

# Hillsborough Hammerheads Summer Swim Program 2025

## INFORMATION SHEET

Swim Team Coordinators: Cara Neal, Shannon Yates, and Heather Smith  
Coaches: Quincy Telford, Catherine Crow, and Marie Moellers

Website: <http://www.Hillsboroughpool.org>  
Facebook: HPOA Pool and Swim Team

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The Hillsborough Property Owners Association (HPOA) offers a seven-week summer swim program. The program is managed by a parent group of volunteers. Coaching and swim instruction are provided by qualified paid staff. The program begins June 2 and runs through July 19.

The Hillsborough Swim Team, named Hillsborough Hammerheads, participates with other neighborhood teams sponsored by their homeowners associations. The Hillsborough Hammerheads compete against four other neighborhood teams whose teams are comparable in size/competition level. A city-wide championship meet will be held at War Memorial Jim Dailey Pool at the end of the swim season on Saturday, July 19 (tentative date).

### **MEMBERSHIP AND FEES**

Children, age four to fourteen (as of June 1, 2025) are eligible to be swim team members. Younger swimmers (4-6 years) may wear floats to assist them at the beginning of the summer. The cost per swimmer is \$50.00. A current registration form must be on file each season. Please note that we raised the prices this year to cover the cost of food for the end of the year swim team party. **We have a limit of 75 swimmers on the swim team. Returning swimmers must sign up by May 9 to reserve your spot. We will then open the swim team to new members. Please note if your child is not signed up by May 9th, their spot will be given to a swimmer on our waiting list.**

To sign up for swim team please [click here](#) or use the QR code:



## AGE GROUPS

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

## PRACTICE SCHEDULE

Age groups also determine our practice schedule. **\*\*Practices will begin Monday, June 2. Practices are as follows:**

<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

**\*\***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 coaches.

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.

Inclement weather: Practice will be canceled if thunder or lightning is observed; however, we will practice in light rain. **Notice of cancellation of practice will be given through the team groupme app.**

## Junior Assistant Coaches

Experienced swimmers who are usually 12+ years old have the opportunity to help the head coach with swim practice for the eight and under age group. If interested, please contact the Swim Team Coordinator.

## 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 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!**

Meet Cancellations. If there is inclement weather at the start of the meet, the meet will begin as soon as it becomes safe but will not be delayed for more than one hour. If weather prohibits starting the meet by 7:30 p.m., the meet will be canceled and scheduled for the upcoming Thursday (if the opponents also agree). If it is apparent that the weather conditions will not get better, the meet may be called early.

## SWIMMER BEHAVIOR

Being a Hammerhead can be lots of fun. We want all 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.

## **SWIM WEAR and EQUIPMENT**

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

For the swim meets, **goggles** and **swim caps** are not required but are encouraged. The team provides one Hammerhead swim cap when a swimmer initially joins the team. The swim cap should be kept for all future seasons as the team cannot afford to buy new caps each year.

For practice, swimmers should bring their goggles and a towel. Also, please wear sunscreen! We recommend you bring a water bottle and a snack for all practice days.\* No snacks will be 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(the city meet at the end of the season) – and *may not* be able to compete in the dual meets. Eligibility will be determined by the host team. The "turtle-back" style of flotation device is preferred. The team does have a handful for young swimmers to use during practice but may not have enough for all learning swimmers.

## **STROKES and RIBBONS ☺**

Swimmers will practice all four strokes: freestyle, 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 who have not paid their registration fees by the start of the meet will not be eligible to compete.**

Ribbons will be given for placing first, second or third in an event, and for improving a "Personal Best" time in an event. "Personal Best" times will be established 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. **This year's party will be on Monday, July 28.** This event includes an awards ceremony, trophy presentation, and dinner/dessert. Details will be provided later.

## **VOLUNTEERING**

The Hillsborough swim team is a volunteer-run swim club. The coordinator and coaches depend on our swimmers' parents to help run our program, especially the swim meets. To accomplish the tasks associated with the swim meets, parents will be required to volunteer for one swim meet assignment for each registered swimmer. Volunteer assignments may include being a timer, a scorekeeper, or a starter, plus organizing place ribbons, creating welcome signs, helping with pool clean-up, and running the swim team's concession stand. In addition to the meets, there will be several other volunteer needs throughout the year. Our fearless leader, Diane Moellers, is stepping back from the swim team so a group of parent volunteers is taking over and we will make any swim team needs known to the group. **Thank you** in advance for volunteering!

Contact information: Heather Smith,  
Swim Team Coordinator  
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e-mail: [heathersuesmith2@gmail.com](mailto:heathersuesmith2@gmail.com)

## 2025 Meet Schedule

### DUAL MEETS

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

**June 10**      vs. Marlowe Manore @ Hillsborough

**June 17**      vs. Parkway Place @ Hillsborough

**June 24**      **bye week-THERE WILL BE NO PRACTICE OR MEET THIS WEEK.**

**July 2**      vs. Dolphins @ LRRC (Please note this is a Wednesday night meet instead of Tuesday)

**July 8**      vs. St. Charles @ Hillsborough

**Week of July 14 Practice for ONLY swimmers participating in city meet**

**July 7**      Deadline to register for Championship/City Meet

**July 19**      **\*\* ALL CITY CHAMPIONSHIP Meet War Memorial Pool**

Warm up: 8:30      Meet Starts: 9:00

**July 28**      Swim Team Awards Party and Picnic