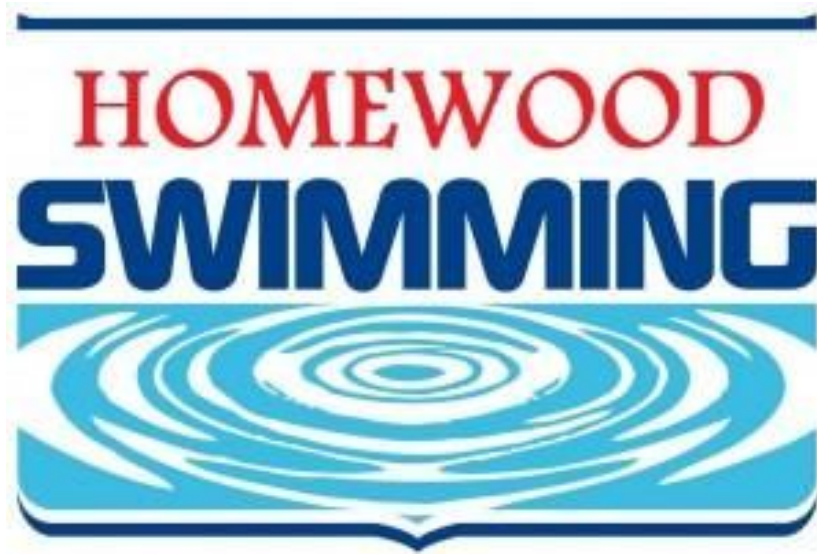


# **HPR SWIM TEAM**



# **PARENT PACKET**

**2018**

# HOMEWOOD PARKS



## HOMEWOOD SWIM TEAM 2018



Welcome to the Homewood Park and Recreation Swim Team, one of the many youth athletic programs offered by the Homewood Parks and Recreation Department. The team also functions within the guidelines of the Jefferson Shelby Swim Council (JSSC), the governing authority for local summer swimming. A Homewood Swim Team Board and a group of dedicated parents assist the Homewood Parks and Recreation Department in managing the team.

### **Board Members**

President – Brook Gibbons

Awards- Lesley Hendon & Ashley Berkery

Officials – TBA

Volunteer Coordinators –

Event Coordinator--

HS & MS Coordinator – Robbie Gibbons

Head Coach – Brittany Wilson

Coaches –Hanna Brook Gibbons, Anna Moers, Lauren Wright, Mary Eggers, Katie Lummis, and Mary Elizabeth Harrison

### **Competition team:**

The competition team is made up of swimmers as young as 5 and as old as 18 with a higher level of proficiency. The competition team participates in 5-9 swim meets each summer at locations throughout Jefferson and Shelby County.

A large number of parent volunteers are needed to ensure that the program runs smoothly. For this reason, it is imperative that ALL parents volunteer their time by organizing team events and helping at the home meets. The home meets cannot happen if parents do not volunteer as timers, certified officials for each race, assist with registration, printing and selling heat sheets and ensuring that smaller children do not miss a race. HPR will host a couple meets and invitational.

**NOW THAT YOUR CHILD IS SWIMMING FOR HPR THIS SUMMER, PLEASE HAVE THE FOLLOWING EQUIPMENT WITH HIM/HER AT THE FIRST PRACTICE:**

- 1) **SWIM SUIT**-For girls, any one-piece racing-style swimsuit is needed. For boys, any suit he can comfortably swim in is fine. These suits can be bought at any sporting goods store. (OWN PURCHASE)
- 2) **SWIM CAP**- latex or silicone swim cap is used during practice. Please wear the team cap during all swim meets. To prevent mildew, dry and powder (baby powder works well) the cap after each swim. (A HOMEWOOD SWIM CAP WILL BE PROVIDED BY THE TEAM)
- 3) **GOGGLES**- This equipment will protect swimmer's eyes from chlorine and other chemicals in the pool water. Goggles also enhance underwater vision. A good pair of goggles makes all the difference for a swimmer. So we suggest a true competitive swimming pair of goggles vs. those available on the "summer / seasonal" aisle in many retail stores. Prescription goggles are available—contact your eye care professional for more details. (OWN PURCHASE)
- 4) **TOWELS**- Large, thick towels are preferred by swimmers. Swimmers should bring several towels to each meet. (OWN PURCHASE)
- 5) **JERSEY** – Can be purchased through Homewood Sporting Goods. – Get BIG... it takes two weeks to be monogrammed. (OWN PURCHASE)

Please label all swimming equipment----swimsuits, goggles, caps, and towels. They all look alike to the swimmers!!!!!!

## SWIM TEAM QUESTIONS AND ANSWERS FOR PARENTS:

### 1) *What is the inclement weather policy?*

All swimmers must exit the pool at the sound of thunder and remain inside the building with the coaches. Swimmers must wait twenty minutes without thunder and lightening before re-entering the pool.

### 2) *What is the attendance policy for practices and meets?*

There is no requirement for any given number of practices per week. However, regular attendance at practices leads to faster swimming at the meets.

### 3) *How do I communicate with the coaches?*

Communication with coaches will be primarily via email. Parents may **NOT** communicate with coaches or officials during meets or practice. The coaches need this time to coach the swimmers.

### 4) *When do we arrive for the meets and how long do they last? Where do I park?*

Parents who volunteer for a given home meet should arrive at the pool at 4 pm. Swimmers should arrive at the pool for warm-ups at the scheduled warm-up time. There is NO lifeguard at the pool between 4 and 5 pm, so no swimmers are allowed in the pool.

### 5) *What events are included in each meet?*

View the JSSC website to learn which events are included in the meets.  
[www.swimjssc.org](http://www.swimjssc.org).

### 6) *Who enforces the technical rules of swimming?*

The rules of swimming (correct stroke and kick technique, proper turns, etc) are enforced by JSSC. Visit the JSSC website to learn more about the technical rules of swimming. Each meet is staffed by volunteers (certified and non-certified) according to JSSC guidelines.

### 7) *What if I am late picking up my child from practice?*

Coaches and parent volunteers are NOT responsible for the safety and supervision of your child after practice. Please plan to get your child as soon as practice ends.

8) **What about parents and swimmers behavior during meets and practice?**

Parents or swimmers should NEVER communicate with officials during meets or practices. They are OFF LIMITS. Timers however, will check with swimmers to be sure the swimmer is in the correct heat and lane.

Parents should NEVER communicate with coaches during meets or practices. You may communicate with them via-email.

- Parents and swimmers who have shown they cannot control their behavior will be asked to not to return to Homewood Swim Team.
- Complaints can be filed through JSSC. Section 2: Under JSSC rules.

9) **How do I sign up for meets?**

This year, you will sign up for meets on Google Forms. This must be done by the Friday before a Tuesday meet so the coach can make stroke decisions. Please do this week by week (rather than signing up for all meets at the beginning of the season) in case your plans change.

10) **How do I know when it is my child's turn to swim during a meet?**

Heat sheets are sold at each meet. A heat sheet lists every swimmer in the order they will swim and gives their specific heat and lane assignment. During a meet, please listen for your child's event to be called to the Clerk of Course. Volunteers in the Clerk of Course will line up swimmers and get them to their correct lane. It is important for swimmers to report to the Clerk of Course when called. Parents should not stay in the Clerk of Course area.

11) **Can my other children swim in the pool during practice and meets?**

No... Only swim team members should be in the pool for competition purposes during practice and meets. SIBLINGS ARE NOT ALLOWED TO SWIM IN UNUSED AREAS OF THE POOL DURING PRACTICES AND MEETS.

## MEET SCHEDULE 2018

NOTE: You must sign up for each meet by the Friday before each individual meet on Google Docs. NO LATE ENTRIES WILL BE ACCEPTED

Example: For a swim meet on June 12<sup>th</sup> – sign up by Friday, June 8<sup>th</sup>

Date	Team	Meet Time	Place
Tuesday, June 5th	@ SBY Green	5:00 PM	TBA-(Vestavia, Hoover, Pelham, or Alabaster Y)
Tuesday, June 12 <sup>th</sup>	vs VSA	6:00 PM	Homewood Central Pool
Tuesday, June 19 <sup>th</sup>	@ BCC	5:00 PM	Country Club of Birmingham
Sunday, June 24th	LJCC Invitational	1:00 PM -3:00 PM	Levite Jewish Community Center
Tuesday, June 26 <sup>th</sup>	vs MBC	6:00 PM	Homewood Central Pool
Saturday, June 30th	Guppy Meet	TBA	Shades Cliff Community Pool
Saturday, June 30th	YMCA Invitational	TBA	TBA
Wed-Thur July 4th & 5th	OFF		No Practice
Friday, July 6th	Lifetime Slip & Slide Last Chance Invite	8:30 AM	Lifetime Fitness
Tuesday, July 10th	@LST	5:00 PM	Lifetime Fitness
Saturday & Sunday, July 14th-15th	JSSC Senior County Championship	8:00 AM -12:00 PM	Birmingham Crossplex (HPR Host Team)
Tuesday, July 24th	Homewood Awards Social	5:00pm	TBA
Sunday, July 29th	Guppy Meet	1:00-3:00 PM	Levite Jewish Community Center
Saturday & Sunday, Aug 3rd-4th	JSSC High School Meet	8:00 AM -10:00 AM	Homewood Central Pool
Sunday, September 9th	JSSC End of Season Awards Ceremony	5:30pm	Vestavia Country Club

- Warm-up begins 1 hour before HOME meet
- Warm-up begins 30 minutes before AWAY meet

### *Meet Sign-Up Process – Please read carefully*

An email will be sent out for parents or swimmers to enter the swimmer's information & what events they would like to swim. The deadline for sign ups will be **by the Friday before any given meet. Deadlines for the any invitational meet may be different.**

\***Guppy meet is for any swimmer age 10 or younger who does not have a Senior County time for a given stroke.** Example – Susie has a Senior County time in 50 free and 50 fly. Susie may swim 50 back and 50 breast in the Guppy meet.

**All meet sign-ups will be handled through Google Docs. As such, it is critical that we have an email address for each family**

While you can request the strokes your swimmer would like to swim in a meet, the final decision is up to Coach Brittany. The team must be represented in each stroke in each age group.

**NO LATE ENTRIES WILL BE ACCEPTED**

**PRACTICE SCHEDULE**

**PRACTICE SCHEDULE** - IF FOR SOME REASON YOU NEED TO SWIM AT A DIFFERENT TIME THAN NOTED BELOW, PLEASE INFORM COACH WILSON ASAP

**Practice will begin Wednesday, May 30th**

Practices will be held Monday through Friday – except that first week (Wednesday-Friday)

**NO Practice Monday Memorial Day**

7:00- 8:00 AM -- Ages 11 and over

7:30- 8:30 AM – Ages 9-10

8:30 -9:30 AM – Ages 8 and under

A Google calendar of practices, meets, and invitationals will be posted on the Homewood Park & Recreation website, along with our Twitter account.

**Homewood Park and Recreation Swim Team:**

<http://homewoodparks.com/athletics/youth-athletics/swimming/>

**TWITTER:**

@HPRSwimTeam

Swim Meet Volunteer Jobs

--- For home meets ---

*Remember to sign your swimmer(s) up for each meet in which they plan to compete.*

1. **Runners**—Transport papers to/from different areas of the pool.

- a. Runner takes DQ slips from Stroke and Turn judges to Referee and then takes the slips to Scorer after Referee has signed each one. This Runner checks with Stroke and Turn judges every 3-4 heats, especially with breaststroke events (lots of DQ's in breaststroke)
  - b. Runners take the completed timer sheets to the Scorers at the end of every event (not heat). Also, this person takes Place Judge sheets to scorer. We need two Runners for this job.
  - c. Runner walks between Clerk of Course to Scorer, carrying add-ons and scratches. Check with Clerk of Course every 3-4 heats.
2. **Place Judges**—each team provides TWO Place Judges who sit at the finish line and write the order of finishes as they see them. Place Judges use one “Place Judge sheet” for each heat. Runners will carry these completed sheets to the Scorer table via the “bucket”.
  3. **Ribbon Table** – Two people work this table putting stickers on the backs of the appropriate ribbons. They work closely with the Scorers, who print the stickers (or labels) at the end of each event.
  4. **Clerk of Course**—One of these parents announces upcoming events and calls for the swimmers to line up at the Clerk of Course tent. The remaining volunteers line up the swimmers by heat and lane to keep the meeting moving in a timely manner. A parent escorts the swimmers from Clerk of Course to the starting blocks. The older swimmers (11 and older) should come to Clerk of Course, but they are not supervised as closely as the younger swimmers. It is the responsibility of the swimmer/parent to be at the Clerk of Course at the appropriate time to swim the race. Many swimmers/parents will miss a heat if they are not paying attention. Sometimes, these swimmers can be substituted in a subsequent heat. Sometimes, they can not. It depends if there are available lanes.
  5. **Timers**—these volunteers use a stopwatch to record each swimmer's times. These times are written on the Lane Timer sheets. A Runner picks up the sheets at the end of each event for transportation to the scorers table. Accuracy is crucial. A Relief Timer provides rest breaks for timers when requested.
  6. **Head Timer**—this person starts two stopwatches for each heat. These stopwatches are back-up only, in case a timer misses a start. The Head Timer needs to be in a place that all timers can rush to if they need a stopwatch.
  7. **Certified Officials**—Stroke and Turn judges, the starter and the referee are “certified officials”.
    - a. Stroke and Turn judges observe strokes, kicks, dives, and starts. They are responsible for DQing swimmers who do not swim according to the rules for each stroke.
    - b. Starter starts each heat by announcing and then setting off the strobe light/beeper.
    - c. Referee assists the starter, signs each DQ slip and keeps the meet on schedule.



Name: \_\_\_\_\_

	Sizes	AMOUNT	PAID
● T-shirt* (Extra Orders)	_____	\$10.00	_____
	_____	\$10.00	_____
	_____	\$10.00	_____
● JSSC Waiver Fee	_____	\$15.00	
	_____	\$15.00	
	_____	\$15.00	
	_____	\$15.00	

TOTAL PAYMENT: \_\_\_\_\_

(Checks payable to: Homewood Swim Team)

**\* SWIM TEAM MEMBERS WILL RECEIVE A  
T-SHIRT WITH PAID REGISTRATION.**

This form is to order any additional t-shirts you would like for other family members to support the Homewood Swim Team.