

HAST Summer League Swim Team 2009

1. Calendar of Meets & Activities...

*All meets will be held at the Am. Fork Fitness Center. It is the responsibility of the parent to download from the HAST website the meet entry forms www.hilltopaquatics.org ALL forms MUST be turned in to the front desk by the deadline to enter the meet. Late fees to turn in entry forms will be an **extra \$4.00.**

Tuesday, June 16th: Swim Meet. Warm-ups at 4:00 p.m., meet at 5:00 p.m. Entry fee \$8.00

Friday, June 26th: Photo Day. Swimmers MUST bring their packet & money that day.

Tuesday, June 30th: Red, White & Blue Meet & Family BBQ. Warm-ups at 4:00 p.m., meet at 5:00 p.m.
Entry Fee \$8.00

Tuesday, July 14th: Swim Meet. Warm-ups at 4:00 p.m., meet at 5:00 p.m. Entry Fee \$8.00

Tuesday, August 4th: Summer Finale Trophy meet. Warm-ups at 4:00 p.m., meet at 5:00 p.m.
Entry Fee \$10.00

Wednesday, August 5th: Summer Finale Awards Party, for each individual workout group will be held during regular workout times! The trophies & ribbons from the Summer Finale Meet will be handed out at this time.

***BE ON TIME FOR ALL WARM-UPS!!! NO workouts on day of the meet, or July 1-3, or July 24.**

2. Daily Workout Information...

A. **TEAM SUITS & CAPS...** are not required, but are available through the swim team office. 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 \$6.41 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!** Since we are not requiring team suits, the HAST cap is the way we are promoting team unity. You can buy them at the front desk for \$6.41. The **team suits** are long lasting polyester material, made for daily workouts. Girls suits are \$41.63 and boys suits are \$30.96 and can be purchased at the front desk.

Fins are not required but we do use them in a lot of our workouts. The team has several pairs of fins for the swimmers to use, but there is not enough sizes for everyone. If you would like to purchase fins for your swimmer they are available at the front desk for \$26.69. Please mark your fins, so if they are left on deck and put in the fin bin, you will be able to find them.

B. **ENTRY TO THE FITNESS CENTER FOR WORKOUTS...** Swimmers will need to punch in the number “4” on the key pad at either of the Fitness Center entrances for entry to workouts. The computer will say “Swim Team workouts only 12:00 noon to 3:45 p.m”, then the gate will open for admittance. Since workouts are during public swim time, **ALL** swimmers will need to remember this number for entrance to the Fitness Center! **Swimmers can only use this number for swim team workouts. If this number is used at any other time, the swimmer will be suspended from swim team.**

C. **PLEASE BE ON TIME...** Swimmers must be in the water ready to swim by at least 10 minutes after the start 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.** Please drop your swimmer off 15 min. **BEFORE** workouts begin to make sure they are on time!!

D. **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.

E. **WATER BOTTLES & T-SHIRTS...** T-shirts and water bottles will be given to each swimmer during the first week of workouts! Caps will be handed out the first day of workout for those who purchased them. **Swimmers need to bring their water bottle to workouts with them – EVERYDAY!!**

- F. **DROPPING OFF & PICKING UP YOUR SWIMMER...** *Swim Team swimmers should enter the pool from the lower parking lot and the NEW SOUTH GATE ENTRANCE, and leave swim team workouts this same way. Please park and wait for your swimmers in the lower parking lot.*
- G. **WEATHER ISSUES...** Workouts will always be held even in **MILD** rainy weather. There will be NO workouts on days of heavy rainfall, extreme cold temperatures, or lightening. **If workouts are cancelled for one group they MAY or MAY NOT be cancelled for the other groups.** You can call the front desk 15 minutes before your workout time, if you are wondering if workouts have been cancelled.
- 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. **TALKING TO COACHES...** **Please DO NOT talk to coaches during workouts!** Coaches are more than happy to answer any questions regarding your swimmer. Please leave a message **AT THE FRONT DESK** for them to give you a call. Coaches **CANNOT** change workout times for swimmers...please don't ask them. All requests for changes **MUST** go through DaNene.
- Please be patient the first week of workouts. The coaches are evaluating all swimmers and will assign them to lanes with swimmers of like ability. Workouts are written for all abilities of swimmers.
- 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, THERE WILL BE NO SWIM TEAM WORKOUTS.**
- 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 the HAST website www.hilltopaquatics.org OR on **golden yellow paper** in the swim team "wall rack" in the front lobby with the title of "SUMMER SWIM TEAM" on the top. ALL meets will have entry fees. Fill out all info and return the form with the entry fees to the **AFFC front desk** **BEFORE the meet entry deadline.** Late entries will be charged an extra \$4.00 or may not be accepted.
- Parents...please don't rely on your swimmers to bring home this information, you need to check the HAST website frequently so you can print off the entry forms at home OR check the swim team wall rack. **Coaches will tell the swimmers that there is a meet coming up and the "golden" papers are the wall for them to pick up – but they DO NOT hand out the entry forms. All meet entry forms will be posted at least one week prior to the meet entry deadline and must be turned in by the entry deadline.**
- C. **PARENT HELP AT MEETS...** We expect every parent to help at the meets. All of the meets this summer will be held at our pool. 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 with the second half of the meet, so that we have enough help to finish out the meet. The work shifts will be from 5:00-7:00 p.m. and 7:00 p.m. to the end of the meet. **You MUST stay for your whole time shift, even if your swimmer is through with their events!!** Expect the meets to last between 3 - 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. A swimmer **CANNOT** check-in for their parent. As you check-in, you will receive your entry form back reminding you of your swimmers' events for the meet, and you will also receive a meet program.
- 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...** Your swimmer is strongly urged to attend all meets. Attending meets is the exciting side of competitive swimming! Plan your summer activities to include the swim meets, so your swimmer can reap the benefits of daily workouts.

- G. **AWARDS...** Our goal is to award as many swimmers as possible in as many ways as possible. Therefore, we award 1st - 12th place ribbons at two of the meets. 1st - 6th place medals and 7th - 12th place ribbons at the Red, White & Blue meet, and 1st - 10th place high point trophies, plus 1st - 12th place ribbons at the Summer Finale meet. In addition to these awards we award every race with a heat winner treat or ribbon. **Awards are handed out 3-5 days after the meet during regular workout times.**
- H. **“PERSONAL BEST TIME” RIBBONS...** will be given in addition to the place award ribbons. These ribbons show personal improvement, which is really what competitive swimming is all about!! Make a big deal about these ribbons with your swimmer.
- I. **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.
- J. **MEET RESULTS...** will be posted on the HAST website. Just go to www.hilltopaquatics.org and follow the **“HAST Summer League Swim Team”** info link.
- K. **OFFICIALS...** We need officials at our Summer Swim Team meets. If you would like to be an official, please let DaNene know ASAP. We will be having a short officials clinic before the first meet. If you are willing to become an official for us, you DO NOT have to pay any entry fees for the swim meets!!!
- L. **CONCESSIONS...** will always be available at the meets. Usually hot dogs, pizza, nachos, veggie trays, drinks, chips, etc.
- M. **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 and the NEW SOUTH GATE ENTRANCE, BUT no children under 9 are allowed in the pool without an adult **in the water with them.**

4. **Red, White & Blue “Summer Swim Team Meet & Family BBQ”**

READY, SET, BLAST OFF!!.... This is one of the funnest meets of the year!! Everyone will need to help with this meet (of course) **AND** will also be asked to **donate (1) one food item** for the BBQ. The sign-up sheets for the food donations will be on the website. Follow the **“HAST SUMMER LEAGUE SWIM TEAM”** info link and sign up online! **The “RED, White & Blue Family BBQ” will start at 5:00 p.m.!!! See the flyers attached to the entry forms for more information.**

There will be regular swim team workouts on Monday, June 29th, with **NO workouts** the rest of the week because of the Red, White & Blue meets.

***Pre-Order forms for the “Red, White & Blue T-Shirts” will also be attached to the entry form. Pre-ordering saves money besides making sure you get the “coolest” t-shirt of the summer!!! NO “Red, White & Blue T-shirts” will be available at the meet – only those that were pre-ordered – Sorry.....**

5. **Summer Finale Meet...**

The year-end Summer Finale Meet will be held on **Tuesday, August 4th**. This is a high-point meet with trophies awarded for 1st - 10th overall in each age group (6 & under, 7 yr. olds, 8 yr. olds, 9 yr. olds, 10 yr. olds, 11 yr. olds, 12 yr. olds, and 13 & older age groups) in addition to the 1st - 12th place ribbons. Points are also awarded for the total number of meets attended through the summer, that adds to the overall score from the meet for the high point trophy! Be sure to have your swimmers sign up for **three events** at this meet so they will be eligible for a trophy!

6. **Summer Finale Awards Party...**

Each individual workout group will have their Awards Party on **Wednesday, August 5th** during their regular workout times. Team awards and the trophies from the Summer Finale meet will be handed out at this time.

7. Photo Day...

A picture package will be offered on **Friday, June 26th**. The pictures will be taken at the first of the regular workout time. A form will be sent home and **MUST** be returned on picture day with the money attached. The package price will be \$10.00 and must be paid that day.

8. Preventing Cryptosporidium...

This is a real health issue that the Fitness Center will be enforcing as per the Utah Health Department. Please refer to the handout on how the Fitness Center will be addressing the Cryptosporidium issue. Two of the main areas that parents need to be aware of is , 1) If your swimmer has any symptoms of an upset stomach or intestinal trouble they should not attend swim team that day, and 2) If your swimmer has/had diarrhea they **MUST stay out of the water for two weeks.**

9. 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 EVERYDAY!**

WE WANT EVERY SWIMMER TO HAVE A WONDERFUL SWIM TEAM EXPERIENCE.

IF YOU HAVE ANY SUGGESTIONS OR COMMENTS, PLEASE LET US KNOW.

ALTHOUGH...WE ONLY ACCEPT COMPLIMENTARY COMMENTS! ☺

**Thanks for supporting our Hilltop Aquatics swim programs at the
American Fork Fitness Center!**

THANKS FOR YOUR ATTENDANCE!!