



Summer Swim Program 2008

Swim Team Coordinator: Natalie Mahoney

Head Coach: Amber McCall

Coach (8 and under): Laura-Taylor (L.T.) Burrow

Website: <http://www.hillsboroughPOA.org>

INFORMATION SHEET

The Hillsborough Swim Team, named Hillsborough Hammerheads, is a member of the West Little Rock Optimist Summer Swim League that was originally established in 1978. Today, 15 neighborhood teams sponsored by their homeowners associations participate in the League. The Hillsborough Hammerheads have moved up to the League's GOLD Division this summer and will compete against four other neighborhood teams. A city-wide championship meet is held at the end of the swim season, usually the last Tuesday in July. A *Schedule* for 2008 is attached to this sheet.

MEMBERSHIP AND FEES

Children, age fourteen and under, who are **members of the Hillsborough Pool** are eligible to be swim team members. The cost per swimmer is \$35. A current registration form must be on file each season.

New for 2008: There will be a \$5 entry fee per swimmer to compete in the Championship Meet. Registration and payment is due July 11.

AGE GROUPS

Swim competitions are divided into age groups: 6 and under, 7–8, 9–10, 11–12, and 13–14. The swimmers' ages **as of June 1** will determine their age group for the entire season.

PRACTICE SCHEDULE

Age groups also determine our practice schedule. This summer, swim team practice begins on Monday, **June 2**, 2008; however, swimmers may join the team until the third week of June.

<u>Age group</u>	<u>Time</u>	<u>Days</u>
Ages 8 and under:	8 – 9:00 a.m.	M, T, TH
Ages 9 to 14:	9 – 10:00 a.m.	M, T, TH <i>some evening practices may also be scheduled</i>

Practice will be canceled if thunder or lightning is observed; however, we will practice in light rain.

While swimmers are not required to be at all practices, many find that regular practice improves their technique and stamina. Typically, Monday practices will focus on drills and strokes; Tuesday practices will prepare swimmers for their upcoming meet; and ribbons and weekly prizes will be distributed on Thursdays.

Please be on time. Practice will begin with verbal instructions and dryland warm-ups. Swimmers will not get the full benefit of practice if these are missed.

Swimmers often miss a few days of practice during the summer due to illness, vacations, or other commitments.

IMPORTANT: If a swimmer's absence from practice also means that he or she will miss a scheduled meet, please notify the team coordinator or coach. **Thank you!**

PRIVATE SWIM LESSONS at Hillsborough Pool

Amber McCall is an experienced swim instructor for the YMCA and is our own Hammerheads head coach. She will offer private swim lessons again this year. You may sign up for designation lesson times at the pool or contact Coach Amber directly at 529-0356.

SWIM WEAR and EQUIPMENT

Our team color is **blue!** While our team does not have an official suit (TYR or Speedo, etc.), we recommend that female swimmers wear a racing back one-piece swimsuit for the meets. Male swimmers may wear water-releasing swim trunks or jammers. Matching suits are NOT required; however, the preferred suit color is blue (navy or lapis) or black. Any suit (except bikinis for girls) can be worn at practice.

For the swim meets, goggles (blue lenses preferred) and swim caps are required. Caps should be blue, please.

For practice, swimmers should bring their goggles and a towel. Also, please wear sunscreen! If desired, bring a water bottle and a snack for practice days other than Thursdays.* On Thursdays, team snacks are provided ☺.

***DID YOU KNOW?**

Though sweating in a pool isn't visibly obvious, swimmers can sweat off 6 to 8 ounces every 15 minutes. To stay successfully hydrated, drink two to three cups of water approximately one hour before a workout. Then continue sipping some fresh water every 15 minutes while playing at the pool.

The use of floaties by beginning swimmers is permitted. The goal, of course, is to eliminate the need for any equipment assistance by the end of the program. Swimmers who require floatation devices will not be able to compete in the Championship Meet – and *may not* be able to compete in the dual meets. Eligibility will be determined by the host team.

To help avoid swimmer's ear, the use of ear drops is highly recommended after each practice. If you do not have a store-purchased product, you can use a homemade drop which can be made by mixing equal parts of rubbing alcohol and white vinegar.

Optional:

Team t-shirts can be ordered. Additional information will be provided.

STROKES and RIBBONS ☺

Swimmers will practice four strokes: freestyle (or crawl), backstroke, breaststroke, and butterfly. Each swimmer will be permitted to swim two strokes at each meet.* One stroke will be the swimmer's choice. The coach will assign the second stroke based on the swimmer's progress and recorded practice times. Swimmers for any relay event will be assigned by the coach or coordinator. Assignments are based on recorded event times.

*** Swimmers who have not paid their registration fees by the start of the meet will not be eligible to compete.**

Ribbons will be given for 1) completing an event, 2) placing first, second or third in an event, and for 3) improving a "Personal Best" time in an event. "Personal Best" times will be established at the Hillsborough Mock Meet or at the first meet the team member swims the event.

SWIM TEAM END-OF-SEASON PARTY

All team members and their families are invited to an End-of-Season Party at the pool on **Monday, July 28 at 5:30 p.m.** This event includes an awards ceremony, trophy presentation, and a catered picnic. Details will be provided later.

VOLUNTEER PROGRAM

The Hillsborough swim team is a volunteer-run swim club. The coordinator and coaches depend on our swimmers' parents to help with practices and meets. You will be asked to commit to at least one activity per swimmer this season. A sign-up sheet will be routed soon. **Thank you** for volunteering!

New for 2008: The Hillsborough Pool will permit the swim team to sell snacks at designated times as part of our team fundraising efforts. We hope that our swimmers and their parents will be able to participate in this activity. We would love to see some new lane ropes by the end of the summer!

Contact information: Natalie Mahoney, Swim Team Coordinator
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e-mail: ndmahoney@sbcglobal.net

2008 Meet Schedule

GOLD DIVISION

Warm up: 6:00 p.m. Meet Starts: 6:30 p.m.

June 10	Hillsborough Mock Meet	at Hillsborough
June 17	vs. Villages of Wellington	at Hillsborough
June 24	vs. Chenal Country Club	at CCC
July 8	vs. LR Racquet Club (Foxcroft)	at Hillsborough
July 15	vs. Marlowe Manor	at Hillsborough

July 11 Registration for Championship Meet and \$5 entry fee due

ALL CITY CHAMPIONSHIP

Warm up: 4:00 p.m. Meet Starts: 5:00 p.m.

July 22 All Divisions: **Gold**, Silver, and Bronze
UALR, Donaghey Student Center