



NORTH BAY AQUATICS

Volunteering 101

NBA relies on its supporting families to help us meet our team's volunteer commitment at meets. Largely, that means we must bring volunteer **timers** and **officials, transport tents**, and perform other **occasional meet and/or team jobs**. Unlike the MSL/Summer League teams, we do not host or participate in dual meets every weekend with dozens of jobs to fill (and dozens of family volunteer hours that must be completed) but that doesn't mean we don't **NEED** you, our Tuna Family. Every meet we attend requires that we fill an assigned number of timing chairs and officials positions based on the number of swimmers we bring. As our team grows (and it keeps growing!), our timing and officiating obligations grow. These meets take an army of volunteers to host and run; we're extremely grateful to all the other swimming clubs who take on the challenge of hosting meets. We are lucky to only have to provide timers and officials for most of the meets we attend.

Timing 101

From a TPC/PS team parent:

I wanted to invite you all to come up to me at practice or at a meet for any questions regarding not only volunteering but also if you have any questions on how a meet is run. I grew up swimming in Marin and dabbled in assistant coaching at the summer league level so being on the deck and volunteering seems like home to me. It came to my attention at this last meet, that many of you don't come from the same swimming background and that even the idea of timing was very intimidating. The swim community is so fabulous, the kids and parents have the opportunity to make friends for life! For those of you heading to Napa, please sit at the team tent, pull up a chair, sip your coffee and get to know your fellow swim parents. For those of you that are nervous about timing, I would be happy to partner you with with a seasoned Pre-Senior parent. If you are nervous about getting your little one on the blocks, then have one parent time and one parent wrangle, or partner up with another NBA parent. It takes a village, but we have a village!! Please see below for timing 101 information.

1. Look for the email to sign up online about one week before the meet.
2. When it is your assigned time, head to the NBA assigned lane(s) and relieve your fellow NBA parent timer.

3. There are 3 Timers per lane. One with a plunger and stopwatch. One with plunger and clipboard recording the times. One with only a plunger.
 4. The clock starts automatically with the Starter. The Timer with the stopwatch will start it with the Starter's beep/light and stop it when the swimmer touches the wall (as well as hits the plunger with his other hand). The stopwatch is a back up. If the person in charge of the stopwatch forgets to start it or starts it too late, they flag down the head timer (provided by the host team and usually standing near the Starter) and they switch watches. It happens to the best of us!
 5. The Timer with the clipboard will record the time that the Timer with the stopwatch got as well as hit the plunger when the swimmer touches the wall.
 6. The third Timer only needs to hit the plunger when the swimmer touches the wall (best job for newbies).
- Tips: wear shoes that can get wet (boots, flip flops etc) ~ you get snacks/coffee delivered to you while you are volunteering ~ if you know your child will be swimming in one of the last events, please sign up for the later shift ~ for many meets parents aren't allowed behind the blocks, so with timing you get a front row seat ~ it's a great way to really get to know your fellow NBA parents.

Tent Transport 101

From PS Team Parent:

It is our responsibility as parents to ensure our kids and coaches have shade for the meets. For those of us with large cars, this is an easy way to help out our team! They aren't light, but they have wheels. It would be great to get to the meet on the early side, but not a must. Not only do the tents provide the much needed shade, but it is our "camp" for the meet, so that we can all be together, enjoying the weekend, having great conversations and be able to support these kids and each other. There has been recent confusion on where the tents were after some meets so here are some Tent transportation tips/rules:

1. Look for the sign up about one week before the meet.
2. Sign up for taking one or two tents.
3. It would be best for those that take the tents to the meet, can take the tents back to where they got them (COM or TPC). If you can not, please find someone who can take the tents back. If you can't find anyone to take the tents back and you need to leave early, then so be it and take the tents back.
4. We usually leave the tents overnight at the meet, Saturday to Sunday. However, at most meets we need to take the tents down and put them inside the pool gate area for safe keeping.
5. Putting tents up and down is usually a 3-4 person job. So find the NBA "camp" and ask fellow parents or swimmers to help.
5. Meets have a "drop off" area so if parking is an issue, you can drop the tents off with your swimmer at the "drop off" and then park your car and come back for the tents.

Officials

Did you know we also bring officials to meets? Yes, we are often asked to bring 2-3 officials so we'd love it some more parents would volunteer to train to fill those roles. If you are interested in becoming an official, email [Coach Max](#)

Other Volunteer Jobs

If you have a passion or a skill that our team can use, please reach out to [Devon](#). Some other jobs that you might be interested in volunteering for over the course of a season include:

- Travel Meets/Chaperone
- Apparel
- Social
- Tunathon
- End of Year Banquet/Tribute Party
- Hospitality
- Marshall