

# **HANDBOOK**

**HUNTINGTON ESTATES 2020  
SEAHAWKS SWIM TEAM**

**[www.huntingtonestateswimming.com](http://www.huntingtonestateswimming.com)**

## 2020 HUNTINGTON ESTATES SWIM TEAM COORDINATORS AND COACHES

### Swim Team Coordinator

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Welcome to the 2020 Huntington Estates Seahawks Swim Team.  
Additional information is available on the Huntington Estates website.

**[www.huntingtonestateswimming.com](http://www.huntingtonestateswimming.com)**

## **HUNTINGTON ESTATES SWIM TEAM GOALS**

Our goals are aligned with the conference goal which is to provide a competitive opportunity to as many young people as possible, to allow those youngsters to discover their swimming potential, and to help them develop the quality of good sportsmanship.

This will be accomplished by promoting camaraderie among team members, providing learning experiences, which help develop personal swimming skills as well as good sportsmanship, and by recognizing both individual achievement and individual improvement. In order to meet these goals, it is important that all swimmers, parents and coaches conform to certain levels of conduct. The behavior of all participants, whether at practice, swim meets, or social events organized by the swim team, is covered in the Rules, Policies and Procedures of the Naperville Swim Conference "Code of Ethics." If you would like to see this information for review, please contact the swim team coordinator.

## **ELIGIBILITY**

Children must be 5 years old prior to June 1<sup>st</sup> and may swim through their senior year of high school.

Age 8 and under:

Must be able to swim a MINIMUM of one length (25 yards) of pool freestyle AND one length (25 yards) of the pool backstroke prior to joining the team.

Age 9 years old and older:

Must be able to swim two lengths (50 yards) of freestyle, backstroke, and breast or butterfly.

Additionally:

Children must be prepared emotionally for the challenges of swim team.

Evaluation of all new swimmers will begin at the beginning of the season.

## **PRACTICE RAINOUT OR CANCELLATION**

The temperature for swim practice is 55 degrees. If 54 degrees or below, there might not be practice.

An email & text will go out asap in morning if practice is cancelled. Be advised that if one group is cancelled, others may still occur if temperature rises or rain stops.

Please continue to check website for updates.

## **PRACTICE SCHEDULE**

13 and above 630a – 8a

11 – 12 8a – 9a

9 – 10 9a – 10a

7 – 8 10a – 1045a

6 and under 1030a – 11a

Swimmers under the age of 12 need to have adult supervision at all times.

Swimmers are to let coaches do their jobs. No “playing” with coaches while they are working with other groups.

If need to speak with coaches, please wait until practices are over.

## **PARENTAL INVOLVEMENT**

In order to hold a swim meet at our pool, a minimum of 50 adult workers are required from our team alone. Each family is required to work six jobs during the regular season. If you have children swimming in the either of the Championship Meets (Classic or City), you will be required to work at that meet as well.

If you signup for swim team and choose not to swim in meets, families are still required to work 6 jobs. Failure to sign up for 6 jobs will result in your swimmer not being able to start practice at the beginning of the season.

Signup for jobs takes place on the website usually in mid-May. Multiple emails will be sent prior to remind you of sign up date/time.

We ask that you mark your work dates on your calendar. The volunteer coordinator will send an email reminder before each meet you are to work.

All workers should arrive 30 minutes before the time scheduled to work. If you have a conflict on an assigned date, **YOU MUST ARRANGE FOR A REPLACEMENT AND NOTIFY THE VOLUNTEER COORDINATOR.** Failure to show up for a job or find a replacement will result in your swimmer being scratched from the following meet.

Job Descriptions can be found on the website by clicking the Volunteer Info tab.

## **PARENTS' RESPONSIBILITIES**

1. Parents should ensure that swimmers arrive on time and in proper attire for meets and practices.

**\*\*\*\*\* IF YOUR SWIMMER IS NOT SIGNED IN FOR MEETS BY 430P (TU/TH) AND 730A (SAT) THEY WILL BE SCRATCHED AND WILL NOT BE ALLOWED TO SWIM IN MEET.....NO EXCEPTIONS \*\*\*\*\***

2. You will sign up for meets on the website. Advance notice is given and there is a deadline usually one to two weeks in advance. If your swimmer is not signed up by the deadline, your swimmer will not be able to attend that particular meet. If you sign up for a meet, please show up.

3. Parents are not allowed on deck behind or alongside the practice lanes during practices so that the coaches can focus their attention on the swimmers.

4. Focus on your child's effort and development rather than on winning or losing.

5. Parents are asked to refrain from coaching on the sidelines and are asked to be positive in support of their child, other swimmers, and the coaching staff.

6. Please introduce yourself to your child's coaches. Talk to the coaching staff openly and honestly, understanding that confidentiality will be maintained.

7. It is a parent's responsibility to discuss any special needs of his/her child with the coach prior to the first practice. Examples are: asthma, hearing loss, behavior disorders, or any other learning, social or physical problems.

8. If a problem develops between a swimmer or parent and a coach, first discuss the problem with the coach. If the problem cannot be resolved at that level, contact the team coordinator or NSC Rep. At this point the team coordinator or Rep. will take the necessary steps to resolve the issue.

9. It is the parent's responsibility to notify the team coordinator if their child is not being treated fairly and the issue cannot be resolved with the coach.

10. It is imperative to observe and respect Handicap Parking spaces reserved for special needs families.



## **SWIMMERS' RESPONSIBILITIES**

1. All swimmers are expected to attend practice and work out during practice. Arrive at practices on time and with proper attire. Swimmers who are not being picked up after practices should return home immediately after the scheduled practice. Those being picked up should be picked up immediately after the scheduled practice time.

2. Swimmers should use appropriate behavior before, during and after all practices and meets. Swimmers are expected to:

- Show respect for all coaches, officials, parents, volunteers and to other swimmers.
- Show team spirit.
- Follow directions as given by the coaches.
- Refrain from using foul language.
- Refrain from causing bodily harm to other swimmers or coaches.
- Show respect for equipment, supplies and facilities.

3. If discipline problems arise, coaches will first speak with the child and second speak with the parent to discuss appropriate consequences. If a swimmer continually behaves inappropriately, his or her participation will be reevaluated.

4. Swimmers should arrive for meets on time and with the proper swim team attire.

5. Older swimmers are responsible for notifying Coach Whildin, as early as possible, if they will not be able to attend a meet or practice. Please see #2 under **PARENTS' RESPONSIBILITIES** for specific instructions.

## SWIM MEETS

1. Please have swimmers at a weekday meet by 4:30 P.M. and by 7:30 A.M. for Saturday meets. Each swimmer needs to check in on the positive check-in sheets posted in the team area on the tennis fence (at home) and get settled in the team area.

**\*\*\* If you are not checked in by 430p for Tues/Thur. meets and/or 730a for Sat. meets, you will be scratched and not allowed to swim. NO EXCEPTIONS.**

2. Warm-ups start at 445 P.M. for weekday meets and at 745 A.M. for Saturday meets. After warm ups begin, NO changes will be made to the line ups.

3. Weekday meets are held on Tuesdays and Thursdays and start at 5:30 P.M. Saturday meets start at 8:30 A.M.

4. The meet events are divided by age groups according to the swimmer's age on May 31st. The age groups are: 6 & under, 7-8, 9-10, 11-12, 13-14, 15 & over.

5. The schedule of swimmers' events will be posted the day before or the day of a meet. Please check the pool in person for that information.

6. All swimmers are to swim the events that are scheduled by the coach. No changes in events, strokes or lanes are to be made by the swimmer.

7. Dual meets are held at neighborhood pools with small parking lots or street parking only. Please be considerate of the homeowners. Please do not turn around in resident's drive ways, block driveways or mailboxes, or cut through residents' yards. Directions to the pools are on the Huntington Estates website.

8. Meet Referees' decisions are final. All questions about disqualifications can be directed to the coach after the meet. Parents' sportsmanlike conduct on and around the pools set a positive example for the swimmers. Unsportsmanlike conduct by parents may result in a warning given to the parent by the team coordinator or NSC Rep. The parent may be asked to leave the pool area. If you have questions or comments regarding the officiating or rules interpretation, please contact the team coordinator or NSC Rep.

9. Swim Meets will only be canceled when poor or unsafe conditions exist. Parents are responsible for making sure that their children are dressed appropriately for the weather conditions. Label all clothing.

10. Proper Meet Conduct (please review with all swimmers):

- Stay with your team in the designated area.
- Know what events you are swimming and be alert as to when you swim to avoid delay or disqualification.
- Leave the water as soon as you are finished swimming.
- Stay in back of timers until your event is called.
- Keep the team area clean and clean up when you leave.

- Any swimmer found by the pond (at home or away) by a representative of swim team or the pool can be removed from the meet or from the following meet.
- No climbing trees.
- Any swimmer found vandalizing the locker room (i.e. spitballs, plugging toilets, etc.) can be removed from the meet, the following meet or from the team.
- No children are allowed in the shallow end of the pool during a swim meet, including hanging your feet in.

### **TIME TRIALS**

Time trials are for swimmers ages 7-14. Time Trials will be held Saturday, May 30. Positive check in will be at 730p warm ups will begin at 745p and Time Trials will begin at 830p

**6 & under** swimmers will **NOT** swim at Time Trials. **15 –18 year olds** are **HIGHLY ENCOURAGED** to work the **WHOLE** Time Trial meet as a timer or runner.

All other swimmers should attend. Swimmers will swim the four strokes (free, back, breast and back). Time Trials results help the coach set base times and gives the coaches an idea of each swimmer's ability. Time Trials also give new swimmers the experience of a "mock meet" prior to the start of the official season.

**Girls/Boys Invite** will be held Thursday, June 25<sup>th</sup>. Only swimmers ages 7-18 will participate in the Invites.

## **MEET SCORING**

1. Relays—First place: 8 points and Second place: 4 points.

A team cannot score both place points, but ribbons are awarded as they are earned. Ribbons are awarded only to first and second place relay teams for all age groups. Some pools may award ribbons for additional places.

2. Individual events—First place: 5 points, Second place: 3 points, Third place: 2 points, Fourth place: 1 point. A team cannot score points for all four places, but ribbons are awarded as they are earned. Ribbons are awarded for places 1 through 6 (depending on the number of lanes at a pool).

\*\* Huntington Estates only gives ribbons to swimmers 12 and under.

3. Exhibition—No points, but swimmers are awarded ribbons for the six places.

## **TAPER INFORMATION**

Swimmers are rested for one week prior to the championship meet in which they are going to compete (Classic or City). We ask the swimmers to rest that week. This allows for swimmers to swim (in most cases) their fastest at the championship meet.

## **CLASSIC MEET**

The Classic Meet will be held the weekend of Saturday, July 18, 2020 (location TBA). This meet is for all swimmers who have not achieved City times.

All 6 & under swimmers will swim at the Classic Meet.

A swimmer who has achieved City times in any event may not swim that event at Classic. The Classic Meet is broken down into 2 or 3 different meets, all competing on the same day at two Naperville area high schools. The 22 NSC swim programs are divided into groups. The Classic Meets are treated as individual competitions between 7 to 8 teams. Awards are presented to the top 8 swimmers by event and tier for each of the Classic Meets.

## **CITY MEET**

The City Meet will be held on Friday, July 24, 2019 and Saturday, July 25, 2020 (location TBA at later date). Swimmers must achieve City times to swim in this meet.

No 6 and under swim at City Meet

All 15 and above swimmers will swim at the City Meet.

The City Meet will be scored as it always has been with team rankings on total points. This will allow for any team, regardless of size to win a first place based on team points. This makes it especially important for those with City Times to attend this meet. Awards are presented to the top 16 swimmers for each event.

## **TEAM COMMUNICATIONS**

Most team communications will be via an email newsletter, text, or the Huntington Estates website. Please make sure that you do not block our domain @huntingtonestates.com that is used to send the newsletters. Please check your Spam guard and filters to make sure you allow our email to go through. Please update your account to add SMS number & carrier to received text messages.

## **MAILBOXES**

Each FAMILY is assigned a “mailbox” which is a hanging file in a file box. The mailboxes are located in the food court area during AM practices. Check frequently for ribbons and team communications.

## **TEAM PICTURES**

Team pictures and individual pictures will be taken on Monday, June 8th @ 9am. Please plan on arriving by 8:30am. You may purchase the photos if you are interested. Various packages are available. Information will be sent home at the beginning of the season and posted on the website.

## **SWIM TEAM SUITS**

Team suits are chosen for the team. The swimmers are encouraged to wear the team suit but it is not mandatory. Information for suits and team spirit wear can be found on the website.

Please know that we take into consideration cost when choosing our suits. Trying to find a suit in male/female, youth and adult and in red/black is not always as easy as it may seem.