2019 Highland Park Specifics

The following information is Highland Park specific additions to the multi-team Cinco Ranch Swim Team handbook.

**Team Leadership**

**Highland Park Board:**
- Monica Ramsey/Vicky Tillerson, Director: crhpdirector@gmail.com
- Grant Merriman, WHALE Rep: crhp@swimwhale.com
- Sondra Wright/Natalie Theis de Pareja, Volunteer Coordinator: crhpcoordinator@gmail.com
- Shiladitya Basu, Member at Large: crhpmember@gmail.com
- Patricia Listi, Treasurer: crhptreasurer@gmail.com
- Michael Lewis, CRST Executive Board Treasurer: treasurer@cincoranchswimteam.org

**Highland Park Leads:**
- Harps Chhokar/Donnie Myers, Lead Scorekeeper: crhpcoaches@gmail.com
- Kent Bartels, Meet Starter: crhpcoaches@gmail.com
- Ursula Sharp, Meet Referee: crhpcoaches@gmail.com
- Jen Hendrickson/Christy Schnellhardt, Concessions Coordinators: crhpcoaches@gmail.com
- Molly Rogers, Heat Sheets: crhpcoaches@gmail.com

**Website**

Please regularly check and be familiar with the contents of our website https://highlandpark.swimtopia.com. Send pictures from meets and events to the team directors at crhpdirector@gmail.com.

**Communication to the Coaches**

Our coaches need to focus on swimmers during swim practice and not be engaged in conversations with parents. By doing so it takes away precious coaching time from our kiddos as well as being a safety hazard. We ask that if you have an issue or concern that you need to discuss with one of the coaches please send it via email to the crhpcoaches@gmail.com and one of the coaches will get back with you.

**Communication to the Board Members**

The board members are volunteers and volunteers are what run our team. The board spends many months throughout the year preparing for swim team season. However, we are not perfect! Therefore, if you have a question or suggestion, please kindly bring it to the attention of a board member via email.

**Communication to Families**

The primary source of communication will be email, Facebook and the website, https://highlandpark.swimtopia.com. Please check frequently. Especially Weather cancellations will be informed via Facebook.
Please like the Highland Park Hurricanes Facebook Page. Once your request has been approved by the director you can view the events, schedule, news, documents etc.,

If you do not receive emails, please notify Vicky Tillerson or Monica Ramsey, team directors, at crhpdirector@gmail.com.

File folders for each family will also be stationed near the gate at the lifeguard room.

**Time Trials**

Time trials are required to determine our swim meet “playbook”; it determines how we seed our swimmers in order to compete. **Volunteers are needed** so we can time swimmer for their seed time. Time trials are conducted in the form of a mini-meet so that swimmers have a better opportunity to achieve their best times.

**Important Notes for 6 & under swimmers**

CRST rules require all 6 & under swimmers to be able to swim across the pool unassisted by Monday, May 6th. We want every 6 & under swimmer to accomplish this! Therefore, we highly recommend swim lessons prior to the start of the season if you are not confident your swimmer can accomplish this task. Resources include the YMCA, Lifetime Fitness, Houston Swim Club ([www.houstonswimclub.com](http://www.houstonswimclub.com)), Texas Swim Academy ([www.texasswimacademy.com](http://www.texasswimacademy.com)), Katy Aquatics ([www.katyaquatics.com](http://www.katyaquatics.com)), and Peckham Park. Also, 6 & under swimmers will only need to know how to swim freestyle and backstroke at meets since those are the only events they compete in.

**Important Notes for 7-8 swimmers**

The 7-8 swimmers are introduced to many new concepts each season. They have to learn two new strokes, the meets are longer, and they will also be subject to more officiating. Therefore, all 7-8 swimmers are encouraged to attend the 7:00 am clinic (during the summer morning practice schedule) or any of the scheduled stroke clinics.

Although we are a summer league, we are competitive and follow the practices and policies of West Houston Aquatic League (WHALe). All of our judges have also attended training sessions and are certified as officials by WHALe.

Some tips for understanding officiating:

- League rules state that if a swimmer swims the stroke illegally, they may be disqualified (DQ’d) by a stroke/turn judge and will receive an 8th place finish. The benefit of the doubt always goes to the swimmer, and a 7-8 swimmer is allowed one free stroke infraction per race or relay leg.
- It's not uncommon to receive a DQ in a young swimmer’s career. It’s okay! Please stay positive and encourage your child to keep trying just like they strike out at bat or don’t make a perfect score on a test.
- Officiating helps coaches know what opportunities they have to help swimmers improve and make corrections quickly before poor stroke habits set in.
- Officiating keeps the meet fair. Most of the rules for a particular stroke exist because if you do not adhere to them, they give an unfair advantage compared to those swimming legally.
**Summer Open Practice & Clinics**

This is open practice for any swimmer that is not able to attend their regularly scheduled practice time or for swimmers that want to work on a particular stroke in a small group. The bulletin board will list what day/stroke the coaches will work on.

June 3 – June 21 7:00-7:30 am

**Stroke Clinics**

These clinics are at various pools throughout Cinco Ranch. The schedule is TBD:

<table>
<thead>
<tr>
<th>Monday’s</th>
<th>Thursday’s</th>
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<tbody>
<tr>
<td><strong>Equestrian Village Pool</strong></td>
<td><strong>North Lake Pool</strong></td>
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<tr>
<td>TBD</td>
<td>TBD</td>
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<tr>
<td>1 – 5 pm</td>
<td>11 am – 3 pm</td>
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<td>TBD</td>
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<tr>
<td>1 – 5 pm</td>
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</tr>
</tbody>
</table>

The coaches will post which stroke clinics they will be offering on the bulletin board found right inside the front gate. Please realize that not all coaches will provide clinics at all the times listed above.

**Changes to Volunteer Jobs**

The volunteer assignments will go live on swimtopia on Sunday, April 14th at 7 pm. **If you are unable to fulfill your volunteer requirements for a particular meet, it will be your responsibility to find a replacement by switching with another person or recruiting friend/neighbor/relative to fill your spot.** Once you have found your replacement, notify the volunteer coordinator at crhpcoordinator@gmail.com. You must fulfill your volunteer requirements AT LEAST two jobs per swimmer or a maximum of five per family for your children to be eligible to swim next season. If you do not fulfill your requirements then your child(ren) will NOT be permitted to register for future seasons with any Cinco Ranch Swim Team. We are highly dependent on volunteers to ensure a successful season.

**Competition and Meet Attendance**

Swim meets are a lot of fun and provide the swimmer with opportunities to show how hard they are working! Meets are also competitive, and each swimmer is important to our team! Events are scored and a team winner is declared at the end of the meet. Our team wants to be successful and it requires a group effort. **When a swimmer commits to a meet, it’s very important that they attend.**

The team directors, Vicky Tillerson or Monica Ramsey, thru our Swimtopia website will monitor meet attendance. You will receive an email prior to the meet; it will be your responsibility to check your Swimtopia account to assure that your child’s status is correct.

If circumstances arise within 24 hours of a meet you must e-mail the team directors at crhpdirector@gmail.com BEFORE the scheduled meet. They will then notify the coaches. This is the proper procedure. **Notifying the coaching staff is not sufficient. You must notify Vicky Tillerson or Monica Ramsey.** Remember that you will also need to find your replacement if you were scheduled to volunteer at the meet and unable to attend.
Swim Meet Tips

Swim team allows every swimmer from both teams to swim in multiple events. Therefore, meets are long and should last approximately 2.5 hours for the 6 & under and 4.5 hours for all other age groups.

<table>
<thead>
<tr>
<th>Start of Meet Schedule:</th>
<th>Setup</th>
<th>Swimmers Arrive</th>
<th>Warm-Up</th>
<th>Meet Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Night Meets:</td>
<td>3:45pm</td>
<td>4:45 pm*</td>
<td>5:00 pm</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Home Morning Meets:</td>
<td>5:45 am</td>
<td>6:45 am*</td>
<td>7:00 am</td>
<td>8:00 am</td>
</tr>
<tr>
<td>Visiting Night Meets:</td>
<td>4:00 pm</td>
<td>5:00 pm*</td>
<td>5:20 pm</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Visiting Morning Meets:</td>
<td>6:00 am</td>
<td>7:00 am*</td>
<td>7:20 am</td>
<td>8:00 am</td>
</tr>
</tbody>
</table>

* Bench Parents should arrive 15 minutes earlier to check swimmers in when they arrive.

What to bring:

Spectators and Volunteers:

Bring chairs, sunscreen for day meets, bug-spray for night meets, drinks, snacks and money for concessions and heat sheets (if you didn’t pre-pay).

Swimmers:

Bring chairs, sunscreen for day meets, bug-spray for night meets, flashlights for night meets, a pen to record your successes on the back of your ribbons, healthy drinks and healthy food. Swimmers can purchase concessions at the discretion of their parent. Please make healthy choices. Bring a couple of towels, swim caps, goggles, and an extra set of goggles. Wear your swim team t-shirt and mark all of your belongings with a permanent marker.

During the meet:

All swimmers must sit in their designated age group areas during meets, and they will be under the supervision of ready bench parents. Swimmers are expected to be respectful to their ready bench parents, and they must clean their area before they can leave the meet.

When to leave:

6 & under swimmers:

All 6 & under swimmers are finished with their events after backstroke. For the safety of our children, a responsible adult must sign out your child with the ready bench parent immediately following their last event (backstroke). If your 6 & under swimmer will stay at the meet as a spectator, they must be signed out and be under the supervision of a responsible adult who is not assigned a volunteer job.

All other swimmers:

All other swimmers may have the opportunity to continue the meet in IM, breaststroke, butterfly, or medley relay. Do not leave the meet without checking with the ready bench parent who will check all events for your swimmer. Even if your child was not initially scheduled to swim an event on a printed heat sheet, substitutions are sometimes made during the meet due to illness or other circumstances. Once your swimmer’s ready bench parent has confirmed that your child has completed all of their events and their area is clean, your swimmer may leave. All swimmers 10 & under, must have a responsible adult sign them out with the ready bench parent.
**Ribbons**

We know that it is very important for every swimmer to receive their ribbon(s) immediately after they swim at a swim meet and we strive very hard to achieve that. Unfortunately, labeling and dispersing the ribbons is very timely so there is no guarantee that the swimmers will receive ALL their ribbons the day/night of the meet. However, we will guarantee that every swimmer will receive at least their first events ribbon, freestyle. If your swimmer doesn’t receive all of their ribbons by the end of the meet they will be placed in your families file folder within a few days of the meet.

**Highland Park Pool Safety Rules (in addition to CRST Rules):**

Safety of our children is of utmost importance! If you are not present at your child’s practice, please make sure to promptly pick up your child at the end of practice. Once they are out of the water, coaches must turn their attention to the next group of swimmers and no one will be able to supervise your child.

Children age 10 and under **MUST BE SUPERVISED** by a parent or responsible adult if they are at the pool during practice times. Please do not assume another parent will care for your child; you must ensure direct supervision.

If you have other children with you during your swimmers practice, they must be supervised at all times and be in close proximity to you. Please do not allow them to interrupt the coaching staff, play in the baby pools, play in the showers, play on the water features, or climb trees and fences.

Please respect the pool area and surrounding facilities by following the rules and returning all chairs and loungers to their appropriate pool locations at the end of your swimmers practice unless someone is waiting to use them.

**Team Policy for Swimming the IM, breaststroke, and butterfly at meets**

League rules limit the number of heats on IM, breaststroke, and butterfly. Therefore, it will be the coaches’ discretion as to which swimmers will compete in these events.

<table>
<thead>
<tr>
<th></th>
<th>8 Lane Pool</th>
<th>6 Lane Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>IM*</td>
<td>4 swimmers (per gender/age group)</td>
<td>3 swimmers (per gender/age group)</td>
</tr>
<tr>
<td>Breaststroke / Butterfly</td>
<td>8 swimmers (per gender/age group)</td>
<td>6 swimmers (per gender/age group)</td>
</tr>
</tbody>
</table>

*IM: The IM is grouped by 10 & under, 11-12, 13-14, and 15-18.

We want to give every swimmer an opportunity to swim all events; however, depending on the size and competitiveness of each age group as well as the meet schedule it may not be possible for your child to swim all of the events at the meets. Swimmers should take advantage of the 7:00 am clinics and stroke clinics to improve their stroke development. Once the heat sheets are posted, changes to the rotation will be not allowed.

**Concessions & Drink Donations**

The profit our team makes from concessions is vital to our team. It allows us to purchase equipment such as EZ-up shades, kick boards, stopwatches, office supplies, etc. It will also allow us to purchase rewards to
motivate our swimmers. Each swimmer is asked to bring $5.00 in cash and the directors will be at practice collecting this amount to buy sodas and things we need for concessions. THIS IS A CHANGE FROM YEARS PAST. WE WANT FIVE DOLLARS PER SWIMMER NOT PER PER FAMILY.

**Parking at Highland Park Pool at Home Meets**

Almost half of the parking spots at the Highland Park Pool during home meets are reserved. The rest of us will park at Kilpatrick Elementary. Constables do enforce towing for any cars parked illegally.

**End of Season Team Party**

We will have an End of Season team party that will be announced at a later time in the season. In the years past the event was at the Highland Park pool prior to Meet of Champs.

**Meet of Champs (MOC)**

At the end of the swim season WHALE hosts a MOC. Every team in each division, Highland Park is in Division II, are only able to submit the following entries: 8 freestyle, 4 backstroke, 4 breaststroke, 4 butterfly, 3 IM, 1 free relay, and 1 medley relay. Each swimmer chosen must have swum in at least two dual meets. There are no swim-ups in individual events (except for TAGS/Sectional swimmers), but swimmers will be allowed to swim up in relays. Medals are awarded to the top 8 individual swimmers and the top 3 relay teams. **MOC will be on June 24th /25th**, the time and location will be announced at a later time. The top individual swimmer in each of the five divisions along with the next 11 fastest qualifying times overall will return on Monday for the All Star Meet. For the IM, the top finisher from each division along with the next three fastest times will swim.

**All Star Meet (ASM)**

**The ASM is on Friday, June 28th.** Again, only the top individual swimmer in each of the five divisions along with the next 11 fastest qualifying times overall will qualify. For the IM, the top finisher from each division along with the next three fastest times will swim.

**Texas Amateur Athletic Federation (TAAF)**

The TAAF offers a final chance to compete on a statewide level. Soon after the completion of the All Star Meet, TAAF will offer and organize a final meet for all interested swimmers. You do not have to qualify for the AllStar Meet or Meet of Champs to compete. This is an optional meet and swimmers enter individually for a fee. Details will be forthcoming through the West Houston Aquatic League at [www.swimwhale.com](http://www.swimwhale.com).