

HL 101

Swim Team Guide

Updated May 2021



WELCOME

Welcome to the 2021 Hamilton Lakes Swim Team!!! We're thrilled you're here! Hamilton Lakes has a long tradition of swimming, and we're excited you have chosen to join us. We hope you and your family will enjoy being a part of this summer tradition, and most importantly your children will be stronger swimmers as a result. Our goal is for every child to improve in their swimming skills and have fun doing it. We have highly qualified coaches who are ready to develop a great work ethic and stroke technique in each swimmer. Even though each swimmer will be working hard to improve his/her own skills, most importantly we are a team, and championships can't be won unless we work as a team. It takes many swimmers working hard and cheering each other on. It also takes committed parents willing to volunteer and bring their kids to practices, and encouraging all of our swimmers. Let's make this the best year yet!!!



Go Hornets!

Contents

Who's Who 3
Important Dates to Remember 5
Preseason Practice Error! Bookmark not defined.
Time Trials 5
Practice Schedule @ HL Pool before school ends 5
Practice Schedule @ HL Pool after school ends 5
Dual Meet Dates 5
City Meet Dates 5
Bumblebees Dates Error! Bookmark not defined.
Additional Dates Error! Bookmark not defined.
Bumblebees--Junior Swim Team 8
Time Trials 9
Bad Weather Policy 9
Emails/Text Alerts 9
Supervision 10
Communicating With Coaches 10
Swim Buddies 10
Family Swim Buddies 10
Practices 11
What to Bring to Practice? 11
Swim Team Lingo 12
2021 Dual Meets 13
Most Common Way to get Disqualified (DQ) 14
Details for the Day of a Swim Meet 15
What to Bring 16
Marking Your Child 16
How the Meets are Organized 17
City Meet 18
Swim Meet Volunteers 19
Job Titles 19

Who's Who

If you have questions regarding the Hornets swim team, please reach out to the following people (especially before calling the community swim association).

- Katharine Ewing – Hornets head coach:
Katharine.a.ewing@gmail.com
- Laura McDuffee – HL CSA Rep, Swim team committee chair, HL board
Mcduffee1@gmail.com
- Erica McGonigal – HL CSA rep, New swim families
Erica.mcgonigal@gmail.com
- Jim Harmston – Meet coordinator:
jmharmston@gmail.com
- Kelly Copeland – Early swim coordinator:
Kmerrilady2@hotmail.com
- Leann Spencer – emails/info/marketing:
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- Vicky Maness – swimsuits/caps:
Vickymaness625@gmail.com
- Janine Nelson – Volunteer coordinator:
Jknelson72@yahoo.com
- Katie Todd – Volunteer co-coordinator, stroke and turn/timers:
kbtodd@gmail.com

Important Dates to Remember

Time Trials @ Hamilton Lakes Pool

1st Time Trial: Tuesday 5/25 5pm @ HL

2nd Time Trial: Saturday 5/29 8:30 am @ HL

***Mandatory to attend one time trial.**

Practice Schedule May 17 – June 5

May 17 Outdoor afternoon practices start @ HL

Monday-Thursday (AFTERNOONS)	4:30-5:30pm 8 & unders 5:00-6:00pm 9-12 5:30-6:30pm 13 & ups
Saturday	8:30-9:30am 8 & unders 9:30-11:00am 9 and up

Practice Schedule @ HL Pool June 7 – July 8

Monday, Tuesday, Thursday, Friday (MORNINGS)	8:30-9:30am 8 & unders 9:30-11:00am 9 and up
Monday, Wednesday, Thursday (AFTERNOONS)	4:30-5:30pm 8 & unders 5:00-6:00pm 9-12 5:30-6:30pm 13 & ups
Saturdays (MORNINGS)	8:30-9:30am 8 & unders 9:30-11:00am 9 and up

Dual Meet Dates

Tues. June 1 Green Valley @ HL

THURSDAY June 10 HL @ Lake Jeanette

Tues. June 15 Bur-Mil @ HL

Tues. June 22 HL @ Friendly

Tues June 29 HL @ Sherwood

City Meet Dates

July 8-10

Community Swim Association **www.GreensboroCSA.org**

The Community Swim Association (CSA) is a nonprofit organization comprised of 23 local swim clubs and more than 2000 swimmers from ages 5-18 in the Greensboro area. CSA encourages and promotes competitive summer swimming as a part of the programs offered by the member community pools. Each of the swim clubs has two CSA representatives who attend organizational meetings and vote on CSA rules and policies.

CSA conducts weekly dual meets over a 5 week period beginning in June and ending in July. The dual meet schedule is determined according to the order of finish in the previous year's City Championship Meet.

Each week Hamilton Lakes will swim in a dual meet against another team that finished either a little ahead of or a little behind us at the City Championship. Upon completion of the Dual Meet season, a City Swimming Championship is held over a 3 day period at Greensboro Aquatic Center (GAC).

For information about CSA rules and procedures, meet results, and current announcements, visit GreensboroCSA.org.

Bumblebees--Junior Swim Team

We want to encourage all of our swimmers to participate in some form of swim team. However, not all swimmers are ready for the "big" swim team. Don't worry if your swimmer can't swim 25m (freestyle or backstroke) in 90 seconds!!! We would encourage you to join the Bumblebees team. Bumblebees will have two practice options a week and two intra-club meets. This is a good way for swimmers and new families to "get their feet wet." Registration will cost less and team suit will not be necessary.

Registration Cost: \$35.00

Practices: Monday & Wednesday 3:30-4:30pm

June 3-26

Swim meet June 26@3:30

All swimmers will need to complete a 25 (freestyle or backstroke) in 90 seconds to be on the HL swim team. If you child isn't able to complete this, then Bumblebees is the place for you!

Pre-Season Practices

Held at The Club at Oak Branch 21A Oak Branch Dr.
(off Wendover Ave)

Pre-season swim practices will occur on Saturdays and Sundays during April and May at The Club at Oak Branch's Indoor Pool. This is great way to prepare your swimmer for the swim season for a nominal fee. These fees cover our rental fee for the pool. The pool is kept at a temperature of 84 degrees so bring a sweatshirt and extra towel for after practice.

Sun 5/2 5-5:30 6-8 YR olds
 5:30-6:30 9 & ups

Sun 5/16 5-5:30 6-8 Yr olds
 5:30-6:30 9 & ups

Mon 5/17 Outdoor practices begin @ HL

Time Trials

ALL SWIMMERS MUST ATTEND AT LEAST ONE TIME TRIAL.

This allows our coaches to have baseline times as well as prepare for meet line-ups. Please know that time trials can be a bit chaotic especially for first-timers, but we will do our best to make it run as smoothly as possible.

First Time Trial: Tuesday, May 25th 5:00pm at HL Pool

Second Time Trial: Saturday May 29th 8:30am at HL Pool

*for all ages; followed by team breakfast (parents food donations of juice, bagels, fruit, etc.)

Bad Weather Policy

If it is raining, we still usually hold practice. You will be notified through email if practice is cancelled. Swimmers are encouraged to wear running shoes and appropriate clothes for dry land training, which takes place in the club house if weather doesn't allow us to be in the pool.

Emails/Text Alerts

Emails:

Swim reps and coaches do their best to streamline and condense communication. Weekly emails (on Sundays) will be sent with that week's events, any volunteer needs, requests, updates, etc. On occasion, additional updates will be sent via email. Swim reps and coaches will make every effort to keep our communication to one email a week. Please take the time to read each email so you are aware of all happenings.

Text alerts:

You will have the option to receive text alerts for last minute updates typically weather related. You will receive an email that will include directions on how to sign up for these text alerts.

Supervision

Our coaches are responsible for coaching. They cannot chase swimmers who wander off. If you are concerned about whether your child can stay with the coach, then an adult should accompany that child to practice. **All parents should make sure that practice is being held BEFORE leaving children at the pool.**

Communicating With Coaches

Please address any questions or concerns with coaches well before or following practices to allow coaches the full time allotted for practice. You may also communicate with a coach through email.

Swim Buddies

HL has a tradition of matching up a younger swimmer with an older swimmer to act as a buddy through the season. This is to encourage team building between the older and younger swimmers as well as provide encouragement to all swimmers. Swim buddies can cheer for each other during events, give each other good luck notes, and/or give a special treat at a meet. These are just suggestions and meant to be fun. Some swim buddies will give and receive more than others and that is just the nature of the process. Parents please help your swimmer look upon this with humility and understanding (swim buddies are givers, if you receive that is a bonus). Swim reps and coaches are not responsible for equality in gifting and participation is voluntary. Older swimmers will be asked if they would like to participate and offered an explanation about what is expected of them.

Family Swim Buddies

We will again be matching up newer swim families with veteran swim families. We hope this will provide newer families with someone they can easily call, text, email with questions, concerns, advice, etc. All families who would like to participate will need to sign up. This will also look and feel different across the board depending on the effort put forth on either side of the relationship. Again, swim reps and coaches are not responsible for equality in experience with family swim buddies.

Practices

After pre-season concludes at The Club, we will be swimming outdoors at the Hamilton Lakes pool hopefully by May 17th depending on weather and pool status. Even if it's rainy or the pool isn't warm enough, the coaches still may hold "dry land" practice. Please come prepared with running shoes and active clothes just in case. Until Guilford County Schools are released for end of year, we will have 1 practice per day in the afternoons.

we still hold practice Tuesday AM on day of meets

Monday, Tuesday, Thursday, Friday (MORNINGS)	8:30-9:30am 8 & unders 9:30-11:00am 9 and up
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Monday, Wednesday, Thursday (AFTERNOONS) 5:30-6:30pm 13 & ups	4:30-5:30pm 8 & unders 5:00-6:00pm 9-12
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Saturdays (MORNINGS)	8:30-9:30am 8 & unders 9:30-11:00am 9 and up
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FOR ALL SWIMMERS

All swimmers should come to as many practices as possible. Swimmers who work out with a year-round team are required to attend at least 1 Hamilton practice per week in addition to attending time trials. Please be on time. Practice is more effective when everyone begins together. Even if it's raining, swimmers will still practice whether it is in the pool or dry-land training. We will ONLY have afternoon practice the Wednesday following a swim meet. This will be a lighter, more fun practice but just as important.

What to Bring to Practice?

- Towel
- Goggles
- Swim Cap
- Running Shoes for dry-landing training

Swim Team Lingo

The language used to describe things at a swim meet can be confusing; we hope this guide will clear up some of the mysteries.

What Are These "Events" You Speak Of?

You might think your child is swimming a race, but they aren't: they are swimming an "event." There are individual events and relay events. The individual events are organized around the swim strokes: freestyle, backstroke, butterfly, and breaststroke. (There's also something called the IM, or "individual medley," which means one swimmer swims each of the four strokes in sequence.) There are two kinds of relay events: freestyle relays (each of the four swimmers swims freestyle) and medley relays (each of the four swimmers swims one of the four strokes).

What Is a "Clerk of Course"?

That refers to an **area** (at HL it's under the awning to the far right end of the pool), where certain people (the Clerks) are lining up the swimmers so that they end up in the right event, heat, and lane.

How Many Events Will My Child Swim, and Which Ones?

The coaches will enter your child in the events they believe he/she is ready for and take into account the needs of the entire team. There are limits on how many events a swimmer can be entered in.

What's a Heat, and What's a Heat Sheet?

Because pools have a limited number of lanes, all the kids in an event cannot swim at the same time, so they are divided up into "heats." You can buy a Heat Sheet (\$3 at HL but will vary from pool to pool) at the meet that will show which heat and lane your child is swimming in. Just FYI, the swimmers with the fastest seed times swim first. Similarly, the swimmers with the fastest seed time of their heat end up in the middle lanes and the slower seed times swim in the outer lanes.

What Is a DQ?

DQ stands for "disqualification." Stroke-and-turn judges observe the swimmers to ensure that the starts, strokes, turns, and finishes are performed according to the rules. If a judge sees a violation of the rules, she will raise her arm and then fill out a DQ slip. Coaches receive copies of the DQ slips, which they use as learning aids to help the swimmer and the team improve. (For example, if swimmers are failing to perform a two-hand touch on a breaststroke finish, the coaches need to know that, and the DQ slip is how they know.) A swimmer who DQ's will not get an official time or a ribbon for that event. Please don't be concerned about DQs; all swimmers DQ at some point!

Will My Child Get a Ribbon?

Ribbons will be awarded based on actual finish times. For individual events, 1st-10th place ribbons will be awarded. For relays, 1st-4th place ribbons will be awarded. These ribbons will be placed in the swimmer's file in the plastic file containers located in the clubhouse and are generally available the next day.

Did We Win?

If you stay until the very end of the meet, you'll hear the Starter announce the final score. Scoring is complicated, too complicated for us to try to explain here--suffice to say that the winner of an event gets a clump of points, the second-place finisher gets a smaller clump, and so on. You can check out GreensboroCSA.org for detailed information on scoring.

2021 Dual Meets (Swim Meets)

(<http://www.greensborocsa.org/index.html>)

Tues. June 1 Green Valley @ HL
Thurs. June 10th HL @ LJ
Tues. June 15th Bur Mil @ HL
Tues. June 22 HL @ Friendly
Tues. June 29th HL @ Sherwood

Each season, HL swims in 5 dual meets against another CSA team. Competitive swim meets help to teach swimmers good sportsmanship and discipline while helping to develop their competitiveness. The combination of these characteristics result in TEAM SPIRIT: working together for a common goal. Parental support through active participation in HL meets and events helps to reinforce those life skills we want our children to learn.

MISSING A MEET:

There will be a Sign-Up Genius emailed to you. There will NOT be a sign up posted in the clubhouse. Please fill that out for any meet your swimmer is unable to attend. The deadline for that is on the Monday before the meet. Details will be on the Sign-Up Genius page. A missing swimmer affects the entire swim team and can delay the start of a meet so it's crucial that the coaches know ahead of time who will be swimming so they can place swimmers in the appropriate events.

NOTE: CSA rules state that if a swimmer misses an event for which a substitute swims, he or she is not eligible for subsequent events at that meet including relays!

Which events will your child participate in?

Meet entries will be posted by Tuesday morning practice. Occasionally there is a last minute change due to illness, etc., but generally your swimmer will know their events on Tuesday. Two lists of all events/swimmers will be posted in the clubhouse. Girls will be on one list and boys on another, listed alphabetically. It will list your child's name and the events they will be swimming in. It's a good idea to take a picture with your phone so your swimmer will be prepared for his/her events. Sometimes there are last minute changes, so please be aware of this. And, please check all events – sometimes, your swimmer is swimming in a relay at the end of the night (even younger swimmers) so you don't want to miss it or leave early.

Most Common Way to get Disqualified (DQ)

What Is a DQ?

DQ stands for "disqualification." Stroke-and-turn judges observe the swimmers to ensure that the starts, strokes, turns, and finishes are performed according to the rules. If a judge sees a violation of the rules, she will raise her arm and then fill out a DQ slip. Coaches receive copies of the DQ slips, which they use as learning aids to help the swimmer and the team improve. (For example, if swimmers are failing to perform a two-hand touch on a breaststroke finish, the coaches need to know that, and the DQ slip is how they know.) A swimmer who DQ's will not get an official time or a ribbon for that event. Please don't be concerned about DQs; all swimmers DQ at some point!

Starts

- False start
- Moving on the block after "Swimmers, take your mark"
- On backstroke, toes/feet over the gutter

Freestyle

- Grabbing lane rope and pulling yourself forward
- Walking or pushing off the bottom of the pool
- Not touching the wall during turn

Backstroke

- Turning over to stomach (except during a correct flip turn)
- Two arm pulls before starting flip turn
- Delay in starting flip turn

Butterfly

- Doing an alternating scissor or breaststroke kick
- Arms are non-simultaneous
- 1-hand touch at turn or finish
- Non-simultaneous 2-hand touch

Details for the Day of a Swim Meet

Morning Practice: Probably the swimmers' favorite day, because they will have a pancake breakfast after practice. Parents will bring fruit and we will provide pancakes. After practice, please have your child stay hydrated, eat healthy, and rest to prepare for the meet than evening.

Meet Arrival Time: Tuesdays at 4:00pm

Meet Start Time: 5:00-5:30pm

End Time: 9:00ish

You will want to arrive for meets around 4:00 for swimmers to warm up and find a place to sit. Please have events written on swimmer's arm before. If you are a working parent who has trouble getting your swimmer there on time, please reach out to the swim reps who will be more than happy to help with possible car pools, etc. During home meets, our families sit to the left side of the pool. **You will want to bring your own chairs.** HL has concessions but you are welcome to pack your own dinner.

Younger Swimmers--they will be swimming in the earlier events, so you may not have to stay for the entire swim meet, **but** be sure to make sure they aren't swimming in a relay. The relays don't start until all individual events are finished later in the evening.

Parking:

For Home Meets, please leave parking places closest to Clubhouse open for our guests to park.

What to Bring

Getting ready for a swim meet can seem like you're going camping for a week and can be a bit overwhelming! But we want you to feel prepared so we're including a list of must-haves. **Please write your name on EVERYTHING.** The kids are in a small space for multiple hours so things get lost and misplaced very easily.

- Families Dress appropriately...hats, sunglasses, etc. It can be extremely hot until the sun goes down!!!
- Sunblock (very important)
- Bring plenty of water!!! (no glass please)
- Healthy snacks for swimmer and yourself
- Possibly Pack your dinner (may purchase from concessions but selection will vary from pool to pool)
- Sharpies
- Swimmers bring 2 towels and a sweats or a jacket. (Once the sun goes down, they may be cold between events especially later in the evening)
- Bring Cash. You may want to purchase food/drinks from the concessions, but the selection will vary from pool to pool. You will also be able to purchase heat sheets.
- Lawn Chairs for parents. Your swimmer may also want one.
- Swimsuits, Goggles, and Swim Caps. Bring an extra pair of goggles just in case)
- Cards, games, books. There's a lot "down time" between events.

Marking Your Child

Before the meet begins, you will need to use a Black Sharpie to:

- Write swimmer's last name along the top of their left arm.
- Under their name, write the event numbers they will be swimming in.

This will help the tent parents and Clerk of Course line up your child for their event. Your swimmer may also want to write their event numbers on their leg or forearm so they can keep up with the events they are swimming.

Once the meet has begun, kids should stay with the team in the designated area we call the "tent" Each team has a designated area. Because there are so many events and it is chaotic, it is helpful to have all the kids in the same area so they can be easily located for their events. And most importantly, they have fun hanging out together. Swimmers will be called for their event and begin lining up at least 15 minutes before their event. Packing plenty of healthy snacks, water, and something to occupy them during times they aren't swimming will be helpful.

How the Meets are Organized

Age Groups:

Age groups consist of the following: 6 & under, 8 & under, 9-10, 11-12, 13-14, and 15-18. A swimmer's age group is based on his or her age as of June 1st of the current swim season. For example, a swimmer who will be 13 by June 1st will swim with the 13-14 age group. Swimmers must swim in their respective age groups with the exception of relays.

Entries:

Each team may enter only 3 official swimmers per individual event in a dual meet and only 1 official relay team per relay event. Any swimmer can swim a maximum of 5 events with no more than 3 individual events and no more than 2 relays.

There will be only one heat of the following events at dual meets: distance freestyle, individual medley, and the medley relay. For all other dual meet events, there will be whatever number of heats necessary to accommodate all entries. Heats will be swum fastest to slowest, and coaches are required to enter genuine swim times so entry placement will be appropriate. All swimmers have an equal chance at scoring, although only the top three swimmers from any one team can score points. This means, that if Team A swimmers post the fastest 6 times, Team A will score the top three places with Team B scoring places 4, 5, and 6 despite slower times.

Distances:

Exact distances for dual meets will depend upon each pool's dimensions but will be as close as possible to the following:

6 & Under Individual—25 yds
6 & Under Relays—100 yds
8 & Under Individual—25 yds
8 & Under Distance Freestyle —50 yds
8 & Under Relays—100 yds
Individual Medley—100 yds
Long Distance Freestyle—100 yds
9-10, 11-12, 13-14, 15-18 Individuals—50 yds
9-10, 11-12, 13-14, 15-18 Relays—200 yds

*For more details on organization and scoring, please go to www.GreensboroCSA.org

**City Meet
July 8-10
2021**

City Meet is a three-day event that includes the entire community and all of the community swim teams. Held at the Greensboro Aquatic Center (the GAC), it serves as the culmination of the community swim season.

City Meet lasts all day for the three days with events happening throughout the day. The swimmers will have an area to hang out in with the rest of the team until their events. Results are posted throughout the day and may have an impact on who will be swimming in the finals. At the end of City Meet we will all gather at the pool to celebrate another wonderful swim season. Both the meet and the after party are great opportunities to cheer on your teammates and enjoy being a HL Hornet!

We hope you will plan to participate, so mark your calendars now! We will need parental volunteers and will have more information about City Meet later this summer.

Swim Meet Volunteers

WE NEED YOU!!!

Our meets take an extraordinary amount of people, willingness to serve, and positive attitudes. Home meets require more than 100 workers while away meets require at least 50. We all want to sit and watch our kids swim, but swim meets cannot happen without your help. VOLUNTEER INVOLVEMENT IS CRITICAL!!! We have a wide variety of responsibilities with something for everyone. We need people willing to do the "easy" jobs and the "tough" jobs. Once you have noted the 3 meets you would like to work, you can request early or late shift, then you will be able to set your job preferences. We will make every effort to assign you one of your preferred jobs. This is also a great way to get to know other families and the kids. Please pitch in to make this a great season for our swimmers.

We ask that each family volunteer to work a shift for at least 3 meets throughout the swim season.

*Denotes CSA training required.

**Great jobs for New Swim Team families.

Job Titles

Card Runner

Bring entry cards from timers to scoring tables. Must run cards from the starting end of pool to the finish end in races of just one length.

Card Sorter

Writes the official time on the card, determined by the middle time recorded. (Fastest and slowest times are discarded) Swimmers' cards are arranged by fastest to slowest official times for each event, and the corresponding place is recorded on each card. In the event of a DQ, the Card Sorter staples the entry card to the DQ slip, and places all DQ's on the bottom of the cards for that event, then passes all cards to the scorer.

Clerk of Course

Organizes and seats the swimmers in the event they are to swim as assigned on the swimmer's entry card. They also consolidate swimmers into heats in events where there are more swimmers from one team than the other, in order to expedite the meet.

Concessions**

For home meets, you will be responsible for the concessions area we have set up where both teams will have an opportunity to purchase refreshments.

DQ Runner**

Brings DQ slips from judges to meet referee for initialing then to take to scoring table.

Hospitality Cart**

Prepare the cart with snacks and drinks (provided by swim families) and walk around the pool providing refreshments to volunteers and coaches throughout the swim meet.

Place Judge

Determines which swimmer finished first, second, third, etc.

Ribbon Labeler**

You sit at a table placing pre-printed labels on ribbons indicating swimmer's event, age, group, time, and place. Then you file the ribbons alphabetically so swimmers can pick up their ribbons the next day.

Scorer/Date Entry

Keeps cumulative score of meet. You will work together with opposing teams' scorer to confirm accuracy. Enters event scores to computer

Starter*

Gives the commands to the swimmers to start each race, and then to start the race.

Stroke and Turn Judge*

Determines if each swimmer is swimming the stroke legally as defined by USA Swimming Rules. It is the responsibility of the S & T judge to disqualify any swimmer whose stroke, start, turn, or finish is illegal.

Tent parent (paired with an experienced parent)**

You are in charge of watching the swimmers in our assigned area during the swim meet as well as lining them up for their events so they can be taken to Clerk of course.

Timers**

Time the swimmers in each race using stopwatches provided by each team. One timer records all times on the entry card, which the Runner picks up for delivery to the Scoring Table