

HAST New Parent Info

Welcome to the Hilltop Aquatic Swim Team. You will find that we are a highly competitive organization with great coaches, administration and parents who care. This information is to help you feel a little more informed and hopefully answer some of the questions that will put you at ease.

1. Please make sure you read & understand the HAST Disclosure Document, the HAST Annual Fund-raising Requirements of Each Family, and the HAST Handbook (currently undergoing changes, but can be found online at our website www.hilltopaquatics.org) to better understand what is expected of you and your swimmer.
 - Any other questions, concerns or ideas please feel free to call our New Parent Coordinator, Lisa Olsen, lolsen@byu.net
2. HAST is set up on a quarterly basis: Fall Quarter (Sept. - Nov.), Winter Quarter (December - February), Spring Quarter (March - May) and Summer Quarter (June - Aug.). **However, Registration Fees are billed on a MONTHLY basis, and AUTOMATICALLY CHARGED TO YOUR CREDIT CARD IN YOUR ACCOUNT ON THE 1ST DAY OF EACH MONTH:**
3. Be to practice 15 min. early so the swimmer will have plenty of time to do the stretching which is required by all swimmers. Bring your water bottle.
4. We have two seasons: the first season is 'Short Course' season in which we compete in short course format, i.e, the short way of the pool which is 25 yards per lap. This season lasts from September to March. The second season is 'Long Course' season. This is the long way of the pool which is 50 meters per lap. This season lasts from April to August.
5. Here is a description of the meets available to our swimmers:
 - Mini Meet: Great meets for the 10 and under age groups.
 - Inter-squad Meet: Every swimmer of Hilltop Aquatics in attendance! We swim against each other. They are great fun!
 - Developmental Meet: All swimmers are invited, but these are especially for new swimmers. These meets will accept 'No-Time' (NT's) events, which means a swimmer has not competed in that particular event. Some meets will not accept NT events.
 - B/C Meet: Is a great meet for new swimmers. These meets are developmental meets, and is for all swimmers with B & C time standards. May or may not accept NT's.
 - Invitational or Open Meets: These meets last 1-3 days and usually has a qualifying time standard that must be met to be accepted into the meet. These meets are for experienced swimmers.
6. TIME STANDARDS:
 - USA Swimming has set time standards to assess advancement. These are called "MOTIVATIONAL TIME STANDARDS". Each swimmer will have a letter by their events according to this standard. Each letter in the "MOTIVATIONAL TIME STANDARDS" is an advancement starting with C (which is blank, and indicates a time slower than a "B" standard), B, BB, A, AA, AAA, AAAA. This Motivational Time Standard report can be found on our website under the [Red Tab] 'Results/Top Times'.
 - The State Qualifying times (Q-times) are usually around the BB time standard.
 - ELITE "A Team & Chevrons. Our team has set up the Elite "A" Team recognition. First A-time swimmers receive an "ELITE A-Team" plaque. Some groups also do Time Standard CHEVRONS that attach to a swimmer's bag when a time standard is first achieved. Each workout group has their own reward programs.
7. All HAST information is on our website at www.hilltopaquatics.org. This includes all meet entry information, calendars, upcoming events, meet results, etc. Be sure to submit your current email address & cell phone number, because we do email out ALL new meet entry forms, registration forms, new team information, etc. We send out text message reminders of upcoming events and deadlines. YOU MUST 'VERIFY' both your email and cell phone (SMS) numbers if you want to receive messages to your phone. If you do not want to receive these text messages, you can opt out of it, but you might miss information sent out to the whole team, or your specific workout group.
8. All meet entries are DONE ONLINE. **It's better to sign up earlier, rather than later!** Late Entries may not be

accepted. After entering your meet entry, please go back to the meet and click on “COMMITTED ATHLETES” to make sure your meet entry was submitted successfully. The address of the away meet venue is included in the meet information on our website.

- You can pull out of a meet BEFORE the ENTRY DEADLINE, and get a full refund.
- After the entry deadline, you still can be scratched from a meet, but you will NOT receive a refund, sorry.

9. When at the meet:

A) Your swimmer needs to be at the swim meet 15 min. **before** the warm-up time. Warm-up time is usually 1 hour before the meet starts. **Check in** with the HAST coach assigned to the meet---this may or may not be your swimmers’ coach---but they still need to check in with the coach at the meet. At some meets, swimmer check-in is required by the Host Team, so, if a swimmer has not shown up at the beginning of the meet, the coach will need to scratch the swimmer from their first event. So be sure to check in!

B) You need to check the ‘Heat Sheets’ that are posted at the meet. This lists your swimmers **event, heat and lane they are assigned**. Some events may have more than one heat. The Heat Sheets will be posted in a conspicuous place at the meet where everyone has access to see what heat and what lane they are assigned. At home meets, these heat sheets are usually posted in the northeast corner of **OUR** pool. Have your swimmer report to their lane, several heats or events (in some cases) before their particular events, and wait behind the timers. This way they will be prepared to step to their lane when it is their turn to swim.

C) Psych Sheets (programs) are given at the check-in table at our home meets, or are available at the check-in table or by concessions at away meets. These sheets list each event of each swimmer entered in the meet, by name, team and rank according to fastest recorded times.

D) If your swimmer gets disqualified (DQ) during a race, use it as a learning opportunity. Please don’t be critical of your swimmer. Have your swimmer talk to the coach about the DQ. Very few people go through swimming without being disqualified at some point. The officials do a great job and should **never** be approached. The coaches must handle all challenges to a call.

E) Meet results will be posted on our website www.hilltopaquatics.org

11. Don’t be afraid to volunteer to help at any meet. Only the officials have to have training. No one is better qualified than you to be a timer, runner, or to help with concessions and pro shop. All Parent Assignments are done online before the meet. The ‘JOB SIGN-UP’ link will be posted on our website. **You cannot sign up at the meet**, and will be assessed the fee associated with the particular meet for us to ‘hire someone’ to fill you spot. This is done on a first come, first served basis. Thank you in advance for all your help to make our meets run smoothly!
- At home meets, if your swimmer is participating, you are required to help at the meet.
 - At away meets, you are also required to do a job assignment.
 - If you are not able to help at a meet, you can sign up for us to “hire someone” for you. This makes it fair to all parents attending a meet.
 - When you help, the meet will seem to go by faster!
12. Parent meetings are very informative and will help you feel aware of what is going on. New parent (especially) attendance is expected.
13. DaNene Adamson is the Director of our team. She can answer many questions you may have, as well as the coaching staff and the Booster Club President. Email DaNene at HAST@hilltopaquatics.org
14. Any other questions, concerns or ideas please feel free to call our New Parent Coordinator, Lisa Olsen, lolsen@byu.net
15. Swimming is a great opportunity to be a part of a team. We are looking forward to having you as part of our team! Enjoy supporting your swimmer as he/she improves. It is a great self-esteem booster!

SWIM FAST