

HAST New Parent Info

Welcome to the Hilltop Aquatic Swim Team. You will find that we are a highly competitive organization with great coaches, administration and parents who care. This information is to help you feel a little more informed and hopefully answer some of the questions that will put you at ease.

1. Please make sure you read & understand the HAST Disclosure Document, the HAST Annual Fund-raising Requirements of Each Family, and the HAST Handbook to better understand what is expected of you and your swimmer.
2. Registration fees are on a quarterly basis and are due by the 10th of that month: Fall Quarter (Sept. - Nov.), Winter Quarter (December - February), Spring Quarter (March - May) and Summer Quarter (June - Aug.).
3. Be to practice 15 min. early so the swimmer will have plenty of time to do the stretching which is required by all swimmers. Bring your water bottle.
4. We have two seasons: the first season is 'Short Course' season in which we compete in short course format, i.e, the short way of the pool which is 25 yards per lap. This season lasts from September to March. The second season is 'Long Course' season. This is the long way of the pool which is 50 meters per lap. This season lasts from April to August.
5. Here is a description of the meets to be looking for:
 - Mini Meet: Great meets for the 10 and under age groups.
 - Intersquad Meet: Every swimmer of Hilltop Aquatics in attendance. We swim against each other. (they are great fun!)
 - League Developmental Meet: These are the "WASP" meets (Wasatch Area Swim Program). All swimmers are invited, but these are especially for new swimmers. These meets will accept 'No-Time' (NT's) events, which means a swimmer has not swam that particular event. Some meets will not accept NT events.
 - B/C Meet: Is a great meet for new swimmers. For all swimmers with B & C times.
 - Invitational Meet: The swimmer has made the specific qualified time to enter this meet. Invitational meets are 2 to 3 day meets. Usually will not accept NT's.
6. USA Swimming has set time standards to assess advancement. Each swimmer will have some letter by their events according to this standard. Each letter is an advancement starting with C, B, BB, A, AA, AAA, AAAA. The State Qualifying times are usually around the BB time standard. Our team has set up the Elite "A" Team. First A times that are reached by the swimmer receives a very nice plaque. All other A times that are reached smaller placquettes are given to attach to the first one given. These awards are given at the end of the short course season during the team banquet.
7. All HAST information is on our website at www.hilltopaquatics.org. This includes all meet entry forms, calendars, upcoming events, meet results, etc. Be sure to submit your current email address because we do email out all new meet entry forms, registration forms, new team information, etc. Also, the same meet entry forms are available at the Fitness Center in the wall display for HAST. Don't rely on forms being available at this source though. Print everything off at home from the website. This will be your most reliable way to get the meet entry forms, registration forms, etc needed.

8. Meet entry forms have a deadline and need to be on time. Forms will not be accepted without payment of the meet fees. We cannot accept any late entries or payments.
9. When turning in the meet information, write down the event numbers that your swimmer will be swimming. This will help you the day of the meet. Save the portion of that form with the address of the swim meet.
10. When at the meet:
 - A) Your swimmer needs to be at the swim meet 15 min. before the warm-up time. Warm-up time is 1 hour before the meet starts. Check in with the HAST coach assigned to the meet---this may or may not be your swimmers' coach---but they still need to check in with the coach at the meet. At some meets, if a swimmer has not shown up at the beginning of the meet, the coach will need to scratch the swimmer from their first event. So be sure to check in.
 - B) You need to check the 'Heat Sheets' that are posted at the meet. This lists your swimmers event, heat and lane. Some events may have more than one heat. The Heat Sheets will be posted in a conspicuous place at the meet where everyone has access to see what heat and what lane they are assigned. These heat sheets are usually posted in the northeast corner of OUR pool. Have your swimmer report to their lane, several heats or events (in some cases) before theirs, and wait behind the timers. This way they will be prepared to step to their lane when it is their turn to swim.
 - C) Psych Sheets (programs) are available at concessions usually for a fee. These sheets list all the events with all the swimmers name, team and rank according to fastest recorded times who have entered the meet.
 - D) If your swimmer gets disqualified (DQ) during a race, use it as a learning opportunity. Please don't be critical of your swimmer. Have your swimmer talk to the coach about it. Very few people go through swimming without being disqualified at some point. The officials do a great job and should not be argued with. Let the coaches talk to them if they see a need.
 - E) Meet results will be posted on our website www.hilltopaquatics.org
11. Don't be afraid to volunteer to help at any meet. Only the officials have to be experts. No one is better qualified than you to be a timer, runner, or to help with concessions. At home meets, if your swimmer is participating, you are required to help at the meet. At away meets, you can sign up to help and your entry fees will be refunded to you at the completion of your assignment. This is on a first come basis. When you help, the meet will seem to go by faster!
12. Parent meetings are very informative and will help you feel aware of what is going on. Your attendance is expected.
13. Swimming is a great opportunity. We are looking forward to having you as apart of our team. Enjoy supporting your swimmer as he/she improves. It is a great self esteem booster.
14. DaNene Adamson is the Director of our team. She can answer many questions you may have, as well as the coaching staff and the Booster Club President. Call DaNene at 763-3084 ext-208.
15. Any other questions, concerns or ideas please feel free to call the HAST Booster Club President:
KaeLene Marsden #766-9916