

HANFORD SWIM CLUB



www.hanfordswimclub.com / hanfordswimclub@yahoo.com

Welcome!!! Swimming is such a fun sport and we are so excited to have you as part of our team. This handbook is a small guide to help you be best prepared for practices, meets, the organization of our club and what is expected of everyone involved.

We are here to help, so just ask! HSC Board Members and Coaches are here to answer any questions that you may have.

2019 HSC Board Members

Call or Text

President:	Lisa Mcilwaine	(559)380-8264	hanfordswimclub@yahoo.com
Secretary:	Codi Hicke	(559)772-5536	
Treasurer:	Lori Sifton	(559)817-9797	

Coaching Staff

Head Coach:	Jamie Arroyo	(559)300-5608	hanfordswimclub@yahoo.com
Asst. Coach:	Brayton Vryhof		

Staying Up To Date:

We always try our best to send out information far enough in advance, however, emergencies do happen and practices can sometimes change last minute. We will do our best to pass information out as early as possible via coaches, word of mouth, and the website; but getting connected through the Remind App is the best way to stay connected and up to date on all Hanford Swim Club business and updates!

Just Text: **@hanfordsw**
To: **81010**

Current Dues & Fees:

Monthly Dues are due by the 1st of each month. A \$10 late fee will be assessed for any payments made after the 5th of the month, unless prior arrangements have been made with the HSC Board Treasurer. Payments can be made by Credit Card, Check or Cash.

Bronze:	\$60
Silver:	\$65
Gold:	\$70

There is no credit given for missed practices or vacations. For swimmers joining after the start of the month, payments begin with the current month pro-rated. Should a credit card or check payment fail to go through, your account will be assessed a **\$25.00** fee.

Each family will be responsible for a \$250 annual fundraising fee to help support our Hanford Fall Classic Swim Meet in September. This will be completed with our fall fundraising sponsorship drive.

New Swimmer Try-Outs

New swimmers must meet minimum swimming requirements. Once the child has passed the swim test, they can start attending practice.

Suggestions and Complaints

As in any large organization involving significant numbers of parents and their children, HSC cannot always be all things to all people. If you have a complaint about administration of the club, coaching, finances, other swimmers' behavior, other parents' behavior, or other related matters, please contact any Board member.

Participation at Meets

Swimmers may participate at a variety of meets as recommended by the coaches, and their participation depends on the goal and readiness of the swimmer and on the level of the meets available. Signing up for the meets is done through Active. You may choose to "commit" or "not commit" to attend a meet. If you do choose to attend the meet, you must also select each individual event the swimmer may wish to compete in, by clicking the box next to each individual event. Our board members are happy to assist you through your first meet entry when your swimmer is ready to start competing.

Supporting Our Home Meet

Our home meet is the team's main fundraiser. Hanford Swim Club has an excellent reputation in running efficient meets thanks to the willingness of our members to work together. In addition, we ask each member to contribute by donating beverages and snacks to provide to our guests. Since our home meet attracts out-of-town guests, our business community benefits. Members are encouraged to approach businesses to advertise in our programs as these contributions count towards the members' fundraising commitment.

Meet Schedules

The meets available in our area are found on the Central California Swimming website. There is a link available through our website. We will also update the team frequently of upcoming meets that our team plans to attend.

Welcome parents to the wonderful world of swimming.

Now what?

It takes a lot of energy and time for the coaches to plan seasonal outlines, training regimens, and daily practices, not to mention the actual time and energy spent on the pool deck for workouts and competitions. HSC wants its coaches to continue to focus their efforts directly on the athletes, your swimmers, which creates a need for parents to help out behind the scenes with planning/running major events, assisting with some administrative tasks, timing, and many other small but crucial jobs as well.

HSC would be just an ordinary club if it were not for the hard work and contributions of you, the parents, who give it life and atmosphere. Please keep our club alive and volunteer!

We have 2 Different Seasons: Long Course and Short Course

What does that mean?

- Short Course swim meets are held in 25 yard pools. These are the size of the pool that we typically practice in. Short Course swim season runs from September to February.
- Long Course swim meets will be held in 50 meter pools, so the pool will look longer. It's okay though, because there are less flip turns! Long Course swim season runs from March to July.

Preparing for Practice... Important things to remember:

1. Practice is to get ready for a meet... the way we practice is the way we will do at the meet.
2. Please eat something light before practice... if you eat dinner or sweets before practice you may not feel well.
3. **Bring water**... you may be in a pool but your body needs water!
4. Be ready to listen to your coach.



IN ORDER FOR OUR SWIMMERS TO IMPROVE, THEY NEED TO ATTEND PRACTICES REGULARLY AND PARTICIPATE AT THE SWIM MEETS.

** Parents may wish to stay and observe practice times and are welcome to do so. Due to the regulations set forth by USA Swimming, we do ask that all parents and siblings stay away from the swimmer's area by the pool deck during practice. Please pick up your swimmers on time after their practice. If you have any questions for the coaches, they will be available before/after practices. Any problems can be discussed with a board member **

During Swim Practice...

Swim practice is important. It is the time that you and your coaches get to spend building your endurance and skills.

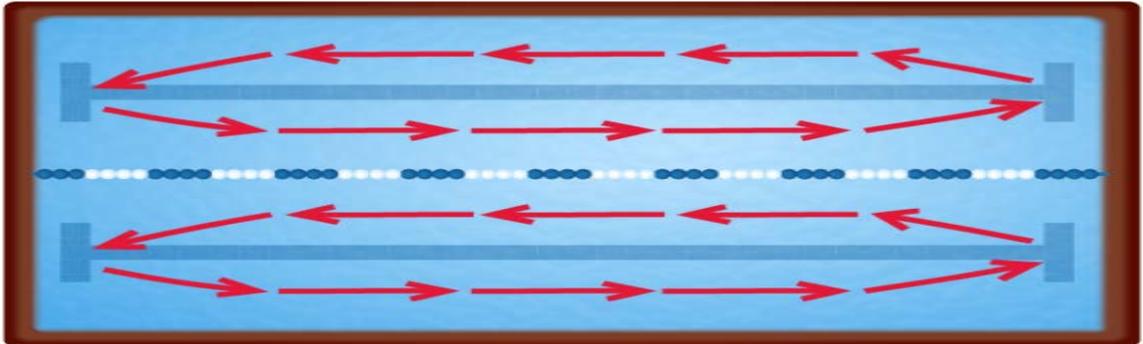


- During practice please listen to what your coach is telling you. We want to make sure everyone on the team can be the best swimmer they want to be.
- **Do not go under the water to play.** The coach has to keep an eye on everyone, when you are under the water. They have to check and make sure you are not drowning, which takes away from your teammates practice time. Practice is not a time for fooling around. You are expected to act responsibly for your own safety and for the safety of other swimmers.
 - ❖ Parents – understand that coaches receive the support of the Board in benching swimmers during practice, for not listening or behaving irresponsibly in the pool. Benched swimmers do not get to leave practice early.

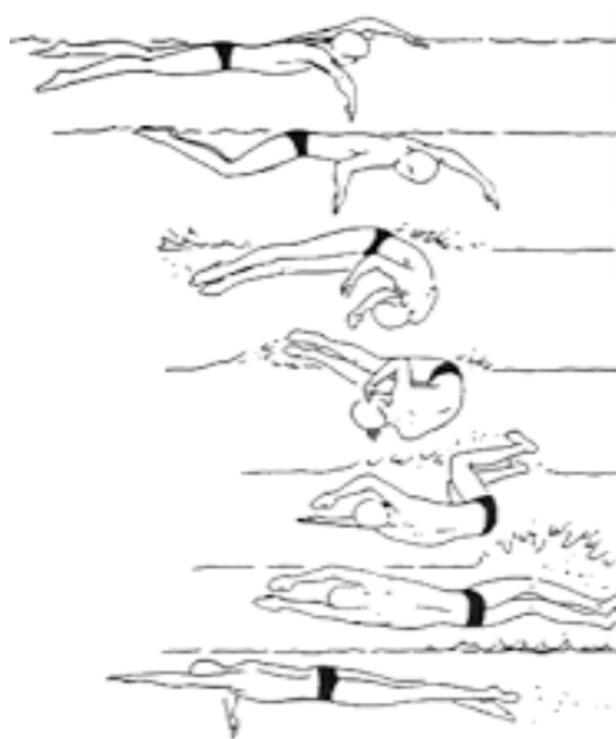


- **BE ON TIME!** - The coaches develop the sets based on specific techniques that build up from the warm up all the way through the cool down. If you are late to practice you will miss out on important parts of the work out. It will also be disruptive to the rest of the group if you are working on a warm up while they are in the middle of a set.

- The pools we practice in are 25 yards long. When we practice we are in a lane with other swimmers so we circle swim in order to avoid running in to each other in the water.



- If you know how to flip turn, do so at practice. **EVERY TIME!** A flip turn will save you time at your swim meet. If you don't know how to do a flip turn, don't worry, we will work on it during practice.



- When we are doing a set we do not stop at each wall to fix our goggles or to take a drink of water.

BRING WATER! It is very important to stay hydrated.

It's time for a swim meet!

What should I do?

- ❖ Check in at the Registration Table.
- ❖ Check in with your coach.
- ❖ We warm up as a team, please be sure to wear you TNT swim cap.



- ❖ Let your coach know what heat and lane you are in for each event. We cannot time you if we do not know where you are.
- ❖ **It is your responsibility to be ready to swim when your event is called so listen to the announcers and watch the scoreboard.**
- ❖ When it is time for your heat, the Starter blows his/her whistle in a series of short bursts, and then announces the race.
- ❖ The Starter will then blow his/her whistle one-time indicating it is time to step up on the blocks. The Starter will say, "Take your mark." When everyone is set, s/he will start the race with a loud horn/beep.
- ❖ In our league, we will do a "Fly-Over" Start – When you finish your race, you will stay in the water hugging the wall under the starting block, until the next race has started. You may then climb out of the pool.
- ❖ After each event check back in with your coach so we can tell you your time.
- ❖ COOL DOWN after each event, we need to let our muscles cool down before we wait for our next event or go home.
- ❖ Do not eat junk food at your swim meet! That means no soda, chips, candy or sweets. Please bring healthy snacks and drinks. After you swim your last event for the weekend you can eat junk food again (if your parents say yes!)
- ❖ **The most important thing to do is:**

HAVE FUN!!!

The gear we use:

All swimmers are required to have the following gear for practice and to bring it with them every time.



Goggles – To protect our eyes



Swim Cap – Not everyone loves to wear them, but they are required at swim meets so we should use them at practice to get used to them.



Fins – These not only make you swim faster, they help improve your leg strength, flexibility and your overall form.



Kick board – These can be used in a variety of ways, but mostly it is to focus on improving your kick.



Pool Buoy – This helps you focus on your arm mechanics and proper body positioning.

Gear for the Older/More experienced swimmers:



Swim Snorkel: These are designed specifically for swimming. These will help focus on your stroke with your head down. Moving your head to breath interrupts your body positioning, these will assist with keeping your focus on the stroke.



Hand paddles – Paddles help you develop power in your stroke and teaches speed and efficiency.



Parachute – Parachutes give you additional weight to pull while performing laps, giving you an extra edge by increasing your speed, strength and endurance.

****Your coach will let you know when you are ready to add specific gear to your work out****



Mesh Bag – Not required, but a well ventilated bag will help keep your gear from getting smelly and from developing any sort of mildew.