



# **HURON HURRICANES AQUATIC CLUB**

## **Policies & Procedures Handbook**

(updated July 17, 2021)

Welcome to the 2021 – 2022 Huron Hurricanes Aquatic Club

***For swimmers who love to race and dream big, and swimmers who just love to be fit. The Hurricanes encourage 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](mailto:hhacswim25@gmail.com)

HHAC Coaches [hhaccoach@gm](mailto:hhaccoach@gm)

## ***Swimming Levels***

Each swimmer is assessed by one of our coaches and then placed into a suitable swimming program. We offer five levels of swimming programs largely based on swimming ability. The swim season runs from September to April for our FUNdamentals and Novice groups. All other groups finish their season at the end of May.

### ***THE FIRST LEVEL IS OUR FUNDAMENTALS PROGRAM.***

The swimming FUNdamentals 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.

Fundamental practices are 1 hour in length, up-to two times a week.

Swimmers must be able to complete one continuous length of a 25- meter pool (no specific stroke) to be accepted into this program.

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

### ***THE SECOND IS OUR NOVICE PROGRAM***

This program is a natural progression from FUNdamentals program that is Competitive and Non-competitive. It is designed for swimmers who have mastered the basics for moving through the water (either through our FUNdamentals program or swimming lessons) and are now ready to be introduced to competitive swimming. Practices consist of stroke work to build skills, endurance work to gain strength, and “quality” to increase speed. All four competitive strokes (freestyle, backstroke, breaststroke and butterfly) are taught at this level.

Monthly competitions and Regionals (if qualifying times are achieved). Novice practices are 1 hour in length, up-to three times a week. Once sufficient achievements have been reached, graduation to the next program level will be recommended.

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

### ***THE THIRD IS OUR JUNIOR PROGRAM***

This program is Competitive and Non-competitive focused on skills and drills with 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 keeping 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.

Monthly competitions and Regionals (if qualifying times are achieved). Junior practices are 1.5 hours in length, up-to three times a week. Once sufficient achievements have been reached, graduation to the next program level will be recommended.

### ***THE FOURTH IS OUR INTERMEDIATE PROGRAM***

This program is Competitive and Non-competitive focused on technique, fitness and racing. For swimmers committed to learning more and improving their swimming.

Monthly competitions and Regionals (if qualifying times are achieved). Intermediate practices are 2 hours in length, up-to three times a week. Once sufficient achievements have been reached, graduation to the next program level will be recommended.

### ***THE FIFTH IS OUR ADVANCE PROGRAM***

This program is Competitive and Non-competitive focused on perfecting technique, training and mental preparedness.

Monthly competitions and Regionals (if qualifying times are achieved). Advance practices are 2 hours in length, up-to four times a week.

### ***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 program level.

Movements of this nature are typically suggested because your child's coach has determined that all of the basics from the current 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 he/she 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 group. The club Treasurer will assess fee changes for the balance of the season and inform the parents accordingly.

### ***PRACTICES***

A schedule detailing practice times and locations will be provided for all swimmers on the club website [www.huronhurricanes.com](http://www.huronhurricanes.com). Practice locations and times 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 stretches, calisthenics.

Practice for the swimmers will finish in April/ May. Swimmers that are successful in advancing past the regular HHAC season will be responsible for their own coaching costs.

Please plan to arrive at practices at your swimmers appointed start time in order to be properly prepared. It is important to arrive on time to avoid disrupting the coach and other swimmers.

The Hurricanes regularly use two local pools for their swim practices.

- Vanastra Recreation Centre 26 Toronto Blvd. Vanastra, ON
- Maitland Recreation Centre 190 Suncoast Drive E Goderich, ON

### **2021 - 2022 Pool Time**

Monday Vanastra 5:00pm – 7:00pm

Wednesday Vanastra 4:30pm – 6:30pm

Thursday Goderich 5:00pm - 7:00pm

Saturday Goderich 8:00am – 10:00 am

***\*Pool times may vary depending on registration numbers\****

#### **Fundamentals (up to 2 hr/week – 2 X1hr/week)**

Monday – Vanastra 6:00pm to 7:00pm

Wednesday – Vanastra 5:30pm to 6:30pm

Thursday – Goderich 6:00pm to 7:00pm

Saturday – Goderich 8:00am to 9:00am

#### **Novice (up to 3 hr/week - 3x1hr/week)**

Monday- Vanastra 6:00pm to 7:00pm

Wednesday- Vanastra 5:30pm to 6:30pm

Thursday- Goderich 6:00pm to 7:00pm

Saturday – Goderich 8:00am to 9:00 am

#### **Junior (up to 4.5hr/week – 3x1.5hr)**

Monday – Vanastra 5:00pm to 6:30pm

Wednesday – Vanastra 4:30pm to 6:00pm

Thursday – Goderich 5:00pm to 6:30pm

Saturday – Goderich 8:00am to 9:30am

**Intermediate (up to 6 hr/week – 3 x 2 hr / week)**

Monday - Vanastra 5:00pm to 7:00pm

Wednesday – Vanastra 4:30pm to 6:30pm

Thursday – Goderich 5:00pm to 7:00pm

Saturday – Goderich 8:00am to 10:00am

**Advance (up to 8hr/week-4x 2hr/week)**

Monday – Vanastra 5:00pm to 7:00pm

Wednesday – Vanastra 4:30pm to 6:30 pm

Thursday – Goderich 5:00pm to 7:00pm

Saturday – Goderich 8:00am to 10:00am

**SWIM MEETS**

The club's meet schedule is set by the Head Coach and Executive and is subject to change throughout the season based on space availability at the meets offered. Be sure to regularly check the club website [www.huronhurricanes.com](http://www.huronhurricanes.com) 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.

Meet schedule can be found@ [www.huronhurricanes.com](http://www.huronhurricanes.com)

Entry deadlines will be noted on the google forms which will be sent out in an email for each meet.

It is the parent's responsibility to pay for coaching, for any meets not listed on the HHAC meet schedule for the season.

**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 his/her child

participates after receiving and agreeing upon notification of swim meet. Also, the parent/guardian is responsible for the cost of the entry fees after they have been submitted to the meet manager regardless if the swimmer completes the race or not, whatever the reason.

Fees must be paid prior to the swim meet and you must be in good financial standing with The Huron Hurricanes in order for your child to be registered for the next swim meet.

Locally, HHAC hosts its “home” meets in both the Vanastra Recreation Centre and Maitland Recreation Centre. These are called Purple & Black meets and are a FUN opportunity for the team to come together and for our non competitive swimmers to see what a meet is like.

### ***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 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](http://www.swimming.ca). Check under “Events” followed by “Meet List & results” to see the times for all swimmers.

Swimming Canada also offers the option to create a “**my swimming.ca**” account and track individual results for the entire season. My swimming.ca reports your child’s times by event for each meet attended as well as highlighted best times for the season. My swimming.ca is a very convenient tool to track your child’s improvement over the years.

**Meet Mobile Swim Meet App** is an essential swimming app for swimmers, coaches, and fans. Meet Mobile provided real-time meet results and standing from anywhere, 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”.

## **SWIM EQUIPMENT**

Each swimmer is responsible for his/her equipment at practices and swim meets.

In addition to personal items (practice swimsuits, towels, deck shoes, warm-up suits and toiletries), swimmers should be equipped with the following items:

- **All swimmers** are requested to wear a HHAC swim cap (provided by HHAC) during practices and at all swim meets. (swim caps will help protect the hair from excessive drying by the chlorine and provide team identification.)
- **All Swimmers** are required to wear goggles. (Goggles will help you see where you are going to avoid collisions and protect your eyes from the chlorine.)
- Competitive swimmers require a team swimsuit to be worn at all meets. Also, always have one or two pairs of goggles that fit for a swim meet.

Swimmers MUST bring their own equipment to every practice. Your swimmer will need the following equipment:

1. Mesh carrying bag
2. paddles
3. fins (swim fins, NOT snorkeling fins)
4. pull buoy
5. snorkel **SNORKELS WILL NOT BE USED until further notice.**
6. comfortable swim cap (some swimmers find the HHAC swim caps super tight, which is great for competition, but for practice some swimmers opt for a more comfortable cap)
7. Goggles
8. Kick board

HHAC will be selling the club's used equipment inventory at a discounted price. If interested in used equipment please email [hhacswim25@gmail.com](mailto:hhacswim25@gmail.com) for more information.



NEW Swim gear can be purchased from:

- ★ Penetangear located in Kincardine, ON: <http://penetangear.com/>
- ★ Team Aquatic Supplies Ltd: <https://team-aquatic.com/>
- ★ **OR** wherever aquatic equipment is sold.

**REMEMBER: Never leave valuables in the locker room and put your name on everything!**

### **OFFICIATING**

One parent/guardian per family agrees to take an officiating course this season.

The parent/guardian agrees to help the club host successful purple & black meets throughout the year by participating in officiating/volunteering. After registration the official's coordinator will send an email regarding the timers clinic.

### **FAMILY FINANCIAL AND PARTICIPATION REQUIREMENTS**

Your family's financial and participation requirements are essential for HHAC to be able to provide your swimmer with a quality program you expect.

Our major expenses include pool rental, coaches' fees and operating expenses including advertising, accounting fees, awards, photocopying, etc.

HHAC will **NOT** under any circumstance be able to accept cash as a form of payment, for but not limited to HHAC fees, fundraising and swim meets. Payments can be made in the way of cheques, e-transfers, money orders or bank drafts (made out to HHAC). E-transfers are to be sent to [hhacswim25@gmail.com](mailto:hhacswim25@gmail.com).

**HHAC FEES**

These 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.

These fees may be paid in full (October 6, 2021), or equal monthly installments (CHEQUES OR E-TRANSFERS ONLY) October 15, 2021 through April 15, 2021.

LEVEL	1 DAY	2 DAY	3 DAY	4 DAY
<input type="checkbox"/> Fundamentals	<input type="checkbox"/> \$218.00			
<input type="checkbox"/> Novice	<input type="checkbox"/> \$218.00			
<input type="checkbox"/> Junior	<input type="checkbox"/> \$300.00	<input type="checkbox"/> \$557.00	<input type="checkbox"/> \$771.00	
<input type="checkbox"/> Intermediate	<input type="checkbox"/> \$352.00	<input type="checkbox"/> \$660.00	<input type="checkbox"/> \$931.00	
<input type="checkbox"/> Advance	<input type="checkbox"/> \$352.00	<input type="checkbox"/> \$660.00	<input type="checkbox"/> \$931.00	<input type="checkbox"/> \$1179.00

HHAC FEES \$ \_\_\_\_\_ + S.O. Fees \$ \_\_\_\_\_ TOTAL= \$ \_\_\_\_\_

Payment Options: (Check One)

- Full payment at registration: total fees as calculated above.
- installments: monthly dated October 15, 2021 through April 15, 2022
- Plus \$100.00 fundraising bond (May 15<sup>th</sup>, 2022)       Plus \$300.00 volunteer bond (May 15<sup>th</sup>, 2022)

**SWIM ONTARIO FEES**

This fee is ***DUE IN FULL AT TIME OF REGISTRATION AND IS NON- REFUNDABLE.***

<b>Category ( Check One)</b>	<b>Swimmer's Age at Dec. 31/21</b>	<b>Swim Fees</b>
<input type="checkbox"/> <b>Non-Competitive</b>	<b>All Ages</b>	<b>\$53.00</b>
<input type="checkbox"/> <b>Competitive (Fundamental)</b>	<b>8 &amp; under</b>	<b>\$122.00</b>
<input type="checkbox"/> <b>Competitive (Skills)</b>	<b>9-10</b>	<b>\$142.00</b>
<input type="checkbox"/> <b>Competitive( Development)</b>	<b>11-14</b>	<b>\$162.00</b>
<input type="checkbox"/> <b>Competitive (Open)</b>	<b>15 &amp; Over</b>	<b>\$182.00</b>

**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 swimmer is responsible for raising \$100 in profit. There will be several opportunities during the year. If a swimmer is not able to raise the \$100 in profit through fundraising then the \$100 post-dated cheque will be cashed in May. **\*NOTE\*** Swim-A-Thon is NOT part of HHAC's fundraisers. Swim-A-Thon is a Swim Canada event in which HHAC receives money back as a grant.

**VOLUNTEER:** The Huron Hurricanes Aquatic Club relies on the help of family volunteers to manage Club activities on a daily basis as well as run successful, well organized events. Each family is required to volunteer a minimum of 10 hours. There are opportunities all season as executive members, official timers, at both in-house and away swim meets as well as events and social committees. If a family is not able to complete the hours required, the \$300 post-dated cheque will be cashed in May.

All swim meets run on volunteers and HHAC is expected to bring volunteer officials to every swim meet that HHAC attends.

Volunteer sign up will be emailed to every swimmer by sign up genius following registration. There you will be able to see a list of executive positions and other volunteer opportunities available for the season.

### **BOND FEES**

Are applicable by family. Parents will have several opportunities to attain their bond hours by officiating/volunteering at swim meets and by participating in various fundraising initiatives. If the total of your volunteer hours and or your fundraising money are not reached, your bond cheques will be cashed in May.

### **MID-SEASON CHANGES**

For purposes of calculating financial commitments for swimmers either joining, moving program levels or quitting part way through the year, the swim season runs from September to the end of April (8 months) for Novice swimmers, and to the end of May (9 months) for Junior, Intermediate and Advance).

### **JOINING AFTER THE SEASON STARTS**

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. 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 1<sup>st</sup> will be ineligible for any rebate.

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

It is strongly recommended that you discuss the child'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/next page).

All rebates and adjustments will be issued after the child 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](mailto:hhacswim25@gmail.com) AND [hhaccoach@gmail.com](mailto: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/previous page). 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 and bond fees will not be factored into the refund.**

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 1<sup>st</sup>**.

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.

## ***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. The website address is [www.huronhurricanes.ca](http://www.huronhurricanes.ca).

**EMAIL:** HHAC uses electronic media to distribute club information. This method is very timely and reduces costs associated with printing and copying. It is important that you provide the club with an email address that you intend to check on a regular basis. Your coach and club

communications volunteer will regularly contact you via email to pass on timely information and reminders. As well, email will be used to alert you of short notice changes (e.g. pool closures in bad weather, cancelled practices). 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](mailto:hhacswim25@gmail.com) **AND** [hhaccoach@gmail.com](mailto: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.

**“NEWSLETTER”** HHAC will **email** a running date like newsletter that lists: events, fundraisers, meets and due dates, holiday closures and reminders etc. at least once a month, sometimes a new upcoming date needs to be added to the “newsletter” in which case another email with new date/information will be sent within the month.

**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.

**MEMBERS GENERAL MEETING** Is held at the end of each season (May) the club holds its Annual General Meeting (AGM). 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.

## ***Everything You Need to Know 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 the 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 TO A SWIM MEET?*

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. Most swimmers like to write their events on their arms.
9. Parents should bring Cash (for heat sheets, 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 STARTS*

1. All swimmers must confirm their participation in a swim meet PER THE DEADLINE FOUND ON OUR WEBSITE - DUE TO MEET ADMINISTRATION REQUIREMENTS, 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 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). **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 team area after warm-ups. Time to dry off, put on warm clothes, go to the bathroom, and write events on the arm if this wasn't done earlier.

7. The meet will usually start about 10-15 minutes after warm-ups are over.

### *THE MEET STARTS*

1. Know what events your swimmer is competing in. Usually you can purchase a booklet of events. It is important for swimmers to know what event numbers they are swimming. Heat sheets and highlighters are a swim parent's best friends!

2. Listen for event announcements. Upcoming events are usually announced over the loudspeaker, asking swimmers to report to the starting blocks or to the marshalling table. Swimmers should report with cap and goggles. Example: "Next event #26, 10&Under Boys, 50 freestyle".

3. Report your lane a few heats prior to your heat. The timers behind the starting blocks often check to make sure that swimmers are lined up in the right 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 right 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 official. Parents must sit in the spectator area, usually bleachers on the side of the pool.

5. Swimmers, swim your race.

6. Check in with the coaches...again!

7. Check in with parents. Swimmers go back to the team area and relax, find something to eat, and wait for the next event to be called. Be sure your swimmer is well hydrated and has a few small snacks throughout the meet.

8. When a swimmer has completed all of his events for the day, he/she is 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. Sometimes last-minute changes will be made on who will swim a relay. Coaches will do their best to inform the swimmer as soon as they know if a last-minute fill in is needed.

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 & AFTER THE MEET*

1. HAVE FUN!!! While we do 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!
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 TO 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!*