

HURON HURRICANES



HURON HURRICANES AQUATIC CLUB

Policies & Procedures Handbook

Last Updated: February 2025

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Mission Statement

The Huron Hurricanes Aquatic Club (HHAC) is a nonprofit, independent sports organization whose purpose is to teach and promote the sport of swimming in Huron County. The HHAC encourages sportsmanship, training for competition and self-development in the sport of swimming.

Welcome from the Executive

The Huron Hurricanes Aquatic Club (HHAC) is for swimmers who love to race and dream big, and swimmers who just love to be fit. HHAC encourages good sportsmanship, honesty and determination, in a family-oriented environment!

We look forward to another season with all our returning swimmers and welcome any new swimmers. Please REVIEW all of the policies and procedures information inside this package. For more information please contact: HHAC Executive hhacswim25@gmail.com

Club Structure and Governance

The Huron Hurricanes Aquatic Club (HHAC) is:

- registered under the [Not for Profit Corporations Act](#)
- affiliated with [Swim Ontario](#)
- governed by volunteer executive members and directors
- coached by paid and volunteer coaches

Members of the club are defined as swimmers and their parents/guardians. Family participation is an essential part of HHAC, fulfilled by a number of volunteer positions and opportunities.

Executive Meetings

The club Executive meets once each month to discuss upcoming meets, events, plans, club issues, etc. This meeting is open for any member to observe at any time. If you wish to bring an issue to the attention of the Executive, please contact the club President to be given a place on the meeting agenda by email: hhacswim25@gmail.com

Annual General Meeting

The Annual General Meeting (AGM) is held at the end of each season. This meeting is used to review the club's financial position, discuss plans for the new season and appoint or vote for persons who will be holding key positions in the new season, including the Executive. Any major issues are tabled and any changes to the club by-laws, or policies are presented for approval at this time. All members are invited and are strongly encouraged to attend.

Club Communication

HHAC strives to keep all of its members informed. The club has many formats that it utilizes to ensure that you are kept up-to-date with the latest information.

Website

HHAC's website is a very useful resource for our members. At a glance, you will find interesting and useful information concerning the club's activities (e.g., swim meet schedule, practice schedule, fundraisers, positions to fill volunteer hours, etc.). The website also provides you with many links to other websites related to the sport of swimming. If you have any questions regarding the club, the first and best place to look for an answer is on the club website at www.huronhurricanes.ca

Email

HHAC uses electronic media to distribute club information. This method is very timely and reduces costs associated with printing. It is important that you provide the club with an email address that you intend to check on a regular basis. HHAC Executive and Coaches will regularly contact families via email to pass on timely information and reminders. As well, email will be used to alert families of short-notice changes (e.g., pool closures in bad weather, canceled practices, etc). If your email address should change at any time throughout the season, it is your responsibility to update your registration information with the club's registrar, executive and coach. This can be done by emailing your new email address to hhacswim25@gmail.com AND hhaccoach@gmail.com to advise that there is a change to your email address that is currently attached to your file.

HHAC asks the volunteer executive members and/or paid coaches who have access to the Executive and Coach email accounts to check these accounts once per week. This is not expected, only asked. We all know and understand that life can become extremely busy, and sometimes due to unforeseen circumstances, these accounts may only be checked once or twice per month. If you have a matter that is pressing, HHAC encourages families to attend a practice and ask to speak to a coach or executive member, depending where your matter needs to be addressed, often matters can be taken care of during this time. HHAC encourages open communication between parents, executives, coaches and swimmers; it's how clubs remain healthy.

Swim Ontario Regulations

Code of Conduct and Ethics

HHAC follows the Swim Ontario Code of Conduct and Ethics for all Participants including Parents/Guardian: [Code of Conduct And Ethics For All Participants Including Parents/Guardian](#)

Photography, Videography and Cellphone Use

HHAC follows the procedure of Swim Ontario to minimize risk: [Swim Ontario Photography, Videography and Cellphone procedure](#)

Complaint Procedure

HHAC administers the Swim Ontario [Complaint, Dispute Resolution, Discipline and Appeal Procedure](#). All Code of Conduct complaints need to be submitted to Swim Ontario using this [Complaints Process](#).

Rowan's Law Concussion Reporting

Concussion Reporting Procedure with HHAC registrants (Swimmers, Coaches, and Officials) for occurrences OUTSIDE of club related activities:

1. It is the responsibility of the athlete and or parents/guardians and is imperative to inform coaches if a concussion or suspected concussion has occurred.
2. Once coaches are aware, they will share this information with HHAC's President and Swim Ontario. Athlete's are required to refrain from swimming until they have been seen by a physician or nurse practitioner. This is for the safety of the athlete and for HHAC to comply with Rowan's Law.
3. HHAC will wait for a medical note from the athlete's physician or nurse practitioner for permission for the swimmer to Return-to-Sport, whether there is a concussion OR, no concussion was sustained. The medical note will be shared with Swim Ontario for their review. Athletes are required to refrain from swimming until Swim Ontario has given HHAC permission for the athlete to return to training.
4. Upon approval from Swim Ontario and if an athlete is recovering from a concussion HHAC will follow the [Swimming Canada graduated return-to-Sport Strategy](#)
5. HHAC's Head Coach will be in communication with the Club President and Swim Ontario via email and jotform updates as required, until HHAC has received a medical clearance note from the athlete's physician or nurse practitioner.
6. The medical clearance note will be shared with the Head Coach, Club President and Swim Ontario.
7. HHAC will wait for approval from Swim Ontario to allow the athlete to return to training with no restrictions.

Reference:

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources#section-4>

Swimming Levels

Each swimmer is assessed by one of the HHAC coaches and then placed into a suitable swimming category. HHAC offers five levels of swimming programs largely based on swimming ability and endurance. The swim season runs from September to April for Category 1, 2 and 3 Pre-Competitive. Categories 3, 4, and 5 Competitive will finish their season late June. HHAC may offer a second session if there is enough interest for swimmers who wish to continue practicing until the Open Water meet in July.

Category 1, Pre-Competitive

Category 1 program is ideal for those children who are interested in having fun while being introduced to some of the technical aspects of swimming skills. This beginner program is designed to teach the swimmer to be comfortable in the water and learn to move through it. It also focuses on basic movements and abilities needed for swimming competitive strokes with an emphasis on freestyle and backstroke. There is also some development of stamina and endurance. Practices are 1 hour in length, once a week. Swimmers must be able to complete 50 metres of a recognizable stroke to be accepted into this program.

A swim test is mandatory for swimmers 6 – 10 years of age or at Lifeguard's discretion done during swim assessments.

Category 2, Pre-Competitive

Category 2 is designed for swimmers who have mastered the basics for moving through the water (either through our Category 1 or swimming lessons). Practices consist of: stroke work to build skills, endurance work for conditioning and speed. All four competitive strokes (freestyle, backstroke, breaststroke and butterfly) are taught at this level. Practices are 1 hour in length, up-to two times a week. Swimmers must be able to complete 50 metres of a recognizable stroke to be accepted into this program, with a goal of completing 400 metres continuous by the end of the season.

A swim test is mandatory for swimmers 6 – 10 years of age or at Lifeguard's discretion done during swim assessments.

Category 3, Pre-Competitive and Competitive

Category 3 is for both pre-competitive and competitive swimmers, with focus on skills and drills and increased technique work. Fun workouts geared to train the aerobic and cardiovascular system from a swim perspective. Learn to race components are introduced in this group. All swim workouts are kept with the Swim Canada's Long-Term Athlete Development Model which involves a clear guide to training the young athlete with a healthy perspective in mind. Competitive swimmers will be able to participate in monthly competitions and Regionals (if

qualifying times are achieved). Practices are 2 hours in length, up-to three times a week. Swimmers must be able to perform all four strokes and complete 400 metres continuously.

Category 4, Competitive

Category 4 is for competitive swimmers focused on technique, fitness and racing, while also for swimmers interested in improving their swimming and learning more about the sport of swimming. Swimmers will be able to participate in monthly competitions and Regionals (if qualifying times are achieved). Practices are 2 hours in length, four times a week. Swimmers must be at least 12 years old with a goal of Regionals and above.

Category 5, Competitive

Category 5 is for competitive swimmers focused on perfecting technique, training and mental preparedness. Swimmers will be able to participate in monthly competitions and Regionals (if qualifying times are achieved). Practices are 2 hours in length, five times a week. Swimmers must be at least 13 years old with a goal of Regionals and above.

Moving Program Levels

Depending on your child's progress through the swim season, you may be asked to consider moving your child to another swim category. Movements of this nature are typically suggested because your child's coach has determined that all of the basics from the current category level have been mastered. However, sometimes the swimmer's age is also a factor. Advancement to another swim program not only fosters continued improvement in your swimmer's ability, but also takes into consideration that athletes will experience greater enjoyment when practicing with children of a similar ability and age.

The coach will consult parents before any swimmer moves to another category. The club Treasurer will assess fee changes for the balance of the season and inform the parents accordingly. HHAC Executive will update registration information.

Practices

Practice locations and times (below) are set by the Executive and Head Coach and are subject to change based on holidays, meets, etc.

- Most practices are in the water; dry-land training is done out of the water to aid and enhance swimming performances and may include calisthenics and stretches.
- It is important to arrive on time to avoid disrupting the coach and other swimmers.
- HHAC will not issue refunds for practices cancelled due to unforeseen weather, facility issues, or other unexpected circumstances. However, the HHAC Executive will review refund requests if a facility issue persists.
- Swimmers must adhere to the Code of Conduct during practices. HHAC continues to maintain a welcoming and safe environment for all and unsafe behaviour will not be tolerated, swimmer(s) may be asked to leave practice.

- A parent/ guardian/ caregiver for swimmers 8 years and younger is asked to remain within the facility for the duration of practice

Pool Locations

Vanastra Recreation Centre 26 Toronto Blvd. Vanastra, ON

Maitland Recreation Centre 190 Suncoast Dr E Goderich, ON

Practice Schedule

SWIM LEVEL	MONDAYS VANAstra	TUESDAYS GODERICH	WEDNESDAYS VANAstra	THURSDAYS GODERICH	SATURDAYS VANAstra
Category 1 (Pre-competitive) 1 session per week 1 hour each		5:00-6:00 pm	5:30-6:30 pm	5:00-6:00 pm	
Category 2 (Pre-competitive) 2 sessions per week 1 hour each		5:00-6:00 pm	4:30-5:30 pm	5:00-6:00 pm	7:00-8:00 am
Category 3 (pre-competitive) up to 3 sessions per week 2 hours each		4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am
Category 3 (Competitive) up to 3 sessions per week 2 hours each	4:45-7:00 pm	4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am
Category 4 (Competitive) 4 sessions per week 2 hours each	4:45-7:00 pm	4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am
Category 5 (Competitive) 5 sessions per week 2 hours each	4:45-7:00 pm	4:45-7:00 pm	4:15-6:30 pm	4:45-7:00 pm	6:45-9:00 am

NOTE: Schedule subject to change based on enrollment. The first 15 minutes of each practice for Category 3 and up will be dedicated to activation activities

Video Recording at Practice

From time to time the HHAC coaching staff will utilize underwater video recordings as a training tool. When in use, video of your child swimming may be distributed to and viewed by coaches and other participants on the team.

Swim Equipment

Each swimmer is responsible for their personal items and equipment at practices and meets. Swimmers should never leave valuables in the locker room and all belongings should be labelled.

Personal items: practice swimsuits, towels, deck shoes, warm-up suits and toiletries

Swim caps: Swim caps are required. They help protect hair from excessive drying by chlorine, and provide team identification. Fun/colourful/patterned caps may be worn at practices and are coach-approved.

HHAC Team Caps: All swimmers will receive one HHAC swim cap at their first practice. Swimmers will have a choice of either silicone or latex. HHAC swim cap replacement will be at cost, and charged to the family from HHAC's club Treasurer. Current cap replacement cost can be found on the club's website. All swimmers are required to wear a HHAC swim cap while at swim meets.

Goggles: All swimmers are required to wear goggles for vision, to avoid collisions, and to protect eyes from chlorine. Swimmers must bring one or two pairs of extra goggles that fit for swim meets.

Additional Equipment

The table below lists the required equipment for each category in addition to cap and goggles. Please ask your coach if you are unsure of anything. All information can also be found on our website: huronhurricanes.ca There is a grace period for acquiring equipment.

Groups	Equipment
Category 1 (Pre-competitive)	Kickboard Pullbuoy Fins Equipment bag
Category 2 (Pre-competitive)	Kickboard Pullbuoy Fins Equipment Bag
Category 3 (Pre-competitive and Competitive)	Kickboard Pullbuoy

	Fins Equipment Bag Paddles Swim Band Nose Plug (as recommended by Coach) Pacer/Tempo Trainer (optional)
Category 4 (Competitive)	Kickboard Pullbuoy Fins Equipment Bag Paddles Swim Band Nose Plug (optional or as recommended by Coach) Pacer/Tempo Trainer Snorkel
Category 5 (Competitive)	Kickboard Pullbuoy Fins Equipment Bag Paddles Swim Band Nose Plug (optional or as recommended by Coach) Pacer/Tempo Trainer Snorkel

Equipment Vendors

This year we will be working with two Canadian swim companies: LY Sports and Team Aquatics. You can order your equipment through TEAM PAGES (see links below). Each company offers our club different discounts. This is a dedicated page showcasing approved equipment, which helps streamline the shopping process for parents.

LY Sports: HHAC receives 20% off retail prices. Access by using this direct HHAC link:
<https://www.lysports.com/team/huron-hurricanes/>

Team Aquatics: HHAC receives a 20% discount on products located on the TEAM PAGE. Access by using this direct HHAC link:
<https://team-aquatic.com/collections/huron-hurricanes-aquatic-club-equipment-list>

Fees and Family Participation

Registration Fees

Please refer to the club website for current fee schedule: huronhurricanes.ca

Fees are set based on the level at which your swimmer trains – the more hours of training per week, the higher the fees. However, please note these fees do not correspond to a fixed number of hours, or practices per week/season. Some practice times will change depending on pool availability, meets and coaching availability.

Fees may be paid in full at registration, or 7 monthly installments (dated October 15, 2024 through March 15, 2025) with the first month paid at registration. HHAC accepts cheques and eTransfers only.

Fundraising

Fundraising can help make swimming better and more affordable for everyone. Revenue raised from outside sources can be used toward non-budgeted expenses such as additional club equipment, team travel, swim meets and events etc. Each family is responsible for raising \$100 in profit through a cash raffle (\$100 due at registration or post-dated cheque due December 1st, 2024). There may be other fundraisers during the swim season that will help raise funds for the club, but swimmers are not required to participate. If a swimmer joins after the draw date, a prorated 'late registration fee' will be required. For example, if a swimmer joins in January, their late registration fee would be \$45.

Note: Swim-A-Thon is NOT part of HHAC's fundraisers. Swim-A-Thon is a Swim Canada event in which HHAC receives funds back as a grant.

Family Participation Program:

Huron Hurricanes Aquatic Club (HHAC) is a not-for-profit organization run entirely by parent volunteers. Our volunteers handle various aspects of HHAC operations, including executive roles, event coordination, fundraising, coaching, and planning and officiating at swim meets. To ensure the efficient operation of the Club, and to maximize each swimmer's experience as a Hurricane, we have developed the Family Participation Program. This is a points-based volunteer program where each family is required to meet a minimum of volunteer points based on their swimmer's level of participation on the team.

We collect a \$300.00 bond cheque at registration that we will hold until the end of the swimming year. If you do not acquire the minimum points for the category your swimmer is registered in, then the cheque is cashed. If you have acquired the minimum points, then your cheque will not be cashed.

For families with multiple swimmers, the points requirement is based on the highest category in which any of your children swim. For example, if you have a child swimming in Category 4 and another child in Category 3, your family would need to earn 16 points, not 28 (see table below).

Points Requirements

Swim Level	Minimum Points
Category 1	2
Category 2	4
Category 3	12
Category 4	16
Category 5	20

Earning Points

There will be opportunities for earning points throughout the swim season. Sign up for volunteer roles will be sent out to club members using email, Signup Genius or another platform in early fall.

Officiating

Each family with a competitive swimmer will be recommended to take the Introduction to Swim Officiating course and obtain at least one on-deck evaluation during the first year of swimming or inception of the program. The Introduction to Swim Officiating course can be completed online in a couple of hours and allows parents/guardians to be Timekeepers. On-deck evaluations can then be completed at various swim meets throughout the year. As your swimmer progresses through the Categories/Swim Levels, it will become a requirement for families to have one parent/guardian also move up through levels of officiating. The Timekeeper position will be reserved for families new to officiating.

Financial Adjustments: Mid-Season Changes

For purposes of calculating financial commitments for swimmers either joining, moving program levels or leaving part way through the swim season, the swim season runs from September to the end of April (8 months) for Category 1, 2 and 3 (pre-competitive) swimmers, and to the end of June (10 months) for Category 3, 4 and 5 (competitive).

Joining after the season starts: HHAC registration fees, fundraising amounts and volunteer time for swimmers joining later in the season will be determined on a prorated basis, depending on the number of months remaining in the season. Swim Ontario fees are payable in full, at time of registration. Swim Ontario + Swim Canada registration fees are not prorated and are non-refundable no matter when a swimmer joins.

Moving program levels: If your swimmer's swim program level changes mid-season, the registration fees will be adjusted and prorated based on the number of months remaining to the end of the season.

Leave of absence for medical reasons: If your child has suffered an injury and cannot participate in swimming, you may request a leave of absence. If the leave of absence is for a period of greater than six weeks, you will be entitled to a registration fee rebate. Your registration fees will be prorated for the period the swimmer is absent from club activities. The non-refundable Swim Ontario fees, fundraising amount, and volunteer hours will not be factored into the rebate figure.

Injuries incurred after March 1st will be ineligible for any rebate.

A leave of absence for any reason other than medical will not be considered for rebate.

HHAC recommends that a parent/guardian discusses the athlete's physical condition with the Head Coach if the injury has resulted in a recovery time of greater than twelve weeks. If the extended leave of absence results in the swimmer leaving the club, you must inform the club, in writing, of your decision (see below).

All rebates and adjustments will be issued after the athlete resumes club activities.

Leaving the club If your swimmer chooses to leave the club before the end of the season, you must advise your Coach and the Executive in writing and dually e-mail to:
hhacswim25@gmail.com AND hhaccoach@gmail.com

The resignation will take effect as of the month-end following the month that notification was received. For example, if a resignation notification was received any day in January, the resignation effective date will be February 28. Applicable refunds will be calculated as the resignation effective date. Refunds will NOT be retroactive to the date of the last swim practice attended unless the decision to leave is related to a leave of absence due to medical reasons (see above).

Swimmers are welcome to attend all practices until the resignation effective date if desired.

After the resignation effective date, any unpaid monthly registration fee cheques will be returned. Registration fees paid in advance (monthly or in full) will qualify for an equivalent refund. The non-refundable Swim Canada, Swim Ontario fees will not be factored into the refund.

If your swimmer begins or leaves in the middle of a season, your volunteer bond cheque will be prorated to the month the swimmer begins or leaves the club. For example: if a swimmer gives notice in January, the return of volunteer bond fee would be \$90. If notice is given of a swimmer leaving after March 1 there is no prorated fee or return of bond fees. This transaction would happen after June 15 of the season.

After receiving written notification of the swimmer(s) request of leaving HHAC, The club Treasurer will inform the family by email following the next scheduled Executive meeting of any outstanding balance owing to HHAC, or if applicable you will be issued a refund from the club (less a \$10 administration charge).

There will be no refunds after March 1st.

If your swimmer transfers to another club in Ontario: It is the new club's responsibility to first register the swimmer with Swimming Canada electronically. This process triggers a request to HHAC for a transfer authorization. Authorization will be granted only once it has been ascertained that no fees are owing to Huron Hurricanes Aquatic Club. Note: According to Swimming Canada's national transfer policy – each transferring swimmer will be deemed "unattached" for a 30-day period once the transfer authorization has been granted. After the 30-day period, the transferring swimmer will officially be registered with the new club.

If you fail to meet your financial obligations, action will be taken to collect all fees owing on approval of the Executive.

Swim Meets

The club's meet schedule is set by the Executive and Head Coach and is subject to change throughout the season based on space availability at the meets offered. Be sure to regularly check the club website huronhurricanes.ca for the most recent and accurate list of upcoming meets and dates. As well, prior to any meet, be sure to confirm the date, warm-up time and location of each swim meet. It is your responsibility to have your child at each meet on the appropriate day and time, and with the necessary equipment.

Attending Swim Meets

A minimum of 5 swimmers must commit to attending an away meet, in order for HHAC to send a paid Coach, or to be submitted to HHAC executive for approval for a paid coach to attend. If there are less than 5 swimmers that commit to attending, it's at the discretion of volunteer coaches and HHAC executives if the team attends.

If HHAC swimmer(s) qualify for swim meets beyond Regionals (e.g., Provincials), sending a coach will require prior approval by the HHAC executive. A written request to attend these meets will need to be submitted to the HHAC executive, with attendance at these meets dependent upon coach and HHAC executive approval. If not approved by HHAC executive, it would be the parent/guardian's responsibility to pay for coaching if the swimmer wanted to attend.

Swim Meet Fees

The parent/guardian understands and agrees to pay the fees for swim meets and any transportation or accommodation fees associated with swim meets in which their child participates. After receiving and agreeing upon notification of the swim meet, the

parent/guardian is responsible for the cost of the meet entry fees after they have been submitted to the host clubs meet manager regardless if the swimmer attends the meet or completes the events, whatever the reason.

Fees must be paid once families receive the "Swim Meet Fees" email sent from HHAC's Club Treasurer. Families must be in good financial standing with HHAC in order for their child to be registered for the next swim meet.

Locally, HHAC hosts its "in house" meets at either the Vanastra Recreation Centre or Maitland Recreation Centre. These meets are called Purple & Black meets and are a FUN opportunity for the team to come together and for our Pre-Competitive swimmers to see what a meet is like.

Swim Meet Results

The hosting club records results of your child's performance at a meet. Often these results are posted in a central location in the stands or hallway area during the meet.

At the completion of a meet, results are filed with Swimming Canada by the hosting club. These results can be viewed electronically on the Swimming Canada website www.swimming.ca. Check under "Events" followed by "Meet List & Results" to see the times for all swimmers.

Swimming Canada also tracks individual results for all registered swimmers. Swimmers times by event for each meet attended as well as highlighted best times for the season:

Go to www.swimming.ca

Click SEARCH.

TYPE in your swimmers registered name.

CLICK on your swimmers name; their birth year will be noted beside their name.

Meet Mobile Swim Meet App is an essential swimming app for families, swimmers, coaches, and fans. Meet Mobile provides real-time event results at any time. In addition to real time results, you will see pre-race rankings, standings, and heat/lane assignments as they become available and individual and team scores. This app also allows you to flag swimmers/ and or teams as "favorites".

For parents and swimmers: All About Swim Meets!

Attending your first swim meet is fun and exciting but can also cause a little nervousness and anxiety. Understanding how swim meets work can help to ease anxiety and nervousness. Please read the following information and feel free to ask if you have any questions or concerns. We hope this information is helpful for both the new swimmer and parents as well as some good reminders for the seasoned veterans.

What to bring

1. Swimsuit, cap, and goggles. Packing an extra suit, cap, and pair of goggles is always a good idea. These items seem to rip and break at the most inopportune times!
2. Towels – wet bodies everywhere, so pack at least two.
3. Something comfy for your swimmer to sit on such as a sleeping bag, old blanket.

4. Several changes of clothes such as sweatpants, sweatshirts, and t-shirts. Swimmers need to stay warm between events and there is nothing worse than pulling on cold, soggy sweatpants.
5. Plastic bag for wet stuff.
6. Entertainment for the whole family such as travel games, cards, coloring books, books, iPods, Gameboys, etc. - especially important if you are bringing youngsters who are not swimming! Parents often bring newspapers, books, laptops, and sewing, anything to pass the time!
7. Small cooler of healthy snacks and drinks. Suggestions for items to bring: water, fruit juice, Gatorade, granola bars, fruit, yogurt, cereal, trail mix, sandwiches, bagels.
8. Sharpie marker, pen, highlighter. Some swimmers like to write their events on their arms.
9. Parents should bring Cash (for swimwear, t-shirts, snacks at the snack bar, or host clubs often have silent auctions, etc.)
10. Swimming pools are normally very warm. Please dress appropriately. Normally a short sleeve shirt is very comfortable no matter what the season but you may want to bring a light jacket or sweatshirt for those days they decide to crank up the air.

Before the meet

1. All swimmers must confirm their participation in a swim meet. Signups after the deadline will not be accepted. If for any reason you are unable to attend a meet in which your swimmer is signed up, please contact HHAC.
2. Meets require the help of parent volunteers. ALL officials at meets are volunteers.
3. Arrive at the pool at the designated time, typically one hour before the meet begins. This will allow time for coaches to take attendance, have a team meeting and swim warm ups. Warm up times are pre-determined by the hosting team and will be listed in the meet info, posted on the host clubs website. Coaches will post warm- up times a day or two before a meet. PLEASE ARRIVE AT THE POOL AT THE REQUESTED TIME. There is a lot to do before a meet begins. Having all swimmers there and ready will cut down on any pre-meet stress.
4. Swimmers usually keep all their belongings with them on the pool deck or other designated area for swimmers. Help your swimmer find the team or HHAC coach(es). PLEASE NOTE Parents ARE NOT ALLOWED on the pool deck.
5. Swimmers report to the pool and/or coach for warm-ups. It is very important for all swimmers to warm-up with the team. Swimmers' bodies are just like cars on a cold day; they need to get the engine going and warmed-up before being able to go all out.
6. Swimmers return to the team area after warm-ups. Time to dry off, put on warm clothes, and go to the bathroom.
7. The meet will usually commence immediately after warm-up.

During the meet

1. Know what events your swimmer is competing in. This can be found on meet mobile OR the event entries from Hy-Tek that the coach sends in the meet information email. It is important for swimmers to know what event numbers they are swimming. Heat sheets and highlighters are a swim parent's best friend!
2. Swimmers self marshall, PARENTS watch the board for your swimmers event and lane.

3. Report to your lane a few heats prior to your race. The timers behind the starting blocks often check to make sure that swimmers are lined up in the correct order. However, it is always a good idea to have your swimmer check in with the lane timers to make sure they are in the correct lane and heat.
4. Parents, find a seat. According to SNC rules, parents are not allowed on deck unless they are serving in an official capacity, such as timers or stroke and turn officials. Parents must sit in the spectator area.
5. Swimmers, swim your race.
6. Check in with the coaches...again!
7. Swimmers go back to the team area, relax and wait for your next event. Be sure your swimmer is well hydrated and has a few small snacks throughout the meet.
8. When a swimmer has completed all of their events for the day, they are able to go home. Be sure however, to check with the coach before leaving to make sure your swimmer is not included in a relay or have qualified for finals.
9. Ask for help!! If during any of this you feel lost or confused, be sure to ask other parents or swimmers for help! We have all had our “first meets” and know it can be overwhelming. Once you have attended one or two meets, it will all become very routine and enjoyable.

During and after the meet

1. HAVE FUN!!! While we compete at meets and strive to do our best, having fun, cheering your teammates on and being proud HHAC swimmers is the ultimate goal.
2. Be happy for those that win and earn medals and ribbons!
3. Plan to do better. Achieving your personal best is the goal of the next meet. Your coaches will help you at practice to get better.... you can do it!

Special note for parents

The pool area is usually very warm. Therefore, you need to make sure that you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly.

You will be at the meet for a few hours – so prepare by bringing some reading. If you don’t think that a bleacher seat is comfortable, feel free to bring something comfortable to sit on (blanket or a folding stadium seat).

Better yet...become an official and get involved! You get to be close to the action and have a great view of your child’s race. This is the greatest show!