$30
Travel (120+ miles from Truckee)	\$60

For **team travel meets** (when swimmers travel together with coaches): costs for lodging, transportation, and meals are divided among participating swimmers. TTST may supplement some expenses to keep meets affordable.

## **Attending a Swim Meet: What to Know**

- Parking is often limited — allow extra time.
  - Bring a **rolling cart** (handy for outdoor meets).
  - Upon arrival: find the TTST team area, set up chairs, and send your swimmer to change and check in *before warm-up*.
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## **What to Bring**

### **For the family:**

- Folding chairs & blanket
- Sunscreen, umbrella (for summer)
- Water, snacks (see USA Swimming's Nutrition Center)
- Games/books/electronics
- Camera (*no photos behind blocks or in locker rooms*)

### **For swimmers:**

- 2+ towels, warm clothing, flip flops
  - Swim parka or robe (especially in cooler weather)
  - Goggles, cap, nose plugs, extra swimsuit
  - Leave training gear (fins, snorkel, etc.) at home
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## **Swim Meet Frequently Asked Questions**

### **What meets should my swimmer attend?**

TTST publishes a seasonal meet schedule on the website — swimmers should attend meets listed there only.

If you'd like to attend another meet, contact the Head Coach to ensure coach supervision (required by USA Swimming).

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### **How are relay teams chosen?**

Coaches select relay teams based on:

- Qualifying times, past performance, event schedule, workload
- Athlete health, fitness, training, and consistency

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### **What are preliminary and finals sessions?**

Some meets have:

- **Prelims (morning):** heats to qualify
  - **Finals (evening):** swimmers race for team points and awards
- Note: swimmers in a consolation final can't place higher than 9th, even with a faster time.

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### **What if my swimmer is disqualified?**

DQ's are part of learning! Officials help swimmers improve technique and keep competition fair.

- Never question officials directly — speak with your swimmer's coach instead.
- Remember: officials volunteer their time.

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### **What can't we do?**

- No propane heaters at meets (SNS safety policy).
- No cameras/video behind blocks or in locker rooms.

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### **Are there meet awards?**

Varies by meet — check the meet sheet for details.

- Awards may be handed to swimmers or given to coaches for later distribution.

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### **What is a meet time standard?**

- Used to track improvement and determine entry for some meets.
  - “SCY” = Short Course Yards (25-yard pool)
  - “LCM” = Long Course Meters (50-meter pool)
- Time standards depend on swimmer's age, gender, event, and season — posted on the team website.

Age groups recognized by USA Swimming:

- 8 & under, 10 & under, 11–12, 13–14, 15–16, 17–18, Senior  
(Swimmer's age on the first day of the meet applies.)



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## Meet Types & Descriptions

### Age Group Open / All Levels Meet

No qualifying times. Open to all ages and ability levels. Usually includes all strokes and distances.

### Invitational

Hosted by one team, inviting specific others. Often larger, sometimes with qualifying times.

### Junior Olympic Championships (JO's)

For swimmers who meet Sierra Nevada Swimming JO time standards, held at the end of short and long course seasons.

### Far Westerns, Sectionals, Zones, All Stars

Higher-level meets requiring faster qualifying times — great opportunities to compete with swimmers from a broader region.

## Truckee-Tahoe Swim Team (TTST) – Summary of Key Policies & Code of Conduct

### General Expectations

All swimmers and families must:

- Sign and agree to the TTST Code of Conduct.
- Support swimmers by ensuring regular attendance at practices, meets, and team events.
- Abide by all TTST rules, USA Swimming Code of Conduct (Article 304), and policies posted on the TTST website.
- Respect everyone: coaches, officials, teammates, volunteers, and opponents.
- Communicate respectfully with coaches. Start with your swimmer's coach if you have concerns; escalate to the Head Coach, and then to the Board if unresolved.
- Parents must help as timers or officials at meets their swimmers attend.
- Follow swim courtesy rules in practice and at meets.

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### Unacceptable Behavior

The following is **not tolerated**:

- Disrupting practice/meets, disobeying coaches, or disrespecting teammates and staff.

- Damaging pool or facility property.
- Alcohol (under 21), illegal drugs, vaping, or tobacco use.
- Bullying, sexist/racist/inappropriate behavior, violence, or abusive language.
- Confronting coaches publicly; always speak privately.
- Breaking TTST's Electronic Communication Policy or Anti-Bullying Policy.
- Swimming over teammates, leaving the wall too soon, or ignoring swim courtesy.
- Deck changes (changing clothes on deck).

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## ✂ Discipline Process

1. **Time out:** Swimmer sits out for 5 minutes, then returns.
2. **Verbal warning:** Coach notifies swimmer & parents.
3. **Written warning & possible suspension:** For repeated or serious issues.

*Serious violations* may skip steps and lead to immediate removal, suspension, or dismissal from the team.

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## ✈ Team Travel & Senior Swimmers

- Must follow USA Swimming & TTST Team Travel Policies.
  - Sign team travel forms before events.
  - Senior & National swimmers should lead by example.
  - Follow curfew, respect hotels and vehicles, no room service without permission, and be punctual.
  - Parents cover incidental costs and damages.
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## 🛡 Safe Sport & MAAPP

TTST and USA Swimming are committed to a safe environment:

- All members must accept MAAPP (Minor Athlete Abuse Prevention Policy).
- Electronic communications (text, email, etc.) must copy an adult between 5am–9pm.
- Parents can request in writing to limit coaches' electronic contact or locker room use.
- Report any concerns:
  - USA Swimming Safe Sport: (719) 866-4578
  - U.S. Center for Safe Sport: (720) 524-5640 | [www.uscenterforsafesport.org](http://www.uscenterforsafesport.org)

Resources, policies, and forms are on the TTST website.

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## **Honor Code & Travel Meets**

- Show sportsmanship and respect at all times.
- No alcohol, tobacco, vaping, drugs, or weapons.
- No “deck changes” – use proper facilities.
- Swimmers represent TTST; behavior must reflect our values.

Violations may lead to:

- Being sent home at your expense.
- Disqualification from events or meets.
- Suspension or dismissal from TTST.

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## **Other Key TTST Policies**

- Bullying Policy
  - Electronic Communication Policy
  - Photography Policy
  - Safe Sport Best Practices
  - MAAPP Grievance Plan
- (All are part of annual registration.)