



Heights Tigersharks is a swim team program committed to the empowerment of young athletes by developing physical and mental strength and striving for high standards of character, performance, and team unity to achieve individual and team excellence.

The team is comprised of swimmers ages 6-18. Practices are held at Cumberland Pool in the summer and Cleveland Heights High School in the fall and spring. The program is geared toward swimmers with some experience or established skills. Those who struggle to swim the length of the pool or who are unable to compete in meets are encouraged to build their skills via the Cleveland Heights Department of Parks & Recreation's Learn-to-Swim program prior to joining the team.

Heights Tigersharks is a fun, exciting, and challenging program, designed to provide young athletes with the tools to unlock their courage, respond productively to adversity, build lifelong skills, and develop a love for the sport of swimming.

Heights Tigersharks Team Member Expectations

Effort

All team members, regardless of age or skill level, are expected to give their best effort in every practice and meet. This includes striving to be a great athlete and teammate.

Attitude/Behavior

All team members, regardless of age or skill level, are expected to have a team-first mentality combined with a drive for personal success. The coaches will challenge the swimmers every day in practice and at meets, and the swimmers are expected to embrace the challenges and push themselves out of their comfort zones, both for personal gains and for the benefit of the team.

Disrespectful or disruptive behavior will not be tolerated. Coaches may remove a swimmer from practice at any time, at which point that practice will not be counted toward the swimmer's required weekly attendance. Coaches may hold a swimmer out of competition or remove a swimmer from the team entirely. These decisions are made by the coaches and are final. Adherence to team policies, program standards, and coaches' instructions is required at all times.

Practices

Each team member must achieve the minimum requirements each week to be able to participate in that week's meet and to remain in good standing with the team. Please see the practice schedule and training group outline for details.

Meets

All team members are expected to attend and to participate, as assigned by the coaches, in every meet. The coaches understand that conflicts arise, especially in the summer, and exceptions will be made on a case-by-case basis. Each meet requires a lot of preparation by the coaches and lineups have to be submitted in advance. Any small change to the entries causes a ripple effect, which can hurt the team and cost other team members the opportunity to compete. You will be provided with a form to fill out at the beginning of the season to list any meets you anticipate missing. Please let the coaches know of any conflicts as soon as possible.

Not every swimmer will compete in his or her preferred events at every meet. Sometimes the team will need them to swim an event they don't like. Sometimes the coaches will want to challenge them with a new event. Swimmers must accept the lineup as decided by the coaches and compete with their best effort.

Heights Tigersharks Parent/Family Expectations

Attitude and Behavior

Parents must be supportive of their swimmers, the coaches, and the team. This includes offering positivity and encouragement to all team members and team families, volunteering for meets and team events, and allowing their swimmers to be challenged by the coaches. Adherence to team policies, program standards, and coaches' instructions is required at all times.

Parents may stay at the pool for practices if the deck capacity limit has not been reached. Please understand there may be times parents will be required to wait outside of the pool enclosure. Parents remaining on-site for practices may not be at either end of the lap lanes or in any place a coach feels could in any way interfere with practice. This is always at the discretion of the coaches.

Disrespectful or disruptive behavior will not be tolerated. If a parent engages in such behavior, their swimmer(s) may be removed from the team, as determined by the coaches. Registration fees will not be refunded if a family is removed from the team.

If a parent has a question or concern, they are asked to email the coaches or speak with them outside of practice or meet times. Coaches will consider questions and concerns, but will not discuss meet event selection or other challenges made to their coaching decisions. Coaches may be willing to make exceptions to some team policies on a case-by-case basis, but will consider them only if approached appropriately by a swimmer or parent. Policy and coaching decisions are made by the coaches, with the best interests of the team in mind, and are final.

Volunteering

Being a member of a swim team requires an intense commitment from swimmers, coaches, and especially from parents. The success of the program hinges on the time and energy given by swim families. All families are expected to volunteer at meets and team events throughout the summer season.

Each family is asked to commit to helping at least two meets (timing, scoring, judging, swimmer management, etc.). Families that do not sign up to volunteer and have not made arrangements with team leadership risk having their swimmer(s) held out of meets or removed from the team.

The 2021 season will be different. It will be challenging. It could be inconsistent and varying. We are doing what we can to have some version of a swim program again. PLEASE BE PATIENT AND UNDERSTANDING, as your frustrations and inconveniences likely are shared by the coaches, too.

Suburban Swim League and Meets

The Heights Tigersharks compete in the Suburban Swim League (SSL), which is comprised of eleven teams from East Side suburbs. This is a competitive league for swimmers ages 18 and under.

All 2021 summer meets will be virtual, meaning the Tigersharks and their opponents will swim at their own pools and then combine their results electronically. All Tigersharks meets, including Championships, will be held at the Heights High School indoor pool.

Meets are Saturday mornings at 10:00 a.m. and are expected to run until about 12:00 or 1:00 p.m. Parents are expected to monitor their swimmer's behavior, help keep team members in appropriate areas of the facility, and ensure that swimmers don't miss their events. **Spectator limits will be in place! We are working with the school to determine how many spectators can attend each meet. Cooperation and understanding is needed by all.**

The SSL Championship meet (virtual) will be held Saturday, July 24 and Sunday, July 25. Most swimmers will have events on both days.

COVID Protocols and Limitations

The Heights Tigersharks will follow USA Swimming guidelines for practice groupings and spacing. This may lead to registration limits within each practice group.

Swimmers are expected to wear masks and follow physical distancing instructions when not in the water.

Any team member experiencing illness or symptoms, or with contact or concerns of contact with someone experiencing or demonstrating symptoms, must report it to the coaches and remain away from the team as determined by the coaches.

Temperature and/or symptom checks will be required for entry into the high school building and may be required for entry into practices at any time.

Limits on spectators and/or participants at meets and at practices may be implemented at any time.

We are not able to provide Friday games and breakfasts this summer but other options for incorporating fun into the practices will be considered.

Protocols may be added or amended at any time by the coaches. Adherence to all protocols is required under the Team Member and Parent/Family Expectations.

2021 Summer Schedules

Please review the training groups outline for group designations and practice expectations. Coaches will assign groups.

All practices are at Cumberland and all meets are at the Heights High indoor pool.

PRACTICE SCHEDULE June 7 - July 23

	Monday	Tuesday	Wednesday	Thursday	Friday
Senior	8:00-10:00 a.m.				
Sharks	9:30-10:30 a.m.				
Tigers	10:15-11:00 a.m.				

MEET SCHEDULE

All meets are held at the Heights High School pool with NO visiting team.
Meets begin at 10:00 a.m.

Saturday, June 12

Saturday, June 19

Saturday, June 26

Saturday, July 3

Saturday, July 10

NO MEET JULY 17

Saturday, July 24 (Championships)

Sunday, July 25 (Championships)

Heights Tigersharks Training Groups

Group	Age	Skill Level		Practices Required Per Week	Training Ratio
Tiger Black	6-9	Beginner	Introduction to competitive swimming. Consistent demonstration of comfort in the water, safety, and 25-yard swimming ability is required.	3	75% Technique/ 25% Conditioning
Tiger Gold	6-9	Intermediate	Swimmers with previous team experience who have passed all levels of the Red Cross Learn-to-Swim program and/or who demonstrate comparable skills and strength.	3	70% Technique/ 30% Conditioning
Shark Black	9-13	Beginner/ Intermediate	Upper-Elementary and Middle School-aged swimmers who are able to demonstrate consistent safety and comfort in the water and swim at least 50 yards without stopping.	4	60% Technique/ 40% Conditioning
Shark Gold	9-13	Intermediate/ Pre-Senior	Upper-Elementary and Middle School-aged swimmers with competitive swimming experience who demonstrate a strong commitment to the sport and the team, and who are on track for the Senior level.	4	50% Technique/ 50% Conditioning
Senior Black	12-16	Intermediate/ Advanced	Middle School and High School-aged swimmers with prior experience and the requisite skills, strength, and commitment to train and perform at an advanced level.	5	35% Technique/ 65% Conditioning
Senior Gold	14-18	Advanced/ Elite	High School-aged swimmers with advanced skills, strength and competitive swimming experience. USA Swimming and High School Varsity-level swimmers who demonstrate the highest levels of dedication and commitment to the sport and the team.	5	20% Technique/ 80% Conditioning