

# *Hurricanes*



Parent Handbook

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Note: Your opinions are important! We welcome all suggestions to improve this handbook. Contact your parent rep.

## HHRC *Hurricanes* Handbook

### **HHRC Swim Team Registration:**

Membership applications must be completed and returned prior to participation. Forms are available during registration and at other times from the Swim Team Parent Representative listed in the information packet.

### **Registration Fees:**

Full Payment is required from all swimmers at registration. Fees for this year are listed in the information packet. Registration fees pay for a portion of the coaches' salaries, league dues, and equipment acquisitions. HHRC funding of the Swim Team is based on need and is reviewed on a yearly basis.

### **Refund Policy:**

Refunds may be granted if requested before the end of the first week of practice.

### **Team Suits:**

Members are encouraged, but not required to obtain team suits. Sizing will be available at registration and suit orders can be placed then. We try to use the same suit style and color for 2 years. As an option, children may want to "save" their team suit for meets, as repeated exposure to the elements may cause the color to fade.

While not essential, goggles and swim caps offer protection from pool chemicals. You may want to consider using them.

### **Mock Meet:**

In preparation for the season opening, the team has traditionally scheduled a "Mock Swim Meet". The purpose of the Mock Meet is to allow new swimmers and their parents the opportunity to participate in a "dress rehearsal" of an actual meet. Parents learn the "mechanics" of meet organization as well as the particulars of specific meet jobs. These jobs are listed later in this book. Returning swimmers and their parents get to refresh their memories while helping new team members learn the ropes. It is especially important for all swimmers to attend the Mock Meet because this timed trial helps the coaches organize events and heats for the first swim meet.

## **Practice:**

Swimmers are encouraged to attend as many practices as possible. The payoff is seen both in stroke and time improvement. Practices are scheduled Monday thru Friday and help develop endurance. Morning practices are generally for older swimmers, but coaches may allow others to attend.

We have observed the benefit that many swimmers have obtained from swim lessons taken in conjunction with swim team. The coach to swimmer ratio does not allow a lot of time for in-depth personal instruction. We would encourage any parent who feels that their child could benefit from personal instruction to pursue swim lessons.

When assigning practice lanes, both age and ability are taken into consideration. The coaching staff intends to rotate thru the various practice lanes so that all swimmers will have an opportunity to work with each coach. The coaching staff assumes responsibility for swimmers during their appointed practice time. Prior to practice and after practice parents are responsible for their children. HHRC Pool Policy requires that children under 10 be supervised by a parent or guardian. With this in mind, we ask HHRC members with swimmers under 10 to have a plan for after practice.

In the event of thunder and lightning, club rules concerning pool usage will be followed. If the weather shows no signs of clearing, practice may be cancelled by the coaches. Please be aware when this seems like a possibility and arrange to pick up your children.

## **Swim Meets:**

Swim meets, unlike some other sporting events, demand that just about everyone participate. There are few “true” spectators. Swim meets are a lot of things... They can be hectic (lots of people moving in limited spaces), hot (bring lots of fluid and sun screen, you’ll need them), trying (the starter, not ours of course, needs to get things started!), long (two+ hours seems longer when it’s 95 and 100% humidity, but most of all..... SWIM MEETS ARE FUN!!! The roar of the crowd, the smiles, the feeling you get being a part of the team and most importantly, watching as our swimmers’ hard work pays off in achieving their personal bests!

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## **Swim Team Volunteers:** (As opposed to MEET Volunteers)

Volunteers make the HHRC Swim Team work. Summer swimming would not happen without them. A brief description of volunteer opportunities is provided below. If you

are interested in serving in any of these positions please call the Swim Team Parent Representative listed in the information packet.

**HHRC Swim Team Parent Representative:**

The HHRC Swim Team Parent Representative is responsible for coordinating all Swim Team activities. This volunteer holds a three year board position on the HHRC Board and attends monthly HHRC Board meetings. Other responsibilities include attending or assigning a representative to attend CHSSL meetings, hiring coaches, keeping financial records, coordinating volunteers and acting as a liaison between parents and coaches.

**Committee Coordinators:** As needed

**Communications:**

Volunteer is responsible for duplicating and distributing Swim team schedules and notices. This also includes the development and reproduction of the Swim Team Handbook.

**Team Building Activities:**

Each summer we try to have some non-swimming activities that allow swimmers (and parents) time to get to know each other and have fun. Look on the bulletin board for a schedule of these events. If you have any ideas for activities, please contact the Swim Team Parent Rep.

**Meet Coordinator:**

The coordinator is responsible for securing meet volunteers (starter, clerk of course, timers, judges, runners, ribbon writers, and scorers) for both dual meets and the Championship Meet. This individual will post sign-up sheets at the pool as well as construct a list of “replacement volunteers” (names and numbers of people willing to fill-in during emergency situations). The list will be posted on the bulletin board.

**Party Coordinator:**

This volunteer is responsible for coordinating the “Meet-the-Coaches Ice Cream Social”, “Psych-up Party”, and the end of the season Swim Team Banquet. This person is also, responsible for identifying and organizing potential group activities to promote team camaraderie.

**Banquet:**

The Swim Team Banquet is the last official gathering of the team. Families share a pot luck dinner, some laughs as they watch a slide show and proud moments as they watch their swimmers accept awards for their contribution and accomplishments. Championship Meet awards are presented along with team awards.

**Team Photographer:**

This person takes pictures throughout the season for viewing at the traditional Swim Team Banquet Slide Show. This individual also coordinates the official team photo.

All spectators are welcome to share their photos with the team by burning them to a disk and giving them to the Swim Team Parent Rep. These photos may then be included in the slide show.

**Registration Coordinator:** (currently held by the Parent Rep)

This person is responsible for setting the date and time for Swim Team Registration. This individual is available during registration to answer questions as well as distribute and collect registration forms and fees.

**Swim Suit Coordinator:** (currently held by the Parent Rep)

This volunteer determines which suit to purchase, takes orders from team members, collects payments, orders suits, and finally distributes suits. Other merchandise may also be included in these responsibilities including caps, goggles, t-shirts etc.

**Swim for Smiles:**

Volunteers coordinate our charitable fundraising events. They advertise the events to the team, act as a liaison between HHRC Swim Team and the foundation, distribute sponsor envelopes, collect funds and help plan events.

## Chapel Hill Summer Swim League (CHSSL)

The purpose of the CHSSL is to sponsor organized age group swimming competition during the summer for teams comprised of swimmers from the league's member clubs. The League Board is comprised of parent representative(s) from each of the participating pools.

### **Participating Pools:**

Heritage Hills Recreation Club/Chapel Hill Community Center (HHCC)

Faculty Staff Recreation Association/Meadowmont (FARM)

Hollow Rock (HR)

Chapel Hill Tennis Club/Stoneridge (CHTC/ST)

Exchange Club (EX)

Chapel Hill Country Club/Ridgewood Pool (CCR)

Southern Village/Governor's Club (SVGC)

The CHSSL president's position rotates on a yearly basis from club to club. Other offices are elected each season from the League Board and include the treasurer and secretary. League membership requires payment of dues and adherence to league rules. If you would like a copy of the CHSSL rules, please contact the HHRC Parent Rep.

### **CHSSL Philosophy:**

- To provide participants the opportunity to improve swimming skills in and enjoyable atmosphere
- To encourage good sportsmanship as the primary goal in an atmosphere of fun and "healthy" competition
- To support friendship and team spirit among swimmers of all ages and skill levels
- Swim meets are held for children, first for fun, and second to determine a winner
- Winning is always secondary to good sportsmanship
- The best interests of the swimmers involved in the competition are paramount
- Disqualification of swimmers for minor infractions of technical rules in age groups 8 and under is not permitted unless the infraction has caused the swimmer to win the event

- Disqualification of swimmers in all age groups for infractions of the technical rules is to be avoided, and doubt about the infractions of technical rules is to be resolved in favor of the swimmer so that all children can compete to the best of their ability, regardless of skill level.

### **Swimmer Classification:**

Swimmers are classified in one of the following age groups:

(Age as of June 1<sup>st</sup>)

6 and under	8 and under	9 – 10	
11 – 12	13 – 14	15 – 18	

Children remain in the same age classification for the entire summer season and do not “age up” even if their birthday occurs during the swim season. Generally, children swim together in gender groups. Exceptions would include events that are combined or relay teams that are put together under certain conditions as defined by the coach.

## **Swim Meets**

**Meet Volunteers:** (As opposed to Swim Team Volunteers)

Each team is responsible for providing volunteers for **each** swim meet. Since it takes so many adult volunteers to run a meet **each HHCC family is expected to volunteer for at least 3 of our meets.** The jobs are all easy and enjoyable. You can do a job that keeps you right at pool-side to see all the action or one that lets you sit at a table in the shade. Training is provided at the Mock Meet or right on the job.

A sign-up sheet for each meet will be posted on the Swim Team bulletin board with places to fill in your name by the jobs. If you find you can’t make it after signing up, please find a substitute or call our Meet Coordinator. We cannot start a meet until all jobs are filled. A brief description of each volunteer position follows.

**Clerk of Course (2)** – The Clerk of Course organizes swimmers by event and heat. They escort young swimmers to the appropriate lanes.

**Place Judge (1 Optional)** – This judge records place finishers.

**Ribbon Writers (3)** – Writers record information regarding the meet, date, swimmers name, event and times on the back of ribbons. Currently, this information is printed on labels which are placed on the back of ribbons.

**Runners (2)** – A runner “runs” the swimmers’ entry cards from the swimmers to the timers before each event and from the timers to the scorers’ table after each event.

**Scorers (3)** – The scorers receive entry cards from the runners and then assign points to the correct swimmers based on placement.

**Starter (1 Home Team)** – The starter announces and starts each event.

**Stroke Judge (1)** – The stroke judge watches for improper strokes and has the ability to disqualify swimmers.

**Timers (12 Home/6 Away)** – Timers use a stop watch to time swimmers and then records the swimmers’ time on their entry card. Three timers are assigned to each lane. There will be two timers from the home team and one from the visiting team. The middle time becomes the swimmers’ “official time”.

**Age Group Chaperone** – The Chaperones help supervise swimmers in a particular age group and gets them to the Clerk of Course.

**Heats:**

Most of the CHSSL pools can accommodate at least six lanes of simultaneous swimming. When there are more swimmers than lanes, children are grouped together in heats. Usually, heats are arranged from fastest to slowest.

**Individual Events:**

Freestyle      Backstroke      Breaststroke      Butterfly  
Individual Medley (1 length of each stroke) ages 11 & Up

Swimmers 10 and under all swim 1 length of the pool or 25 meters with the exception of the 10 and under 50 meter Freestyle. Swimmers 11 and up swim 2 lengths or 50 meters/yards.

**Relays:**

The maximum number of relays per dual meet (two teams) is one heat per age group. Boys and girls can swim simultaneously. Exhibition relays (coach’s relay) can be swum if space permits. Each club can enter only two official relays per age category.

The coaching staff determines which four swimmers will make up a relay team. Depending on their age, each relay member will swim either

25 or 50 meters. Two different relays are swum at meets, free relays and medley relays. In a free relay all the swimmers swim freestyle. In a medley relay the first swimmer swims backstroke, the second swims breaststroke, the third swims butterfly and the fourth swims freestyle.

Swimmers starting in the shallow end of the pool for a relay begin in the water. They must have one hand on the wall until the incoming swimmer touches the wall.

**Scoring:**

In individual events, the top three places score points: 5pts for first, 2pts for second and 1 pt for third. In relays, the first two teams score points: 7pts for first and 2 pts for second.

**Ribbons:**

Individual events/Dual Meets: Place ribbons are awarded for the first six places in each event. Ribbons are usually distributed at the first practice after a meet. Please check the Ribbons box.

Relays/Dual Meets: Each member of the 1<sup>st</sup> thru 4<sup>th</sup> place relay teams receive ribbons.

Participant Ribbons: Children aged 10 and under who do not receive a place ribbon will receive a participant ribbon for the meet.

Personal Best Ribbons: Children will receive a ribbon when they achieve a personal best time for an event at the meet.

**Snacks & Drinks:**

Concession stands or snack bars are available at all meets. Many families pack drinks and snacks to carry along. Rules regarding where food may be consumed vary from pool to pool. Check the rules at each pool. Please remember to be good neighbors by picking up behind yourselves and throwing away all trash.

**Swim for Smiles:**

This CHSSL fundraising event benefits various charities in the area. This event is new and details are still changing. More specific details will follow at a later date. Historically, the league fundraising event ends with swimming at the Championship location. This allows new swimmers an opportunity to swim and become familiar with the Championship pool.

**Championship Meet:**

The Championship Meet, the final swimming event of the season, brings all the CHHSL teams together in a final swim off. In order to be eligible,

swimmers must have participated in two regular CHSSL dual meets. This event is coordinated by one of the CHSSL pools on a rotating basis.

Swimmers are grouped together by club on the pool deck. Parents and spectators watch events from the gallery. **PARENTS ARE NOT ALLOWED ON THE POOL DECK OF THE KOURY.** Swimmers are checked in at the door and escorted to the appropriate area on the deck. Volunteer chaperones will then help young swimmers get to the clerk of course in time for their events.

**Volunteers:**

Meet volunteers are required from each team. Swimmers are timed electronically, but back-up timers are still needed. Our pool will be responsible for providing volunteers, just like a regular dual meet.

**Heat Sheets:**

These sheets are for sale at the door and are worth their cost if you plan to follow this swimming. Heat sheets order events, identify swimmers and give each swimmers' best times. Concessions (food and drinks) and swim gear are available for sale in the lobby.

**Scoring/Individual Events:**

The first sixteen places in each event scores.

**Scoring/Relays:**

The first three teams score.

**Meet Awards:**

Ribbons:

Individual Events: Awarded through the 12<sup>th</sup> place and are distributed at the team Banquet. Heat winners also receive ribbons as soon as the swimmer exits the pool.

Relay Teams: Awarded to each member of the team through 6<sup>th</sup> place and are distributed at the team Banquet.

Medals: Awarded to any swimmer who breaks a Championship Meet Record.

Plaques: Awarded for high point winners in both the boys and girls age groups.

Championship Meet Trophy: A rotating team trophy is awarded to the meet champion.

Sportsmanship Trophy: Awarded to the team voted to have the most "sportsmanlike" attitude throughout the season. This trophy recognizes the sportsmanship philosophy of the league and it is a great honor to receive it.

## Order of Events

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
1	10 & under	50m Freestyle	2
3	11 – 12	100m Individual Medley	4
5	13 – 14	100m Individual Medley	6
7	15 – 18	100m Individual Medley	8
9	6 & under	25m Freestyle	10
11	8 & under	25m Freestyle	12
13	9 – 10	25m Freestyle	14
15	11 – 12	50m Freestyle	16
17	13 – 14	50m Freestyle	18
19	15 – 18	50m Freestyle	20
21	6 & under	25m Backstroke	22
23	8 & under	25m Backstroke	24
25	9 – 10	25m Backstroke	26
27	11 – 12	50m Backstroke	28
29	13 – 14	50m Backstroke	30
31	15 – 18	50m Backstroke	32
33	6 & under	100m Free Relay	34
35	8 & under	100m Medley Relay	36
37	9 – 10	100m Medley Relay	38
39	11 – 12	200m Medley Relay	40
41	13 – 14	200m Medley Relay	42
43	15 – 18	200m Medley Relay	44
45	8 & under	25m Breaststroke	46
47	9 – 10	25m Breaststroke	48
49	11 – 12	50m Breaststroke	50
51	13 – 14	50m Breaststroke	52
53	15 – 18	50m Breaststroke	54
55	8 & under	25m Butterfly	56
57	9 – 10	25m Butterfly	58
59	11 – 12	50m Butterfly	60
61	13 – 14	50m Butterfly	62
63	15 – 18	50m Butterfly	64
65	8 & under	100m Free Relay	66
67	9 – 10	100m Free Relay	68
69	11 – 12	200m Free Relay	70
71	13 – 14	200m Free Relay	72
73	15 – 18	200m Free Relay	74

## **Pool Directions:**

Meet locations are determined by the CHSSL Board. Generally, meets alternate back and forth between participating pools from year to year. The Championship Meet and the Swim for Smiles event are generally held at the Koury Natatorium. Directions to all area pools have been included for your information. All directions start from the Highway 54/Smith Level Road intersection.

### **Chapel Hill Country Club/Ridgewood Pool (CCR)**

Meet held at the Chapel Hill Country Club (outdoor, 25 meter pool)

103 Lancaster Drive, Chapel Hill 932-2853

Take Hwy. 54 east toward Raleigh. Go past the Glenn Lenox Shopping Center. Turn left into The Oaks on Burning Tree Drive. Turn left on Pinehurst. Turn right on Lancaster.

The pool and parking lot are on the left.

### **Chapel Hill Tennis Club**

(Outdoor, 25 meter pool)

403 Westbrook Drive, Carrboro 929-5248

Take Hwy 54 west approx. 1/4 mile to Westbrook Drive. Turn left on Westbrook. Westbrook dead ends at the Tennis Club. The parking lot here fills up rapidly. If you are running late, you may want to park on one of the residential side streets and walk.

### **Exchange Club**

(Outdoor, 25 yard pool)

401 Umstead Road, Chapel Hill 967-8840

Follow Smith Level Road/Greensboro Street (the name changes at Hwy 54) north through Carrboro. Turn right on Estes Drive. Continue on Estes to Umstead Road. Turn right on Umstead. Shortly after the stop sign you will see the Exchange Pool sign and clubhouse on the right. Parking can be hectic, so consider parking in the Umstead Park lot just past the pool. It can be less crowded and getting out is easier too!

### **Faculty Staff Recreation Association/Meadowmont (FARM)**

(Outdoor, 25 meter pool)

Rt. 12 Box 49, Chapel Hill 968-7644

Take Hwy. 54 east toward Raleigh to Barbee Chapel Road. This is the first road to the right just past the Friday Center and about 1 mile past the Glenn Lennox Shopping Center. Turn right on Barbee Chapel Road and go approx. 1 mile just past an apartment complex on the left. Turn right into the club. This one way entrance on the right can be tricky so watch carefully for the sign.

### **Hollow Rock Pool**

(Outdoor, 25 meter pool)

Old Erwin Road, Chapel Hill 489-8173

Take Hwy 15/501 north toward Durham. Turn left onto Erwin Road across from the Sheraton Hotel. Continue north on Erwin Road for 3.5 miles. Turn left into the Hollow Rock Pool parking lot.

This entrance on the left is easy to miss so drive slowly.

### **Southern Village**

(Outdoor pool)

Brookgreen Drive, Chapel Hill 969-8443

Take 15/501 south towards Pittsboro. Approximately, 1/4 mile after Mount Carmel Church Road, turn right into the Southern Village entrance onto Arlen Park Drive. At the first stop sign go right onto Edgewater Circle. Continue through two stop signs and make a right onto Brookgreen Drive. The pool driveway is on the left just past a small soccer field. Parking is limited here. You may need to park on the street. Carpooling is advised.

### **Koury Natatorium**

(Indoor, 25 meter pool)

Skipper Bowles Drive, Chapel Hill 966-5340

Take 15/501 east toward Durham. Turn left on Manning Drive. Turn left on Skipper Bowles Drive. As you round the bend you will see the Dean Smith Center. The Koury is the building on the left just before the Smith Center.

### **Triangle Sportsplex**

(Indoor)

One Dan Kidd Drive, Hillsborough 644-0339

Follow Smith Level Road/Greensboro Street (the name changes at Hwy 54) north through Carrboro. Turn Right on Estes Drive. Continue on Estes until it intersects with Martin Luther King Blvd. (formerly Airport Road). Turn left on MLK blvd. (Rt.86 north). This road will take you over I40 into Hillsborough. When you reach the stop sign at the intersection of Business 70 take a right. Continue 1/2 mile and turn right onto Meadowlane Drive. Turn left into the parking lot of the SportsPlex (the first building on the left).