



CUYAHOGA FALLS TIGERSHARKS

RIVERFRONT YMCA / USA SWIM TEAM

2024-2025 Short Course Season

Season Begins 9/9/2024

Mission Statement:

Providing opportunities to swimmers of all abilities to take their next step in the sport by way of the Tigershark Code.

The CFYN Tigersharks are an age group YMCA & USA swim team serving Cuyahoga Falls, Stow, Kent, Tallmadge, Akron and other surrounding areas. We develop and train our swimmers ages 5-18 with a flexible ability based practice schedule. We create an environment where success is certain.

“A Tradition of Excellence”

The CFYN Tigersharks are 9x NEO YMCA League Champions that have developed and trained swimmers to reach the highest levels of competitive swimming. Our team is a place for swimmers just beginning in the sport all the way up to the most elite skilled athletes. Being a part of the Tigershark “Tradition of Excellence” means learning how to be a determined, honest, supportive teammate and competitor. We teach skills in the pool that will set our swimmers up for success in the future in and out of the pool.

Head Coach – Will Turnbull Coaches@cfyntigershark.com

Associate Head Coach – Megan McDonough Coaches@cfyntigershark.com

Team Administrator – Becky Turnbull Becky@cfyntigersharks.com

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TIGERSHARK CODE:

1. Be present.

Showing up is half the battle. The best way to improve is to show up to practice and meets. Follow your practice group's attendance policies.

Be mentally present at practice and meets. Be a part of the team at all times.

2. Be honest.

Be honest with your coaches, your teammates, and most importantly yourself. Be responsible for your own improvement in the water.

3. Be a student of the sport.

Swimming is one of the most technically advanced sports in the world. There is always something to learn. Be an active learner on the pool deck and on your own time. Learning from the best will make you a better swimmer. Find a love for the process.

4. Honor your teammates with YOUR effort.

No matter where you come from, no matter how old you are, no matter how skilled of a swimmer you are, we are ALL Tigersharks. We are all teammates and your success in the pool is your teammate's success too. Work hard not just yourself, but for your teammates too.

5. Do it for the team. #FTT

Being a good teammate means being positive, supportive, honest, and a good sport at all times! Whenever you are faced with a challenge at a practice or a meet, do it for the team! #FTT team stickers will be passed out by coaches throughout the season anytime we see someone going above and beyond for the team.

NEW TO TIGERSHARKS?

Plan to attend the Tigershark swimmer & family expo at Riverfront YMCA on August 25th anytime from 1-3:30pm. Learn more about the team, meet coaches, ask questions, buy equipment and try on / order team suits!

NEW SWIMMER EVALUATIONS:

All new swimmers will require an evaluation to see if they are ready for Tiger Shark swimming. Swimmers must be able to confidently swim 1 length of the pool freestyle and backstroke to be eligible for the team. New swimmer evaluations will take place on Sunday August 25th from 1-3:30pm. If you can not attend, please contact Coach Will directly. Swimmers should plan to swim for about 10 minutes and should bring a swimsuit, goggles and a swim cap is optional. Don't forget your towel!

REGISTRATION

Visit cfyntigershark.com to complete fall registration. **Registration Opens August 19th!**

Visit the YMCA or akronymca.org to sign up for your membership. YMCA membership is required to join the team. Financial assistance is available if you qualify.

PRACTICE GROUPS AND GUIDELINES

Head coaches will place swimmers in practice groups and practice groups will be posted on the website and emailed out before the first week of practice. Practice groups are determined by swimmers ability and group size, not by age. Returning swimmers may be in a different group than previous years. This is not a statement on their development.

THINGS TO REMEMBER:

Practice group advancements are solely a coaching decision.

The coachings staff has nothing to gain by your athletes lack of progression, in fact, that is our goal.

Group placement is not a statement on the long term success of your swimmer.

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PRACTICE GROUP DESCRIPTIONS

High School

This group brings together high school swimmers from all over the area to prepare for a successful high school swim season. Starting in September and running up until the beginning of high school season, there are 4 practices a week after school that swimmers in this group are expected to attend and 2 morning practices at the Y. There are preseason dual and invitational meets that high school swimmers are expected to participate in. High school post season practices will also be available at the end of the season with the expectation of swimming at a championship meet.

Senior

Senior swimmers are in an advanced training group composed of mostly 10-14 year olds. Practices are designed for more intense training but still with focus on stroke development and racing strategies. Swimmers in this group will gain a deeper understanding of the sport, training, taper and all that goes into that. Swimmers should make a large commitment to the sport and Tigersharks by establishing goals, attending practice at least 90% of the time, and by setting an example for the rest of the team by living by the Tigershark code.

Junior

Junior swimmers are more experienced swimmers who can swim all 4 competitive strokes legally in longer distances, perform starts and turns, and thrive in training on a consistent basis. These swimmers should be making more of a commitment to the sport and their development by setting goals and working towards achieving those goals by living by the Tigershark code. They should also plan to attend as many dual meets, Posiedon series championships meets, and invitationals as possible.

Developmental

Developmental swimmers can swim all 4 competitive strokes 90% legally and are still building on their skills to be confident in the water. Swimmers in this group will work on developing their strokes to be legal and will also be introduced to stamina-based training sets and the color system. They should also plan to attend as many dual meets and Posiedon series championship meets as possible.

Beginner

Beginner swimmers are usually new to the sport and are still becoming confident in the water. This group focuses solely on the technical development of all 4 competitive swimming strokes. Swimmers in this group should be able to complete a length of freestyle and backstroke without stopping. They should also plan to attend as many dual meets and Posiedon series championship meets as possible.

Tigershark Swim School

Geared for swimmers that are beyond Youth Stage 3 swim lessons and can swim short distances but not the whole length yet and not all the strokes. Participants will work on developing swimming technique in all 4 competitive swimming strokes and building stamina to swim across the length of the pool by the end of the session. Swimmers will have the option of joining the Tigershark team officially by paying the booster fee and registering with the team. If they wish to join the team, they would celebrate the end of their session by swimming at their first swim meet at the Rocktober Pentathlon hosted by Tigersharks. Participants are not required to join the team and may use this as a way to build their swimming skills, but preparing them for swim team is the goal.

PRACTICE SCHEDULE

You can always access our practice schedule on our website. Our practice schedule is always subject to change (weather, facility, etc.)

2024-2025 PLACEMENT PERIOD PRACTICE SCHEDULE

SEPTEMBER PLACEMENT PERIOD (9/9-9/20)

	Monday	Tuesday	Wednesday	Thursday	Friday
Tigershark Swim School	6:00-7:00 @ UA	6:00-7:00 @ UA	6:00-7:00 @ UA	6:00-7:00 @ UA	
New Swimmers / Returning Beginners & Developmental	6:00-7:00 @ UA	6:00-7:00 @ UA	6:00-7:00 @ UA	6:00-7:00 @ UA	6:00-7:30pm @ UA
Returning Junior & Senior	6:45-8:00pm @ UA First 15 Mins Dryland	6:45-8:00pm @ UA First 15 Mins Dryland	6:45-8:00pm @ UA First 15 Mins Dryland	6:45-8:00pm @ UA First 15 Mins Dryland	

2024-2025 CFYN TIGERSHARKS AGE GROUP PRACTICE SCHEDULE

STARTS MONDAY 9/23, ENDS 2/28

Group Placement assignments will be given out by 9/20, Billing for Groups will begin on 10/1

	Monday	Tuesday	Wednesday	Thursday	Friday
Beginner		6:00-7:00pm @ University of Akron	6:00-7:00pm @ Riverfront YMCA	6:00-7:00pm @ University of Akron	6:00-7:00pm @ University of Akron
Developmental	6:00-7:30pm @ Riverfront YMCA	6:45-8:00pm @ UA First 15 Mins Dryland		6:45-8:00pm @ UA First 15 Mins Dryland	6:00-7:30pm @ University of Akron
Juniors	6:00-7:30pm @ UA First 15 Mins Dryland	6:00-7:30pm @ Riverfront YMCA	6:00-7:30pm @ UA First 15 Mins Dryland		6:00-7:30pm @ University of Akron
Seniors	6:00-7:30pm @ University of Akron	6:00-6:30pm Dryland, 6:30-8:00pm Swim @ University of Akron	6:00-7:30pm @ University of Akron	6:00-6:30pm Dryland, 6:30-8:00pm Swim @ University of Akron	

2024-2025 CFYN TIGERSHARKS HIGH SCHOOL PRACTICE SCHEDULE

STARTS TUESDAY 9/3, ENDS 10/23

High School swimmers may swim meets with Tigersharks until their first official HS meet, HS swimmers may return to post season Tigershark practices following conclusion of their final HS meet.

High School Preseason	6:00-7:00am @ Riverfront YMCA		6:00-7:00am @ Riverfront YMCA		
	4:00-6:00pm @ University of Akron	4:00-6:00pm @ University of Akron	4:00-6:00pm @ University of Akron	4:00-6:00pm @ University of Akron	High School swimmers may swim in the evening 6:00-7:30pm

September Placement Period - In an effort to assign practice groups more accurately and develop both the groups and the coaches working with those groups. Our first day of age group practice will be Monday September 9th. For the first two weeks we will follow this practice schedule: During this time the coaches will work on placing swimmers in their appropriate practice groups and developing our test sets for each practice group as well. We will start the official practice schedule on Monday Sep 23rd and have everyone in their practice groups hopefully by the first week of October.

No parents on deck unless requested by a coach.

PLEASE MAKE SURE COACHES ARE AWARE OF ANY PERTINENT HEALTH CONDITIONS.

Athletes with an inhaler NEED to have the inhaler on deck with their name on it!

All Swimmers are required to have a filled up water bottle at every practice.

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MEET SCHEDULE

Official meet schedule is almost ready and will be posted as soon as we receive it. The best way to see your swimmer improve is to send them to as many meets as you can. Meets can be very fun for the kids and we want our kids to support the team as much as they can with their participation. Our team offers:

- **YMCA Dual meets (with one other team)** - Open and free to all swimmers on the team. Attendance is expected by all swimmers. Coaches pick swimmers events.
- **Poseidon Series Championship meets** - Invitational meets hosted by our team. Parents / swimmers pick swimmers events and there is an entry fee per event depending on the meet. Results from all 3 of these meets will be calculated together for over all PCS meet awards. Attendance is expected by all swimmers.
- **YMCA Invitationals** - Meets hosted by one team with multiple teams in attendance. Parents / swimmers pick swimmers events and there is an entry fee per event depending on the meet.
- **USA Invitationals (Must be a USA member)** - Meets hosted by one team with multiple teams in attendance. Parents / swimmers pick swimmers events and there is an entry fee per event depending on the meet.

CHAMPIONSHIP MEETS

More information on Championship meets will be communicated as we get closer. Championship meets for most swimmers are in February - Early March.

YMCA:

- **Divisionals** - All swimmers are expected to attend this meet. Similar setup to a dual meet and usually in early February. Top swimmers in each event from multiple divisional meets will move on to league championships.
- **Leagues** - Qualifying swimmers from divisional championships will swim at league championships. Usually in early March. First year qualifiers will receive a Championship team cap.
- **Zones** - Swimmers qualify based on time cuts usually in late March. This meet includes Ohio and the surrounding states. Qualifying swimmers will receive a Zone team cap, tshirt and zone jacket.
- **Nationals** - Swimmers qualify based on time cuts usually in early April. This meet includes Ohio and the surrounding states. Qualifying swimmers will receive a Zone team cap, tshirt and zone jacket.

USA: For USA swimmers only - Age Group Championships, Senior Championships, Sectionals, Futures, Junior Nationals. All USA championship meets have time cuts based on USA Swimming's Age Group Motivational times.

Visit our website to sign up for meets. You are required to declare attendance (yes/no)

for dual meets. If you have questions, please email one of the coaches or president@cfyntigersharks.com

Meet Fees / Escrow Accounts

Dual Meets - Have no additional fees

Invitational Meets- Have a per swim fee. Cost is set by the host. These fees are charged to escrow.

- Escrow accounts can be seen on the website.
- You are not charged until after the entry deadline
- Payments can be made from the website or by check to the Treasurer (not YMCA)
- Meet fees are non-refundable after the entry passes
- We recommend a \$65 deposit to get started
- Any money left in the account can be carried over or refunded upon request.

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WHO DO I CONTACT?

Coaches@cfyntigershark.com

Becky@cfyntigersharks.com

Questions about practices, meets, and other concerns: Contact coaches

Concerns about safety, operation, or any emergency situation: Contact Coach Will
cuyhogafallsswimming@gmail.com

Monthly team fees and YMCA billing: Contact Riverfront YMCA

Please contact the appropriate board member (emails on website), for specific questions regarding escrow, volunteering, apparel, etc.

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Team Equipment and Apparel

Swimville store (Team suits):

We will be using Swimville USA for team suit orders. More info to come on this!

Swim Outlet Store (Equipment):

Visit our team store on Swimoutlet.com to order all required equipment. This will be shipped to your door and usually has fast shipping. <https://www.swimoutlet.com/collections/cfyn>

Team Apparel & Merchandise

Team caps will be sold through the team. All swimmers are required to have a team Tigershark cap at meets. All swimmers will receive a team t-shirt with their registration. Extra shirts, hoodies, and other merchandise will be available for purchase through the team. Team apparel is required at meets. Wear your Tigershark merch with pride!

REQUIRED TEAM EQUIPMENT AND MERCHANDISE

HIGH SCHOOL & SENIOR	JUNIOR & DEVELOPMENTAL	BEGINNER
Team T Shirt (Included with registration)	Team T Shirt (Included with registration)	Team T Shirt (Included with registration)
Team Suit & Team Cap (Black)	Team Suit & Team Cap (Black)	Team Suit & Team Cap (Black)
Backpack for dry towels / clothes	Backpack for dry towels / clothes	Backpack for dry towels / clothes
Goggles	Goggles	Goggles
Mesh Bag (wet bag for equipment)	Mesh Bag (wet bag for equipment)	Mesh Bag (wet bag for equipment)
Kickboard (adult)	Kickboard (adult) or Kickboard (junior)	Kickboard (junior)
Fins (sporti short fin) or Fins (Tyr hydroblade) for more advanced	Fins (sporti short fin)	Fins (sporti short fin)
Pull Buoy (adult)	Pull Buoy (adult) or Pull Buoy (junior)	
Snorkel - TYR Ultralite or Snorkel - Speedo Bullet	Snorkel - TYR Ultralite or Snorkel - Speedo Bullet	
TYR Catalyst Paddles (XS.S.M only) Finis Manta Paddles for more advanced		
Nose plug (optional)		