



### **Welcome to Hillsborough Aquatic Club!**

HAC is a 501©(3) nonprofit that offers swimming programs for people of all ages and experience levels. Established at the Orange County Sportsplex in 2011, we have grown from a small competitive team into a highly-regarded organization. Our goal is to build excellence in young people both in and out of the pool.

The information in this Parent Handbook is intended to help you understand a bit more about the sport and HAC, but it's just a starting point. Your questions are encouraged! Parent meetings will be held in September, and you may email us any time using the addresses below. We hope you will become an engaged, enthusiastic supporter of your swimmer(s) and our organization. Thank you for choosing HAC!

#### **Who to contact with questions:**

**Cliff Gordon – Head Coach**

**Email: [cgordon@oc-sportsplex.com](mailto:cgordon@oc-sportsplex.com)**

**Morgan Holbrook – Head Age Group Coach**

**Email: [mholbrook@oc-sportsplex.com](mailto:mholbrook@oc-sportsplex.com)**

## **COMPETITIVE SWIMMING 101**

### Governing Organizations

USA Swimming: USA Swimming is the national governing body for the sport of swimming. Participants in the HAC year-round competitive swim programs must be members of this organization. Membership, which is renewed in the fall of each year, provides limited, co-benefit accident and liability insurance for swimmers participating in supervised workouts and swim meets. Visit [www.usaswimming.org](http://www.usaswimming.org) for more information including rules, current time standards, and many other resources for parents and swimmers.

North Carolina Swimming: North Carolina Swimming (NCS) is a member of USA Swimming and is the Local Swim Committee (LSC) that governs our geographic area. Its responsibilities include processing memberships, scheduling competitions, training/certification of officials, athlete recognition programs, and assembling the NCS Zone Team. Visit [www.SwimNC.com](http://www.SwimNC.com) for more information.

### Geographic Structure

USA Swimming divides the country into four zones: Western, Central, Eastern, and Southern. HAC, as part of North Carolina Swimming, competes in the Southern Zone.

### Seasonal Structure (Short vs. Long Course)

Swimming is a year-round sport that is divided into two seasons, with championship-level meets held at the end of each season. The short course season lasts from September through April. All practices and meets are typically conducted in 25-yard pools. The United States is the only country that competes in 25-yard pools. High school and collegiate competition is conducted in the 25-yard format and is considered a winter sport. The long course season lasts from April through early August. Most swim meets are conducted in 50-meter pools. Practices are held in a combination of 25-yard and 50-meter pools. All international competition takes place in either 25-meter or 50-meter pools. The Olympics are always held in a 50-meter pool.

### Time Standards

USA Swimming establishes motivational time standards for each age group every four years. The current standards will be in place until August 31, 2020 and are available on USA Swimming's website here: <https://www.usaswimming.org/Home/times/time-standards>. Time standards and

age determine the type of meet in which a swimmer may participate. Age group standards progress from (slower to faster) B, BB, A, AA, AAA, and AAAA. In addition, there are specific time standards for various championship meets that will be provided as appropriate for your swimmer. For in-season meets, 12 and under age-group swimmers are typically classified as follows: BB swimmers – have a BB time in two different strokes A swimmers – have an A time in two different strokes AA swimmers – have AA times in two different strokes 5 Senior level swimmers are divided into two categories—Senior Development and Senior Circuit swimmers. Senior Circuit swimmers have achieved a 13-14 AA time standard in two different strokes. All other swimmers are considered Senior Development swimmers. Unless a swimmer has previously competed in a USA Swimming meet, s/he is considered a B/C swimmer and will be entered with a coach-created time in the event. If the swimmer has competed in a USA Swimming meet with another team, please turn in his/her best times to one of the HAC coaches so the times can be entered in our database. The Motivational Time Standards are on the next page.

2017-2020 National Age Group Motivational Times

9/30/2016

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
<b>10 &amp; Under Girls</b>						<b>10 &amp; Under Boys</b>						
38.89*	35.19*	31.39*	30.19*	28.89*	27.69*	50 Y Free	27.39*	28.59*	29.79*	30.99*	34.49*	38.09*
1:29.59*	1:19.99*	1:10.49*	1:07.29*	1:04.19*	1:00.99*	100 Y Free	1:00.59*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:26.09*	7:35.49*	6:44.89*	6:27.99*	6:11.09*	5:54.29*	500 Y Free	5:47.69*	6:04.19*	6:20.79*	6:37.39*	7:26.99*	8:16.69*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
1:41.99*	1:30.69*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:08.69*	1:12.19*	1:15.69*	1:19.19*	1:29.69*	1:40.19*
53.29*	47.49*	41.79*	39.89*	37.99*	35.99*	50 Y Breast	35.49*	37.29*	39.19*	40.99*	46.59*	52.09*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:18.39*	1:22.59*	1:26.29*	1:30.19*	1:41.89*	1:53.59*
47.39*	41.79*	36.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.69*
1:53.99*	1:39.09*	1:24.09*	1:19.19*	1:14.19*	1:09.19*	100 Y Fly	1:09.09*	1:13.89*	1:18.69*	1:23.49*	1:37.99*	1:52.39*
1:42.59*	1:31.69*	1:20.79*	1:17.09*	1:13.49*	1:09.79*	100 Y IM	1:09.59*	1:12.89*	1:16.19*	1:19.49*	1:29.39*	1:39.39*
3:38.49*	3:15.59*	2:52.69*	2:45.09*	2:37.39*	2:29.79*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
<b>11-12 Girls</b>						<b>11-12 Boys</b>						
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	50 Y Free	24.49*	25.59*	26.79*	27.89*	30.29*	32.59*
1:13.59	1:08.29	1:03.09	1:00.49	97.79	95.19	100 Y Free	93.29*	95.79*	98.29*	1:00.89*	1:05.89*	1:10.99*
2:41.19	2:29.69	2:18.19	2:12.39	2:06.69	2:00.89	200 Y Free	1:56.79*	2:02.39*	2:07.89*	2:13.49*	2:24.59*	2:35.69*
7:09.09*	6:38.39*	6:07.79*	5:52.49*	5:37.09*	5:21.79*	500 Y Free	5:12.99*	5:27.89*	5:42.79*	5:57.69*	6:27.49*	6:57.29*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39*	11:25.59*	11:56.79*	12:27.89*	13:30.19*	14:32.59*
24:53.99*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:16.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
38.29*	35.59*	32.89*	31.49*	30.09*	28.79*	50 Y Back	27.99*	29.39*	30.89*	32.29*	35.29*	38.19*
1:25.19*	1:18.49*	1:11.79*	1:08.39*	1:05.09*	1:01.69*	100 Y Back	99.59*	1:02.79*	1:06.09*	1:09.29*	1:15.79*	1:22.19*
2:56.59*	2:43.99*	2:31.39*	2:25.09*	2:18.79*	2:12.49*	200 Y Back	2:09.49*	2:15.69*	2:21.79*	2:27.99*	2:40.29*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
1:34.39*	1:27.39*	1:20.39*	1:16.99*	1:13.49*	1:09.99*	100 Y Breast	1:07.79*	1:11.29*	1:14.89*	1:18.39*	1:25.49*	1:32.49*
3:23.09*	3:08.59*	2:54.09*	2:46.89*	2:39.59*	2:32.39*	200 Y Breast	2:26.19*	2:33.19*	2:40.09*	2:47.09*	3:00.99*	3:14.89*
36.69*	34.09*	31.49*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	99.39*	1:02.79*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.89*	2:47.89*	2:34.99*	2:28.59*	2:22.09*	2:15.69*	200 Y Fly	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
1:24.39*	1:18.39*	1:12.29*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.69*	2:47.79*	2:34.89*	2:28.49*	2:21.99*	2:15.59*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:39.79*	4:53.19*	5:06.49*	5:19.79*	5:46.39*	6:13.09*
<b>13-14 Girls</b>						<b>13-14 Boys</b>						
32.69*	30.29*	27.99*	26.79*	25.69*	24.49*	50 Y Free	22.49*	23.59*	24.69*	25.69*	27.89*	29.99*
1:10.79*	1:05.79*	1:00.69*	98.19*	95.69*	93.09*	100 Y Free	49.19*	51.59*	53.89*	56.29*	1:00.89*	1:05.59*
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:47.29*	1:52.39*	1:57.49*	2:02.59*	2:12.79*	2:22.99*
6:49.39*	6:20.09*	5:50.89*	5:36.29*	5:21.69*	5:06.99*	500 Y Free	4:49.99*	5:03.79*	5:17.59*	5:31.39*	5:58.99*	6:26.59*
14:01.99*	13:01.79*	12:01.69*	11:31.59*	11:01.59*	10:31.49*	1000 Y Free	10:00.89*	10:29.49*	10:58.09*	11:26.69*	12:23.89*	13:21.19*
23:23.49*	21:43.19*	20:02.99*	19:12.89*	18:22.79*	17:32.59*	1650 Y Free	16:44.19*	17:31.99*	18:19.79*	19:07.59*	20:43.19*	22:18.89*
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	97.89*	100 Y Back	54.09*	56.59*	59.19*	1:01.79*	1:06.89*	1:12.09*
2:47.29*	2:35.39*	2:23.39*	2:17.39*	2:11.49*	2:05.49*	200 Y Back	1:57.79*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
1:28.69*	1:22.39*	1:15.99*	1:12.89*	1:09.69*	1:06.49*	100 Y Breast	1:01.09*	1:03.99*	1:06.89*	1:09.79*	1:15.59*	1:21.39*
3:11.99*	2:58.29*	2:44.59*	2:37.69*	2:30.89*	2:23.99*	200 Y Breast	2:13.79*	2:20.09*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
1:16.89*	1:11.39*	1:05.99*	1:03.19*	1:00.49*	97.69*	100 Y Fly	53.59*	56.09*	58.69*	1:01.29*	1:06.39*	1:11.49*
2:50.09*	2:37.89*	2:25.79*	2:19.69*	2:13.59*	2:07.59*	200 Y Fly	1:58.79*	2:04.39*	2:10.09*	2:15.69*	2:26.99*	2:38.29*
2:51.49*	2:39.19*	2:26.99*	2:20.89*	2:14.69*	2:08.59*	200 Y IM	1:59.99*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:39.99*
6:05.79*	5:39.69*	5:13.59*	5:00.49*	4:47.39*	4:34.39*	400 Y IM	4:16.39*	4:28.59*	4:40.79*	4:52.99*	5:17.39*	5:41.79*
<b>15-16 Girls</b>						<b>15-16 Boys</b>						
32.09*	29.79*	27.49*	26.39*	25.19*	24.09*	50 Y Free	21.69*	22.69*	23.69*	24.79*	26.79*	28.89*
1:09.59*	1:04.59*	99.59*	97.19*	94.69*	92.19*	100 Y Free	47.19*	49.39*	51.69*	53.89*	58.39*	1:02.89*
2:29.89*	2:19.19*	2:08.49*	2:03.09*	1:57.79*	1:52.39*	200 Y Free	1:42.99*	1:47.89*	1:52.79*	1:57.69*	2:07.49*	2:17.29*
6:40.69*	6:12.09*	5:43.49*	5:29.09*	5:14.79*	5:00.49*	500 Y Free	4:39.49*	4:52.79*	5:06.09*	5:19.39*	5:45.99*	6:12.59*
13:49.19*	12:49.99*	11:50.79*	11:21.19*	10:51.59*	10:21.89*	1000 Y Free	9:39.79*	10:07.39*	10:34.99*	11:02.59*	11:57.79*	12:52.99*
23:05.19*	21:26.19*	19:47.29*	18:57.79*	18:08.39*	17:18.89*	1650 Y Free	16:11.59*	16:57.79*	17:44.09*	18:30.39*	20:02.89*	21:35.39*
1:15.39*	1:10.09*	1:04.69*	1:01.99*	99.29*	96.59*	100 Y Back	51.29*	53.79*	56.19*	58.59*	1:03.49*	1:08.39*
2:44.09*	2:32.39*	2:20.69*	2:14.79*	2:08.99*	2:03.09*	200 Y Back	1:52.39*	1:57.79*	2:03.09*	2:08.49*	2:19.19*	2:29.89*
1:26.89*	1:20.69*	1:14.49*	1:11.39*	1:08.29*	1:05.19*	100 Y Breast	98.19*	1:00.99*	1:03.79*	1:06.49*	1:12.09*	1:17.59*
3:08.19*	2:54.69*	2:41.29*	2:34.59*	2:27.89*	2:21.09*	200 Y Breast	2:06.49*	2:12.59*	2:18.59*	2:24.59*	2:36.59*	2:48.69*
1:15.39*	1:09.99*	1:04.59*	1:01.89*	99.19*	96.49*	100 Y Fly	51.19*	53.69*	56.09*	58.59*	1:03.39*	1:08.29*
2:46.79*	2:34.89*	2:22.89*	2:16.99*	2:10.99*	2:05.09*	200 Y Fly	1:53.59*	1:58.99*	2:04.39*	2:09.79*	2:20.59*	2:31.39*
2:48.19*	2:36.19*	2:24.19*	2:18.19*	2:12.09*	2:06.09*	200 Y IM	1:54.59*	1:59.99*	2:05.49*	2:10.89*	2:21.79*	2:32.69*
5:57.59*	5:31.99*	5:06.49*	4:53.69*	4:40.99*	4:28.19*	400 Y IM	4:06.79*	4:18.59*	4:30.29*	4:42.09*	5:05.59*	5:29.09*
<b>17-18 Girls</b>						<b>17-18 Boys</b>						
31.49*	29.19*	26.99*	25.89*	24.69*	23.59*	50 Y Free	20.99*	21.99*	22.99*	23.99*	25.99*	27.99*
1:08.19*	1:03.29*	98.49*	95.99*	93.59*	91.19*	100 Y Free	46.09*	48.29*	50.39*	52.59*	56.99*	1:01.39*
2:28.59*	2:17.99*	2:07.39*	2:02.09*	1:56.79*	1:51.49*	200 Y Free	1:40.99*	1:45.79*	1:50.59*	1:55.39*	2:05.09*	2:14.69*
6:39.09*	6:10.59*	5:42.09*	5:27.89*	5:13.59*	4:59.39*	500 Y Free	4:34.29*	4:47.39*	5:00.39*	5:13.49*	5:39.59*	6:05.69*
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:35.59*	10:02.99*	10:30.39*	10:57.89*	11:52.69*	12:47.49*
22:58.29*	21:19.89*	19:41.39*	18:52.19*	18:02.99*	17:13.79*	1650 Y Free	15:54.89*	16:40.39*	17:25.89*	18:11.29*	19:42.29*	21:13.19*
1:14.49*	1:09.09*	1:03.79*	1:01.19*	98.49*	95.89*	100 Y Back	49.69*	52.09*	54.39*	56.79*	1:01.49*	1:06.29*
2:41.19*	2:29.69*	2:18.19*	2:12.49*	2:06.69*	2:00.89*	200 Y Back	1:49.69*	1:54.89*	2:00.09*	2:05.29*	2:15.79*	2:26.19*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	100 Y Breast	96.89*	99.59*	1:02.39*	1:05.09*	1:10.49*	1:15.89*
3:04.99*	2:51.79*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 Y Breast	2:04.19*	2:10.09*	2:15.99*	2:21.89*	2:33.79*	2:45.59*
1:14.19*	1:08.89*	1:03.59*	1:00.89*	98.29*	95.59*	100 Y Fly	49.39*	51.79*	54.09*	56.49*	1:01.19*	1:05.89*
2:44.39*	2:32.59*	2:20.89*	2:14.99*	2:09.19*	2:03.29*	200 Y Fly	1:51.39*	1:56.69*	2:02.09*	2:07.39*	2:17.99*	2:28.59*

## **PARENT ROLE AT HAC**

### Parent-Athlete Support

It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's role to provide love, recognition, and encouragement necessary to help a young athlete feel positive about him/herself. Be the person that your swimmer can look to for constant, positive reinforcement. Strive to provide your swimmer with the basic opportunities s/he needs to have a positive swimming experience. Make sure your swimmer regularly attends practice and swim meets. Every individual learns at a different rate and responds differently to the various methods of skill presentation. Some swimmers take more time to learn; this requires patience on the part of the coach and the parent, both of whom must remember that the swimmer's ultimate swimming potential may be as great or greater than that of a faster learner. Avoid comparing the skill, courage, determination, attitude, performance, or improvement of your swimmer to other swimmers. Swimmers mature physiologically and psychologically at different ages; the weakest swimmer in a practice group this year could be leading practices in the future. The etymology of the word "competition" goes back to the Latin words "com" and "petere," which mean "together to strive." It is important to teach young swimmers to compete with, not against others, and to use competition to help them strive to be their own best self.

### Guidelines for Watching Practice

Parents will be encouraged to watch practice. Here are some important guidelines when observing practice.

First, young swimmers want parental approval more than anything in the world. For swimmers to learn as much as possible during practice, it is important that coaches have each swimmer's undivided attention. Communicating with your swimmer in any manner during practice will distract your swimmer as well as their teammates when being provided feedback or instructions from their coach.

Second, we ask you to communicate with a coach 15 min prior to beginning of practice or once the coach ends their practice and all swimmers are out of the pool safely. If you need to communicate with a coach on a subject matter that needs more than a simple answer please schedule an appointment with the coach so it can be answered in the most appropriate way.

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Every training set or instructional drill has a purpose. One practice and/or practice set often builds on another during each week. Remember what you may be seeing is a snapshot of the bigger progression, you may not understand the purpose of what the swimmers are doing on any given day. Take your child's lead and having good/positive conversation on the ride home may help you better understand and may also provide a stronger relationship that can encourage your swimmer to continue to grow in the sport.

Lastly, to help continue to build positive relationship moments with your swimmer, when observing practice there should be no video recording or filming of any kind. Please do not coach or advise your swimmer based on what you see (or think you don't see) him/her do during practice. Many times when teaching stroke skills, coaches ask their swimmers to do things that may not look correct or actually might be illegal during competition. However, the drills have an important purpose in teaching skills. Swimming a one-arm butterfly stroke or using a flutter kick with breaststroke are examples of drills with a specific purpose.

To comply with USA Swimming Insurance coverage anyone on the pool deck must be a USA Swimming member coach or a USA Swimming athlete member. USA Swimming's Insurance is void if the rules are not followed, therefore, parents should watch practice from the following areas:

- Bleachers or Tables near swim office

Note: Please make sure siblings are safe, courteous, and well-behaved at all facilities. Also, please make sure your area is clean before leaving.

#### Parent-Organization Support

Be a G.R.E.A.T. HAC parent!

**G - Get Involved!** Volunteer to do more than just be a timer at meets. If you're not sure what you might want to do, email [cgordon@oc-sportsplex.com](mailto:cgordon@oc-sportsplex.com) and we'll get you headed in the right direction!

**R - Read the Emails!** Emails will come from coaches, and Team Unify. We wouldn't be emailing if it wasn't important for parents to know!

**E - Educate Yourself!** Ask questions. Make friends with other parents. Use the substantial online resources available to you:

Orange County Sportsplex: <http://www.oc-sportsplex.com/aquatics/swim-team/>

HAC Team Unify: <https://www.teamunify.com/Home.jsp?team=nchac>

North Carolina Swimming <http://ncswim.org/>

USA Swimming <http://usaswimming.org/>

**A - Attend meetings and ask questions!** Coaches meetings, parent meetings, parent coffees, and college information meetings just to name a few.

**T - Think fun and be positive!** Your child will enjoy the sport so much more if it is fun! Yes, they will lose their goggles three times in the first two months, and yes, there will be moments when they are frustrated or tired, but if you do all you can as a parent to make it fun you will ALL have a better time!

## Communication

Great communication between athletes, parents, and coaches is one key to a successful experience in the HAC program. HAC lead coaches work to communicate all the information you need for you and your swimmer to be in the know, have a good experience, and be excited about our program and all the opportunities we offer. There are several critical paths that coaches can communicate with you, aside from direct communications and interactions:

- You will also receive team emails to help keep you informed on HAC opportunities and items of interest. These are often from a Team Unify account and contain great information.
- We encourage you to stay engaged with the HAC program by checking our Team Unify site and interact with us on social media. HAC has an active presence on Twitter (@hacswim919) and Instagram (HACswimming919).

We encourage you to communicate with your coach. It is important that parents and athletes learn how to ask questions and be engaged in the process to become a better swimmer and

develop a relationship with lead coaches. This starts with communication. When you have a specific question or concern regarding your swimmer, go directly to your swimmer's lead coach. Most questions are answered quickly at this level. If you need additional help, please reach out to the Head Age Group Coach or Head Coach with those questions. Staff roles and email addresses are available on the website.

To contact a coach you may email. You may only text or call a coach with permission given prior to contact by that coach. Please use the following guidelines for communication:

- Email: For questions that are logistical in nature and specific to your swimmer(s) such as practice time, missing practices, attending meets, etc. or if you would like to set up a meeting with a coach
- Phone Call: Phone calls are a preferred method of communicating when you are discussing your swimmer(s) progress, feedback, or key family/medical updates that may affect their attendance or focus. \*You must obtain permission from a coach prior to contacting their personal device
- Text: For short messages with immediate importance that involve letting coaches know about the potential of missing practice, meet events, etc. You may not receive a text back unless it is a quick question that only needs a short response. Please be respectful of coach's personal time and limit texts to normal business and practice hours once those times are set. \*You must obtain permission from a coach prior to contacting their personal device

## **PRACTICE EXPECTATIONS**

### Goals & Objectives

HAC strives for continuity across all of our programs, so that children can enter swim lessons, continue learning with our Hammerhead and Summer League programs, progress into a competitive team member, and return as a masters swimmer. Similarly, we strive for continuity and developmental progression through our competitive team divisions. A summary of the information below is available \*\*\*\*\*. Just like a new school year, the beginning of a swimming season is a great time to review the foundation we've built and look forward so we can set goals for the future. HAC coaches are talking with your student athletes about

expectations for their practice groups and going over some of the basics to establish (or reestablish) good habits. For parents, it's a good time to review the structure of the HAC competitive program, the purpose of each group, and the role of the coaches that lead those groups.

As you know our competitive program has 8 groups:

Each group has two coaches. HAC group coaches are crucial to our curriculum and the quality of our program. It is their responsibility to provide leadership and to ensure the HAC curriculum, philosophy, and policies are being followed by providing day-to-day management

**High School Prep Group:** This group is for North Carolina high school swimmers. Swimmers in this groups will be preparing for the upcoming high school season. Must be able to swim 2 of the 4 strokes.

**Hammerheads (Pre-competitive):** This group is for beginning swimmers that are learning all four strokes. Swimmers in this group should demonstrate an understanding of at least freestyle and backstroke and be able to swim these strokes for at least 25 yards unassisted. The emphasis of this group will be placed on the mechanics of all four strokes, and will serve to develop the skills necessary for competitive competition. Meet participation is not expected, however there will be some meets available throughout the season.

**Makos I:** This group is for beginner age group swimmers who may regularly compete in swim meets throughout the year, but are not required. Swimmers in this group should be proficient in both Freestyle and Backstroke and one of either Breaststroke or Butterfly. Must be able to swim a continuous 100 freestyle and 100 backstroke, and must be able to demonstrate butterfly or breaststroke legally for 25 yards. Practice emphasis is still heavily on technique, with a basic introduction to training techniques, particularly circle swimming and drills.

**Makos II:** This group is for intermediate age group swimmers. Consistent swim meet participation is expected at this level. Swimmers in this group should be proficient in all 4 strokes and be able to legally complete a 200 IM, must be able to complete 10x50s freestyle on 1:00 interval. Swimmers in this great MUST be proficient in reading intervals on the clock (i.e. :30, :45, 1:00). Practice will still emphasize stroke technique; however will introduce more

advanced training tools, such as interval training, race strategy, the use of basic equipment, and dryland.

**Makos II Elite:** This group is for advanced-intermediate age group swimmers. Consistent swim meet participation is expected at this level. Qualification standards for this group include: swimming 200 free/200 IM on an interval given by Makos II coaches, proficient in reading clock intervals, demonstrate 2 drills adequately from all 4 strokes, MUST be able to complete two test sets written by Makos II coach(es) in full capacity. Practices will be 1:30 hrs in length, with an additional 2 dryland workouts per week either before or after practice.

**Tigersharks:** This group is for advanced age group swimmers 10-14 or swimmers who may have achieved 14 & U Champs qualifying times or have goals of achieving those qualifying times this season. Interval training continues to be taught and utilized during workouts, as does the use of more advanced equipment and the introduction of dryland workouts 3 x per week. Swimmers in this group should be capable of swimming all 4 strokes for extended distances during training and are recommended to attend at least 75% (4 of 6) practices in order to maximize results. Swimmers in this group may have goals of swimming in the NCS 14 & U Championships in February.

**Seniors:** This group is for swimmers ages 13 & Over. This group places a very high emphasis on conditioning, while still maintaining proper stroke technique. Swimmers in this group are expected to be competent in all four strokes and to be able to swim them for an extended period of time throughout practice. There will be dryland workouts 3 x per week. This is one of our most advanced training groups and a practice attendance of at least 83% (5 of 6) is recommended in order to maximize results. Swimmers in this group may have goals of swimming in the 14 & U Age Group Sectional Championship meet in March, as well as, North Carolina Swimming Senior Championships in February.

**Jr. National:** This group is for advanced age group swimmers 11-14 or swimmers who have achieved 14 & U Champs qualifying times or better, or have strong aspirations of doing so. Interval training continues to be taught and utilized during workouts, as does the use of more advanced equipment and the continuation of dryland workouts 5x per week, including yoga on Saturdays. More advanced training techniques and race strategy will be utilized at a higher level. Swimmers in this group will have already been in Tigersharks for at least 1 season.

Swimmers are REQUIRED to attend at least 85% of scheduled practices for the month. Full meet participation is also REQUIRED. Swimmers in this group are REQUIRED to have written goals for the season and should expect to compete in the NCS 14 & U Championships in February and 14 & U Age Group Sectional Championship meet in March.

**National:** This group is for swimmers ages 13 & Over. This group places the highest emphasis on conditioning, while still maintaining proper stroke technique. Swimmers in this group will utilize advanced training techniques and race strategies. There is also the use of advanced equipment and the continuation of dryland workouts 5x per week, including yoga on Saturdays. Swimmers in this group are expected to be competent in all four strokes and to be able to swim them for an extended period of time throughout practice. This is our most advanced training group and a monthly practice attendance of at least 90% is REQUIRED of the scheduled practices for the month. Full meet participation is REQUIRED. Swimmers in this group are REQUIRED to have written goals for the season and should expect to swim in the NCS Senior Championships in February, 14 & U Age Group Sectional Championship meet in March, and Senior Sectionals in March.

#### Practice Facilities

HAC is fortunate to have its own training center at the Orange County Sportsplex. Please be respectful at all times and help us maintain positive relationships with these important partners.

#### Practice Schedules

Seasonal/Monthly schedules are available on Team Unify at <https://www.teamunify.com/Home.jsp?team=nchac> in the HAC Practice Schedule tab on the right hand side. Coaches will send emails to the families in each practice group that will detail updates or changes to the schedule. If you have questions, please contact your coach. Keep in mind the more consistent practice is attended the more improvement swimmers will see.

#### Inclement Weather

In the event of inclement weather, HAC Coaches will notify families of changes to practice schedules by email. Please be sure to keep your contact information correct on our Team Unify account.

#### Required Practice Equipment

All practice and team equipment can be purchased from SKS Swim Shop, located across the street from Orange County Sportsplex. Please mark all equipment with your swimmer's name. The full equipment list for all groups is available on Team Unify at [https://www.teamunify.com/nchac/\\_\\_doc\\_\\_/EQUIPMENT%20LIST.pdf](https://www.teamunify.com/nchac/__doc__/EQUIPMENT%20LIST.pdf)

#### Practice Behavior

Swimmers are encouraged to support their teammates at practices and during competition. Working together is an important part of the "HAC Spirit." Swimmers are expected to follow the directions of the coaching staff, be respectful at all times, and may only leave practice with the coach's permission. Each coach or practice group will have its own procedures and practice etiquette that teammates will be expected to follow. Abusive rhetoric, lying, stealing, or vandalism will not be tolerated.

#### HAC GROUP PLACEMENT PHILOSOPHY

HAC coaches work toward a common goal of continuity and developmental progression. Each season, swimmers are evaluated for the best placement within our team structure, and may be assigned to a different group as they age and/or evolve.

Group placement and transitions are based on many factors, including a fair bit of coaching instinct. HAC coaches are guided by a team-wide philosophy that drives our decisions, and we hope that communicating these ideas will allow for a better understanding of group placement decision-making.

Some of the most important factors driving group placement are a swimmer's commitment (practice attendance, meet participation, prioritization of the sport), maturity (chronological age, physiological age and emotional development), training ability, and technique. **Racing times are not a primary factor**, although they are taken into consideration because times translate to meet qualification and training needs. Finding the appropriate group for each swimmer is the goal, and our top priority is to place every swimmer in a group that will allow them to develop and shine while continuing to progress at HAC.

The coaches want swimmers to focus on the process of what they are doing every day in practice and to be immersed in an environment that will help them succeed in all areas of their swimming. We understand that group moves are not a small change in your lives as parents. The

change in schedule can potentially affect other activities, carpools, team dues, coaches and expectations. But just like going from middle school to high school, or from one level of math to the next, these moves are necessary steps along the path towards successful long-term swimming. At HAC, we believe that teaching each swimmer to take pieces of ownership in their sport is critical to self-development and success. A major part of ownership is building a relationship with his/her coach through open communication and trust. As parents, you play a critical role in how your swimmer thinks and feels about this process, and we encourage you to model open communication by setting up a meeting with your coach if you have questions or concerns about group changes.

## **COMPETING FOR HAC**

### HAC's Competition Philosophy

In preparing for your swimmer's meets, the following are some basic fundamentals of competition that HAC coaches stress:

1. Each swimmer should compete with him or herself. It is more beneficial to improve one's time and/or technique than to win a ribbon or medal.
2. In addition to earning best times, the coaches praise swimmers for working on technique and/or racing strategies. Swimmers may not improve their time when trying something new (i.e. flip turns, underwater dolphin kicks, etc.), but if a swimmer continues the skill or technique, the time will improve more in the long run.
3. Swimmers are taught to set realistic goals, and as they get older, they are taught to relate performance in practice to their goal times.
4. The coaching staff encourages age-group swimmers to compete in every event they are eligible for. This helps to promote versatility since swimmers are continuously switching best events as they grow, mature, and change body shapes and sizes.
5. Sportsmanship is a MUST at HAC. We expect all swimmers, parents, and coaches to respect the officials, competitors, and the facilities we use. We also want swimmers to encourage and support their teammates.
6. SUCCESS = Improving one's own, best self.

## Competition Schedule

The competition schedule for each season is available on Team Unify under the Swim Meets tab on the right side of the home page. Coaches will send emails to the families in each practice group that will include any updates or changes. If you have questions about which meets your child should attend, please contact your coach.

## Entering Meets

HAC families are required to commit to competitions through their account in Team Unify. Team Unify will notify families when the event becomes available.

Once the deadline has past, you will NOT be able to commit your swimmer. At this time the entries are processed. Declaring for a meet will turn off on midnight the day of the deadline. After you've committed to the event, your coach will select the events your swimmer will compete in. Check the entries for your swimmer and let your swimmer's coach know as soon as possible if there are any problems. All meet fees will be billed through DASH and will be posted to your account the week of the meet. You will be notified by email when meet fees have been posted to your DASH account.

## Swim Meet Procedures

1. Arrive at the pool 15-20 minutes prior to the scheduled warm-up time, and locate the HAC team area where all team members sit. The meet warm-up time will be listed in the meet information provided on Team Unify, as well as within the event listing on Team Unify.
2. Warm-ups are always conducted by the HAC coaching staff. It is very important for all swimmers to warm-up with the team.
3. All HAC swimmers are required to wear the team suit and HAC team cap during both warmups and actual competition. Swimmers also are asked to wear their team t-shirts. All other team apparel is optional but encouraged to promote team unity and pride.
4. Each swimmer is responsible for knowing which events s/he is swimming and for being on time to swim his/her event. It is customary to write event numbers, heat and lane assignments on a swimmer's hand, arm, or leg. You can get that information by purchasing a heat sheet.

5. At the conclusion of each race, swimmers are expected to go immediately to their coach, and then warm down. The coach discusses the race with each swimmer individually and gives comments concerning splits, stroke technique, and race strategy.
6. Electronic timing is used at most meets. Generally, the official time is the one recorded in the computer when the swimmer touches the touch pad. This time appears on the scoreboard, however, if a swimmer misses the touch pad, or if there is a mechanical failure, various back-up times may be used. The timing and score keeping personnel analyze all times to determine the official times, which are then posted as final results.
7. According to USA Swimming rules, parents are not allowed in the immediate competition venue unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet should be referred to the HAC coaching staff. They, in turn, will pursue the matter through the proper channels.
8. In between races, swimmers are asked to rest and stay warm. All energy should be stored up and used in competition. Stay hydrated and eat light, nutritious snacks as needed.
9. It is very important that parents and/or swimmers check with the coaching staff prior to leaving the swim meet, making certain that their swimmer has not been placed on a relay.

#### What to Bring

1. Team swimsuit
2. Two team swim caps
3. Two pairs of goggles
4. HAC team t-shirts
5. A towel
6. Quiet games or books
8. Food—nutritious snacks
9. Water bottle Be sure to put your swimmer's name on all belongings and equipment.

Please do not hesitate to ask any veteran parent on the team for help or for information.

## Competition Apparel

Swimmers are expected to wear a HAC t-shirt for each session of a swim meet. All other HAC apparel is optional, but encouraged.

## Competition Suit Policy

All HAC swimmers are required to wear the HAC team suit and Royal Blue HAC cap during meets attended by HAC.

Still have questions?

Ask your coach or an experienced HAC parent! Thanks again for choosing HAC and welcome to the family!