



**FALL/WINTER SHORT COURSE SEASON AND  
SPRING/SUMMER LONG COURSE SEASON  
2009-2010**

**Sign up at the Island Recreation Center Pool August 31<sup>st</sup> – September 7th, 4:00-6:00 PM**

**Season Registration Fees:**

- \$110 USS Reg Fee and Administrative Fee; \$12 discount for additional swimmer in family (taken based on payment option)
- \$30 Family Banquet Fee
- \$75 Family Timing System Assessment

**Multiple Swimmer and Full Payment Discounts:**

- \$24 Discount for additional swimmer in family (applied based on payment option)
- 5% Discount for paying Full Season Fees by October 1, 2009

**Dues for Short Course & Long Course Season – August 31, 2009 – August 31, 2010**

<b>Group</b>	<b>Monthly Dues</b>	<b>Yearly Dues with 5% Discount</b>
Pre-Team	\$70	\$798
Nova	\$85	\$969
Bronze	\$95	\$1083
Silver	\$115	\$1311
Gold	\$125	\$1425
Senior II	\$105	\$1197
Senior	\$150	\$1710

Placement for new swimmers will be determined at registration or during an optional one-week trial period prior to joining.

**For any registration information, please call Coach Jack Maddan at 342-3795**

**We look forward to having you on the team!**

[www.h2aswim.com](http://www.h2aswim.com)

# Hilton Head Aquatics Group Criteria

## 2009-2010 Season

Every swimmer at Hilton Head Aquatics is registered with USA Swimming and is encouraged to compete. The coaching staff will determine what meets are best suited for each athlete in the program.

### **Pre-Team**

This group is for 5-11 year olds that have not mastered freestyle or backstroke. In Pre-team the goal is teach all four strokes in a progression like manner. Swimmers are encouraged to make 2 practices a week. Average daily yardage N/A

### **Nova**

This group is for 7-11 year olds that know all four strokes, but are not quite proficient in all of them. In this group stroke technique and kicking with a board is 80% of the daily workout. Swimmers are encouraged to make 2 practices a week. Average daily yardage 500-1000 yards.

### **Bronze**

This group is for 8-11 year olds that are proficient in all four strokes. In this group stroke technique and kicking with a board is 70-80% of their daily workout. Athletes will start some interval training as they learn how to read the clock. Swimmers are encouraged to make 2-3 practices a week. Average daily yardage 1000-2000 yards.

### **Silver**

This group is for 9-12 year olds. In this group stroke technique and kicking with a board are 50-60% of their daily workout. Interval training starts to become a bigger component at this point. The swimmers in this group are working developing the 200IM and 500 Free and the goal of competing at the state and sectional level. This group is encouraged to make 4-5 practices a week. Average daily yardage 4000-5000 yards

### **Gold**

This group is for 11-14 year olds. In this group stroke technique and kicking with a board are 40-50% of their daily workout. Interval training is part of the daily routine. The swimmers are preparing to swim the 200's stroke, 400IM, 500, 1000 and 1650Free. The goal of this group is to be prepared to swim at the state and sectional level. The group is encouraged attend 4-5 practices a week. Average daily yardage 4000-6000 yards

### **Senior II**

This group will be our Senior II group which will be for swimmers that are 13-Over. This is a great opportunity for athletes who are getting ready for high school swimming, cross training for other sports, and triathlon training. Coach Jack and Alex will be working with this group. We will transition some swimmers from other groups into this group. This group is encouraged to attend 3 practices a week. Average daily yardage of 3,500-5,000 yards.

### **Senior**

This group is 13-18 year olds. In this group stroke technique and kicking with a board are 30-40% of their daily workout. Interval training is part of the daily routine. The swimmers start to do some specializing at this level but with the training emphasis geared towards the 200's of stroke, 400IM, and 500/1000/1650Free. The goal of this group is to be prepared to swim at the sectional, Junior National, and National level. It is required that all athletes make 100 % of all practices. Average daily yardage 6500-9000 yards.



Fall/Winter Short Course Season & Spring/Summer Long Course Season  
2009-2010  
Payment Schedule

Swimmer's Name \_\_\_\_\_ Group: \_\_\_\_\_

Payment Method: Monthly \_\_\_\_\_ Yearly: \_\_\_\_\_ USS Reg/Adm: \_\_\_\_\_

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Payment Method: Monthly \_\_\_\_\_ Yearly: \_\_\_\_\_ USS Reg/Adm: \_\_\_\_\_

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Swimmer's Name \_\_\_\_\_ Group: \_\_\_\_\_

Payment Method: Monthly \_\_\_\_\_ Yearly: \_\_\_\_\_ USS Reg/Adm: \_\_\_\_\_

Dues (from above) \_\_\_\_\_

USS Reg/Adm (from above) \_\_\_\_\_

Banquet Fee \_\_\_\_\_ \$30

Timing System Assessment \_\_\_\_\_ \$75

**Total Due** \_\_\_\_\_ Cash \_\_\_\_\_

Check \_\_\_\_\_ No. \_\_\_\_\_  
Make checks payable to H2A

**Fee Assessments:**

If you are paying by the month, your payment is due by the 15<sup>th</sup> of the month. A \$15 late fee will be added if payment is received late.

The Coaching Staff will need advance notice if your swimmer plans to discontinue with the program. If your swimmer swims only one day or the month, payment will have to be made for the entire month.

If you take time off, a \$15 fee will be charged to hold your spot each month. If you have outstanding invoices, a \$15 late fee will be charged each month until paid.

After 3 months of not swimming you will be required to pay a re-register fee of \$30 and all outstanding invoices and fees before re-joining the team.

All registered swim families are required to assist with team socials, Fall & Spring fundraising, and H2A hosted swim meets. Any required fundraising minimums and hours not met will be invoiced and payment required.

A \$25 fee will be charged on all returned checks.

I have read and understand the above Fee Assessments.

Parent Signature: \_\_\_\_\_



Fall/Winter Short Course Season & Spring /Summer Long Course Season  
2009-2010  
Registration Form

**\*Please note that we must have an e-mail address for each registered family**

Date: \_\_\_\_\_ Gender: Male Female

Swimmer's Name: \_\_\_\_\_  
Last First Middle (**needed**)

Swimmer's Age: \_\_\_\_\_ Birth date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ \*E-mail: \_\_\_\_\_

Father's Work: \_\_\_\_\_ Cell \_\_\_\_\_

Mother's Work: \_\_\_\_\_ Cell \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Do you have any medical conditions or allergies the coaches should be aware of?

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Swimmer requires and will bring the following medication to practice with instructions:

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\_\_\_\_\_ I give permission for my child to be photographed & allow publication of photographs for various printed and web site swim related materials.

T-shirt Size: \_\_\_\_\_ Group Assigned: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

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Received cap \_\_\_\_\_ Purchased T-shirt \_\_\_\_\_ Received T-shirt \_\_\_\_\_

**Original to Treasurer, copies to Head Coach, Registration Committee, and President**

# **H2A Committee Information**

## **PUBLIC RELATIONS**

- Work with the Coach before and after swim meets to get the results from swim meets in the paper.
- Alert the paper of higher level meets.
- Work with Fundraiser co-chairs to get the word out about upcoming fundraisers.
- Work with the team photographer to put together the slide show for the banquet.
- Works to promote team building activities" (ex: secret swimmer)
- Sends blast e-mails to sponsors to let them know team progress and achievements.
- Helps compile and distribute literature and e-mail slideshows throughout the community.

## **CORPORATE SPONSORSHIP**

- Work with the President and Treasurer to find out the expiration dates of the current sponsors.
- Send out flyers to the membership to see if anyone is interested in putting their business on the board.
- Write a letter and send it out to various area businesses to find out interest.
- Follow up the letters with phone calls or personal visits to the business.
- Work with the Public Relations person to see get copies of our team sponsor disk.
- Update the board with all new sponsors.

## **SOCIALS**

- Work with the Age Group 1, 2, & 3 Coach to find out what kinds of socials they would like planned (Beach socials, Bowling, Bring a Friend Friday, Ice skating)
- Plan the Team Banquet and all team socials as per the coaching staff. Help with Spaghetti Dinner/Raffle (work with Fundraiser Committee)

## **REGISTRATION**

- Help register new and continuing swimmers to the team.
- Make sure paperwork is processed and payments given to the Treasurer.
- Keep swimmer folder up to date

## **TEAM APPAREL**

- Sell team apparel such as T-shirts and place special orders for items that are needed for the swimmers.

## **GRANTS**

- Seek grants for the team to apply for that would help with defraying the cost of equipment, team travel, and various other team related expenses.

## **TEAM PHOTOS**

- Organize team photo shoot.
- Send out e-mails to let the membership know the date, time, location, and team shirt or suit to wear. This includes securing location, coordinating date and location with photographer, distribution and collection of order forms and monies.

## **FUNDRAISING**

- Work with the Treasurer and President to find out the team's fundraising needs for the coming year.
- Sally Foster, Swim Marathon, Applebee's Pancake Breakfast, Birdies for Charity, Spaghetti Dinner/Raffle (work with the Social folks), and hosting swim meets.
- We need 100% from each family in order to keep our dues low.

## **HOSTING SWIM MEETS**

- This includes Timing, Concession Stand, Making copies of the heat sheet, Doing the computer to set up entries, and Handing out ribbons.

**All Families are encouraged to volunteer for at least one of our committees. This is a great way to meet other swim parents and help out the team. Please sign up on the website;  
[www.H2Aswim.com](http://www.H2Aswim.com)**

# Hilton Head Aquatics Expectations & Requirements

The following is a list of expectations and requirements that all swimmers & parents must review, understand, and agree to before joining the Hilton Head Aquatics Swim Team (H2A).

1. All swimmers must pay the annual registration fee when signing up for H2A. The registration fee is for new & returning swimmers and includes your swimmers USA Swimming Registration. Each swimmer is to register every year in August/September. Those who join at a different time of the year, will pay their registration fee whenever they join the program and then again in August/September of the following year.
2. Swimmers whose dues are more than 60 days delinquent are not eligible to swim nor will they be able to attend swim meets or other team related activities. If you have a problem, please let the Treasurer know. All checks may be placed in the payment folder in the green box on the pool deck or in the "Collett" folder. Regardless of swim practice or attendance, monthly payments remain the same (for example – Spring break, Christmas break etc.)
3. All swimmers are required to participate in our annual fundraisers. Each family has the entire season (up until July 30<sup>th</sup>) to satisfy their Family Fundraising Commitments which are based on the highest level swimmer in the family. Family Fundraising Commitments not satisfied by that date will be invoiced and will have to be paid in full prior to registration for the next season.

## Family Fundraising Commitments

**Pre-Team – \$250**

**Nova – \$300**

**Bronze – \$350**

**Silver –\$400**

**Gold –\$450**

**Senior – \$500**

4. All swimmers are to have a team suit as chosen by the Head Coach. All team equipment and apparel may be found on our website, [www.h2aswim.com](http://www.h2aswim.com).
5. Parent involvement is extremely important for our team to be a successful. Each family is required to sign up for at least one committee or at least volunteer 20 hours per year (10 for short course and 10 for long course).
6. Parents are encouraged to be cheerleaders for their swimmers. Coaches should not be approached during practice or during a meet. This is a professional courtesy to our coaching staff. Parents, if watching practice, must sit on the bleachers during practice. At no time should a parent coach or instruct their child while on deck. If this takes place, there will be a warning by the Head Coach. If it happens again, the parent will be removed from the deck for a period of time to be determined by the Head Coach with board approval. Each coach has office hours and can be reached via e-mail or phone. Parent/swimmer meetings are important, please schedule them accordingly.
7. Our main line of communication is our web site, [www.h2aswim.com](http://www.h2aswim.com). Please provide us with your e-mail address. We also post things on the bulletin board, on our hotline (785-4422) or place things in your folders in the box on deck. **Please check these areas daily!** Updates are done to the web site each day.

I, \_\_\_\_\_, have read over the H2A Expectation & Requirement sheet and reviewed

It with my swimmer(s) \_\_\_\_\_.

We agree to abide by the requirements & expectations set for.

Date) \_\_\_\_\_ Parent Signature \_\_\_\_\_

# **HILTON HEAD AQUATICS**

**2009-2010**

## **FALL/WINTER PRACTICE SCHEDULE**

### **PRE-TEAM**

MONDAY THROUGH THURSDAY - 4:00 P.M. UNTIL 4:30 P.M.

### **NOVA**

MONDAY THROUGH FRIDAY – 4:30 P.M. UNTIL 5:15 P.M.

### **BRONZE**

MONDAY THROUGH FRIDAY 5:30 P.M. UNTIL 6:30 P.M.

### **SILVER**

MONDAY THROUGH FRIDAY - 4:00 P.M. UNTIL 5:45 P.M. Through 10/12/09

THEN IT WILL MOVE TO 3:45 P.M. UNTIL 5:30 P.M.

SATURDAY – 9:30 A.M. UNTIL 11:15 A.M.

### **GOLD**

MONDAY THROUGH FRIDAY 3:00 P.M. UNTIL 5:30 P.M.

SATURDAY - 7:30 A.M. UNTIL 10:00 A.M.

### **SENIOR II**

MONDAY THROUGH THURSDAY – 3:00 P.M. – 5:15 P.M.

SATURDAY – 9:30 A.M. – 11:15 A.M.

### **SENIOR**

MONDAY THROUGH FRIDAY – 3:00 P.M. UNTIL 5:30 P.M.

SATURDAY - 7:30 A.M. UNTIL 10:30 A.M.

WEDNESDAY AND FRIDAY AM - 5:30 A.M. UNTIL 7:00 A.M.

**Please check the hotline for changes in practice due to in climate weather or pool closures. The hotline number is 785-4422. We will also try to post these changes directly on our web site and via e-mail.**

**Hilton Head Aquatics**  
**2009-2010**  
**Meet Schedule**

<b>DATE</b>	<b>LOCATION</b>	<b>ELIGIBILITY</b>
October 16-18 <sup>TH</sup> , 2009	Island Rec Center	Whole Team
November 20-22nd	Augusta	Whole Team
December 4-6 <sup>th</sup>	Columbia	Bronze, Silver, and Senior 2
December 4-6 <sup>th</sup>	Charlotte	Travel Trip-Senior
December 10-12 <sup>th</sup>	Columbus-SC Juniors	Junior Cuts
December 19 <sup>th</sup>	Island Rec Center	Pre-Team, Nova and Bronze
January 8-10 <sup>th</sup>	Athens	Senior Circuit cuts
January 15-17 <sup>th</sup>	Savannah	Whole Team
January 23-24th	Island Rec Center	Pre-Team, Nova, Bronze
January 28-31	Huntersville	NC Senior Cuts
February 12-15	Spartanburg	South Carolina State Cuts
March 4-7 <sup>th</sup>	Nashville	Senior Sectional Cuts
March 11-14 <sup>th</sup>	Charlotte	Age Group Sectional Cuts
March 16-21	Orlando	NCSA Junior Cuts
March 19-21	Clemson	Whole Team

**Please note that this meet schedule is subject to change**