



Parent Handbook

2019-2020 Season

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HPAC Overview

Founded in 2006, Highland Park Aquatics Club (HPAC) serves as a high-quality, competitive swim club for the city of Highland Park and nearby towns. HPAC coaches are committed to providing all swimmers with a challenging yet nurturing swimming environment. HPAC is a parent-governed not-for-profit organization, hosted in the state-of-the-art Highland Park High School swimming pool.

HPAC Vision

To instill a life-long love of swimming and to develop excellence in technique, fitness, team spirit, character and family participation, so every swimmer can achieve their potential and compete at the highest level.

HPAC Mission

To provide excellence in swimming through coaching and prepare individuals to compete at the highest level.

To provide an environment that inspires swimmers to achieve their true potential through a strong work ethic, discipline, self-motivation and self-esteem.

To instill a life-long love of swimming through enjoyment and accomplishment at all levels of swimming.

To develop and reward team spirit so that our swimmers encourage and support one another at all levels of competition.



Leadership

Head Coach – Jory Blauer

Jory began his coaching career as a teenager in conjunction with his own competitive swimming. Early on as a coach and a swimmer, he had a great ability to make the connection between biomechanic efficiency in the water and fast times on the clock. Jory went on to swim for the University of Iowa where he continued to excel in the water as a Hawkeye swimmer.

As a coach of 20+ years, Jory has continued to apply his great biomechanic efficiency knowledge with each swim club he has coached helping many swimmers attain their goals. A student of the sport, he began learning various coaching philosophies and strategies, applying parts of each to his own.

Jory's enthusiasm for swimming & working with children is unmatched. His coaching philosophy is simple: The whole child makes the whole swimmer. Only by acknowledging who each swimmer is, what they value and how they approach life, can you help incorporate successful swimming into their lives. Jory's goal with every swimmer is to help them become smarter in the water, apply what they learn in the sport to the rest of their life and develop a lifelong love for the sport.

Jory lives on a small hobby farm in Beach Park with his wife Mea and two sons Andrew and Matthew who are HPAC members. Gardening is a close 2nd to swimming as a life's passion, and whenever he gets the chance, he loves to fish.

Email: joryblauer@ymail.com

Phone: (847) 722-8841

Board Members

The Highland Park Aquatics Club is a parent-governed not-for-profit corporation. Governance is operated through a Board of Directors, which consists of six board-elected members, usually parents of HPAC swimmers, and the Head Coach as a non-voting member.

Jory, as the head coach, serves as the chief executive with prime responsibility for managing day-to-day “dry-side” operations and total responsibility for developing and leading the swimming or “wet-side” of the program.

The board supervises and supports the head coach and works in partnership with him to drive planning and operational efforts through the creation of committees.

The key responsibilities of the board of directors are:

- Club strategy (vision, mission, strategic plan and major goals)
- Club finances (budget, volunteering)
- Club fund-raising initiatives (volunteering, sponsoring)
- Club staff management (hiring, evaluating, mentoring)
- Club marketing (advertising, new swimmers)



As of July 2019, the current members of the board of directors are:

Alex Abramovich

New Board Member (2019)

[Parent of Giant and Little Giant swimmers](#)

Email: alex@hpacswimclub.org

Phone: (847) 910-0143

Derek Faust

New Board Member (2019)

[Parent of a Giant swimmer](#)

Email: derek@hpacswimclub.org

Phone: (312) 961-6628

Brad Greenstein

Board Member since (2018)

[Parent of a Senior swimmer](#)

Email: greensteinbrada@gmail.com

Phone: (847) 274-3750

Dale Kelley

Founding Board Member

Email: dale@hpacswimclub.org

Laetizia Moreau

New Board Member (2019)

[Parent of Mighty and Little Giants swimmers](#)

Email: laetizia@hpacswimclub.org

Phone: (312) 617.1359

Elaine Van Dusen

Board Member

[Parent of a Senior Elite swimmer](#)

Email: ervandusen@aol.com

Volunteering

HPAC is a family-oriented, volunteer run organization. One of the most important ingredients in HPAC's success has been the involvement of swimmers' parents and guardians.

Club Requirements

When joining the club families agree to volunteer for a minimum of 3 sessions per year, or an equivalent of 9 hours.

Volunteer Opportunities

HPAC needs volunteers all year, for multiple events and activities, to help the club grow and succeed.

Home meet organization and execution

Swim meets require a large volunteer staff. In fact, a typical swim meet takes more than 40 parents to time, officiate, announce, run concessions, set up, tear down --the list goes on. There are jobs that suit the talent and availability of every parent on the team --before, during or after meets. The key volunteering areas are:

1. Deck Activities (timer, runner, marshal...)
2. Officials Duties (we are required to provide 1 starter and 1 referee + other officials for every home meet)
3. Hospitality and Concessions (greeter, concession stand keeper...)

The sign-up for meet jobs is easily done online with various job types, dates and times.

Club Committees

- Social
- Fundraising
- Volunteer Coordination
- Apparel
- ...



Philosophy and Economic Impacts

In the past few years, HPAC has seen the number of volunteers drop significantly and it has begun to impact the club.

HPAC organizes three Home meets per year which accounts for approximately 30% of its total annual revenue. Home meets are organized and executed by its club members, i.e. HPAC families.

If each family fulfills its volunteering requirements, the club will run smoothly, and it's manageable for all. It is important to know that when a family does not fulfill its volunteering obligations, another family is forced to pick up the slack!

Lack of Volunteers

= No Home Meets

= Increase of Season Membership fees by 30%

Swimming at HPAC

Coaching Staff

The coaching staff is responsible for the development and safety of the swimmers during practice and swim meets. Parents are encouraged to ask the coaches questions about their child's swimming. You can reach Jory by phone (847) 722-8841 or by email at joryblauer@ymail.com

Team Information

A valuable source of team information is the HPAC website. Check it regularly! You will find:

- Parent Resources page
- Team Calendar (iCAL)
- Practice schedule (PDF)
- Swim Meet schedule and information
- Swim Meet results and time improvements
- A wealth of other HPAC-related facts and information

Coaches send announcement and reminder emails for HPAC events, registration deadlines for meets, changes in practice schedules, meet results, new team records, and other important HPAC-related information.

Finally, swimmers and parents should regularly check their team folder for announcements and awards (ribbons). Folders are located near the south entrance to the pool. Swimmers be sure to check the folders after practice.

Training Groups

HPAC is organized into five groups, based on age, experience, and expectations. Several groups are divided into sub-groups, differing either by age or level of competitiveness.

Little Giants

Our Little Giants are either new to club swimming or progressing to the next level. The Little Giants group consists of swimmers ages 6-12. This group focuses on developing correct stroke technique. Swimmers will continue to develop their freestyle and backstroke and learn the essential components of breaststroke and butterfly. We will introduce the

concept of racing starts and competitive turns as well. Practices are 45 minutes long; four to five times per week. We encourage Little Giants to attend swim meets.

Mighty Giants

The Mighty Giants group consists of swimmers ages 9-12. The emphasis for this group is further development of their stroke technique. In addition, swimmers will begin competitive training. We will also introduce the use of a pace clock, and the concept of swimming “sets”. We offer Mighty Giants five to six, hour-long practices per week. Mighty Giants swimmers should be competing in meets as often as possible.



Giants

Giants swimmers have demonstrated the ability and willingness to begin more advanced competitive training with the specific goal of improving swim meet performance. A coach driven goal of the Giants group is working towards qualifying for and performing well at our ISI Regional meet. The Giants group consists of swimmers ages 9-14. Stroke technique is a Giants swimmer's foundation, and they will begin to train energy systems that are essential to becoming great competitive swimmers. We offer Giants five to six, 90-minute long practices per week. Giants swimmers should be competing in meets as often as possible.

Giants Elite

A coach driven goal of the Giants Elite group is to work towards qualifying for and performing well at the ISI Age Group Champs meet. The group will emphasize goal setting and striving for achievement. The Giants Elite group consists of swimmers ages 11-14. We offer five to six, 105-minute practices per week. Additionally, we offer three 30-minute dryland sessions per week.

Senior/Senior Elite

Swimmers who have performed at a high level in our Giants or Giants Elite Group and can perform all four strokes with proficiency may fit well in the Senior Group. All swimmers who have competed in at least one season on their high school team will automatically be eligible for the Senior Team. A coach driven goal of the Senior Group is to qualify for, and perform well at, the ISI Regional and ISI State meets. This group will further prepare swimmers for the Senior Elite Group and competing at a higher level on the high school team. In addition to an increased focus on training, swimmers will continue to refine and

develop their stroke technique while building the energy systems required for high-level competitive swimming. We offer five to six, 120-minute training sessions per week. Additionally, we offer three 30-minute dryland sessions per week.

The Senior Elite Group offers HPAC's highest level of training. A coach driven goal of the Senior Elite Group is to qualify for and perform well at ISI State, Speedo Sectionals, Jr Nationals, Sr Nationals, and high school state meets. We offer six to seven, 120-minute long practices per week during the school year and eight to nine 120-minute long practices during the summer. Additionally, we offer three 30-minute dryland sessions per week.

More details are available [here](#) on our website

Practice and Expectations

Our regular seasons are from September to February (Winter Season), from March to May (Spring Season) and June/July (Summer Season). Practice is an important part of any swim team. HPAC swimmers are encouraged to attend practices regularly throughout the season – even during vacations and holidays.

Practices typically take place at the Highland Park High School pool. All practices are supervised and led by HPAC coaching staff. Parents are always welcome to come and watch from the stands located on the second floor.

Our training groups practice on a consistent schedule and, to accommodate everyone, at slightly different times. HPAC offers great flexibility to swimmers and their families by offering training up to six days a week. For your convenience please subscribe to our [Team Calendar](#) or download the latest [Practice Schedule](#) in PDF format. Both are found in the TEAM INFO menu on our website. Practice times are regularly updated.

Philosophy & Guidelines for Progression

HPAC is organized around five training groups. The groups were set up by HPAC coaching staff to provide the best teaching environment possible. There is some overlap between age and ability to allow for flexibility in providing a training environment ideally suited for each swimmer.

If you have questions regarding the placement of your swimmer, please feel free to speak with the Head Coach about what would be best. For developmental reasons it is important for your swimmer to practice with the correct group. A novice swimmer may be overwhelmed practicing with an advanced group - which won't be enjoyable or fun.

The opposite may occur when a more advanced swimmer practices with others of a lesser ability and commitment.

Season Fees

All swimmers must be members of Highland Park Aquatics Club and register for the season. The membership fees include:

- Cost of practices
- USA Swimming membership
- HPAC swim cap
- HPAC t-shirt

During the year, if your swimmer registers for swim meets, your credit card will be charged with the associated fees. Swim meet fees vary from meet to meet. Each meet has its own Event Page, and fees can be found in the Meet Packet on the Event Details page under Forms/Documents.

Rules and Logistics

Equipment

HPAC members can purchase suits and other apparel with the HPAC logo on the [Team Store](#). At the beginning of the short course season, a “swimsuit try-on” event is organized. We strongly recommend that you try before you buy as suit sizes vary per model.

Swimmers are required to have the following equipment:

- Team Swimsuit (Required at Swim Meets)
- Goggles
- Fins

We strongly recommend that your swimmer has the following equipment:

- Practice suit
- Towel
- Combination lock
- Swim bag to carry gear
- Flip-flops
- Water bottle

Your swimmer’s name should be clearly marked on all items.

Team Policies

HPAC's website has a page dedicated to [Team Policies](#) including:

- Electronic Communication & Photo Policy
- Anti-Bullying Policy
- Athlete/Parent Codes of Conduct
- Adult Locker Room Policy
- Swimmer Locker Room Policy
- Minor Athlete Abuse Prevention Policy (MAAPP)

Drop-off and Pickup

You may drop off your swimmer in the circle drive prior to practice. Please make sure they safely enter the building.

For the safety of our youth members, a coach will supervise all swimmers until they are picked up by a guardian. Please respect our coaching staff's time: be on time to pick up your swimmer. Swimmers are instructed that they are not to be in the locker room more than 10 minutes after practice. A rule of thumb is to arrive for pickup 10 minutes after the official practice ending time.

Stroke Clinics

HPAC offers stroke-improvement clinics during the regular season, typically on the weekend. These clinics are offered for an extra fee and are run by our coaching staff in small groups, typically with a 1:3 coach to swimmer ratio. The focus is on specific mechanics and technique. The clinic's emphasis is more on swimming well than on swimming fast – although the two usually go hand in hand.

Parents' Responsibilities

Competitive swimming allows swimmers to experience both success and defeat. A positive and supportive environment at home encourages swimmers to continue pursuing their long-range goals. We encourage good sportsmanship and respectful behavior toward teammates, opponents, coaches and officials at all times, and HPAC requires that parents demonstrate these values.

Attendance at meets shows your support. Some parents help swimmers track their times to monitor their progress. Helping your swimmer set short-term and long-term goals is a great way to keep them motivated, improve their performance, and maintain their enthusiasm.

Swim Meets

Why participate in swim meets?

Swim meets are an important part of team swimming. Meets are where swimmers can apply the work they've put in at practice toward a tangible, measurable goal. Meets are fun, they can build self-confidence, self-esteem, and motivate swimmers to work hard and apply themselves at practice.

Swimmers are not required to attend meets. However, the coaching staff encourages all HPAC swimmers to do so. Meets motivate swimmers to practice, and they can be fun and rewarding. HPAC participates in a variety of meets, so there are likely some in which your swimmer will enjoy competing, regardless of their proficiency.

Coaches will indicate via email and on the website whether a swim meet is appropriate for younger - more novice swimmers, or whether it's suited to more advanced swimmers.



Where do I find information on meets?

Throughout the season, the **Events & Competition** section of the website and the **Future Meets** tab of the OnDeck app list the current and upcoming meets.

The **Events & Competition** section of the website provides a list of all current and upcoming meets. When you click on the name of the meet, the website displays details about the meet, including a meet packet document. It includes:

- The list of the races per session
- The dates of the sessions
- The location of the meet
- The warm-up time (make sure to arrive 5 to 10 minutes before warm-up)

Meets are usually divided into morning and afternoon sessions, often on Saturday and Sunday. Some meets also offer distance events on Friday evenings, in which case coaches will advise whether your swimmer is ready to compete in those events. These sessions are based on age groups: for example, 8&Unders and 15&Overs in the morning and 9-10 and 11-12's in the afternoon. Dual meets are always done in a single, afternoon session. To find out which session is relevant to your swimmer, get the "meet packet." These are available

from the HPAC website and sent by email before the meet; you can also find meet packets on the meet host's web page (Google the meet name).

At most meets, swimmers can compete in no more than four events, plus relays. Coaches spend a lot of time deciding which events are appropriate for each swimmer. For example, if a swimmer is close to Regional or State Championship times (cuts) in an event they might be entered in that event to give them another chance to qualify.

How to sign-up for a meet?

Parents/Swimmers have to sign-up for a swim meet to participate.

Deadlines to sign-up for a meet are weeks before the date of the meet, so make sure to check early in the season. Coaches regularly communicate deadlines via email and deadlines are also posted on the main page of the website.

In addition, to commit to attend a meet, parents/swimmers must select the specific sessions/days that they want to attend, as meets can span across multiple days and sessions.

IMPORTANT: Your swimmer's events are selected by the Head Coach.

Note: You can find more details on how to navigate the website and the OnDeck app in the Technology section of this document.

What should you and your swimmer bring to the meet?

The following items are recommended:

- Team suit
- Swim cap
- Goggles
- Towel
- Swim Parka or something to stay warm between events
- Water
- Healthy Snack (e.g. bananas, protein bar) or money to buy snacks
- Dry clothes to wear home
- Sharpie



How are events organized at a meet?

Events (e.g. races) have a unique event number.

Events are organized by gender, age group, distance and stroke. For example, 8&U FR or 50 BR

- Age group: 8&under
- Gender: Girls
- Distance: 50
- Stroke: Breaststroke

Pools typically have 8-10 lanes. Therefore, events are broken down into heats with a maximum of 8-10 swimmers each. Heats are usually organized from slowest to fastest Seed Times (their fastest time in that event). Additional parameters may be used to organize heats such as the age of swimmers.

For example, event #26 below is divided into three Heats. Heat 1 has swimmers with the slowest seed times. Heat 3 has swimmers with the fastest seed times.

South Eastern Aquatics

HY-TEK's MEET MANAGER 5.0 - Page 5

11th Annual SEA Early Bird Meet - 5/4/2019 to 5/5/2019
WSAC, 50 Meter, 8 lanes, Sanction #: WI 2019-240S
Meet Program - Sunday

| Heat 3 (#25 Girls 12 & Under 50 LC Meter Butterfly) | | | #26 Boys 12 & Under 50 LC Meter Butterfly | | | | #28 Boys 13 & Over 100 LC Meter Butterfly | | | | |
|---|---------------------|------------|---|----------------------------|-----------------------|------------|--|----------------------------|---------------------|------------|-----------|
| Lane | Name | Age Team | Seed Time | Lane | Name | Age Team | Seed Time | Lane | Name | Age Team | Seed Time |
| 1 | Nicodemus, Elaina M | 9 SPS-WI | 1:00.61 | Heat 1 of 3 Finals: | | | | | | | |
| 2 | Simon, Lauren O | 10 SHOR-WI | 59.75 | 1 | Mielnicki, Harrison F | 8 SHOR-WI | 1:37.07 | Heat 1 of 2 Finals: | | | |
| 3 | Shanks, Cassidy R | 9 SHOR-WI | 57.41 | 2 | Borzynski, Jack M | 10 SEA-WI | 1:01.84 | 1 | | | |
| 4 | Myles, Sofia D | 9 SHOR-WI | 56.69 | 3 | Zwart, Xander S | 12 TOSA-WI | 52.73 | 3 | Pokrandt, Kaito W | 13 TOSA-WI | 1:36.95 |
| 5 | Putnam, Eliana C | 10 TOSA-WI | 56.84 | 4 | Schasker, Gus J | 12 SPS-WI | 48.90 | 4 | Hammes, Jesse N | 15 SPS-WI | 1:23.16 |
| 6 | Silver, Jaylen R | 9 HPAC-IL | 58.28 | 5 | Cummings, Ian T | 12 NEAT-WI | 50.41 | 5 | Gillett, Sean P | 13 SPS-WI | 1:26.20 |
| 7 | Rundahl, Claire R | 8 SPS-WI | 1:00.55 | 6 | Nickel, Grant S | 10 TOSA-WI | 55.28 | 6 | | | |
| 8 | Fraser, Emily B | 10 HPAC-IL | 1:04.74 | 7 | Hesling, Holden W | 9 SPS-WI | 1:05.43 | 7 | | | |
| Heat 4 of 8 Finals: | | | 8 | | | | 8 | | | | |
| 1 | Danekas, Adriana S | 11 TOSA-WI | 56.32 | Heat 2 of 3 Finals: | | | | Heat 2 of 2 Finals: | | | |
| 2 | Burke, Baya K | 8 OCSC-WI | 53.04 | 1 | Sherman, Julian A | 11 SHOR-WI | 47.25 | 1 | Fridman, Aron N | 13 HPAC-IL | 1:12.91 |
| 3 | Diers, Laine R | 12 SPS-WI | 51.12 | 2 | Keenan, William D | 10 SHOR-WI | 46.74 | 2 | Stimes, Jalen P | 18 STAT-WI | 1:05.47 |
| 4 | Lotter, Heidi L | 10 SHOR-WI | 49.37 | 3 | Foster, Nathaniel E | 11 SEA-WI | 42.69 | 3 | Nofflinger, Uly R | 16 HPAC-IL | 1:04.18 |
| 5 | Sathish, Mahati | 10 SPS-WI | 50.97 | 4 | Prokos, Nicholas S | 12 HPAC-IL | 42.17 | 4 | Vorobev, Andrew E | 18 HPAC-IL | 57.61 |
| 6 | Konarske, Kate R | 9 OCSC-WI | 52.26 | 5 | Mrotek, Nolan J | 11 SEA-WI | 42.45 | 5 | Nofflinger, Ethan M | 15 HPAC-IL | 1:02.92 |
| 7 | Danielson, Jada A | 11 SPS-WI | 53.09 | 6 | Shields, Bo T | 11 STAT-WI | 45.27 | 6 | Mudry, Nathan B | 15 SEA-WI | 1:05.14 |
| 8 | DeBoer, Julia M | 12 SPS-WI | 56.32 | 7 | Rairden, Bodey W | 12 SPS-WI | 46.88 | 7 | Obochi, Kevin I | 13 HPAC-IL | 1:06.38 |
| Heat 5 of 8 Finals: | | | 8 | Krejcha, Tyler J | 12 SPS-WI | 47.42 | #29 Girls 12 & Under 100 LC Meter Freestyle | | | | |
| 1 | Machorro, Deana K | 11 SPS-WI | 47.58 | Heat 3 of 3 Finals: | | | | Lane | Name | Age Team | Seed Time |
| 2 | Reilly, Haidyn J | 10 TOSA-WI | 47.00 | 1 | Schmid, Grant T | 10 SPS-WI | 40.73 | Heat 1 of 7 Finals: | | | |
| 3 | Shada, Hayley A | 10 TOSA-WI | 46.70 | 2 | Jacobs, Sam A | 10 SHOR-WI | 40.15 | 1 | | | |
| 4 | Coons, Lana M | 11 TOSA-WI | 44.77 | 3 | Nicodemus, Trevor J | 12 SPS-WI | 36.73 | 2 | | | |
| 5 | Paske, Vivian J | 10 SPS-WI | 46.52 | 4 | Miles, Cale K | 12 STAT-WI | 30.50 | 3 | Zimen, Gigi V | 9 SPS-WI | NT |
| 6 | Tamburino, Cate E | 12 TOSA-WI | 46.73 | 5 | Cortright, Julian S | 12 TOSA-WI | 31.15 | 4 | Meiri, Claire N | 10 SEA-WI | NT |
| 7 | Walter, Kendra E | 11 NEAT-WI | 47.14 | 6 | Gundrum, Drew J | 11 WBSC-WI | 39.35 | 5 | Ondracek, Stella S | 9 TOSA-WI | NT |
| 8 | Cortright, Fallon C | 10 TOSA-WI | 49.00 | 7 | Keppert, Weston N | 11 WBSC-WI | 40.27 | 6 | Bautista, Valerie E | 7 SPS-WI | NT |
| Heat 6 of 8 Finals: | | | 8 | Franke, Hunter J | 12 OCSC-WI | 41.95 | | | | | |
| 1 | Bergemann, Rylie B | 12 SEA-WI | 44.02 | | | | | | | | |
| 2 | Budde, Elena H | 10 SPS-WI | 42.87 | | | | | | | | |

How can I help my swimmer navigate a meet?

You can help your swimmer navigate the meet by noting the events (e.g. races) that they registered for; then writing them on their forearm. For example, if your swimmer is registered for:

Event #22 Boys 8&under 50 Breaststroke

Event #40 Boys 8&under 100 Free

Using a permanent marker write the following on your swimmer's forearm:

#22- 50 BR H L

#40- 100 FR H L

Leave space after the "H" and the "L" so the coach can add the Heat and Lane numbers after they're published by the meet organizer. This way, your swimmer will have the information they need to find their lane on time and know the stroke for each event. An ultra-fine Sharpie is a popular marker.

What happens at a swim meet?

Ready to go. Coaches will indicate via email, and on the website, the expected time of arrival for each session. Swimmers should find HPAC coaches after they arrive at the meet. Coaches will direct swimmers to the team's spot on deck and make sure they're in the water at the appropriate time and place for warm-up. Swimmers should be in their suits and ready to "sit and slide" into the water when warm-up period begins.

Warm-up. For each session there is a warm-up period in which swimmers get acclimated to the water and loosen up. Because there are usually many teams and a limited number of lanes, each team is assigned a time and lane within the warm-up period: hence, the meet information might say that warm-ups begin at noon, though HPAC isn't scheduled to warm-up until 12:40. Unfortunately, this information is often not shared with the team until the day of the meet.

Meet conduct. After the warm-up is done, the meet begins. Meets are run in event order. When meets have more swimmers than lanes for a given event, they group swimmers into "heats." Most meets offer a "heat sheet," often for a price, that lists each event, heat, and lane for each swimmer. Heat sheets are usually available shortly after the start of the meet.

Bullpen. If larger meets include younger swimmers meet hosts often run a "bullpen", which consists of rows of chairs where swimmers are staged before their events. This way, they can spot swimmers who aren't in attendance and track them down. If a bullpen is run, swimmers and/or parents need to watch the board to see which events are being called to

the bullpen. Bullpens generally have coordinators on hand to get children into position: swimmers should check-in with them to be placed appropriately.

If the meet has no bullpen, the swimmers will line up behind the starting block during the event before theirs. For example, if your swimmer is swimming in event #26, then during event #25 your swimmer should be standing in line behind the starting block of their assigned lane.

Leaving early. Your swimmer does not have to stay for the entire meet, you are welcome to take them home after they've completed all of their events.

Help us by offering to time! At every meet we attend, home or away, we need to provide timers. Please volunteer for this duty! It's very easy to do, even if you've had no experience, and it gives you the best seats in the house.

What are the differences between Winter and Summer season meets?

The Fall/Winter season is primarily for Short Course races. It means that most meets offer races in 25-yard (SCY) or 25-meter (SCM) lap pools. Highland Park High School's pool, where HPAC practices and organizes its home meets, is a 25-yard lap pool.

The Spring/Summer season is for long course (LCM) races. It means that most meets offer races in 50-meter (Olympic size) lap pools. Therefore, the minimum race distance for 10^{under} is 50m.

Websites, Apps and other Tech

HPAC uses social media, such as a twitter and Facebook, and various applications to facilitate the club's operations and communication, but the two primary tools that you will use are: The [HPAC website](#) and [OnDeck Application](#).

This section provides a step by step guide to help you stay connected with the club and manage practice and competition attendance throughout the season.

Getting Setup

Website

When you register with HPAC, you will create a login & password. Please make note of these. You will need your login and password to access the "member" area of the website which is not available to the public.



OnDeck is HPAC's mobile app. Use your HPAC login credentials to access your account via the OnDeck app. You will find your account information, meet information, your swimmer's meet results, job sign up and more. OnDeck is an important tool for club communication. We very rarely need to communicate last minute information via SMS message: please enter at least one SMS number in your account. We promise not to spam you.

Stay current with our Practice Schedule

Website

A PDF practice schedule is published and maintained on the website at **TEAM INFO > PRACTICE SCHEDULE (PDF)**

An electronic practice schedule is also published and maintained at **TEAM INFO > TEAM CALENDAR (iCal)**

IMPORTANT: At the bottom of this page, you will find a step by step guide on how to subscribe to the HPAC electronic calendar.

Note: Jory sends an email when practice times change. Those changes are also published on the website's homepage, the PDF schedule, and the electronic calendar.

Signing-up for a meet

Website

Throughout the season, the **Events | Meet Sign-up** and **Events & Competition** sections of the website list current and upcoming meets.

1. Click on the name of the meet that you are interested in attending. It provides details on the meet dates and location. Documents such as the meet packet (which provides information about the days/sessions and races available) will be attached at the bottom of the description.
2. Click on the **Edit Commitment** button next to the name of the meet.

For help choosing a swim meet please visit our [Swim Education](#) page.

Current & Upcoming Past & Archived

Subscribe Search for Team Events Customize Filters

Jul 06 2019 CWAC Summer Sizzle Jul 6, 2019 - Jul 7, 2019 Event Category: Swim Meet [Edit Commitment](#)

3. Click on the name of the swimmer that you want to declare attendance for.

Windy City Conference Championships
Jul 14, 2019

My Account: Moreau, Laetitia 773-289-0033 Registration Deadline: 06/24/2019

Meet Name: Windy City Summer Conference Championships 20 Location: Highland Park High School, 433 Vine Ave, Highland Park, IL 60035, USA Course: YO Meet Type:

Start Date: 7/14/19 End Date: 7/14/19 Age Up Date: 7/13/19 Use Date Since: 12/31/69

Enforce entry based on [Quality Times]: No Restrict entry [Best Time] to same [Meet Type]: No

Event Declaration Setting: Commit by Session Maximum Event Entry Limitations » View

Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Quality Time]: No

View All Meet Events Go Back to Event Home Page

Click on Member Name to declare for this Event:

| Member Name | Member Commitment | Coach Approved | Last Updated |
|--|-------------------|----------------|------------------|
| Madeline Moreau-Krone *Active | Committed | | 06/05/19 7:35 PM |
| Sam Moreau-Krone *Active | Committed | | 05/20/19 1:49 PM |

4. In the **Signup Record** drop down list select: Yes, please sign [my swimmer] for this event or No

5. Check the boxes in front of the Days/Sessions that you want to attend.
6. If you click on the Day/Session, you will see the races available.
7. Leave a comment or question for Jory in the **Notes** text box, if needed.

- TU Updates
- My Account >
- Team Tools >
- Events & Competition >
- Team Resources >
- Help & Training >

Member Athlete:
Sam Moreau-Krone

*Signup Record
Yes, please sign [Sam] up for this event

| | | | |
|---|---|-------------------------------|------------------------------------|
| Meet Name: CWAC Summer Sizzle | Location: UIC, 901 W Roosevelt Road, Chicago, IL 60608, USA | Course: LO | Meet Type: |
| Start Date: 7/6/19 | End Date: 7/7/19 | Age Up Date: 7/5/19 | Use Date Since: 12/31/69 |

Enforce entry based on [Qualify Times]: **No** Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting: **Commit by Session** Maximum Event Entry Limitations

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

Please select the Days/Sessions that this Athlete would like to attend below:

- Day 1/Session 1
- Day 1/Session 2
- Day 1/Session 3
- Day 2/Session 4
- Day 2/Session 5
- Day 2/Session 6

Notes:

Please limit the size of the notes to no more than 256 characters.

8. When events/races have been selected by the Head Coach they will appear as below.
9. Once the deadline to register has passed, a red banner "Registration Deadline has passed" will be displayed and you will no longer be able to modify commitments.

- TU Updates
- My Account >
- Team Tools >
- Events & Competition >
- Team Resources >
- Help & Training >

Registration Deadline has passed.

CWAC Summer Sizzle
Jul 6, 2019 - Jul 7, 2019

| | |
|--|---|
| My Account: Moreau, Laetitia 773-269-0033 | Registration Deadline: 05/30/2019 |
|--|---|

| | | | |
|--|---|-------------------------------|------------------------------------|
| Meet Name: CWAC Summer Sizzle | Location: UIC, 901 W Roosevelt Road, Chicago, IL 60608, USA | Course: LO | Meet Type: |
| Start Date: 7/6/19 | End Date: 7/7/19 | Age Up Date: 7/5/19 | Use Date Since: 12/31/69 |

Enforce entry based on [Qualify Times]: **No** Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting: **Commit by Session** Maximum Event Entry Limitations [View](#)

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

[View All Meet Events](#) [Go Back to Event Home Page](#)

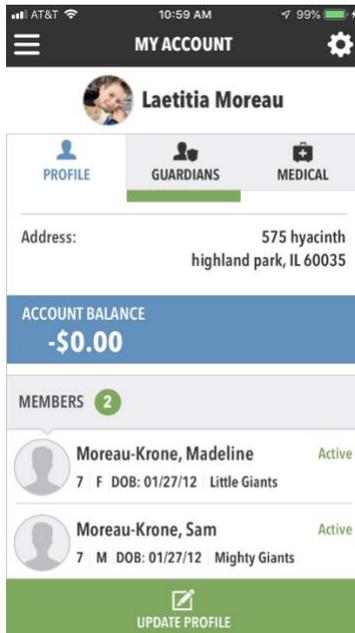
Click on Member Name to declare for this Event:

| Member Name | Member Commitment | Coach Approved | Last Updated |
|--|--|--|------------------|
| Madeline Moreau-Krone *Active | ⊘ Undeclared | | |
| Sam Moreau-Krone *Active | ✔ Committed | # 8 (d1/s1): B 10 & Under 100 Back (1:43.42L Approved) # 16 (d1/s1): B 10 & Under 50 Breast (58.07L Approved) # 20 (d1/s1): B 10 & Under 100 Free (1:35.65L Approved) # 40 (d2/s4): B 10 & Under 100 Breast (2:11.38L Approved) # 44 (d2/s4): B 10 & Under 50 Back (47.30L Approved) # 49 (d2/s4): B 10 & Under 50 Free (41.77L Approved) | 06/06/19 9:58 AM |

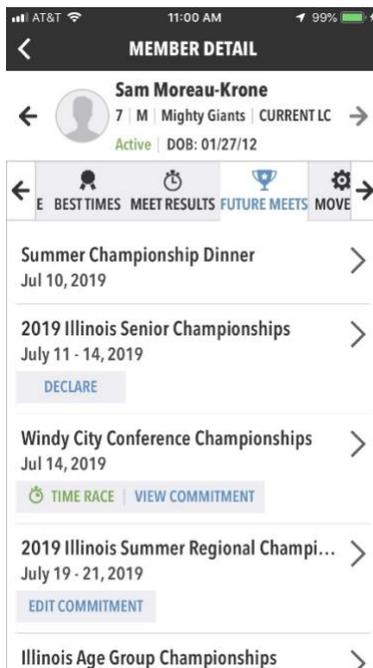
Registration Deadline has passed.

OnDeck

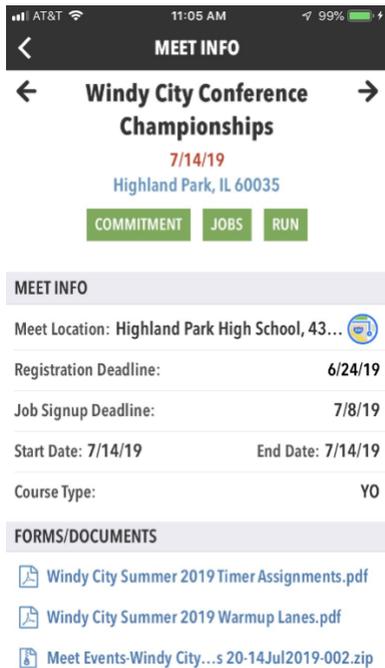
1. Once logged in the OnDeck app, you will see your swimmers listed under the Members area. Click on the name of the swimmer you want to register for a meet.



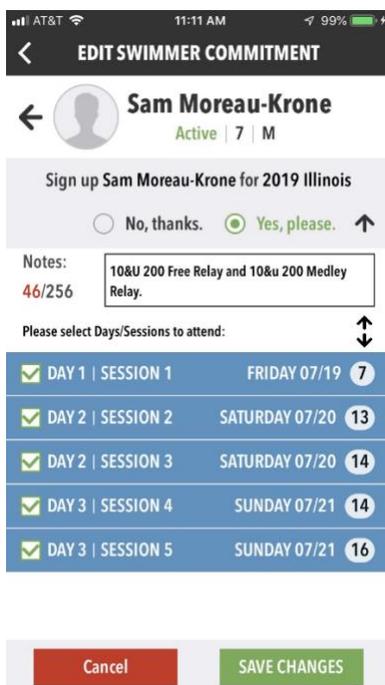
2. Click on the **FUTURE MEETS** tab. You will see a list of upcoming meets for which your swimmer can be signed up for.
3. Click on the meet for which you want to register your swimmer.



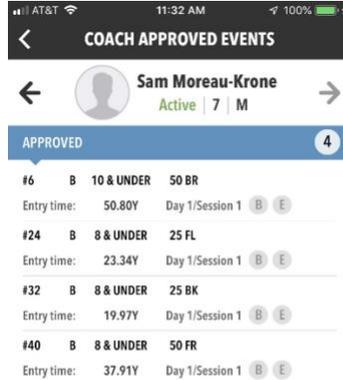
- The meet information is displayed including documents (PDFs) at the bottom.
- Click on the **Commitment** button



- Click on the name of the swimmer you want to register for a meet.
- Choose **Yes, please** radio button to commit your swimmer to attend the swim meet
- Check the boxes in front of the Days/Sessions that you want to attend.
- If you click on the Day/Session, you will see available races.
- Leave a comment or question for Jory in the **Notes** box, if needed.



- When events/races have been selected by the Head Coach they will appear below as **Coach Approved**. Click on **4 Event(s)** to view the events/races.
- Once the deadline to register has passed, a red banner "Registration Deadline has passed" will be displayed and you will no longer be able to modify commitments.



Additional Resources



Meet Mobile is a very popular application which parents use at swim meets. It allows you to see psych/heat sheets and get race results/times in near real-time during a meet. It also tracks your swimmer's racing history.

Meet Mobile is free but doesn't provide heat sheets or results unless you subscribe. The subscription costs \$6 annually and provides full functionality.

Note: Some meet organizers choose to make heat sheets available on Meet Mobile for a fee.

USA Swimming and Deck Pass

www.usaswimming.org is the official website for USA Swimming. It offers a ton of useful information and functionality. It's worth bookmarking.

You (or your swimmer) can create a "Deck Pass" account on USA Swimming's website which links to their USA Swimming membership. Deck Pass provides many great tools for swimmers to track their times and stay motivated with goals. Swimmers are rewarded with "patches" when they reach new milestones. Deck Pass also allows swimmers to friend each other, share goals, and share meet results. Deck Pass is now integrated into HPAC's website. You can access your swimmer's Deck Pass account from your HPAC account page!

USA Swimming is also where you will find the [official USA Swimming Rulebook!](#)

Illinois Swimming

www.ilswim.org is the official website for our Local Swimming Committee (LSC). Illinois Swimming hosts information pertinent to club swimming in Illinois:

- Information on becoming a [USA Swimming Official](#).
- [Regional and State Championship qualifying times](#) for Age Group and Senior swimmers.
- Championship meet and swim camp info.
- Illinois swimming news.

Swimming Competition Hierarchy

There are many levels of competition in the US. The [USA Swimming Wikipedia](#) site provides an easy to follow description of each level.

Lexicon

Swimmers and coaches use many acronyms and unique vocabulary. The following sites offer useful definitions to help you better understand the world of swimming:

[Out-to-swim](#)

[Alexandria Masters Swimming](#)

[Coaching Language](#)

You can also find a glossary in [Parent Resources](#) on our website.

Swim Swam

www.swimswam.com contains a lot of fun information, news, and videos. It's worth bookmarking and surfing.

Swim Swam hosts a well-implemented [time converter tool](#), allowing you and your swimmer to convert their times between SCY, SCM and LCM.