1. Introduction 2018 – 2019 Swim Season
2. White Group Lead Coach Jan Bunch

Email: bchcoachjan@hotmail.com

1. White Group Coach Sue Butcher

Email: [coachsue@swimhsa.org](mailto:coachsue@swimhsa.org)

1. White Group Coach Arthur Fortin

Email: [coacharthur@swimhsa.org](mailto:coacharthur@swimhsa.org)

1. Practices are Monday thru Thursday 3:30 to 4:30 pm at Huntsville Aquatic Center and 5:45 to 6:45 pm at Redstone Aquatic Center. Saturday is all groups together 9:00 to 10:00 am at the HAC.
2. What to expect in White Group: This is designed for beginning swimmers to become year round swimmers. Mini meets are no charge and strongly encouraged to introduce swimmers and parents to meets. Not only are swimmers learning about meets, but it is a chance for parents to start learning how to volunteer by timing for the meets and other volunteer positions. Other meets that are for White Group swimmers will be listed at the end of this letter and they come with a meet entry fee that will be charged to your account after you enter them.

We have two swim seasons each year: short course and long course. White Group swimmers are encouraged to swim year round to experience long course swimming in the summer. Many swimmers will do both HSA and summer league during long course season.

1. Swimmers Expectations:
2. Come to practice ready to listen and work.
3. Always respect your teammates and coaches.
4. Bring required equipment to practice.
5. Swim at appropriate meets.
6. Restroom breaks: We only practice an hour, go before practice, if it is an emergency tell your coach you are going.
7. Equipment: TYR junior size kickboard, TYR fins, swim cap (HSA or no

name), goggles, and mesh bag to keep equipment in. White name on

every piece of equipment. BRING EQUIPMENT TO EVERY PRACTICE

(You do not need fins and kickboards at meets.) Bring water!

1. Practice Schedule: We encourage all WG swimmers to attend 2-3

practices a week. You may attend only practice location you signed up for.

HAC practice time: 3:30 to 4:30 pm Monday thru Thursday

Redstone Aquatic Center: 5:45 to 6:45 pm Monday thru Thursday

All White Group swimmers 9:00 to 10:00 am Saturdays

**PLEASE CHECK THE WHITE GROUP CALENDAR ON THE HSA WEBSITE FOR PRACTICE DAYS AND TIMES**

1. Goals
2. Legal in all four strokes with ability to maintain proper technique for

the hour practice.

1. Proficient in all dives and turns
2. Ability to understand interval training
3. Ability to swim in meets, getting to block in time for races and to cheer for teammates at the meets
4. Parents Info
5. On HSA Website click “parents” tab to find a list of useful info.
6. Read and be familiar with the athlete and parent code of conduct in the Parent Handbook.
7. Be aware of the meet schedule online and click “attend” or “decline” for the meets listed below before their deadlines.
8. If you enter your child in events at a meet the coaches may or may not change your entries in order to enter your child in appropriate events.
9. If you have important requests for a meet such as, “we will only be swimming on Saturday,” leave that in the message box when you commit to the meet.
10. Please check final meet entries on or before the deadline to confirm events for your swimmer.
11. Parents, relatives, and spectators must observe meets and practices from the stands. (Unless you have signed up to volunteer and need to be on deck.)
12. Parents and caregivers must stay off the pool deck during practice.
13. Please do not distract your swimmer during practice.
14. Know your role:

Swimmers – Swim

Coaches – Coach

Officials – Officiate

Parents – Parent

1. HSA is a part of USA Swimming. Take time to go on USA Swimming

website and get familiar with it.

1. Meets:

**HSA Kick-off Mini Meet, Sept. 8, 2018**

**HSA Intrasquad Meet, Sept. 22, 2018**

**HSA Halloween Mini Meet, Oct. 13, 2018**

**McCallie/GPS Meet (Chattanoogo), Oct. 20 and 21, 2018**

**Fran Norris Meet, Nov. 2, 3, and 4, 2018**

**HSA Thanksgiving Mini Meet, Nov. 17, 2018**

**Tupelo Meet (Tupelo, MS), Nov. 30, Dec. 1 and 2, 2018**

**HSA Holidays Mini Meet, Dec. 15, 2018**

**HSA Intrasquad Meet, Jan. 5, 2019**

**HSA Groundhog Invite, Jan. 25, 26, and 27, 2019**

**HSA Valentines Day Mini Meet, Feb. 16, 2019**

**Southeastern Championships only with qualifying times**

**Long Course Meets TBD**