

WELCOME TO THE



HOME OF THE
2001, 2002, 2003, 2004, 2005, 2006, 2008, 2009, 2010,
2012, 2021, 2022, 2023 & 2024
STATE CHAMPIONS!

TIGER SHARK MISSION STATEMENT

The mission of the Sidney Tiger Sharks Team is to promote a healthy youth activity by providing all team members with an opportunity to learn a life-long sport and swim competitively.

Want to get more involved? Get a hold of a board member!

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OPEN POSITION		

Please feel free to call any of the board members with questions or concerns.
This program works best when we all work together.

GO SHARKS!

Follow SIDNEY TIGER SHARKS – SIDNEY MT on Facebook
for updates on practice times and important information!



INTRODUCTION

Welcome to the 2025 Tiger Shark Season! We are very excited about the upcoming season and to continue our winning ways. As always, this program's success will be directly related to the amount of positive participation from each of our members. We encourage all members to play an active, positive role in the program, continuing the tremendous success experienced by the program over the past years. Our goal is to keep the program at the top of state competition and at the same time making it a summer of great fun for our swimmers and parents. We will continue our membership in the Montana State Federation Swimming Program. The meets are close to home, the cost of our membership and fees is low, and it gives our swimmers a level playing ground for competitive swimming.

MEMBERSHIP FEES

Fees are used to pay for insurance, meet fees and salaries for our coaching staff.

Individual Swimmer	\$100
Family (each additional swimmer after the first)	\$75
Late Fee (for signups after the scheduled sign up date)	\$50

Changes to fees may be adjusted on an annual basis.

Late Fees can be assessed or waived at the discretion of the Executive Board.

OTHER EXPENSES

Parents are responsible for all other expenses, including swimsuits, goggles, swim caps, and travel costs.

Swimmers MUST also purchase a swim pass from the City of Sidney. Swimmers will not be allowed in the pool without proof of a swim pass.

APPAREL/EQUIPMENT

1. Swimsuits

Per Federation regulations, competing swimmers are required to wear a one-piece suit at all meets. Team suits can be ordered through our team store

www.swimoutlet.com/collections/sidneytigersharks

You are not required to buy a team suit, however, if you do, we ask that you not wear it to practice or play swim.

2. T-shirts

Each swimmer will receive a team T-shirt at the beginning of the season.

All swimmers qualifying for the state meet will receive a state qualifier shirt as well.

3. Swim Caps & Goggles

Caps and goggles are recommended, but not required. If you have long hair and choose not to wear a cap, it must be tied back.

4. Kick boards/Buoys

Each swimmer needs a kickboard and a buoy for each practice. They are available for purchase at the Swim Outlet store above. If you are unable to purchase one, we will have a few at practice available for swimmers.

VOLUNTEER HOURS

All families are required to volunteer a minimum of 10 hours per season. There are a number of ways to accrue those hours (fundraising shifts, helping at practices and meets, and attending board meetings just to name a few).

There is not currently a penalty for families who do not meet the minimum. However, the Board reserves the right to implement and enforce penalties (monetary or otherwise) for non-compliance at their sole discretion and with sufficient notice to members.

FUNDRAISERS

1. Product Sales (cookie dough)

Product sales are one of the team's main sources of funding. Each swimmer will be required to sell a minimum number of items (or specific dollar amount) to be decided annually by the Board. Families of 3 or more will be granted a maximum goal cap.

Anyone not meeting their minimum goal, will be responsible for making up the difference before being allowed to practice!!

Exceptions for extenuating circumstances may be granted on a case-by-case basis as decided by the Board. Please reach out to a board member if you would like to request an exception. **Purposely waiting to register your swimmer until after the fundraiser ends WILL NOT qualify as an extenuating circumstance!**

2. Beer Gardens

The swim team is responsible for manning the beer gardens on two days of the Richland County Fair (specific days may change from year to year). In order for us to receive the full funding agreed upon (and to continue to be offered shifts in the future), we must have the required number of volunteers each shift. Sign ups will be available at registration and throughout the year. Working a beer garden shift will count toward your required volunteer hours.

3. Concessions

The swim team often has the option to work concessions for the middle and high school track meets. Dates and times for workers needed will be posted as they are offered.

If the pool concession stand is open for the season (the operation of the concession booth shall be at the sole discretion of the STS Board), we ask that each family work at least 2 shifts in the booth.

Volunteers working in any concession booth shall be at least 15 years of age. Children 14 and under may help if accompanied and supervised by an adult. Parents are responsible for their own children in and around the concession booths. It is your responsibility to find a substitute worker if you are unable to work the shift you signed up for. Any shifts worked will count towards volunteer hours.

PRACTICES

The first day of practice is **June 2, 2025**

Please have swimmers at practice at least 10 minutes early. NOT 10 MINUTES LATE! Swimmers are required to attend their scheduled practice, however, swimmers' assigned group is based on the coach's discretion, not just age. The first week will be divided as follows with the caveat that after the first week of practice your child could be moved to a different swim time/group.

Group 1: Racing Division 13 and Up

Group 2: Racing Division 12 and Under

Group 3: Very new swimmers and/or 8 and Under not ready for Group 2

2025 Summer Practice Schedule (Subject to Change)

	Monday	Tuesday	Wednesday	Thursday	Friday
Group 1	6:45 – 8:30	6:45 – 8:30	6:45 – 8:30	6:45 – 8:30	6:45 – 8:30
	Starts 8:30-8:45	Turns 8:30-8:45	IM Turns 8:30-8:45	Swimmers' Choice 8:30-8:45	
Group 2	11:45 – 1:25	11:45 – 1:25	11:45 – 1:25	11:45 – 1:25	11:45 – 1:25
Group 3	4:15 – 5:25	4:15 – 5:25	4:15 – 5:25	4:15 – 5:25	11:45-1:25
Group 4 Shark Pups	4:45 – 5:25	4:45 – 5:25	4:45 – 5:25	4:45 – 5:25	N/A
Starts and Turns are subject to change based on attendance and numbers					
Starts and Turns	4:30 – 5:25 Group 2	4:30 – 5:25 Group 1	4:30 – 5:25 Group 1 & 2	4:30 – 5:25 Group 3	N/A

PARENT EXPECTATIONS

1. Parents are responsible for getting their swimmer to both practices and meets. If you are unable to go to the meet with your child, we ask that you find a ride and a chaperone for your swimmer. Coaches are not responsible for chaperoning!
2. Parents are responsible to see that their swimmer is properly equipped. It's a good idea to have a spare cap and goggles in case they break or are lost.
3. Because the Team pays all entry fees for all meets, it is vital we have full participation in all fundraising activities.
4. Parents are required to volunteer for any meet held in Sidney. Swim meets take all of us to run productively. There are many different types of jobs and you will receive instruction before being put to work.
5. Parents are responsible for making sure your child is signed up for meets. A meet invite will be sent to the email address on file. Please acknowledge the email by selecting attending or not attending to each meet invite by Tuesday, via your family's swim portal on Active.com. If you have any questions, please contact the coach. The coach will have the final decision on the events the swimmer will be competing in. Let the coach do his/her job and respect their decision.
6. Do your best to support your child/children and all the other swimmers.
7. Parents should teach swimmers to be responsible. Please have them keep their caps, goggles, and towels in the same place after each swim so if you're not around they know exactly where they are, so they are not late for their race!

Have swimmers go to the bathroom well in advance of their event being called as sometimes there are long lines.

8. Parents are not allowed on deck to cheer; however, most meets have designated areas to take pictures or videos. Please be courteous as to not stand in front of others. Leave as soon as your child has swum.
9. If your child is disqualified, please be supportive rather than critical. Disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to stroke correction. Better to happen at an invitational meet and corrected before swimming at the divisional or state meet. The more meets the swimmer swims, the more at ease and better he/she gets.

SWIMMING: THE SPORT

Swim meets follow the rules set forth by the USA Swimming Organization, unless exceptions are stated in the Montana Federation of Swimmers bylaws.

Each swimmer may enter up to three individual events plus two relay events per meet. A swimmer may also choose to exhibition an event just for the experience. No formal time is logged in an exhibition event, and it does not comprise one of the 3 individual events.

The technical rules of swimming are designed to provide fair and equitable conditions and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competition advantage over another swimmer.

Trained officials called stroke and turn judges observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a disqualification ("DQ") will result. This means the swimmer will NOT receive an official time for the event. If the DQ occurs on Saturday, the swimmer will not swim that event in the finals on Sunday. Two false starts during the same event or performing strokes in an illegal manner may result in disqualification. Contact the coach immediately and give him/her the DQ slip.

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly.

Freestyle (Free) The competitor may swim any stroke he/she wishes. The usual stroke is the crawl, which is characterized by the alternate overhand motion of the arms and the up-down flutter kick.

Backstroke (Back) The swimmer starts by pushing off the wall on their back and continues swimming on the back throughout the race.

Breaststroke (Breast) This stroke requires simultaneous movements of the arms on the same horizontal plane, pulling from the breast in a heart shaped pattern. The kick is a simultaneous circular motion, like that of a frog. No flutter, dolphin, or scissor kick is permitted.

Butterfly (Fly) This stroke features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. Both legs must move together.

Individual Medley (IM) This event features all four strokes by one competitor within one race. The order of the strokes is the butterfly, breaststroke, backstroke, finishing with the freestyle.

The two relay events are as follows:

Freestyle Relay Four swimmers each compete in the freestyle swim consecutively during a race with each swimmer completing one-fourth of the distance.

Medley Relay – Four swimmers each complete a different stroke during the race with each swimmer completing one-fourth the distance each. The order within the relay is back, breast, butterfly, then finishing with the free.

Technical rules are found in the USA Swimming Rules and Regulations Rules book.

Many races are won or lost by the swimmer's performance in the start or turn. As athletes learn the different strokes, they also learn the regulation moves for the starts and turns of each event.

Races may be 25, 50, 100, 200, or 400 meters (or yards) long, depending on the event. In general, the younger age group events are a shorter distance than those for the older swimmers.

Swimmers compete in age groups based on their age on January 1 preceding the start of the summer swim season.

8 and under
9 and 10
11 and 12
13 and 14
15 and up

Swimmers may compete during the summer following high school graduation as long as the swimmer has not reached age nineteen before June 1st of that year.

HOW A SWIM MEET WORKS

Arrival/Lodging Most families arrive the night before the meet begins. Some camp by the pool, some pull trailers, and some find local hotels. Meet details and a map of the area are sent out in an email and Facebook before each meet. Most meets have concession stands available for food purchase.

Morning Routine Swimmers are expected to be at the meet one hour before the scheduled starting time or earlier depending on when we are scheduled for warm-ups. Find a place to set up camp for the day. Purchase a program (usually found at concessions) along with a highlighter, marker, or a pen. Tag your swimmers' events and/or highlight them. With a pen, write the swimmers' events on his/her hand in order they swim them.

Warm-Ups There are warm-ups before each meet starts. The team stretches and loosens up fifteen minutes before they get into the water. All swimmer's warm-up as a team, no exceptions. The coach should know the scheduled warm-up times before the last practice prior to the meet. Any announcements from the coach will take place during warm-ups. Make sure your child knows this and have them listen. Usually after warm-up there is a team meeting along with announcements of who's swimming on relays and in what order. As a parent of a young swimmer, it is a good idea for you to attend so you can be an extra pair of ears. If your child is on a relay, connect with the other members of the relay team, and then get the swimmers to the heat benches. It's a good idea for young swimmers to be escorted by an adult who knows the order the swimmers swim in and what stroke each of them are swimming.

Team Tent The team owns 3 large white canopies. These are transported to the event by volunteers. Swimmers and families may sit under these canopies during the weekend to enjoy the sense of community. Bring your own chairs, blankets, food and water, and games for downtime.

Event Order The events are always in the same order, and the time of each event varies based on number of heats.

Saturday: Freestyle team relays, individual medleys (final only), and all preliminary events

Sunday: Long Free (final only), medley team relays, remaining final events

To make it to the finals on Sunday, a swimmer must be one of the 12 fastest swimmers in their event on Saturday. When the meet starts, the announcer will call the event to the heat bench area. Don't be late; we don't want to hear our swimmers' name called over the loudspeaker. Teach your child to listen for their event.

Programs If you wish to purchase a program, they are usually available for \$1-\$2 at concession stands. It is advised to bring a highlighter to mark your swimmer's events and those of the rest of the team. Some families use two colors, one for their kids and one for the rest of the team. Also pack a sharpie to write the events on your child's arm if you see fit.

Meet Mobile App This app can be purchased to view your swimmer's results. Please do not rely on the app for swim times as the races are not always updated in real time.

Staging It is important for both parents and swimmers to listen for your event being called for staging. Staging is an area by the pool where swimmers congregate before going into the pool area to swim. Usually, events are called 2-3 times before the event is swam. Please go to staging the first time the event is called. This prevents the dreaded calling of your swimmer's name. Neither coaches nor swimmers like the swimmer's name to be called over the loudspeaker. It is important to bring your cap (if you have one), goggles and towel to staging with you. At staging, swimmers are arranged into their events and heats and led out into the pool area. They are then advised by the starter when to get ready to swim, and a "beep" signals the start of the race. The race ends when the swimmer touches their timing pad on their last lap.

Events After each swim, the swimmer may ask the timer in his/her lane for their time. It will also be flashed on the electronic timing board hung somewhere in the pool area. After your child swims, tell him/her how great he/she did. The coach will discuss stroke technique. Tell your swimmer how proud you are of them.

Finals You will know by the end of Saturday if your swimmer will swim on Sunday. However, if your swimmer is not swimming in finals DO NOT LEAVE BEFORE SPEAKING WITH THE COACH. There are two reasons: 1) Your swimmer may be in a team medley relay on Sunday morning, and 2) your swimmer may be an alternate, which means they have the potential to swim in finals on Sunday. Alternates are swimmers who had the 13th and 14th fastest time. If a swimmer with a top 12 time does not show for the race on Sunday, then an alternate is moved into that position. Alternates should go to staging when their event is called just in case they get to swim.

Miscellaneous Any concerns regarding results or an officiating call should be referred to the coach who will then follow through to proper authority. If not able to talk to the coach let a board member know immediately and we will assist in the matter.

If a swimmer is swimming an event for the first time it will be entered as NT (No Time) in the program. A no-time swimmer is most likely to swim in the first heat of the event.

In order to swim well, your athlete must eat well throughout the day. Have them relax, hydrate, possibly have a healthy snack (something light) after their event. Healthy snacks to consider include water, Gatorade, granola bars, bananas, fruit snacks, other fruits, yogurt, cereal, Jell-O cubes, lean sandwiches

Consider getting involved! You can volunteer to help time or learn to become a stroke and turn judge. For anyone to time at divisional or state they must time at 2 invitational meets.

What to Take to a Swim Meet

Here's a list of necessities and helpful items for a swim meet:

A good attitude	\$1 bills for programs/breakfast
Team swimsuit	Lots of water
Goggles	Healthy snacks
Cap (if swimmer uses one)	Umbrella or tent
Towel(s)	Lawn chair
Highlighters	Sleeping bag/blanket/pillow
Sharpie marker	Sunscreen

SHARK PUPS

Shark Pups Mission Statement

To teach each child to swim across the pool on both the freestyle and backstroke using proper technique, thus enabling them to compete in swim meets.

Goal of Shark Pups

Our STS Shark Pups goal is to ready each member for competition as part of the STS team during swim meets. We strive for good competition and the well-being of our swimmers.

How Shark Pups Got Its Start

In years past, the coaches came up with the idea of starting a shark pup's team to enable the younger kids that already had older siblings on the team to also get to compete in swim meets. Children in shark pups are too young to go through the long practice times and requirements of the older swimmers; it has been observed that when young swimmers get cold and tired, they are done learning for the day. Shark Pup members learn extremely fast because of the more individualized attention that is approximately one coach per four children with a shorter practice time. You, as a parent of a Shark Pup, will be amazed how quickly your little pup catches on. Please remember the Shark Pups program is NOT meant to take the place of regular swimming lessons; it is meant to prepare them to compete in meets.

The total number of swimmers admitted into the Shark Pup program is determined each year according to the coach and coaching staff to effectively plan for proper time, instruction, and attention to each swimmer to help them become the best swimmer they can be. The number of coaches and junior coaches, your swimmer's current skills, and practice times all play a part in placement of your swimmer.

The goal of Shark Pups is to move the child up to the regular swim team.

Turning our little "Pups" into real SHARKS!

2025 SWIM MEET SCHEDULE

June 7-8	Chinook
June 14-15	Plentywood
June 21-	Harlem
June 28-29	Glasgow
July 5-6	Open
July 12-13	Scobey
July 19-20	Lewistown
July 26-27	Divisionals - Roundup
August 2-3	State - Choteau

Divisionals Meet: To compete at the Divisional meet, swimmers must compete in at least 2 regular season meets

State Meet: To compete at the State meet, swimmers must place in the top 12 in their individual events and the top 6 in their relays at the Divisionals meet.

TRAVEL GUIDE

Chinook

Approx Miles to Pool: 277

Approx Travel Time: 4 hours

Pool Name: Chinook City Pool

Pool Address: 107 8th St

Camping: Pool park.

Showers available at nearby school

Water Fill up: Small tan building between town pump & Cenex station (free)

Dump Site: Small tan building between town pump & Cenex station (free)

Hotels/Motels:

- Bear Paw Motel 406-357-2221

Glasgow

Approx Miles to Pool: 144

Approx Travel Time: 2 hours

Pool Name: Glasgow City Pool

Pool Address: 319 3rd St

Camping:

- Pool park & nearby parking lot electrical available for a price with showers available at pool house
- Cottonwood Inn & RV 406-228-8213
- Shady Rest RV Park 406-228-2769

Water Fill up: Cottonwood Inn & RV (fee unknown)

Dump Site: Shady Rest RV Park (fee unknown)

Hotels/Motels:

- Campbell Lodge 406-228-9328
- Cottonwood Inn 406-228-8213
- La Casa Motel 406-228-9311
- Koski's Motel 406-228-8282
- Star Lodge Motel 406-228-2494
- Roosevelt Hotel 406-228-4341
- Fort Peck Hotel 406-526-3266

Glendive

Approx Miles to Pool: 53

Approx Travel Time: 1 hour

Pool Name: Glendive Pool

Pool Address: 1000 BLK off N MEADE

Camping: On street parking near pool

Showers available at Pool House

Lewistown

Approx Miles to Pool: 270

Approx Travel Time: 4 hours

Pool Name: Lewistown Pool

Pool Address: 309 5th Ave S

Camping: Pool park - Showers available

Water Fill up: Do so in Grass Range (free)

Dump Site: Do so in Grass Range (free)

Hotels/Motels:

- B & B 406-535-5496
- Calvert Inn 406-535-5411
- Mountain View 406-535-3457
- Super 8 406-538-2581
- Trails End 406-535-5468
- Yogo Inn 406-535-8721

Malta

Approx Miles to Pool: 210

Approx Travel Time: 3 hours

Pool Name: Malta City Pool

Pool Address: 104 S 8th St E

Camping:

- Around Pool - showers available
- Edgewater Inn 406-654-1302
- Riverside Motel & RV 406-654-2310

Water Fill up: West-side self-service (free)

Dump Site: West-side self-service (free)

Hotels/Motels:

- Riverside Motel & RV 406-654-2310
- Great Northern 406-654-2100
- Maltana Motel 406-654-2610
- Sportsman Motel 406-654-2300
- Royals Inn 406-654-1150

Plentywood

Approx Miles to Pool: 84

Approx Travel Time: 1.25 hours

Pool Name: Sherwood Park Pool

Pool Address: 401 Dolphin St

Camping: Pool park - showers available

Water Fill up: Rest area on left @ entrance
to fairgrounds (free)

Dump Site: Rest area on left @ entrance
to fairgrounds (free)

Hotels/Motels:

- Sherwood Inn 406-765-2810

Roundup

Approx Miles to Pool: 270

Approx Travel Time: 4 hours

Pool Name: Roundup Community Pool

Pool Address: 700 3rd St W

Camping: Pool park & nearby baseball
fields

Showers available At Pool

Water Fill up: None

Dump Site: Across from the park (pay fee
in box)

Hotels/Motels:

- Autumn's Inn 406-323-1000
- Ideal Motel & RV Park 406-323-3371
- Big Sky Motel 406-323-2303

Scobey

Approx Miles to Pool: 126

Approx Travel Time: 2 hours

Pool Name: Scobey Swimming Pool

Pool Address: 300 Janus St

Camping:

- Camping around park
Showers available
- Lion's Club Grounds
- Daniels County Fairgrounds

Water Fill up: RV park across from
Sheriff's office (pay fee at Sheriff's
office)

Dump Site: RV park across from Sheriff's
office (pay fee at Sheriff's office)

Hotels/Motels:

- Juel Motel 406-487-2765
- Cattle King 406-487-5332

SWIMMERS CODE OF CONDUCT

As a member of the Sidney Swim Team, members will be expected to conduct themselves in a manner acceptable to the general standards of good behavior.

In particular,

1. Swimmers are required to participate in standard swimming lessons. *Swim team is not a substitute for swimming lessons!* Proof of participation must be submitted by June 30. If lessons are scheduled after this and you do not participate, you will not be allowed to swim the following year. There will be a test out option at coaches' discretion.
2. All swimmers must display good sportsmanship in practice, at meets, and at all times when directly representing the Sidney Swim Team. This includes behaving with grace and dignity in both victory and defeat. Any swimmer misbehaving at practice will be removed from practice and the coach will call the parents. Continued misbehavior or disruption may result in expulsion from the team.
3. We expect all swimmers to display a winning attitude. We cannot just expect to win; it takes hard work and dedication
4. Swimmers shall not use profanity at any time during an STS function (practices, meets, camping areas, dances, etc.)
5. All swimmers will be supportive and respectful of their teammates, opponents, officials, coaches and parents.
6. All swimmers shall contribute to the setup and tear down of all practices. This means active, daily participation.
7. All swimmers shall put the success of the team ahead of individual goals.
8. Swimmers are required to attend their scheduled practice. If a swimmer has 2 or more unexcused absences in any given week, the swimmer will be ineligible to compete in that weekend's meet. If the swimmer is sick or must be absent for any legitimate reason, the swimmer or a parent must contact the coach to excuse the swimmer to prevent ineligibility. Excused absences would include family situations, vacation, illness, athletic camps, and employment commitments at the coaches discretion.
9. Swimmers must swim a minimum of two regular season Federation swim meets to qualify to swim at the Divisionals swim meet and commit to attend the state meet if they qualify. To qualify for the State meet, swimmers must place in the top 12 in an individual event and/or the top 6 in a relay at the Divisionals meet.

10. Swimmers must notify the Coach of participation in the coming swim meet by the end of practice on Tuesday of the same week.
11. To participate in a swim meet, swimmers must be able to swim in a legal event without assistance. All swimmers capable of swimming 25 meters are expected to compete in meets.
12. Swimmers will abide by curfews imposed by the host team.
13. Use of tobacco products, performance enhancing and illicit drugs, and alcohol by swimmers is strictly forbidden.
14. Consequences to any violation of the above rules will be addressed by the coaches and the Executive Board and may range from a warning to immediate dismissal.
15. Swimmers must agree to this Code of Conduct in its entirety by signing the Swimmers Agreement along with a valid parent signature in order to participate.

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PAGE 20 HAS YOUR SWIMMER'S AGREEMENT

THIS FORM IS TO BE SIGNED BY ALL SWIMMERS AND A PARENT/GUARDIAN AND
RETURNED TO THE COACH ON OR BEFORE THE FIRST DAY OF PRACTICE.

SWIMMER'S AGREEMENT

All swimmers and one parent/guardian must sign and date this page, detach and return to the coach before your first practice. Families may all sign the same page.

I have read the team Code of Conduct and understand that the coach and the STS Board reserve the right to take disciplinary action, up to and including removal from the team, for any infraction that is considered to be a detriment to the team and/or its members.

Swimmer One

Print Name _____

Signature _____ Date _____

Swimmer Two

Print Name _____

Signature _____ Date _____

Swimmer Three

Print Name _____

Signature _____ Date _____

Swimmer Four

Print Name _____

Signature _____ Date _____

Swimmer Five

Print Name _____

Signature _____ Date _____

Parent Signature

Print Name _____

Signature _____ Date _____