

Join the fun!!!

swim team try-outs!



**WE WANT
YOU
ON OUR TEAM!**

HAST summer League SWiM TEAM TRYOUTS!

on May 1st (*11 & older), 2nd (*9 & 10yr.), and 3rd (*8 & under)
at 7:00 p.m. at the Am. Fork Fitness Center

*All age swimmers can come any day if needed.
TRYOUT CARD pickup lines OPEN @ 6:30 p.m.,
tryouts at 7:00 p.m.

- **ALL Swimmers MUST PRE-Register to attend the TRYOUTS @ www.hilltopaquatics.org**
- **Summer Swim Team begins June 4 - July 31st**
- **FEES: \$155.00**
- **FREE water bottle and t-shirt!!**
- **Swim meets will have an \$12.00+ entry fee.**
Many awards given at meets including participation awards, ribbons, medals, & trophies!
- **WORKOUT TIMES: 45 min. workouts M-F... 7:30am, 8:15am, 12:00, 12:45, 1:30, 2:30, 3:15, or 6:15p.m.**
- *Team Equipment requirements listed on back



TO TRYOUT:

Swimmers MUST know (minimum requirements) freestyle, backstroke, side breathing, and can swim across the pool to try out.

More info

at our website

www.hilltopaquatics.org

2018 Summer League Swim Team information...

PARENTS MEETING: FOR ALL SWIMMER'S PARENTS THAT ARE PLACED ON THE HAST SUMMER LEAGUE SWIM TEAM ON THURSDAY, JUNE 7TH @ 5:00 OR 7:00 P.M.

1. **Tryout days...** Lines open for TRYOUT CARD pickup at 6:30 p.m., each night, with tryouts starting at 7:00 p.m. If possible, please bring your swimmer for tryouts on the assigned days according to age, although for convenience of families, all age swimmers can come on any day. We are just trying to be somewhat organized. ☺ No swimmers are placed on teams until ALL tryouts are over.
2. **2018 Summer Swim Team Placement List...** The 2018 Summer Swim Team Placement list will be emailed out to all tryout participants and posted on our website www.hilltopaquatics.org on WEDNESDAY, May 16th @ 6:00 p.m. ***NOT ALL SWIMMERS WHO TRYOUT WILL MAKE THE TEAM.*** Swimmers are placed by age & ability. If your swimmer makes our team, payment of REGISTRATION FEES will open on ***WEDNESDAY, May 16th @ 6:00 p.m. and will close on FRIDAY, May 18th at midnight.*** All registration & fees must be completed by this time to secure your swimmer's spot on our team, (your swimmer will lose their spot on the team if not registered by this date).
Swim Team workouts BEGIN on Monday, June 4th
3. **HAST Team Equipment....** Caps are REQUIRED for all girls on our team, boys optional. Fins are REQUIRED for 10 & under swimmers. They are not required for other age groups, although **strongly** encouraged! Equipment bags are also encouraged. HAST team suits (polyester, long-wearing solid navy suits) for boys and girls are optional. HAST caps, fins, equipment bags & team suits are all available at the FC front desk. However, these items will not be available to purchase during the first week of swim team workouts. Please purchase them PRIOR to the first day of workouts!!
4. **Team Gear SALE DAY!!** The HAST Pro-Shop & AFFC will be having a "Get Ready for Swim Team" special sale day on ***MONDAY, May 21st from 3-5:00 p.m., when team equipment: fins, HAST team suits, kickboards, gear bags, goggles, various colored/patterned suits, Speedo swim back packs, etc. will be available for you to get your gear for swim team!***
5. **Workout times....** M-F, 45 minute sessions. Your swimmer will be placed in workout groups **by age & ability**. We will try to accommodate carpools, siblings, etc. as much as possible, but please realize we are trying to help your swimmers reach their full potential. Our 3:15 and 6:15 p.m. groups are for 12 & older swimmers only. ***On the TRYOUT CARDS, please list any special requests (siblings, carpools), and the t-shirt size of your swimmer.***
6. **Parent Support...** This is a volunteer organization that requires a lot of support from parents. Unlike most sports programs where the coach "does it all", in swimming it takes effort from everyone to make the program work. When you sign your child up to participate in the HAST Summer League Swim Team Program you are also signing yourself up to help make the program work -- especially at the meets!
7. **Minimum parent involvement includes:** (1) Making sure your swimmer is **on time** to all workouts. If they are more than 10 minutes late, they have missed the warm-up and will not be able to workout that day, (2) Signing your swimmer up for meets, (3) Encouraging your swimmer, because a "Personal Best Time" is the goal in swimming and: **(4) HELPING AT ALL MEETS!!**
8. **Admittance to the Fitness Center for workouts...** The Fitness Center is open to the public during swim team workout times. A swim team card will be issued to ALL SWIMMERS that MUST be scanned for entrance to the Fitness Center at the front lobby or the South Gate entrance. This card is **for swim team workouts only**, and will be given to each swimmer/parent during the first week of workouts and at the parents meeting. Using this card at any other time will result in immediate dismissal from the team.
9. **Public Swim AFTER Swim Team workouts....** If your swim team swimmers want to stay and play in the pool AFTER swim team practice, they will need to **pay for admittance** to the Fitness Center front desk or the south gate admission hut. Just because they are swim team members, does not give them the privilege to stay and "PLAY" without paying for it. ***Swimmers abusing this rule will be dismissed from the team.***
10. **Meet Entry Fees...** Two meets will have an entry fee of \$12.00, the Red, White & Blue Medals Meet (\$18.00), and the Summer Finale Trophy Meet (\$20.00). Entries to any meets MUST be done ONLINE on the HAST website using your secure account and credit card on file. Meet Fees are accrued throughout the month in your account, and then subsequently billed to your credit card posted in your account on the 1st day of the next month.
11. **PARENT POSITIONS on our Summer League Swim Team...** We have several positions on our team that need to be filled for our team to operate smoothly i.e., officials, concessions, Family BBQ, etc. Compensation in the form of a waiver of registration fees or meet entry fees will be available. Please email to DaNene: hast@hilltopaquatics.org
12. **Dropping out of Swim Team....** Full refund will be given (with request by email to team) if dropping out of swim team BEFORE first day of swim team. After our program begins, a \$25 Cancellation Fee will be assessed to a weekly (\$20) pro-rated refund, ***until Friday, June 15th.*** After this date, no refunds will be given.
13. **Parent Waiver and Release:** **HILLTOP AQUATICS SWIM TEAM - Summer Recreation Team**
In consideration of your accepting my child's participation in the Summer Swim Team program, I hereby, for myself, my child who is a juvenile, and our heirs, do waive and release any and all rights and claims for damages I or my child have against the City of American Fork the Hilltop Aquatics Swim Team organization, Utah Swimming, and USA Swimming or its representatives, for any and all injuries suffered by myself, my child or any member of my family, going to, coming from, or while at any American Fork City or HAST sponsored swim meet, workout, event or related activity for ordinary negligence. I acknowledge that swimming is a physically active sport that has some inherent risks to the participants. It is conducted in and around water or on a hard and sometimes slippery surface. Meets and workouts are held with or against other individuals whose actions cannot always be controlled or predicted. Possible injuries associated with the swim team include, but are not limited to: spine/neck injuries, leg/arm breaks or injuries, wrist/ankle sprains, ligament/cartilage tears/concussions, eye injuries (scratch, gouge or loss), broken nose, loss of teeth, drowning, etc.

I understand and acknowledge that American Fork City or HAST does not provide accident and medical insurance for the participants in this program. I further state that I, my child and all members of my family are covered by adequate accident and medical insurance.