



HAST Summer League Swim Team Information 2018

1. Calendar of Meets & Activities...

*All meets will be held at the Am. Fork Fitness Center. It is the responsibility of the parent to ENTER EACH MEET online at the HAST website: www.hilltopaquatics.org. You will get an email announcing that the meet is open and the deadline dates. ALL entries must be submitted by the deadline to enter the meet. Late fees to submit entries will be an extra \$10.00.

Thurs., June 7th: **Parents Meeting.** Please read the “Parent Information Handout” and come to the meeting at either 5:00 or 7:00, with your questions!

TUES., June 12th:

Picture Day! \$15.00 -or- \$11.00 (online signup) *Sign up *ONLINE* for pictures and *get \$4 off*!! --OR-- print off form and bring Picture Form & check on PICTURE DAY (\$15). **T-shirts will be handed out this day.*

Tues., June 19th:

Swim Meet. Warm-ups at 4:00 p.m., meet at 5:00 p.m. Entry fee \$12.00

Tues., July 3rd:

Red, White & Blue Medals Meet & Family BBQ. Warm-ups at 4:00 p.m., meet at 5:00 p.m. Entry Fee \$18.00. Thank you for your donation to our BBQ!

Wed., July 18th:

Swim Meet. Warm-ups at 4:00 p.m., meet at 5:00 p.m. Entry Fee \$12.00

Tues., July 31st:

Summer Finale Trophy meet. Warm-ups at 4:00 p.m., meet at 5:00 p.m. Entry Fee \$20.00

Wed., Aug. 1st:

Summer Finale Awards Party, for each individual workout group will be held during regular workout times! The trophies & ribbons from the Summer Finale Meet will be handed out at this party.

***BE ON TIME FOR ALL WARM-UPS!!! NO workouts on ALL meet days plus July 4-6 & 24th.**

2. We are a Team that Communicates by EMAIL!

- A. **VERIFY YOUR EMAIL & CELL PHONE #'S...** We will be sending emails concerning all aspects of our team, from parent information, meet entry information, workout cancellations, reminder emails or meet entry due dates, and many other items. Make sure you email and SMS (cell phone) #'s are **VERIFIED** in your account!
- B. **OPEN ALL EMAILS!** Please OPEN all email communications and read the information that the team is sending to you and your swimmer!!
 - *Sometimes it can feel like an excessive amount of emails, but it is all important information for our team members. Sometimes, they might not pertain to your particular swimmer, but if you dismiss all emails and not open them, that's where you can find yourself in a situation of not getting signed up on time for meets & jobs, being on top of your account/billing information, workout cancellations, etc.*
 - *It is very important to open all emails from the team!*
- C. **PLEASE INSTALL THE GOOGLE CHROME BROWSER.** This browser works best with our website.

3. Cancellations & Refunds...

- **DROPPING OUT OF SWIM TEAM....** After registration fees have been paid, your swimmer(s) has secured a spot on our team. If you decide to cancel your swim team registration --before the first day of swim team--a full refund of registration fees will be credited back to your credit card. Anytime during the first two weeks of swim team, a \$25 cancellation fee, plus a \$20 weekly pro-rated fee will be assessed to all credit card refunds, or refund checks from the city. After 3 full weeks of workouts, no refunds will be given.

- **MEET ENTRY FEE REFUNDS....** After the withdrawal deadline, as listed in the meet information shown for each specific meet, (click on EVENTS tab and scroll down to find meet), no refunds will be given of meet entry fees.

4. **Team Gear Information:**

- TEAM CAPS & GOGGLES...** ARE required, and are available at the AFFC front desk. Goggles are various prices. Girls must wear caps during workouts. The HAST Swim Team Caps are latex and cost \$5.00 +tax each. **Caps are REQUIRED at ALL MEETS for ALL GIRLS, but optional for boys—although we strongly suggest that boys wear them also for increased speed!**
- TEAM SUITS...** Girls must wear one-piece suits. Tankinis or bikinis are not racing suits, and are not suitable for a swim team workout. Since we are not requiring team suits, the HAST cap is the way we are promoting team unity, however, **the team suits are a polyester blend material, made for daily workouts!** Team suits can be purchased at the front desk. These suits stretch, so be sure to buy them TIGHT.
- FINS.... ARE REQUIRED for 10 & under swimmers**, but not required for older swimmers, however –**we strongly suggest each swimmer has their own pair**, because we use them in a lot of our workouts. There is a fin bin on deck of fins left by other swimmers, that can be used, but there are not enough sizes for everyone. If you would like to purchase fins for your swimmer they are available at the front desk for \$14 to \$19, depending on size. Please mark your fins, so if they are left on deck and put in the fin bin, you will be able to find them.
- ADDITIONAL TEAM GEAR....** Gear Bags & kickboards are not required, but are available at the Fitness Center Front Desk.
- HAST BOOSTER CLUB A “GET READY FOR SWIM TEAM SALE”:** The HAST Booster Club will sell additional goggles, colored workout suits, swim backpacks, goggles bungees, and lots more team gear during the week before swim team starts. Watch for flyers announcing day/time of this sale! The Booster Club will then only be open [to purchase these items] during the meets.
- TEAM GEAR *WILL NOT BE SOLD AT THE FC FRONT DESK DURING THE FIRST WEEK OF SWIM TEAM.***
Buy all items BEFORE swim team begins!

5. **Daily Workout Information:** ALL WORKOUTS ARE MONDAY - FRIDAY.

- ENTRY TO THE FITNESS CENTER FOR WORKOUTS....** Swimmers will be given a “SUMMER LEAGUE SWIM TEAM WORKOUTS ONLY” admittance card to attach to their swim bags that will give them entrance to the Fitness Center for workouts. The computer will say “Summer League Swim Team workouts ONLY”, and then the swimmer will be admitted to the pool. Since workouts are during public swim time, **ALL** swimmers will need to remember their “admittance card” for entrance to the Fitness Center! **Swimmers can only use this “admittance card” for swim team workouts. If it is used at any other time, the swimmer will be dismissed from swim team.**

ALSO.... 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. This also includes ALL FAMILY MEMBERS. Smaller children waiting during swim team workouts, are NOT ALLOWED to swim in the pools unless you have paid admission for them at either of the entrances.

- **SWIMMERS (OR FAMILIES) ABUSING THIS RULE WILL BE DISMISSED FROM THE TEAM.**

- PLEASE BE ON TIME...** Swimmers need to be on deck ready to start their workout **10 minutes BEFORE** their actual workout start time. Our coaches know warm up drills are very important! It helps to get the swimmers ready for a more strenuous workout, and helps to prevent injuries. **If you are more than 15 minutes late**, you have missed the warm-up drills and **will not be able to attend workouts that day.**
- SWIM BAGS...** Have your swimmer take their swim bags **on deck** with them. Do not leave them in the locker room. We have had problems in the past with theft in the locker rooms.
- ATTENDING WORKOUTS....** Swimmers may not attend a different practice time than the one they are registered for. Also, please let your coach know of family vacations, scout camps, sports camps in which the swimmer will be gone for more than 5 days, so that they can be aware of what is happening with your swimmer.
- WATER BOTTLES & T-SHIRTS...** T-shirts will be handed out the day of swim team PICTURES, so that everyone will have a team shirt to wear in the pictures. Water bottles will also be given out to each swimmer on picture day! **Swimmers need to bring their water bottle to workouts with them – EVERYDAY!**

- F. **DROPPING OFF & PICKING UP YOUR SWIMMER...** *Swim Team swimmers should enter the pool from the lower parking lot and the SOUTH GATE ENTRANCE, and leave swim team workouts this same way. Please park and wait for your swimmers in the lower parking lot. **Cars are not permitted to park and wait at the front door of the Fitness Center.***
- G. **WEATHER ISSUES...** Workouts will always be held even in MILD rainy weather. There will be NO workouts on days of heavy rainfall, extreme cold temperatures, or lightening. **If workouts are cancelled for one group they MAY or MAY NOT be cancelled for the other groups.** You can call the front desk 15 minutes before your workout time, if you are wondering if workouts have been cancelled. We will also send out a text message to those of you who have VERIFIED your SMS (cell phone) in your account on our website. **VERIFY (in your account in our website) BOTH YOUR EMAIL & SMS (CELL PHONE #) TO GET MESSAGES FROM THE TEAM.** This will give you up-to-the-minute correspondence with the coaches and team admin. *We do NOT have makeup days (or refunds) for weather or pool maintenance issues.*
- H. **SWIMMERS LEAVING WORKOUTS EARLY...** If your swimmer needs to leave a workout early, they MUST bring a note from a parent to get out early – for liability issues.
- I. **TALKING TO COACHES...** **Please DO NOT talk to coaches during workouts!** Coaches are more than happy to answer any questions regarding your swimmer, but NOT during swim team workouts! Please send an email to HAST@hilltopaquatics.org and your message will be forwarded to them. Coaches CANNOT change workout times for swimmers...please don't ask them. All requests for changes MUST go through DaNene at hast@hilltopaquatics.org.
- J. **PLEASE BE PATIENT THE FIRST WEEK OF WORKOUTS...** The coaches are evaluating all swimmers and will assign them to lanes with swimmers of like ability. Workouts are written for all levels of abilities of our swimmers.
- K. **EMAIL ADDRESSES AND CELL PHONE VERIFICATIONS....** Make sure you keep your email address and your cell phone (SMS) # updated and **VERIFIED** so that we can send out informational emails (if possible) advising of upcoming meets, weather issues, etc. **This is the way we send out ALERTS as to pool closures, etc.**
- L. **"ONDECK PARENT"...** is a free app that you can download that gives you a great parent tool in following your swimmers progress. It is in conjunction with our website, and we recommend this app highly!! **Team Alias is: ushast**
- M. DaNene Adamson is the HAST Team Director. If you need to get in touch with her, send an email to HAST@hilltopaquatics.org that is the best way to reach her. You can also leave a message at 763-3084 x-408, but phone messages are not answered as quickly as an email.

6. **Swim Meet Information...**

- A. ***~ON THE DAY OF A SWIM MEET, THERE WILL BE NO SWIM TEAM WORKOUTS.
~ARRIVE AT THE MEET AT THE BEGINNING OF WARM-UPS!***
- B. **MEET ENTRY OPEN/CLOSING DATES:** Your swimmer will compete --for all four meets during the summer-- **the age that they are on the first day of swim team.** Even if your swimmer ages up during the 9 weeks of Summer League Swim team, they will compete in the age group they are on the first day of swim team.

All meets for our Summer League team will be **OPEN for registration 2 weeks prior** to the meet date. **Meet entries will close one week prior** to the meet date.

- C. **SIGNING UP FOR A MEET...** Go to our website Home Page
- Click on the MEETS/EVENTS red tab across top of home page
 - **FIND the DATE** of the Summer League Meet
 - *Be careful, because there will be many other meets for our year round team. Be sure to pick the correct Summer League Meet with the YELLOW Summer League logo next to it.*
 - Click on the NAME of the meet. This will pull up the MEET INFORMATION PAGE.
 - **Print out** the EVENT LIST pdf located as an attachment at the bottom of the meet information page.
 - Up in the **Right hand/Right corner** (above the yellow Summer League logo) click on the **ACCEPT/DECLINE** if you want your swimmer to enter the meet.
 - Click on your SWIMMERS NAME > DELARATION box and choose "YES, please sign up [your swimmer]" for this event.
 - From there, choose the events you want your swimmer to enter, and be sure to **SAVE** these entries.
 - Be sure to enter your swimmer in 3 events!!



- You will be sent back to the “Commitment Page” and a green check mark will show your swimmer is “COMMITTED” to the events you signed up for.
 - *You WILL NOT get confirmation that your entries were accepted in the form of an email or that your credit card was charged.*
 - *Please re-check your entries, because if mistakes are made, they may not be fixable at the meet.*
- ALL meets have fees that are accrued throughout the month (for all of your swimmers), then will be invoiced to your credit card in your account automatically. Your credit card will be charged on July 1st (for meets held in June), or August 1st, (for meets held in July).
- *Print off at home, your swimmers meet entries to refer to at the meet.*

- D. **LATE FEES & ENTRY FEE REFUNDS....** A late fee of \$10.00 will be added to your account for signing up for a meet past the meet entry due date. After the withdrawal deadline, as listed in the meet information shown for each specific meet (in the EVENTS tab), no refunds will be given of meet entry fees.
- E. **PARENT HELP AT MEETS AND THE ‘JOB SIGN-UP’ TAB...** We need every parent to help at the meets. All of the meets this summer will be held at our pool. When you sign your swimmer up to attend a swim meet, **YOU ALSO NEED TO SIGN UP YOURSELF FOR A JOB ASSIGNMENT.**
- **Go to the website www.hilltopaquatics.org click on the specific meet you are attending to sign up ON-LINE for your assignment.**
 - Click on the ‘JOB SIGNUP’ tab to sign up for the assignment you would like to fulfill at the meet. It is very easy to do and self-explanatory. **You CANNOT sign up AT the meet for an assignment.**
 - Please understand that this is a necessary part of swim meets and if everyone does their part, it makes it easier for all. Please help us out...if your child is swimming in one of the last events, please sign up to help with the second half of the meet, so that we have enough help to finish out the meet.
 - The work shifts will be from 4:45-7:15 p.m. and 7:15 p.m. to the end of the meet. **You MUST stay for your whole time shift, even if your swimmer is through with their events!!**
 - Expect the meets to last between 3 ½ - 4 hours.
 - If you are not able to help at the meet, you can pay an extra fee of **\$25** for us to hire someone to take your place!!
 - **JOB SIGN UP DEADLINE....** If you have not signed up for an assignment by the deadline, you will automatically be charged **\$25** for us to “hire someone in your place”.
- F. **MEET MOBILE APP....** At the meets, smart phones can download a free app called “MEET MOBILE”. This app can track your swimmer and their results. For more detail of the meet (lane assignments, etc.), and for a small fee (some of which comes back to the team!), you can get an update to this app that gives you more in depth information about the meet. Try it, you’ll like it!!
- G. **PARENT CHECK-IN AT MEETS:** As you come to warm-ups there will be a check-in table, in which ALL PARENTS need to check-in for their job assignment, even if you have paid someone to fill your position. A swimmer CANNOT check-in for their parent. As you check-in, you will receive a meet program.
- H. **MEET ATTENDANCE...** **It is a requirement to attend at least ONE (1) meet during the season -- to be eligible to continue swim team from summer to summer.** Your swimmer is strongly urged to attend **ALL** meets. Attending meets is the exciting side of competitive swimming! Plan your summer activities to include the swim meets, so your swimmer can reap the benefits of daily workouts. Also, points are accumulated for each meet they attend that will be tallied for the year end overall trophy presentations at our Summer Finale Awards Party!
- I. **AWARDS...** Our goal is to award as many swimmers as possible in as many ways as possible. Therefore, we award 1st - 12th place ribbons at two of the meets. 1st - 6th place medals and 7th - 12th place ribbons at the Red, White & Blue Medals Meet, and (at least, maybe more places for larger age groups), 1st - 10th place high point trophies, plus 1st - 12th place ribbons at the Summer Finale Meet. In addition to these awards we award every race with a heat winner treat or ribbon. **Awards are handed out one week after the meet during regular workout times.**
- J. **“PERSONAL BEST TIME” RIBBONS...** will be given in addition to the place award ribbons. These ribbons show personal improvement, which is really what competitive swimming is all about!! Make a big deal about these ribbons with your swimmer.
- K. **DQ’S...** Disqualification at a swim meet is a fact of life in swimming. It **WILL** happen, and it happens to everyone! But it doesn’t need to be an unpleasant experience! Be very mindful that this is a learning opportunity and prepare your swimmer in advance. The reason for the DQ will be listed on the meet results report (posted on website), from each meet. Your coaches will get this report and will know what to talk to your swimmer about, and how to improve.

- L. **MEET RESULTS...** will be posted on the HAST website immediately following the meet. Just go to www.hilltopaquatics.org and click on the top red tab, “**Summer League Team**” info link to find the results for each meet.
- M. **OFFICIALS...** We need officials at our Summer Swim Team meets. If you would like to be an official, please let DaNene know ASAP. We will be having a short official’s clinic before the first meet. If you are willing to become an official for us, you DO NOT have to pay any entry fees for the swim meets!!!
- N. **SUMMER LEAGUE TEAM BOOSTER CLUB POSITIONS...** We have several positions that need to be filled by enthusiastic parents!! For your help with these bigger jobs, ie., Concessions, Hospitality and the Red, White & Blue BBQ for our Summer League Team, compensation for your help will be rewarded in the form of either your swimmer(s) registration fees and/or meet fees being waived. Please contact DaNene asap. First come basis.
- O. **CONCESSIONS...** will always be available at the meets. Usually hot dogs, pizza, nachos, veggie trays, drinks, chips, etc.
- P. **PUBLIC SWIMMING...** The pool is **NOT OPEN** to swim team families during meets. You may pay for admittance and receive a wristband at the front desk and the SOUTH GATE ENTRANCE, BUT no children under 9 are allowed in the pool without an adult **in the water with them.**

7. **Red, White & Blue “Summer Swim Team Medals Meet & Family BBQ” Fundraiser!**

READY, SET, BLAST OFF!!.... This is one of the most fun meets of the year!! Everyone will need to help with this meet (of course) **AND** will also be asked to **donate (1) one food item** for the BBQ. **The sign-up sheets for the food donations will be on the website.**

- Click on the “**EVENTS**” tab, find the Red, White & Blue Summer League Medals Meet information and sign up online.
- Click on the ‘**JOB SIGNUP**’ tab. **The FOOD ASSIGNMENTS – plus—the Service Assignments will be listed for you to sign-up online!**
- The “**RED, White & Blue Family BBQ**” will start at 5:30 p.m.!!! See the flyers attached to the meet information page.

We get questions as to... “Why are we donating food and then buying it back at the BBQ”.

- **The answer to this question is that HAST is required to buy ALL of the equipment you see at swim meets ie., touch-pads, laptops, printers, sound system, scoreboard, etc. The city does NOT provide any of these items. So, we need to do fundraisers..... the Red, White & Blue Meet BBQ is a fundraiser to help our team buy the necessary equipment we need to run our program. So, please be generous as you support this HAST fundraiser!! We truly appreciate everyone who supports and helps with our fundraising efforts!!**
- There will be **NO workouts** on **Thurs. & Fri., July 5-6th**, because of the RWB meets for our year round club team.
- Regular swim team workouts will continue on **Monday, July 9th**

8. **Summer Finale Meet...**

The year-end Summer Finale Meet will be held on **Tuesday, July 31st**. This is a high-point meet with trophies awarded for 1st - 10th overall (some groups might have more trophy places depending on size) in each age group (6 & under, 7 yr. olds, 8 yr. olds, 9 yr. olds, 10 yr. olds, 11 yr. olds, 12 yr. olds, 13 yr. olds, and 14 & older age groups) in addition to the 1st - 12th place ribbons. **Points are also awarded for the total number of meets attended through the summer, which adds to the overall score from the meet for the high point trophy!** Be sure to have your swimmers sign up for **three events** at this meet so they will be eligible for a trophy!

9. **Summer Finale Awards Party...**

Each individual workout group will have their Awards Party on **Wednesday, August 1st** during their regular workout times. Team awards and the trophies from the Summer Finale meet will be handed out at this time.

10. **Photo Day...**

A picture package will be offered on **Thursday, June 7th**. **The pictures will be taken at the first of the regular workout time.** The package price will be \$15.00. **Pictures can be purchased *ONLINE for \$11.00, (\$4.00 discount for ordering**

online!) --OR-- by bringing the **ORDER FORM** (available on our website) on picture day with an attached check for **\$15.00 to have picture taken!** The picture amount will either be billed to your credit card (if purchased online), OR must be paid that day (if submitting the order form).

11. Preventing Cryptosporidium...

This is a real health issue that the Fitness Center will be enforcing as per the Utah Health Department. Two of the main areas that parents need to be aware of is, **1) If your swimmer has any symptoms of an upset stomach or intestinal trouble they should not attend swim team that day, and 2) If your swimmer has/had diarrhea they MUST stay out of the water for 5 days after sickness.**

12. Nutrition and Hydration...

Parents.....please make sure your swimmers have had a sufficient breakfast or lunch (depending on workout time) and are well hydrated [drinking lots of water] throughout the day. Their stamina and performance at swim team workouts and throughout the day at home, can usually be directly related to how much water they are drinking and how well they are eating at home. Swimmers can dehydrate at workouts, (even though they are in the water), which can lead to them being extremely tired and lethargic at home. A swim team workout should wear them out a bit, but extreme tiredness can be a symptom of dehydration. **Swimmers need to bring their water bottle to workouts with them EVERYDAY!**

WE WANT EVERY SWIMMER TO HAVE A WONDERFUL SWIM TEAM EXPERIENCE.

IF YOU HAVE ANY SUGGESTIONS OR COMMENTS, PLEASE LET US KNOW!!

**Thanks for supporting our
Hilltop Aquatics swim programs at the American Fork Fitness Center!**