

**HICKAM
HURRICANES
SWIM TEAM
WELCOMES
YOU!**

**HPA
PMB 210
P.O. Box 30800
Honolulu, HI 96820-0800
www.hickamhurricanes.com**



WELCOME TO THE TEAM

This handbook is designed to provide information about our team and the sport of competitive swimming. The Hickam Hurricanes swim team is dedicated to providing a competitive program for youths who wish to be an integral part of a swim team. Every new swimmer receives a two-week free trial period before joining the team. This trial gives the swimmer a chance to know us and us to know the swimmer. At the end of the 2 week trial the swimmer may be invited to join the team.

PARENT ASSOCIATION

Parental participation is essential to our team. We hope that you, the parent, will become involved as a member of our Hickam Hurricanes Parent Association (HHPA). There are many opportunities available to reach the required hours of volunteer participation as outlined in the Parent Association agreement. Parent volunteers are always needed to fill officer and committee chair positions, and to participate on the various committees. If you are interested or have any questions, e-mail the HHPA President or Vice President for more information.

HOW TO TRY OUT FOR THE TEAM

Tryouts and Practice Schedule

Tryouts are held at pool #1, the Dive Pool. Please check our website for dates and times. Swimmers must demonstrate ability to swim 1 pool length without stopping. Tryouts will include freestyle, backstroke, breast stroke and butterfly stroke. A coach will determine if the swimmer is eligible and thus determine which group to place the swimmer. Eligibility requirements may change based on current dynamics of the team.

Check with the coach /website for practice schedules.

Hours may change during the holidays, summer break, or whenever there are conflicts with the coaching staff schedule. When practices have to be cancelled, the coaching staff will notify you via e-mail, phone call or notice posted on the website, www.hickamhurricanes.com. When practices are cancelled quickly due to severe weather, pool problems or illness of the coaching staff, parents will be notified by e-mail or phone. If you live off base, please contact a board member if you are unsure. Hickam AFB, as with other areas on Oahu, is subject to afternoon showers and rain. Practice will not be cancelled unless showers are unusually heavy and long duration and/or are accompanied by thunder and lightning. If in doubt, plan on practice being conducted as normal or ask the coach when you drop off your swimmer.

COMMUNICATION WITH THE TEAM

Our website and e-mail is our primary means of communication. Once a member becomes part of our team a file is established for each new swimmer's family and is located on the pool deck during practices. Throughout the year, bills, notices of upcoming events, meet formats, fundraising events, etc. are placed in the swimmer's file.

SWIM TEAM DUES, USA SWIMMING AND REGISTRATION

These are addressed in the Parent Association By-Laws. Registration forms are available on our website, except for the USA Swimming form which is available on deck. Dues are billed on the first of the month, sent via e-mail, and are due by the 15th of the month. Other important communications are placed in the

swimmer's file folder in the box on deck. All forms and fees are due at the end of the two-week trial.

Hurricane Vision Statement:

An organization of Coaches, Parents, and Swimmers dedicated to the development of young athletes committed to teamwork, sportsmanship, fitness, building character, and striving to achieve set goals, while enjoying and mastering the sport of competitive swimming.

Coaches' Mission Statement:

Professionals and experts dedicated to fostering teamwork, sportsmanship, and character development while teaching the sport of competitive swimming to young athletes.

Swimmers' Mission Statement:

Young men and women dedicated to becoming skilled, motivated swimmers, but, more importantly, better teammates, healthier athletes, and improved citizens.

Parents' Mission Statement:

Parents dedicated to providing sons and daughters positive encouragement and healthy motivation, while also maximizing participation in team support.

Board's Mission Statement:

Parent-elected officials dedicated to managing an efficient organization that sets an environment where professional coaches can coach, involved parents can participate, and motivated swimmers can swim.

HICKAM HURRICANES SWIM LEVELS

The Hickam Hurricane Swim Team offers training and practice groups for swimmers of all ages and ability levels. It is the goal of

the Hickam Hurricane Swim Team to offer age specific training for all of our athletes geared towards challenging and developing each individual to the best of THEIR abilities. Our coaches set the standards for all swim groups.

MINNOWS:

This training group continues to reinforce the skills learned in stroke school for freestyle, backstroke, breaststroke, and butterfly. This beginning competitive swimming group is learning starts, turns and the basics of competitive swimming. Practice is one hour and meets 3 times a week. While the focus is primarily on teaching stroke technique, the minnow swimmer is introduced to aerobic conditioning and basic dryland training.

DOLPHINS:

The dolphin swimmer has the accomplished ability to swim all four strokes. These swimmers also know how to perform starts and flip turns. This training group is for our intermediate/beginner age group swimmer (age 10-15). This training group focuses on building stroke endurance within proper stroke technique. Swimmers will strive to improve all strokes, compete and race all strokes, and improve time standards. Dolphin swimmers will swim 4-5 times a week and be exposed to a full meet schedule within the Hawaii LSC meet schedule. Practice is one hour and thirty minutes.

SHARKS:

Advanced level and accomplished swimmer. Can perform all four strokes efficiently, including accurate starts and turns. This training group offers full time training for the purpose of reaching the highest levels of competition our sport has to offer. The goal is to continue with fine tuning stroke, starts, turns as well as speed and endurance. The Shark swimmer aims for 100% attendance all year long, and have a full meet schedule which is required for maximum development. This training group will meet 5 times a week including dry land and aerobic conditioning. Practice is two hours.

This group competes at the highest level available on and off the island of Oahu.

HICKAM SWIM TEAM PROGRAM

Coaches Goals and Responsibilities

The head coach oversees all swim levels. The coaching staff strives to instill in the swimmers a sense of respect, leadership, and good sportsmanship. They do this by displaying a healthy and positive attitude towards the swimmers, their abilities and individuality. Their goal is to keep practices fun, fresh and productive for each swimmer. Our coaches work at keeping swimming in perspective by placing fitness and technique before speed.

Swimmer Information and Responsibilities

Swimmers need to bring goggles, practice cap (provided at sign up), water bottle, and towel to all practices. Bring tennis shoes on dry-land practice days. Coaches may require additional equipment such as fins, pull buoys and paddles.

Swimmer Responsibilities

1. Obey the coaches. The coaches have a 3 strikes policy in force. Swimmers who receive 3 warnings (3 strikes) in one day for misbehaving or nonparticipation will need to get out of the pool. They will either be told they cannot come back to practice that day or be given physical training around the deck. Parents will be notified of repeated and continuing discipline problems.
2. No fighting. Fighting will not be tolerated and will result in an instant removal from the pool. Parents will be notified on the first offense. Continued fighting will result in permanent removal from the team.

3. No horseplay. Not only does it set a poor dedication example to other swimmers, often times it results in another swimmer getting hurt. Practice is for bettering your strokes and times. There are designated fun days during the month for socializing.
4. Respect others. No profanity is allowed. Proper behavior and good sportsmanship are always expected.
5. Be there for your teammates. Cheer for one another. Push yourself in practices so others will work as hard as you. Congratulate teammates when a goal is obtained and offer encouragement when a teammate faces a setback.

Parent's information & Responsibilities

The benefits of joining the Hickam Hurricanes swim team is to develop physical fitness, foster emotional balance, become a healthier human being, and to improve his or her swim skills. We do not require or place expectations on our swimmers to make qualifying times for state meets. Therefore, as a parent, it is important that you do not place this emphasize on your child. If your **child's** goal is to qualify for a State meet, that is great, and we will strive to keep that goal a reality. Making a qualifying time in competition or any kind of time improvement is one of the many perks that he or she will experience from perfect practice as a member of the team. However, if a parent's goal is simply see his or her child qualify for a state meet, without regard to what the child really wants, then this is not the swim club for you and your child. We will not let winning get in the way of our swimmers healthy psychological development.

The idea behind our focus is to develop an appropriate learning experience that is consistent with the ability and maturity of the swimmer. The physical and motor skill development can be easy to assess, but the cognitive and psychological developmental characteristics of your child are less obvious. Thereby, it is very

important that parents and coaches alike, understand the concept whereby – the parent’s expectations of their swimmer’s performance be consistent with their child’s stage of cognitive, motor skill, or physical and emotional development. Your assistance in knowing what your child can handle emotionally is helpful and accepted as input.

Please keep in mind, that research has shown, not all athletes/swimmers are motivated by simply getting faster. Therefore – the pressure to do so from outside practice sessions and swim meets becomes a detriment to the coaches’ ability to contribute to the learning process.

Research also shows the psychological demands that a sport places on participants has a powerful psychological effect on them. Parents are encouraged to motivate their children to swim, and or to swim harder, faster, and better. However, it is not healthy to the child to push them to swim faster than they are capable of swimming. We strive to instill high ideals of good character and not only to win.

The idea of swimmers attending swim meets is to have fun, test their skills, and foster socialization, build character, teamwork, perseverance, and most of all take responsibility for themselves. The Latin derivative of competition is from “competere – to seek together. To coincide, to agree.”

Studies have shown that, once the swimmer is behind the blocks, this moment becomes their time to focus on their swim and their performance. Last minute comments to encourage them to go faster than they are capable of, can, and most likely will cause excessive nervousness, and lose focus.

Children need to learn by making mistakes. Additionally, your child will learn to take responsibility to show up on time, have the proper equipment to prepare, i.e cap and goggles, and contribute to the team. (All swimmers will wear cap and goggles, and have spare with them, in case of mishap)

Parents are invited to observe practice from the picnic table area. Limit all conversations with the coaching staff while they are actively coaching on the pool deck, so their attention can stay focused on the swimmers. The best way to reach the coaching staff is before or after practice, via e-mail or a message in the coach's folder on deck. If you have an urgent message to deliver about your swimmer, please try and arrive early enough to let a coach know before practice begins. If you are unable to do this, please wait until a coach approaches the parent's area or ask a board member to assist you.

Become involved. Volunteer to help at fundraisers. Attend as many meets as you possibly can. Your involvement helps make our team the best that it can be.

Let the Coaches coach. The coaching staff requests that parents do not interfere with the practice session.

Be enthusiastic and encourage your swimmer. Remember, the swimmer is still learning and needs to develop a positive self-image while enjoying a healthy sport.

If your swimmer has an injury that prevents them from participating in swim practice, they may be placed on inactive status. A doctor's release may be required upon return.

SWIM MEETS

Members of the Hurricane Swim Team are encouraged to participate in swim meets. These meets are sanctioned by USA Swimming and take place at pools around the island of Oahu and on our neighboring islands. The swim meets match swimmers of like abilities through a system of time standards. USA Swimming publishes a basic timetable standard for each age group (10 and under, 11-12, 13-14, 15-16, 17-18) that consists of times that are noted 'C', 'B', 'A', 'AA', State (Qual) and Zones. In Hawaii, the 'C' times are further differentiated through the use of Hawaii Time standards and include an 8 and under age group. The coach maintains a master listing of all the swimmers' times and enters the swimmers in meets according to their capabilities.

ENTERING SWIM MEETS

USA Swimming is divided into two seasons: Short Course Season (25-yards or meters July through December) and Long Course Season (50-meters January through June).

The following are the different types of meets which swimmers may be entered in: B/C, ABC, A+, Classified, Invitational, Senior, Last Chance and State Championships. See our website for descriptions.

Upcoming meets are posted in two places: On the www.hickamhurricanes.com website under meets and on the www.Hawaiiswim.org website. The hosting team needs to receive all meet entries 1 week prior to the meet. Please sign up for the meets in the swim meet binder on deck you may also be required to e-mail the coach depending upon the group and level. All questions concerning the meets and/or entries should be directed to the Member-at-large or another board member. If you have a general question, any experienced parent can help. If your question is swimmer specific, send an e-mail to the coaching staff,

put a note in their box or ask them before or after practice.

Meet Entries: The decision of how or what your child swims at any given meet or practice, is at the sole discretion of the head coach and assistant coach(es). Swimmers must be dive certified by a coach before entering a swim meet. It is important that swimmers attend practice when the coaches are certifying dive starts.

Practice immediately preceding a meet will be devoted to reviewing all the necessary information to ensure the swimmer is prepared to successfully swim his/her events at the meet.

Eligibility for higher level meets such as the State Championships (referred to as "States"), Western Zone Championships (Zones"), Junior Nationals, etc. is independent of these time standards. These meets have their own specific qualifying times, which are available at www.hawaiiswim.org.

SWIM MEET GUIDELINES

1. The coach will notify the swimmers of the designated warm-up time for the meet at practice the day before. The Member-at-Large will e-mail families with meet details as they become available, during the week before the meet.
2. Arrive at the pool at least 15 minutes before our team's warm-up. Upon arrival, swimmers should report to the coaches either on deck or at the Hurricane tent.
3. Get heat and lane assignments from the coaches or from the posted heat sheet. Sponsoring team will have heat sheets available for purchase before each meet session. Parents: write with a black sharpie marker, the event, heat and lane numbers on

your swimmers arm.

4. Pay attention and listen for announcements at the meet. The parent role at the swim meet is to provide positive feedback, help with lane assignments, and give encouragement. Coaches will call all swimmers and escort them to their assigned block in preparation for their event. Parents are welcome to stand on the sidelines.

5. After swimming your event, ask the head lane timer for your time. Report immediately to your coach and give him/her your time.

6. After your last event of the day, be sure to tell your coach that you are leaving. There may have been changes in the relay lineups and you may be needed to swim a relay.

MEET NEEDS

Competition suit, swim cap, two pairs of goggles (NEVER wear untested goggles during a meet), several towels, and sun protection (sunscreen, hat, sun glasses). Other recommended supplies: Baby powder (to dust inside your swim cap), toiletries if you want to shower after your last event, dry change of clothes, sweats or other warm clothing (it can get chilly at meets), sandals or shoes, something to sit on, games, cards, a book, or other things to pass the time between events. Although there is concession food provided at most meets, you can bring your own snacks or lunch and lots of liquids. Even under a tent, it is easy to get dehydrated sitting in the heat over long periods of time

SWIM MEET PREPARATIONS

2-3 days before competition: balanced meals with plenty of fluids.

Before the meet: Eat light, balanced meals before an event. Avoid empty calories (those which do not provide fuel) such as candy, sodas, and other sugary foods. These foods stimulate the production of insulin, which eventually lowers the blood sugar and results in a let-you-down instead of a pick-you-up. Energy bars are good.

During the competition: Consume plenty of liquids, not sodas. Include high carbohydrates, low fat selections. Some suitable selections are tuna sandwiches, lean meat or poultry, or fruit. Foods high in fat should be avoided because they take longer to digest and may cause discomfort. Fruits such as bananas (a good source of potassium) and figs will provide quick energy and are easy to digest.

SWIM MEET ETIQUETTE

It should be pretty simple, right? You go to the meet, swim your events, you come home. However, like with any choreographed event, there are rules to follow.

1. No bragging. Even if you did just make a Junior Olympic time, you don't go around doing the touchdown dance. It is okay to be excited. Just remember, though, what you felt like when you didn't make the time you wanted.
2. Give praise and congratulations to those who made personal best times and sympathy to those who didn't. Even a pat on the back and a comment about how their stroke was looking so much better or they finally mastered the kick they've been struggling with for months, will go a long way towards making someone feel better.
3. Parents: don't just drop off your swimmer. Please come in and watch your swimmer swim. Meets are what they have been training for all season. Your presence, your cheers, and your encouragement might just be what they need to time into the next highest level. Find out what events your swimmers are in.

Make sure your swimmer has food, water and rest between events. Remember, you are their greatest cheerleader!

4. Please do not approach the coaching staff when they are on the deck during a race. They are usually watching several swimmers at once, encouraging them to be their best (just like you will be encouraging your swimmer). The best time to talk to the coaching staff is when they return to the Hurricanes tent.

5. Spectators and parents are not allowed on the pool deck during swim meets. Parents, please remember not to go under the ropes that line the pool. We know you want to get closer to your swimmer to cheer them on; however, the ropes mark the boundaries between the crowd and the swimmers. Within that boundary is where the stroke and turn officials and timers are working, if you have questions, ask another parent. Officials can only address concerns brought through official channels (the coaches).

6. Dress code. Please wear a team suit or black competition suit, goggles and Hurricanes swim cap to all meets.

PARENT OBLIGATIONS AT MEETS

1. Your responsibility at a swim meet is to provide support and supervision for your swimmer. Your swimmer will always swim better with you there to cheer them on.

2. Be sure that your swimmer is on time for warm-ups. Warm-ups involve low-intensity swimming prior to a race or practice to get muscles loose and warm. It gradually increases the swimmer's heart rate and respiration. It is very important that your swimmer be properly warmed up at a meet.

3. Generally, spectators are not allowed on the deck immediately surrounding the pool, so the best view at the meet is in a timer's chair! Please consider volunteering if you have someone else who can assist your swimmer or other children.

4. Each team is required to contribute by providing meet timers:

one timer for each 5 swimmers entered in the meet.

5. Team tents are for swimmers to keep them out of the sun, parents and siblings are reminded to bring personal sun protection.

SWIM MEET JOBS

Referee, Starter, Stroke Judge, Turn Judge, Timers, Clerk Of The Course, Desk, Pool Set Up/Clean Up and Meet Snack Bar and Hospitality. (These are only used when we host a meet)

PARENT ASSOCIATION VOLUNTEER OPPORTUNITIES

Executive Board Officers: President, Vice President, Secretary, Treasurer, Registrar, Swim Shop Manager, and Member-at-Large. See Constitution and By- Laws on our website for descriptions.

Committee Chairpersons: Fundraiser, Cupcake Coordinator, Social, Publicity, Webmaster and Volunteer Coordinator. See website for descriptions.

PARENT ASSOCIATION MEETINGS

EXECUTIVE BOARD MEETING: Meetings are held on a monthly basis. The purpose of these meetings is to unite the association officers and committee chairpersons to plan and coordinate all events necessary for the benefit of the team. If you have questions concerning this meeting, please contact the Parent Association President.

GENERAL MEMBERSHIP MEETING: An informational parent meeting is held on the last Thursday of each month at the pool. You will receive information concerning the team, share ideas on improving the HHPA, and discuss concerns any parent may have. It's a great time to socialize and meet new parents.

SPECIAL GENERAL MEMBERSHIP MEETING: From time to time, it will be necessary to convene a special meeting to discuss critical upcoming events. If a special membership meeting becomes necessary, each member will be contacted by e-mail. The time, place, and purpose will be identified.

SWIM SHOP

The swim shop is a non-profit supply resource for Hickam Hurricane team members. The exclusive purpose of the Swim Shop is to provide the team members with proper swimming supplies. Information on ordering other team items is also available. Purchases may be paid by cash, check payable to HHPA, or a note signed by the parent stating what the swimmer is allowed to purchase and the item(s) will be charged to the swimmer's monthly bill.

FUNDRAISING

The HHPA performs fundraising to raise money to support activities of the Hickam Hurricane Swim Team. The HHPA is a non-profit organization depending on membership dues and fundraising efforts to exist. Since each of our children are members of the team, our fundraising efforts support our own children. Each fundraising activity is accomplished completely through the support of the parents and children of the team. If participation is low, the result will be less profit and fewer programs for our children. The profits are utilized to pay for coaches' salaries, off-island meets, awards banquet, Christmas party and to purchase equipment, supplies, and awards.

The following is a list of fundraisers the Parent Association has sponsored in the past (but is not limited to in the future):

Swim-A-Thon: The Swim-A-Thon is conducted usually in October through January. Each child will be asked to obtain pledges (or donations) and swim laps to raise money for the HHPA. The swim-a-thon is a good way for grandparents and relatives, who do not live in Hawaii, to support the children. It is one of the "big" fundraisers for the team. The swim-a-thon usually results in a profit of about \$1,000-\$2,000.

Car Wash: Each family is asked to support the car wash by spending 2-4 hours washing cars. If we increase the participation, we are able to wash more cars and make more money for the team.

Boutiki and Hickam Thrift Shop Donations: Each year, both Boutiki and Hickam Thrift Shop determine to which groups they wish to contribute funds. Each group has an application form that needs to be filled out and returned in order to be considered. The board needs to be aware of the deadlines and complete the paperwork in order to be considered for future donations

THE SMALL INVESTMENT IN YOUR TIME THROUGHOUT THE YEAR TO SUPPORT THESE FUNDRAISERS WILL RESULT IN BIGGER AND BETTER PROGRAMS FOR OUR CHILDREN.

If you have any ideas for new ways to raise funds, please contact the President or Fundraising Chairperson. Remember to log your volunteer hours in the notebook on deck.

Social Events

Two to three times a season, the team will meet for a fun activity during regular scheduled swim practice. Some past social events have included bowling, going to the beach, Hawaiian Waters Park

and playing water polo. These events are NOT required for team membership. They are only to build stronger relationships and to see one another every once in a while outside of caps and goggles. If you have any suggestions for fun activities, please feel free to contact the Social Chairperson.

Once a month, we hold “cupcakes and ribbons” before the parent meeting. On these days we distribute ribbons from the previous meets and cupcakes are provided to recognize all birthdays for the month. Swimmers may do a birthday swim on their birthday or the next closest day if their birthday falls on a weekend or holiday. They can swim the stroke of their choice, as their teammates cheer them on.

We also hold an “Aloha Swim” for those teammates who move away from the island. The swimmer selects an event of his or her choice and the coach determines a time. The team lines either side of the lane to cheer them on and if the swimmer makes the designated time, he or she may choose for the team to skip the main set and play games until the end of practice or to complete the main set and go home early. If the Aloha swimmer chooses to go home early, the team will not exit the pool before 5pm and the coach will wait with those swimmers until parents arrive to pick them up.

Revised October 2011