



# Summer Swim Program 2009

Swim Team Coordinator: Natalie Mahoney

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

## INFORMATION SHEET

The Hillsborough Swim Team, named Hillsborough Hammerheads, is a member of the West Little Rock 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 2009 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.

There will also be a \$5 entry fee per swimmer to compete in the Championship Meet. Registration and payment is due by July 9.

### 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 1**, 2009; 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 12:	9 – 10:00 a.m.	M, T, TH	
Ages 13/14, <i>plus invited swimmers:</i>	9 – 10:00 a.m. and 8:30 – 10:00 a.m.	M, T & Friday	<i>some evening practices may be scheduled</i>

\*If a swimmer's skill level is significantly different from his or her age group, the swimmer may be asked to practice at a different time. Changes in practice times will be determined by the coach.

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.

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

### ATTENDANCE

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

**Meets.** It is important that you communicate any scheduled or unexpected absences with the coordinator so proper meet entries can be made. Last minute entries are not permitted and "scratches" are disruptive to running a meet efficiently.

**IMPORTANT:** If a swimmer will miss a swim meet, please notify the team coordinator. *Thank you!*

### **SWIMMER BEHAVIOR**

Being a Hammerhead can be lots of fun. We want all of our swimmers to enjoy their summer, learn new skills, make friends, and participate in some healthy competition. To create a safe environment, however, all HPOA Pool rules must be followed. Our coaches and program volunteers will not compromise swimmer safety. If a swimmer's behaviors – or attitudes – are disruptive ☹ to a fun or safe environment, a swimmer may be removed from practice activities.

### **PRIVATE SWIM LESSONS** at Hillsborough Pool

Our head swim team coach typically offers private swim lessons at an affordable rate. Details will be provided at a later date.

### **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** and team **photos** can be ordered. Additional information will be provided.

### **STROKES and RIBBONS** ☺

Swimmers will practice all 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. Please note that stroke changes CANNOT be made at the meet.

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 27 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 (for example, being a timer at a meet or bringing snacks on Ribbon Day. A sign-up sheet will be routed at the beginning of the season. **Thank you** for volunteering!

Contact information: Natalie Mahoney, Swim Team Coordinator  
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## **2009 Meet Schedule**

### **GOLD DIVISION**

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

<b>June 9</b>	Hillsborough Mock Meet	<b>at Hillsborough</b>
<b>June 16</b>	TBA	
<b>June 23</b>	TBA	
<b>July 30</b>	TBA	
<b>July 7</b>	TBA	
<b>July 14</b>	TBA	

**July 9**      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 21**      All Divisions: **Gold**, Silver, and Bronze  
UALR, Donaghey Student Center