

# Hilltop Aquatics Swim Team

## Disclosure Document

### 1. Calendar of Meets...

A calendar will be available online at our website [www.hilltopaquatics.org](http://www.hilltopaquatics.org) or at the coaches meeting with your swimmer's group. Please attend the parents' meeting each coach will set up for their individual groups.

### 2. Daily Workout Information...

- A. **TEAM SUITS & CAPS...** ARE required, and are available at the front desk. Girls must wear caps and one-piece suits. Tankinis or bikinis are not racing suits, and are not suitable for a swim team workout. The HAST Swim Team Caps are \$15.00 each. **They are required at ALL MEETS for all girls, but optional for boys—although we strongly suggest that boys wear them also for increased speed!** The team suits are long lasting polyester material, made for daily workouts. Girls suits are \$39 and boys suits are \$29 and fins are \$22.
- B. **ENTRY CARDS...** **Everyone** must have a pass to the Fitness Center for entry into the Fitness Center for workouts. DO NOT forget to bring your card or sign up for a pin number to check in at the front desk.
- C. **PLEASE BE ON TIME...** Swimmers must be in the water ready to swim by at the beginning of their workout time. **If you are more than 10 minutes late**, you have missed the warm-up drills and **will not be able to workout that day.**
- D. **ATTENDANCE...** Each individual coach will have requirements on attendance to workouts. We want to stress the importance of regular attendance at ALL workouts. Every workout is different. By missing even one workout, you could possibly miss out on important skills. We understand that there are many activities that everyone is involved in, and will not be able to attend some workouts. BUT... we do expect that when you are at workouts, you will give **100% EFFORT!!** Coaches are more pleased with the effort and commitment shown by the swimmer at every workout, than mere attendance. Please keep in mind that if you do not have regular attendance at workouts, you could possibly lose your position in your group on the team.
- E. **SWIM BAGS...** Have your swimmer take their swim bags on deck with them. Do not leave them in the locker room. We have had problems in the past with theft in the locker rooms.
- F. **WATER BOTTLES...** **Swimmers need to bring a water bottle to workouts with them.**
- G. **DROPPING OFF & PICKING UP YOUR SWIMMER...** When picking up your swimmer from workouts, please **DO NOT PARK OR WAIT** in the Handicap parking stalls in front of the Fitness Center. The WEST ENTRANCE (old entrance) will be open for swim team members & Fitness Center members only. Parents will not be able to enter at this entrance unless they have a FC membership.
- H. **SWIMMERS LEAVING WORKOUTS EARLY...** If your swimmer needs to leave a workout early, they **MUST** bring a note from a parent to get out early for liability issues.
- I. **COACH AVAILABILITY...** Coaches are more than happy to answer any questions regarding your swimmer. Please leave a message in the swim team office for them to return your call. Please **DO NOT** talk to them during workouts!

- J. DaNene Adamson is the swim team director. If you need to get in touch with her, please call 763-3084 x-208.

### 3. Swim Meet Information...

- A. **ON THE DAY OF SWIM MEETS THAT HAVE BEEN SELECTED BY THE COACHES FOR OUR TEAM TO ATTEND, THERE WILL BE NO SWIM TEAM WORKOUTS.** There still will be swim team workouts for each group for other non-selected meets on the calendar, UNLESS a **majority** of swimmers from each particular group have signed up to attend the meet. This particular coach needs to attend the meet with the majority of their swimmers. The coach will inform each particular group if this situation occurs.

We also follow the school calendars, and when the schools are out, there will be NO swim team workouts—with the possible exception of the Christmas Holiday. Each coach will let their swimmers know if they are having any special workouts during this time.

- B. **ENTRY FORMS...** **You MUST fill in an entry form for all meets that you plan on attending.** The meet information papers will be on our website at [www.hilltopaquatics.org](http://www.hilltopaquatics.org). ALL meets will have entry fees. Fill out all info and return the form with the entry fees to the front desk **BEFORE the meet entry deadline.** Late entries may not be accepted. Parents... please don't rely on your swimmers to bring home this information, you need to check the swim team website frequently. All meet entry forms will hopefully be out at least one week prior to the meet deadline, BUT must be turned in by the entry deadline.
- C. **PARENT HELP AT MEETS...** We need every parent to help at the meets. When you sign up your child for a swim meet, you will also need to sign up yourself for a work shift. Please understand that this is a necessary part of swim meets and if everyone does their part, it makes it easier for all. Please help us out...if your child is swimming in one of the last events, please sign up to help for the second half of the meet, so that we have enough help to finish out the meet. **You MUST stay for your whole time shift, even if your swimmer is through with their events!!** Expect the meets to last about 4 hours.
- D. **PARENT CHECK-IN AT MEETS...** As you come to warm-ups there will be a check-in table, in which a parent needs to check-in to get their assignment. As you check-in, you will receive your swimmers' entry form back listing your swimmers' events for the meet, and you will also receive a meet program. Swimmers' need to be in the water for warm-ups, and CANNOT check in for their parents.
- E. **REPORT TO COACHES...** After your child has raced, please make sure they go talk to the coaches. The coaches are busy watching EACH race and will not be able to find your swimmer to talk them. Teach your swimmers this concept of talking to the coaches immediately after each race they swim.
- F. **MEET ATTENDANCE...** **Any meet that your swimmer attends, they MUST wear the TEAM SUIT and TEAM CAP** - boys optional. Your swimmer is strongly urged to attend all meets that the coaches have outlined as the important meets that our team is supporting. It is also a team rule that each swimmer MUST attend at least TWO (2) meets per quarter, and **MUST attend either the B/C Finale State Meet or the Junior Olympics State Meet in both the short course and long course seasons.** Attending meets is the exciting side of competitive swimming! Plan your activities to include the swim meets, so your swimmer can reap the benefits of daily workouts.
- G. **"PERSONAL BEST TIME" RIBBONS...** will be given in addition to the place award ribbons for meets at our pool. These ribbons show personal improvement, which is really what competitive swimming is all about!! Make a big deal about these ribbons with your swimmer.

- H. **DQ's...** Disqualifications in meets is a fact of life in swimming. It **WILL** happen, and it happens to everyone! But it doesn't need to be an unpleasant experience! Be very mindful that this is a learning opportunity and prepare your swimmer in advance. Coaches will handle DQ's by explaining what the swimmer did wrong with their stroke and talk about what to do from now on to fix it. Please be supportive and not critical of your swimmer.
- I. **MEET RESULTS...** will be posted on the HAST website. Just go to [www.hilltopaquatics.org](http://www.hilltopaquatics.org) and follow the "Meet Entry & Results" info link.
- J. **OFFICIALS...** We need officials! If you would like to be an official, please let DaNene know ASAP. We will be having officials clinics throughout the year. If you are willing to become an official for us, you DO NOT have to pay any entry fees for the swim meets!!!
- K. **CONCESSIONS...** will always be available at the meets. Usually hot dogs, pizza, nachos, veggie trays, drinks, chips, etc.
- L. **PUBLIC SWIMMING...** The pool is **NOT OPEN** to swim team families during meets. You may pay for admittance and receive a wristband at the front desk. Also, no children under 9 are allowed in the pool without an adult **in the water with them.**

#### 4. **HAST Annual Fund-Raising Requirements of EACH Family...**

Please be familiar with the fund-raising requirements of EACH family that participates with our team. This amendment to the handbook is on the back of EACH quarterly registration form or you can find it at our website.

#### 5. **Nutrition and Hydration...**

Parents.....please make sure your swimmers have had a sufficient breakfast or lunch (depending on workout time) and are well hydrated [drinking lots of water] throughout the day. Their stamina and performance at swim team workouts and throughout the day at home, can usually be directly related to how much water they are drinking and how well they are eating at home. Swimmers can dehydrate at workouts, (even though they are in the water), which can lead to them being extremely tired and lethargic at home. A swim team workout should wear them out a bit, but extreme tiredness can be a symptom of dehydration. **Swimmers need to bring their water bottle to workouts with them.**

#### 6. **HAST Booster Club....**

The HAST Booster Club is our parent organization to help the coaches in anyway needed. They also provide the concession stand during our meets, help run the timing system, provide parties and banquets for our team, etc.

KaeLene Marsden is the president (766-9916) with Laurie Sardonì (763-9597) serving as the vice president. They are the parent liason to the coaching staff. If you have questions, concerns, problems, etc., please contact either one of these wonderful parent representatives to voice your concerns, suggestions or compliments!!

***We want every swimmer to have a wonderful swim team experience!***

**Thanks for supporting our Hilltop Aquatics Swim Team at the  
American Fork Fitness Center!**