



HTCC Swim Team May 30

1st Meet: HTCC @ Brushy Meadows

Location: 107 Brushy Meadows Dr.

Hwy. 14 for 10.3 miles; slight left onto S. Buncombe Rd/County Rd. 136; go 1.1 miles, turn left onto Brushy Creek Rd. and go .4 miles; take 2nd left onto Brushy Meadows Dr.

Arrive by: 4:45pm

Warm Ups: 5:10pm

Volunteers & Officials: Arrive by 5pm

Meet Start: 5:45pm

Your First Meet. What to Expect. What to Bring.

It's your first meet and you may be wondering how to prepare for it. Well, consider that your child is going to be sitting outside on a pool deck that will start at 90 degrees at 5pm, and end at 65 degrees by 8:30pm. So here are some things that many parents have found useful for kids of all ages.

- Comfortable camp chair, with drink holder; for your child and you.
- 2 towels (I also keep a 3rd towel in the car for the drive home).
- Goggles (and keep a spare pair with you).
- Small cooler with water or sports drink.
- Fruit like grapes, banana, seedless watermelon, peaches, pears, etc.
- Healthy snacks like granola bars, peanut butter crackers, cheese crackers, cereal bars, cheese sticks, etc.
- Try to limit candy, cookies and sweets as these only provide a short burst of energy. No chocolate. It melts and becomes a mess.
- A sweatshirt or t-shirt to put on when the sun goes down.
- Books, iPods, MP3 players, Small handheld video games, small toys that keep them occupied.
- Things you don't mind getting wet.
- Cash to buy dinner at the concession stand or bring something substantial like a sub sandwich for your child to eat for dinner.

The kids will sit as a team under a tent provided by the Host Pool. It will most likely be a tight fit for the swimmers. Parents of 8 and under swimmers or first time swimmers may want to sit near their children so they feel more comfortable. Parents may not sit under the tent unless there is plenty of room, so set your chair outside the tent area but near your child. There will be 80 kids plus parents from HTCC at this meet so it can seem a bit overwhelming. Do not sit your kids on the pool deck with you. There will be a tent parent stationed in the Tent Area who will



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be calling the names of kids who are swimming each event to get lined up. If your child is somewhere else on the pool deck and not in the tent area, the Tent Parent cannot go looking for them. We have had kids miss events when they were sitting with their parents or wandering around the pool deck. If they have to use the rest room, they can tell someone they are leaving and will be back in a few minutes. Please tell your kids need to stay in the tent area when they aren't swimming.

Please remind your kids to use their good, team behavior at the meets. If there are any discipline issues I will come find you to discuss. And most likely, they will involve my own son, so I will be hanging around the tent area to help keep the peace.

Volunteers and Officials for the 1st half of the meet should arrive by 5pm so they can get checked in and find their badge from the badge stand, which will be located near the pool entrance. 2nd half Volunteers and Officials will also need to find their badge before the meet begins.

Heat sheets will be available for sale, usually \$2 or \$3. You will need to buy one so you can know when your child is swimming. It's amazing how the kids all look the same when wearing team uniforms and caps. We also suggest bringing a highlighter so you can mark when your child is swimming. There are 80 events and about 8-10 pages of heat sheets—it can get a little confusing if you aren't used to it.

Volunteer! Volunteer! Volunteer!

To Volunteer to work at a swim meet, you must go online to our team website at www.htccswim.com and click on the "Meet Sign Up" button at the top. Next, click on the meet you want to volunteer at, then look for the position you want to help with. Click on the "volunteer" button, then just type in your name and hit "sign up".

All of the meets have been updated with current positions that are open and available. Please check out all each meet and sign up. Do it today!

Missing Meets

Below is the list of kids and the meets they will be missing this summer due to family vacations, church camp and other conflicts. If you have not yet sent me the meets your child will be missing, please do so soon. It helps the coaches with planning the meets and especially relays. If the coaches put them in a relay and they miss the meet, it's pretty disappointing to the other 3 kids who were counting on their teammate. So send in those meet dates you will miss!



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June 2	June 9	June 16
Kathleen Close	Victoria Wade	Hampton Wade
Katie Wood	Annie Gillig	Kimberlyn Mungo
Maggie Wood	Kaitlyn Runzel	Evan Tin
Annie Gillig	Alana & Anna Atkins	Will & Scott Dolven – no free relay or butterfly.
	Angelika Kleis	
	Mathew Justus	

June 23	June 30	Divisionals
Mathew Justus	Annie Gillig	Mathew Justus
Will Dolven		

Stroke Selection

For the first two meets this season, kids will select two of the strokes they are going to swim and the coaches will select one. For the last three meets and Divisionals, the coaches will select two strokes and the kids will select one. We want the kids to be challenged and push themselves to reach new goals in swimming all the events – plus earn their Iron Man/Chick. The coaches will not enter any child into a stroke event until they have seen them successfully swim them in practice.

Strokes will be selected during the Monday practice times or you may email them to me. By 7pm, all strokes must be determined so our computer guru's can input them into the program on time.

Stroke selection for Divisionals will be done during donuts and ribbons on Friday, July 1st.

Meet/Officials Name Tags/Laminating Machine

Name tags will be created for all parent volunteers using a small laminating machine. However, the laminating machine is missing. If someone has it at their home from last year, please contact me asap so I can get it from you. Or if you have one at home that I can use, please let me know. Otherwise I will have to purchase another one. The name tags must be laminated so they don't get wet. They must also show the credentials of parents who have been trained for specific roles in officiating the meet. Please call or email me if you have the Laminating Machine!!

At the meet, please look for our table that will have the name tags, stopwatches, pencils for recording timers, head sets for stroke and turn judges, etc. If you are officiating or working in



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the first half, please stop at the table to check in. Everybody will need to report to their timing or working position by 5:30 so we can get started on time. Please listen for the meet/official announcements.

Online Training

Runner training is now available online! Here is the link to be a runner. The home team provides all the runners for a meet and we will need 8 people to help with this job at each home meet. It's a pretty simple job that consists of picking up the blue cards from the recording timers and getting them to the people in records. All of these positions are around the pool deck, so you will have a great view of the meet. But first SAIL says you must qualify and learn this position before doing it. Please take 10 minutes to certify as a Runner.

<http://swimsail.org/official/Runners/>

Here is the link for timers and records & ribbons

<http://swimsail.org/official/Timer/>

<http://swimsail.org/official/records-ribbons/>

We now have 25 people certified as timers. We could still use a few more, as I know people will miss meets for various work and family reasons.

We have 4 people certified in Records & Ribbons and only 1 person (Anne Vogt) certified as a runner.

Iron Man/Iron Chick

Every year the swim team holds an Iron Man and Iron Chick recognition. Our goal is to have each swimmer learn all the strokes and be able to swim them at least one time correctly in a meet. Therefore, to qualify as an Iron Man or Chick, each swimmer age 9 and older will need to swim each stroke correctly in a meet at least once. The strokes they must swim are:

- Short freestyle
- Long freestyle
- Breast stroke
- Back stroke
- Butterfly
- Individual Medley (fly, back, breast, free)

For our 8 and Under swimmers, we require that they swim 5 of the strokes correctly in a meet.

Katherine Davis, Parker and Mitchell's Mom, is managing our Iron Man/Iron Chick program this summer. During our donuts and ribbons party each Friday, they can show Katherine their ribbons and receive a sticker(s) to put on the Iron Man/Chick poster next to their name. This will help them to keep track of which strokes they need to swim at the next meet to earn their



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Iron Man/Chick award.

At our season ending party, we will recognize and reward those kids who achieve their Iron Man/Chick during the season.

Spirit Parties

Every Wednesday prior to a swim meet we have a spirit party to get kids and parents pumped up for the meet. Our first spirit party of the season will be this Wednesday, June 1st at 4:50pm in the cabana area. The kids will do a fun activity and have a treat for the kids. Guppies are invited to join the fun too! Raye Carson and Sharon Serwinowski are managing this activity for us each week this summer. Please contact them if you have any idea's or suggestions for kids activities.

Coaches Lunch

Let's celebrate a great start to our season with our coaches during the Annual Coaches Lunch. Come meet them when they aren't coaching our kids. We will take them to lunch at Anita's Mexican Restaurant on Main Street in Simpsonville. Join us on Tuesday, June 7th at 11:45am, right after Guppy practice. There is a sign up page on the website <http://www.htccswim.com/schedule/index.asp>. Please sign up so we know how many people to expect. Everyone is responsible for their own lunch. And kids who can't drive themselves to the restaurant, must have a parent or someone responsible for them. Please don't drop off your kids.

Other Activities

Team Greenville Clinic

I have been contacted by Team Greenville to hold a swim clinic for our kids. I will set up a time with them this week and you can meet the coaches from TG (Coach Gene's former team) and discover how the year around swimmers train! I'm sure YSSC will be contacting us shortly about doing a clinic too. Though Erin Carne McConkley (former HTCC swimmer and now YSSC Coach) just had her 2nd baby on May 10 (a boy, Knox Reynolds) so she may not be able to do it this year. However, she lives across the street from HTCC, so maybe she can bring little Knox and Jackson for a visit, and we can convince Jackson to be a guppy on our team next year!

Discovery Island Water Park

I'm also planning a team trip to Discovery Island Water Park for later in June. We will cancel practice one afternoon and have fun at the water park! Everyone will be responsible for their own entrance fee, but we will get a shaded picnic area for everyone to congregate and have



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some snacks.

Thanks!!

Thanks to everyone for helping to make some very decorative concrete stepping stones on Saturday during the Pool Opening Party. They are going to look awesome on the path to the shed.

Also a big thanks to all the kids who helped to paint the shed on Saturday. It is now a very bright green. However, it still needs a 2nd coat of paint. I was hoping a few Moms/Dads could help with this project. We have the paint, and fresh rollers. I cleaned the brushes, so they are ready to go again. It wouldn't take us 30 minutes to get it done one afternoon while the kids are practicing. I will come round up a few friends one afternoon this week and we will knock this out. And maybe you will earn a Blue Ticket too!! 😊

Miscellaneous

Swim Suit

An extra Dolfn Ugly swim suit was ordered, so I am trying to sell it. It is a girls, size 28 and has pink and purple flowers. It will fit an 8-10 year old girl. These are long lasting practice suits that don't get "baggy bottoms" like most that you find in the stores. This suit costs \$28. Please let me know if you are interested. I will have it with me.

Team photo's

My husband, Art, has taken the team photo the past few years. Due to his work schedule this summer, he won't be available to take the photo. If anyone would like to volunteer to take it, please let me know and we will get it organized. Thanks!

Website

Please check the website often. It has sign up charts for the meets. And sign up charts for the activities. We pay extra for the website to have this sign-up capability – please use it!! Plus there is information on what is happening during the week. And if someone gets some great new photo's of the kids swimming this year and sends them to me, we will try to put those on the website too!