

Heartland Summer League Information

Practices:

- Practices are very important. Please remind your child to listen and pay attention.
- The focus of the first few weeks of practice will be on technique and instruction.
- Please remember that your child is on a swim team and not taking swim lessons. The coaches instruct from the pool deck, not in the water.
- Your child will learn all four competitive strokes, legal turns, starts, and various other techniques. We will stress the basics first and then move on to swimming faster. Parents, please let the coaches do their job. Swimmers get confused if they have too many people coaching them.

Equipment:

- Heartland will provide a team cap and T-shirt for each swimmer before the first meet. We ask that all swimmers wear a solid black Speedo swimsuit.
- The suit can be purchased from Swim West South, 7962 Convoy Ct., just off of Highway 52 and Convoy Street. You are not required to purchase a suit from Swim West but we do ask that you wear a black Speedo suit. Suits from previous summers may be worn.
- Girls who have long hair should either wear their hair tied back securely or wear a cap.
- Boys and girls will wear their team cap in the meets so the coaches can easily identify the swimmers on their team.
- Remember sunscreen and towels for both meets and practices.
- Comfortable goggles are a MUST!

Vacations:

- The coaches must know when a swimmer is going to miss a SWIM MEET. Please let your coach know in advance- the more advance notice you can give the better.
- Missing a meet will not be a problem as long as you let the coach know not to schedule you in any events. **This is the single most critical item you can do to make the meets run smoothly.**

Meets:

- See the Meet Schedule for full meet information
- Each team will be assigned to be a "Home/Host Team" for one or two of the meets.
- The Home team provides the volunteers at the meet- ribbon writers, timers, starter, etc.
- Participation in the meets helps your child see his/her own improvement and each swimmer is encouraged to keep track of his/her own times.
- You may want to send a light snack and water to the meets.
- Please remind your swimmer to pick up their trash and **NO GLASS CONTAINERS** are allowed.