

# HAMPTON OAKS HURRICANES 2019 SEASON HANDBOOK

## **Introduction**

The Hampton Oaks Hurricanes Swim Team (HOST) is a member of the Rappahannock Swim League (RSL), a summer recreational swim league (<http://www.rslswimming.com>). Approximately 2,500 swimmers compete on 25 teams in the RSL in six divisions (Battlefield, Patriot, Independence, Freedom, American, and National). Hampton Oaks will compete in the American Division for the 2019 season with teams from Salem Fields, Lake of the Woods and Grafton. Each team will have 6 meets against the teams in their division (3 Home and 3 Away). The 2019 Season will run from the end of May thru the 1st week of August, 2019.

## **Mission Statement**

The Hampton Oaks Swim Team (HOST) is dedicated to the emotional and physical growth of its swimmers and to the morale of the community in which they live. The coaches, the parents, and all involved in HOST will strive to make swimming an enjoyable experience for all participants. We will emphasize family fun and fitness through swimming. We will strive to instill in our swimmers the value of hard work, good sportsmanship, self-discipline, leadership, a competitive heart and community spirit.

## **Team Goals**

- Improve swimmers' skills
- Develop good sportsmanship
- Encourage and develop teamwork
- Enable swimmers to accomplish their dreams
- Have fun while developing a love for swimming

## **Prerequisites**

To join the Hampton Oaks Swim Team, your child(ren) must:

- Have a valid Hampton Oaks pool pass; or meet other criteria for inclusion.
- Be no older than 18 as of June 1, 2019.
- Be able to swim one length of the pool (any stroke); this is MANDATORY!!!

As a parent/guardian, you must:

- commit to volunteering at all swim meets (including finals) that your child(ren) swims in
- declare your child for swim meets online (to let coaches know which meets your child(ren) will swim in)
- get your child(ren) to as many practices and meets as possible over the course of the season

# HAMPTON OAKS HURRICANES 2019 SEASON HANDBOOK

Hampton Oaks Hurricanes Swim Team Board of Directors (2018-2019)			
Elected (voting) Members			
President	Jeff Gran	760-717-0452	<a href="mailto:jeffrey.e.gran@gmail.com">jeffrey.e.gran@gmail.com</a>
Vice President	Christie Bodge	770-289-3796	<a href="mailto:christiepepper@yahoo.com">christiepepper@yahoo.com</a>
Secretary	Megan McAfee	479-409-4409	<a href="mailto:meganmcafee@gmail.com">meganmcafee@gmail.com</a>
Treasurer	Patrick Cantwell	540-446-8139	<a href="mailto:prcwell@gmail.com">prcwell@gmail.com</a>
RSL Representative	Miguel Garcia		
Sponsorship	Megan Hubbard	540-907-1673	<a href="mailto:ho.hurricanes.swim@gmail.com">ho.hurricanes.swim@gmail.com</a>
Volunteer Coordinator	Courtney Janey	540-369-5600	<a href="mailto:csjaney@verizon.net">csjaney@verizon.net</a>
Equipment	Carie Ruiz	909-856-7242	<a href="mailto:carie@ruizhome.org">carie@ruizhome.org</a>
Awards/Spirit Coordinator	Ashley Riemann	540-903-4696	<a href="mailto:amriemann@gmail.com">amriemann@gmail.com</a>
Concessions Coordinator	Maria Soeder	910-545-6607	<a href="mailto:mrs.soeder@gmail.com">mrs.soeder@gmail.com</a>
Data Coordinator	Elethia Osborn	910-546-9436	<a href="mailto:hurricaneswimdata@gmail.com">hurricaneswimdata@gmail.com</a>
Auxilliary (non-voting) Members:			
Website Coordinator	Vacant		
Head Coach	Sarah Johnson	540-538-9564	<a href="mailto:sarahcjohnson16@gmail.com">sarahcjohnson16@gmail.com</a>
Parent Liaisons	Vacant		
Pool Committee Chair	Maureen Tolliver		
Coaching Staff			
Head Coach	Sarah Johnson	540-538-9564	<a href="mailto:sarahcjohnson16@gmail.com">sarahcjohnson16@gmail.com</a>
Assistant Coach	Hannah Morrison		
Jr. Assistant Coach	Nathan Pechacek, Grace Prestidge, Ava Settle, Isabelle Fortiz, Anka Whelan		

## Conflict Resolution:

All parents are encouraged to contact one of our board members with any concerns, issues, questions etc. Board members are generally available at swim practices and all swim meets. We ask that you please do not approach coaches on the pool deck during a practice or meet if you have a question or concern. Please contact them via email or before/after a practice/meet. They need to have their full concentration on our swimmers while they are in the pool.

## Parent Volunteer Commitment

Volunteers are critical to the running of our swim meets. Competitive swimming requires parents to be actively involved in all aspects of our swim meets. Timers, judges, concessions attendants, announcers, starters, and scorekeepers are a few of the positions which are filled by parent volunteers. Volunteering is a requirement for our team. Each swim family is obligated to volunteer in support of all our home swim meets (that your child(ren) is swimming), as well as our away meets. If your children will be participating in finals you will also be required to volunteer in some capacity for that event. Penalty for non-compliance of the volunteer policy could lead to the removal of the swimmer in the meet events. Please talk to our volunteer coordinator and she will fit you into a position where you will be best suited, and will work best for your family. The board understands that there may be circumstances that conflict with this obligation. Please keep your Volunteer Coordinator informed so that there are no misunderstandings. We cannot run these meets without the assistance of every family!!

# HAMPTON OAKS HURRICANES

## 2019 SEASON HANDBOOK

Training for particular positions (i.e. starter, stroke and turn judges, referee, head timer) is available prior to the beginning of our season. These volunteer positions are not difficult and can be a lot of fun. Please contact Courtney Janey ([csjaney@verizon.net](mailto:csjaney@verizon.net)) for more information about these positions. An RSL training session will be held here in Hampton Oaks on June 8th. Signups are available online. Information about other RSL training dates will be posted when it is available.

### How to Volunteer:

Signing up to volunteer has been made very easy and is all done online. The Hurricane's web address is <http://www.hohurricanes.org>. Online signups will be turned on a specific amount of time prior to each meet. Parents will be notified via email when sign ups will go live. At the website you will go under the "Events" tab to find the meet you want to sign up for and then you will click on the "Job Signup" tab. It will pull up all jobs available. Each job name is a link that will take you to a description of that job. To the right is a pull down bar done in alphabetical order of first names from all who have registered their children to swim. Once you have made your selection your name will change color and it cannot be changed unless you contact the volunteer coordinator, Courtney Janey ([csjaney@verizon.net](mailto:csjaney@verizon.net)). You will receive an e-mail confirming your choice, verifying the shift and the meet in which you have volunteered. Please read the e-mail carefully and make sure the information is accurate. Please use this as your way of signing up. It is a first come, first serve basis, and a job once filled will be closed. Sign up early to get the job you want. It also has a link for the volunteer coordinator if you make a mistake or want more information. Our hope is to make signing up and volunteering stress free.

### HOST Swim Meet Job Descriptions

There are many jobs available; please look at the description to see what training is needed before you sign up. The age requirement for all RSL positions is 16 and older. More detailed information regarding trained positions can be found at <http://rslswimming.com/training-2/>

### TRAINING DEFINITIONS:

- **HOST TRAINED:** The team volunteer coordinator (Courtney Janey) will briefly explain the position to new parents. This can be done before their shift or at the swim practice. These positions are open to everyone and will require 10-20 min. orientation.
- **RSL (Rappahannock Swim League) TRAINED:** These positions require the parents to attend a RSL Training Session prior to season start. They are not difficult and open to everyone who is interested. These positions are crucial for the team. **We cannot run a meet without these RSL trained officials!**

# HAMPTON OAKS HURRICANES

## 2019 SEASON HANDBOOK

**ANNOUNCER:** HOST Trained position. Works entire meet.

Operates the Public Address system; announces the events and heats, results, swimmers' names, and makes other announcements to keep everyone informed.

**AWARDS CLERK:** HOST Trained position. 2nd shift only.

Separates medals and ribbons; places appropriate labels on awards. Ensures Head Coaches receive all awards by meets end.

**SET UP/TEAR DOWN:** No training needed. Before and after the meet.

Prepare the facility prior to the event. Clean up after the event. This includes, but not limited to, moving tables, chairs, loungers. Handling lane lines, flags & poles, blocks, lights, banners along with concessions equipment.

**CLERK of COURSE:** RSL Trained position. Works entire meet.

Organizes swimmers by events, heats, and lanes.

**CLERK of COURSE ASSISTANT:** No training needed. 1st shift and 2nd Shifts.

Assists the Clerk of Course by organizing swimmers by events, heats, and lanes.

**CONCESSIONS MANAGER:** This is a HOST Board position. Works entire meet.

Plans, buys, sets up, organizes ALL concessions.

**CONCESSIONS:** No training needed. 1st and 2nd Shifts

Sets up and takes down concessions area. Working with food drinks, utensils, condiments. Sets up/cleans up concessions area. Inside (air-conditioned). You may step out to watch your swimmer.

**HEAD TIMER:** RSL Trained position. 1st and 2nd Shifts

Responsible for assembling/instructing all lane timers on their responsibility and procedures for timing prior to start of the meet. Assigns lanes, distributes and collects watches, pencils, and clipboards. Signals the Referee that all timers are ready. Starts two watches for every race in the event of a failure for any reason of an official timer's watch.

**HEAT WINNER AWARDS:** No training needed. 1st and 2nd shifts

Stands behind lane timers and hands out the Heat Winner Ribbons.

**LANE TIMER:** No training needed. 1st and 2nd shifts

Checks in with Head Timer prior to start of the meet to receive instruction. Receives lane assignment, stop watch, clip board and pencil. Upon sighting flash from starting device, starts their watch and stops their watch immediately when any part of the competitor's body touches the end of the pool.

**REFEREE:** RSL Trained Position. Works entire meet.

# HAMPTON OAKS HURRICANES 2019 SEASON HANDBOOK

The Referee shall have full authority over all officials and shall assign and instruct them prior to and during the meet. Signs off on all DQ slips and can disqualify any competitor for any personally observed rules violation. Signs the score sheet at conclusion of the meet.

**RAFFLE TICKET SELLER:** No training needed. 1st shift  
Moves about the deck selling 50/50 raffle tickets. Winner to be drawn at 8:30pm.

**RUNNER:** No training needed. 1st and 2nd shift  
Runs scoresheets from the lane timers to the score keeping booth.

**DATA COORDINATOR:** RSL Trained position. Works entire meet.  
Enters swimmers times into the computer.

**SCOREKEEPER NON- COMPUTER:** HOST Trained position. 1st and 2nd half  
Assists the Data Coordinator by organizing and reading data so that it can be put in the computer.

**STARTER:** RSL trained. 1st and 2nd shift  
Electronically starts each heat when the swimmers are ready to start.

**STROKE and TURN JUDGE:**RSL trained. 1st and 2nd shift  
Knowledgeable about the rules of each stroke. Observes their assign section of the pool and makes calls for rule infractions (DQ's). \*\*\*WE MUST HAVE FOUR JUDGES FOR EVERY MEET\*\*

## **Communication:**

The Hurricanes are connected! We use our own website, email, Rained Out and Facebook to spread the latest word about Hurricane happenings. You are invited to visit the Hurricanes website at: <http://www.hohurricanes.org>. EMAIL IS OUR PRIMARY MEANS OF COMMUNICATION WITH PARENTS so please be sure we have a valid email address on file and our emails are not being sent to your junk mail folder. We also use a blue file box to disseminate information. This box, which will be kept on a table during practice, will contain a file folder for each family. Please check your folder OFETN for important news. Your child will also receive their ribbons/awards from meets in this box.

## **Rained Out:**

Rained Out is a text and email message system HOST uses to send important updates about changes and cancellations in the event of weather or other calendar issues. Please sign up for this system in order to be alerted in a timely manner. You may signup by clicking the link button on the main page of our website.

## **Facebook:**

HOST has a Facebook page. Please request to join the page in order to keep up to date on team activities. <https://www.facebook.com/groups/160855684092479/>

# HAMPTON OAKS HURRICANES 2019 SEASON HANDBOOK

## May 28 - Evening Practices Begin (Mon-Thur)

6:15-7 p.m. 8 and under

7-8 p.m. 9-12 year olds

8-9 p.m. 13+ year olds

## June 17 - Morning Practices Begin Tue / Fri)

7:00 a.m. - 8:00 a.m. - 13 + year olds

8:00 a.m. - 9:00 a.m. - 9-12 year olds

9:00 a.m. - 9:15 a.m - Stroke clinic (9 and up)

9:15 a.m. - 10:00- a.m. - 8 and Under

10:00 a.m.--10:15 a.m. - Stroke clinic (8 and under)

## Morning Practice (Wed)

8:00 a.m. - 8:30 a.m. - 13 + year olds

8:30 a.m. - 9:00 a.m. - 9-12 year olds

9:30 a.m. - 10:00 a.m. - 8 and under

## Fun Day Thursday

9:00 - 10:00 a.m. All ages

(Mon /

\*\*\* "FLEX PRACTICE" MAY BE AVAILABLE TO ACCOMMODATE SWIMMERS WHO HAVE CONFLICTS WITH OTHER PRACTICES/SPORTS. PLEASE CONTACT COACH SARAH DIRECTLY IF YOU ARE INTERESTED IN THIS OPTION.\*\*\*

## 2019 EVENT SCHEDULE

Thursday May 2nd, 7:00pm-8:30pm Parent info meeting @ HOA club house

May 25th, 26th, 27th @ 4:45pm, 5:45pm, 6:45pm—QUALIFYING SWIM for all new swimmers

- Required to swim length of the pool without touching the bottom or side of the pool.
- Parents may be in water with their swimmer.

Tuesday May 28th, 6:00 - 8:30 p.m. Swim Suit/Spirit Wear Sales

Tuesday May 28th, 7:00 p.m. On-Deck Parent Information Meeting

Friday May 31st, 6-8:30 p.m. - Season Kick-Off Pool Party (sign-ups online for bring a dish to pass)

Monday June 3rd, 6:00 - 8:30 p.m. Make-Up Swim Suit/Spirit Wear Sales

Monday June 3rd - Swim Buddy Applications due (Turn in to Ashley Riemann - Spirit Chair)

Thursday June 13th, 6:00 - 9:00 p.m. - Mock Meet/Time Trials - **TEAM PHOTO 5:45pm**

Tuesday, June 25th - Spirit / Fundraising Day at **Sweet Frog**

Thursday, July 18th, 8:30a.m. - 10:30am - **LAP-A-THON!!!**

Tuesday, July 23<sup>rd</sup>, - 6:30 - 8:00p.m. - HOST Family Service Event - Stafford Food Security Food Packing

Sunday, August 4th, 6 - 8:30 p.m., Awards Banquet/Pool Party

## 2019 MEET SCHEDULE

**(all meets begin at 6pm - warm-ups start 30-60 minutes prior)**

Wednesday, June 19th - AWAY meet @ Lake of the Woods

Wednesday, June 26th - HOME meet against Salem Fields

Monday, July 1st - AWAY meet @ Grafton

Wednesday, July 10th - HOME meet against Grafton

Wednesday, July 17th - AWAY meet @ Salem Fields

Monday, July 22nd - HOME meet against Lake of the Woods

Saturday August 3rd, RSL Championships - TBD \*\*times vary by age group

# HAMPTON OAKS HURRICANES 2019 SEASON HANDBOOK

## **Meet Information for Swimmers & Parents:**

### **Dual Meets**

Warm-ups for all dual meets begin at 5:00 or 5:30pm (depending on home or away). Meets should end by 10:00 p.m. Rain Dates for all home meets will be the next day. You need to declare your swimmers online through our team website to let coaches know which meets your child is able to swim in. If something comes up and your swimmer(s) are unexpectedly unable to attend a meet they should notify Coach Sarah ([sarahcjohnson16@gmail.com](mailto:sarahcjohnson16@gmail.com)), in writing by EMAIL, in advance of the meet. Please also contact our Volunteer Coordinator, Courtney Janey ([csjaney@verizon.net](mailto:csjaney@verizon.net)) if you are unable to fulfill your volunteering commitment. This is very important for many reasons! If swimmers can't stay for an entire meet, they should also notify the coaching staff to ensure the relay participants are correctly listed. The earlier the coaches and the volunteer coordinator know about your absences, the better.

### **Division Finals**

Since entries are limited and substitutions are prohibited for the RSL Finals meet, if swimmers are unable to participate in finals should advise the coaching staff in writing as far in advance as possible. Entries are typically "locked in" one week in advance of the finals meet. NOT ALL HOST SWIMMERS ARE GUARANTEED A SPOT TO SWIM AT FINALS. The finals meet is seeded by coaches differently than dual meets. It is our coaches' discretion to seed entries for finals. Warm-ups for Finals can begin as early as 6:30 a.m., and the meet is an all-day event. More details will be provided separately by coaches closer to the meet.

### **Recommended Clothing/Gear for Practices:**

- Shoes and shorts for land exercise, especially early in the season if the pool is too cold.
- Goggles and swim cap.
- Bathing suit (no two-piece suits).
- Towel.
- Water bottle.

### **Recommended Clothing/Gear for Meets:**

- Suit (team suit, optional but highly recommended)
- Team T-Shirt or Sweatshirt (optional)
- Goggles/Cap (Hampton Oaks Cap – highly recommended; cannot advertise another team)---extra goggles & cap recommended "just in case"
- Towel(s)--2 or 3 recommended
- Team Spirit- good sportsmanship, quiet for the start, cheer like crazy during the race
- Healthy snacks, water, water, water, sport drinks, or money for concession stand
- Books, playing cards, games, etc.
- Change of clothes -Sweats for cooler evenings
- Sharpies (to write events on hand/arm)
- Chair/blankets to sit on and to keep warm
- Sunscreen--the sun can still be intense in the late afternoon
- Pop-up tent if you want to set up an area off of pool deck
- Camera to take pictures of your awesome swimmers

# HAMPTON OAKS HURRICANES

## 2019 SEASON HANDBOOK

### **“How to Survive a Swim Meet”--A newcomers guide to Summer Swim!!!!**

Are you new to summer swim? We know it can be overwhelming so have put together a glossary of terms and some detailed descriptions of what to expect!

#### **Glossary:**

- **Dual Meet:** Competition between two (2) teams within our division of RSL.
- **Mock Meet:** A practice competition involving only HOST swimmers. This allows swimmers (and parents) to get an idea of what a meet involves. Coaches are able to get times for swimmers in different events and parents are able to volunteer and see how a meet runs.
- **Finals:** Our championship meet in which HOST competes against all other teams in our division of RSL. There are 3 tiers of races in each event (A, B & C) which allows swimmers to compete directly against swimmers of similar ability.
- **Event:** The specific race (stroke & distance) that your child is swimming in. (e.g. 25 freestyle, 50 backstroke, medley relay). These are posted by the coaches the morning of the meet at practice. They may be modified and will be reposted at the actual meet.
- **Heat:** An event is divided into heats when there are too many swimmers to swim at one time. The slowest swimmers are in the first heat and the fastest swimmers are in the last heat.
- **Seeding:** A procedure of assigning swimmers to proper events, lanes and heats. This is done by the coaches prior to a meet.
- **Clerk of Course:** The person responsible for all of the paper work at the meet before and during races. This is where swimmers will check-in immediately prior to their races and where they will receive an index card indicating their event, lane and heat assignments. The clerk of course will assist in getting all swimmers organized properly for their events.
- **Age Group:** Swimmers compete in gender specific age groups of 8&Under, 9-10, 11-12, 13-14, and 15-18. Our 6&Under swimmers may compete in meets, however, their races do not earn points for our team.

#### **How do you know what events your child will swim at a meet?**

Swimmers may swim a max of 6 events per meet...3 individual and 3 relay. U6 swimmers (age 6 or younger) are only able to swim the 25 freestyle and 25 backstroke at a meet. It is up to the coaches to determine which events each swimmer will swim at a meet. Not all swimmers will swim all events/relays.

In order for your child to be eligible to be seeded for a meet you must “declare” them as a swimmer for each meet. All meets will be listed under the “Events” tab on our webpage. That will provide you with a list of all meets for the season. Once you know your family’s schedule we encourage you to “declare” which meets your child is available for. **IF YOU DO NOT DECLARE THAT YOUR CHILD IS ABLE TO SWIM HE/SHE WILL NOT BE SEEDED FOR ANY EVENTS.**



# HAMPTON OAKS HURRICANES

## 2019 SEASON HANDBOOK

Swimmers must have a qualifying swim in a specific event during the regular season in order to swim that event at finals. HOWEVER, this does not mean they will definitely swim that event at finals. The seeding for finals is done differently than regular meets and may result in your child(ren) swimming in fewer or different events than they normally swim. It is at the discretion of the coaches to seed all meets. WE CANNOT TAKE ALL SWIMMERS TO FINALS.

### **Pre-Meet Preparation:**

1. Nutrition- Eat properly before the swim meet; no junk food or soda.
2. Plan to bring/purchase nutritional snacks for the meet, before the meet.
3. Hydrate, Hydrate, Hydrate (before, during, and after).
4. Sleep- Get a good night sleep before each day of the meet.
5. Equipment- Have all equipment packed for the meet usually a good idea to do this the night before. Make sure all equipment is in good condition/ working order. We recommend keeping a "meet bag" all season that is stocked with the essentials so you just need to add new towels/extra clothes the day of a meet.
6. Check the HOST website for updated information, directions, schedule of events, etc prior to the meet (hohurricanes.org).

### **What to do the Day of a Meet:**

1. Plan to attend practice the day of the meet. Coaches will post the events for that night's meet at practice. Check which events your child(ren) will be swimming. If you see any conflicts PLEASE NOTIFY THE COACHES ASAP SO THAT CHANGES CAN BE MADE!
2. Arrive On Time. Warm-ups for home meets are at 5:00pm and away meets, 5:30pm. Meets start at 6:00pm, try to get there by 4:45 to stake out a good spot on the pool deck. Meets go until around 10:00-10:30pm, potentially longer if there is a rain delay. Swimmers that are only seeded for first half events do not need to stay for the whole meet.
3. Wear official HOST swimsuits and spirit wear if available. We will also have spirit "themes" for each meet. Coaches will discuss these at practices and they will be posted on the team website.
4. Check in with the Coach and be ready for warm-ups when you arrive. Listen to coaches for warm up instructions. If swimming backstroke, do a backstroke start especially if at an away meet. Backstrokers should also get a stroke count from the flags to the wall at race pace
5. Check the event list posted in the team area or with the coach. WRITE DOWN THE EVENT NUMBERS! These may have changed since the morning so always double check your events! Write your event numbers on arm/hand with a sharpie so that they do not wash off in the pool.

# HAMPTON OAKS HURRICANES

## 2019 SEASON HANDBOOK

### **At the Meet:**

1. Parents should check in with the volunteer coordinator and confirm their job.
2. Swimmers should stay in the team area at the meet so that they can hear when their event is called. It is up to the swimmer to get themselves to the Clerk of Course when it is time for their event. Parents of young swimmers, you may want to walk them there yourself. At our pool the Clerk of Course is located near the diving well. Signs showing current and upcoming event #s are posted here. Listen and watch carefully so you don't miss a race!
3. Conserve energy. Don't use up energy playing around at the meet (e.g at the playground). Save it for your races!
4. Eat properly and HYDRATE!!!
5. Cheer for teammates. Demonstrate incredible HURRICANE pride and sportsmanship!
6. Congratulate teammates after their events. When our swimmers are in the pool we ask them to stay in the water at the end of their race until all other swimmers have finished.

### **Disqualification**

A disqualification means the swimmer is not eligible for ribbon placement and their time will not be valid. Swimmers may be disqualified "DQed" from a race for a number of reasons. During a race, this includes improper stroke technique, false start, improper turns, or other rule infractions. Please reassure your swimmer that it is OK if they DQ. This is a great opportunity for the coaches to review their stroke technique so they may improve the next time. The coaching staff will notify the swimmer if an official reported a DQ on the swimmer during an event. Coaches will review DQ slips and address problems at practices following the meet.

### **HURRICANE FUNDRAISING ACTIVITIES**

The Hampton Oaks Swim Team will be pursuing several fundraising activities this season to pay for team expenses. We also raise money for two scholarships that are awarded to college-bound HOST Swimmers each season.

#### **Our fundraising activities include:**

Swimmer Dues: This is our team's primary fund raising tool. Registration can be completed online at [WWW.HOHURRICANES.ORG](http://WWW.HOHURRICANES.ORG). There is a staggered fee schedule for swimmer dues (your first swimmer costs more than your second, third swimmers, etc.) as well as an annual registration fee per family.

Concessions: Selling food and drinks at the pool during home meets is a major fund raising activity for our Swim Team. While we are not collecting up front concessions fees this year we still encourage you to shop at our concession stand during the season!

T-Shirts/Spirit Wear: Shirts with the HOST team logo will be on sale throughout the season with any profit earned used to defray team expenses.

# HAMPTON OAKS HURRICANES

## 2019 SEASON HANDBOOK

Lap-A-Thon: Swimmers are asked to participate in a Lap-A-Thon to be held at the Hampton Oaks pool (July 18<sup>th</sup>, 2019). Swimmers will swim as many laps as they can during a 2 hour session, not to exceed 200 laps. Donations collected by the swimmers will be used to defray team expenses and contribute to our scholarship account. No minimum or maximum donation amounts have been established. This has the potential to be very productive as well as fun. Please come and join us in this super fun family-friendly event. It is a great day to enjoy refreshments and have fun cheering on our swimmers while raising funds for the swim team. We have great prizes for swimmers who raise the most money and swim the most laps. We would love for parent participation as well. You can help count laps, cheer on your swimmer, and participate in the SUPER FUN Parent / Coach vs Swimmer Relay Race. Yes, that's right... you can compete against your kids!

Heat Sheet Ads: The RSL publishes advertisements in the program for RSL finals. Each team is expected to sell \$200 in advertisements, which will be used to support league expenses. Amounts raised over \$200 are returned to the team to help offset team expenses. Elena Cuomo is coordinating this effort for Hampton Oaks and advertising forms will be available at the registration meeting and throughout June. All advertising submissions are due to the RSL program committee by the first week in July. You design the page, include photos, words of encouragement, etc. Prices will be approximately as follows; Full Page \$75.00, ½ Page \$50.00, and ¼ Page \$25.00. All ads are due by July 5<sup>th</sup>, 2019.

RSL Webpage: The RSL offers their webpage for people who need to advertise their home businesses or other businesses. The site gets 1000 hits a week during the 10 week summer swim season. Please contact Megan Hubbard ([ho.hurricanes.swim@gmail.com](mailto:ho.hurricanes.swim@gmail.com)) for more RSL information.

Sponsors: The Hampton Oaks Swim Team is encouraging local businesses to sponsor the team. Support for major equipment purchases (lane lines, computer gear...etc) as well as other donations is appreciated. Please contact Megan Hubbard ([ho.hurricanes.swim@gmail.com](mailto:ho.hurricanes.swim@gmail.com)) for more information on sponsorship.

# HAMPTON OAKS HURRICANES 2019 SEASON HANDBOOK

## HURRICANES TEAM RULES

### SWIMMERS MUST BEHAVE PROPERLY

- Normal pool rules apply. No wrestling, horseplay, pushing, running!
- BUT Cheering is heavily encouraged AT MEETS!

### PLEASE PICK UP ALL TRASH AND PLACE IN PROPER CONTAINER

- No gum! No glass containers! No Slime!!!
- Keep restrooms clean during practice times and meets!

### SWIMMERS MUST LEAVE THE POOL IMMEDIATELY AFTER PRACTICE

- Parents are not required to attend practices (unless your child is 8 years or younger, in which case a responsible adult aged 16 or older must be present). Please do not allow your swimmers to loiter after their practice, coaches need to begin working with the next group of swimmers.

SWIMMERS ARE NOT ALLOWED IN POOL AREA BEFORE PRACTICE OR WITH A COACH PRESENT.  
WE ARE NOT PERMITTED TO USE THE BABY POOL DURING PRACTICE HOURS

### SWIMMERS MUST INFORM A COACH BEFORE LEAVING POOL AREA

- This includes going to the restroom for safety reasons!
- At meets this is critical--missed events hurt the team!

### NOTIFY HEAD COACH IF SWIMMERS UNABLE TO ATTEND MEET

- CONTACT COACH SARAH ([sarahcjohnson16@gmail.com](mailto:sarahcjohnson16@gmail.com)) in writing not less than 1 week before except in cases of sudden illness or emergency: ALL ABSENCES FOR MEETS SHOULD ALSO BE RECORDED ON TEAM UNIFY so that meets are seeded properly and all available swimmers get a chance to swim.

### OBEY MEET OFFICIALS & COACHES

AT MEETS AND OTHER EVENTS, PARENTS ARE EXPECTED TO SUPERVISE THEIR CHILDREN OR HAVE ANOTHER PARENT WHO WILL DO SO TO ENSURE SAFETY

PARENTS MUST PROVIDE AN EMERGENCY CONTACT NUMBER - See ONLINE registration form.

### PARENTS ARE EXPECTED TO ASSIST WITH THE CONDUCT OF ALL MEETS

Volunteers are THE KEY to successful meets!

### IF SWIMMER CHOOSES TO WEAR A SWIM CAP IT MUST BE A HOST TEAM CAP DURING MEETS AND FINALS

- A swimmer can be disqualified for advertising another team on a cap and/or swim suit. Generic caps/suits are permitted but they CANNOT have another team on them.

### RESPECT THE PROPERTY OF OTHERS

- It's recommended you label all goggles, team shirts and other common items. All items left at practices and meets will be turned into the Hampton Oaks Pool lost & found.

PARENTS: DO NOT INTERRUPT THE COACHES DURING PRACTICE FOR ANY REASON OTHER THAN A TRUE EMERGENCY. INTERRUPTIONS WITH SWIMMERS IN OR NEAR THE WATER MAY DISTRACT THE COACHES AND COMPROMISE SAFETY. PARENTS ARE EXPECTED TO STAY ON THE UPPER DECK AND OFF THE POOL DECK DURING PRACTICE.