

PARENT INFORMATION

PARENT MEETING: TBT for 2020. Lindenthal Pavillion (on the hill above the pool). This is also a great time to meet the coaches, other swim parents, find out what to expect at meets, ask questions and volunteer to help. The more you know, the more you can help your swimmer get the most out of the season.

PRACTICE: Practice times are posted on our website. There are three practice age groups. Once practice begins, abilities can be assessed further. If a swimmer would benefit by being moved to a different group, changes will be made accordingly. If you have a conflict with the schedule, please discuss it with the Team Coaches. Together you can work out an appropriate time to attend practice.

All swimmers should be on the pool deck ten minutes before their practice time in order to stretch. The Team Coaches expect everyone to be on time. Our pool use is limited, so we must make every minute count!

PARENT COMMITMENT: The swim season would not be successful without the support and commitment of the parents. As we all know, Parents Run The Meets. The board and coaches expect parents to participate at scheduled meets as an official, starter, timer, runner, scorer, bullpen worker, stroke judge, or setup/tear down. **We are requiring all families to work at 6 swim meets. Sign-up is easy on our website.** We will send email and/or text requests and reminders at the beginning of the week to inform you of the date you signed up. If a family does not sign up to work for the requirement they will be placed on the work schedule and it will be their responsibility to find a replacement worker for the meet. **It takes approximately 40 people to run each meet. The best place to watch a meet is timing on the pool deck!**

POOL PASS: Just a reminder, a Pool Pass is a requirement to swim on the team. The City of Highland does not charge us for pool usage for practice & meets on the agreement that each swim team member obtains a pool pass. Purchase your pass at the Korte Rec Center (651-1386) before the first day of practice. If you don't have a pass, you **CANNOT** swim!

SUITS: We are offering a Red & Black Team Suit, however an all-black suit is perfectly acceptable for meets. We do *not* require a team suit, but girls *must* wear a one-piece suit. Please Note: If you wish to buy a suit, please go to www.highlandsplash.org and click on TEAM SUITS. This will link you to swimoutlet.com and your purchase will help the Highland Splash. Also, NOTE our team colors are Red and Black please choose the correct color when ordering. All swimmers must have goggles

SWIMMER FILE BOX: The Coach will have a plastic file folder box at the pool. Each family has a folder in the box. Splash Information Handouts and most importantly, Meet Ribbons will be filed alphabetically – please have your swimmer check the box regularly! There will also be a folder for the Coach – if you have a note for the Coach it can be placed here. This box is UNAVAILABLE to parents during all swim meets

WEBSITE: <https://www.highlandsplash.org> Check it out!! The Highland Splash maintains a web-site. Check it often, and commit or decline to meets, sign up for jobs, read news, team scores, etc. Make sure to register your email & cell number for important emergency updates. All emails and cell phone # *MUST* be *verified* after registration. If you are not receiving emails or text messages from Splash your information has not been verified.

TEAM EMAIL ADDRESS: highland.splash@gmail.com please free to send questions or requests to this e-mail inbox.

BEGINNING SWIMMERS must be able to swim the length (25 meters) of the pool without stopping and/or putting his/her feet on the bottom. This must be demonstrated to the coach. And it is up to the coaches discretion if the swimmer will stay on the team.