



Hampton Woods Hammerhead Swim Team 2015 Parent Information

OVERVIEW

For those new to competitive swimming, Hampton Woods Swim Team participates in the Cobb County Summer League. This organization provides us with a competition structured by age categories in boys and girls events, including both individual and relay races. The meets are operated according to Cobb County Summer League rules. Our division meets are held on Wednesday evenings, May 27th through June 24th.

2015 COACHING STAFF

Head Coach – Sammie Bosma

Assistant Coaches – Meaghan Butler, Taylor Gregory, Stephanie Bosma, Payton Gregory and Stacy Bosma

Coaches will make announcements at practices regarding any changes with respect to the meet schedule, line-ups, meet times, etc. **ASK YOUR SWIMMER AFTER EACH PRACTICE FOR ANY NEW INFORMATION.** All swimmers must make changes to their RSVP for meets if needed, by the MONDAY before the meet. Coaches will have the final word on the meet line-ups.

2015 HW SWIM TEAM COMMITTEE

Coordinator: Emily Ratliff

Volunteer Coordinator: Angela Stone

Treasurer: Lenore Willis

Concessions/End of Year Party: Gina Laney and Ashley Cook

Contact: swim@hamptonwoodseastcobb.com

Website: <https://hamptonwoods.swim-team.us/>

Check here for updates and register to receive them via email!

SWIM TEAM PROGRAM OBJECTIVES

The main objective of Hampton Woods Swim team is to sponsor a swim team to participate in the Summer Swim League for competitive and recreational purposes. Other important objectives of the Hampton Woods Swim Team are to encourage good sportsmanship and team spirit, and to provide an environment that supports the emotional and physical well-being of all swimmers in a setting of family participation, encouragement and support.

SWIM TEAM ELIGIBILITY

Any family that is currently a member in good standing of Hampton Woods is eligible to have their children join the Hampton Woods Swim Team. Likewise, Hampton Woods also welcomes swimmers from other neighborhoods so long as they are not currently registered with another Summer League swim team. Swimmers must be able to swim



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one length of the entire pool unassisted in order to qualify for the team, and must be 5 years old by May 31st.

Swim team age groups include 6 and under girls, 6 and under boys, 7-8 girls, 7-8 boys, 9-10 girls, 9-10 boys, 11-12 girls, 11-12 boys, 13-14 girls, 13-14 boys, 15-18 girls, and 15-18 boys.

PRACTICES

Regular attendance at practice is an extremely important part of building a successful team, and all swim team members are encouraged to practice regularly with the team. If a swimmer has a camp to attend or prior commitment, they may swim at an earlier or later time. Please let the coaches know if you will need to switch practice times.

Practices will only be cancelled if there is a storm and/or lightening in the area. Dry land practice may take the place of in-pool practice depending on the temperature. Likewise, practice will occur even with a little mist or rain. Please check the website and/or your email for updates!

PRACTICE SCHEDULE (subject to change)
*Please see attached Practice/Meet Calendar

MEETS

Please see the meet schedule below. All days and times are subject to change! Please check the Swim Team website <http://hamptonwoods.swim-team.us/> for changes or updates. Swimmers will have an opportunity to warm up prior to each meet.

Week	Date	Opponent	Address	Starts
1	27-May	Paces Ferry Park	HW Pool	Sit Dives
2	3-Jun	at Meadowgrove	2850 Meadow Grove Way SE Marietta, GA 30067	Sit Dives
3	10-Jun	Sibley Forest	HW Pool	Sit Dives
4	17-Jun	at Somerset	3417 Turtle Cove Court Marietta, GA 30067	Blocks
5	24-Jun	OPEN	HW Pool	Sit Dives



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MEETS, CONTINUED

WEATHER

When lightning or thunder occurs, the pool and deck area around the pool is unsafe. The referee and coordinators only will determine how long to delay the meet. If the deadline arrives (11pm) before all events are finished, it will be considered a finished meet on whatever event is the last one swum. If the meet is called before event #46 is completed, the meet has to be re-scheduled. The meet will then be started on the next event where you left off and swim as before with regular heats until event #86.

SWIMMERS

Arrival Time

Home Meets: Arrive by 4:45 p.m.

Away Meets: Arrive by 5:15 p.m.

PLEASE NOTE: Prior to arriving to the meet, please ensure that your swimmer is properly marked up using the guidelines below:

Meet Entries Reports and Marking Up Your Swimmer

1. The Individual Meet Entries Report (see Figure 1 – next page) will be distributed via email to parents by 1:00 pm on the day of the meet. When you receive it, please find your swimmer and his/her events (swimmers will be listed alphabetically). A swimmer may be entered into a maximum of three (3) individual events plus one (1) medley relay and one (1) freestyle relay. *Please print out your child/children's page(s) to bring to the meet!* We will have their events in our own documentation, but you will rely on this for the evening!
2. Using a black Sharpie...and BEFORE APPLYING ANY SUNSCREEN:
 - a. Write your swimmer's last name on his/her back right shoulder to help quickly identify each swimmer.
 - b. Referring to your swimmer's Individual Meet Entry Report, write out your swimmer's race number, heat, lane and race name (abbreviated) of all races on his/her right forearm facing them, so they can read it themselves. See Figure 2 on the next page!



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Figure 1
Individual Meet Entries Report Example
There are 86 events. See last page for order of events.

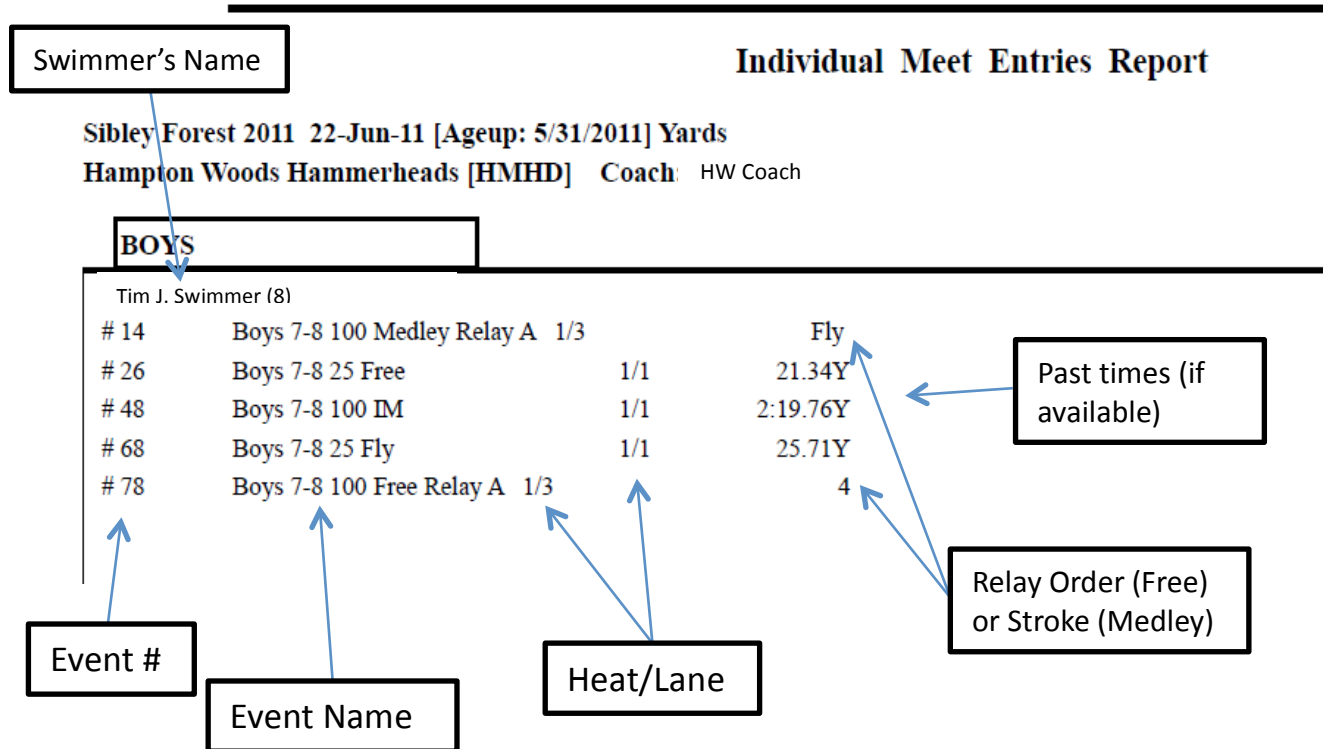
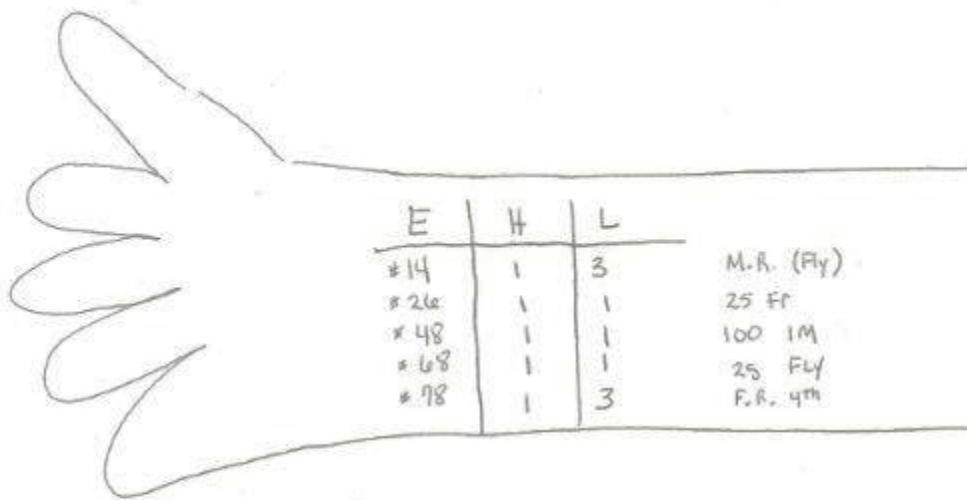


Figure 2
Mark Up Example on Right Forearm – BEFORE SUNSCREEN!



KEY

- FR = Freestyle
- BK = Backstroke
- BR = Breaststroke
- FLY = Butterfly
- M.R. = Medley Relay
- F.R. = Free Relay



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MEETS, CONTINUED

Bullpen for swimmers: Upon arrival, please check your swimmer in at the bullpen. The bullpen will be marked and is right at the side of the pool. Towels can be laid down to make you conformable for the entire time they are at the meet. Eating in the bullpen is okay. Parents of the swimmers can sit around the perimeter of the bullpen. Please make sure to continue to monitor your children while in the Bullpen.

During the Meet

All swimmers under the age of 13 are strongly urged to stay in the bullpen at all times, unless checked out by his/her parent(s). Bullpen volunteers are NOT responsible for swimmers not in the bullpen and are NOT responsible to locate your swimmer(s) around the pool deck, concession or parking lot areas. We ask that you make a copy of your swimmers' individual meet sheets and bring it to the race in order to help keep track of your child's races. It's important that you know your swimmer's events to ensure **he/she is in the bullpen no later than ten (10) races ahead of his/her scheduled event**. For instance, if your swimmer is swimming in event #26, they should be in the bullpen by the time event #16 is announced.

If a swimmer, who has already signed-in, gets sick or for any other reason decides not to swim his/her event(s), a parent and/or the swimmer needs to let the bullpen volunteers know ASAP.

Remember, the meet will start on time and the swimmers **must** be where we can find them. The Starter will not wait for our swimmers if they are late or cannot be found.

VOLUNTEERS

All volunteers will check in at the table prior to heading to your station.

1st half volunteers: Please arrive no later than 5:30 (Concessions by 4pm, bullpen by 4:45pm,)

2nd half volunteers: Relieve your cohort by about 7:30-7:45, event 43 is the halfway point.

The narrow side of the pool (adjacent to the creek) is reserved for the visiting team. Our "Hammerhead Huddle" for parents and swimmers is on the side of the pool deck next to the walkway to the tennis courts.

Volunteer job descriptions will be emailed prior to the meet for your specific task. All jobs are very easy and quick to learn!



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HAMMERHEADS

MEETS, CONTINUED

WHAT TO BRING: *LABEL EVERYTHING!*

- Cap
- Goggles
- Team suit
- Team t-shirts if you have one
- Extra towels
- Water bottle
- Sunscreen (NOT on the arm or back/shoulders prior to mark up.)
- Long sleeve shirt or sweatshirt – kids can get chilly late at night
- Bug spray
- Folding chairs
- \$ for concessions
- Cards, games, coloring for the bullpen area.

NOTES

- County referees and Summer League representatives will attend our meets. The Coordinators will work directly with them to make sure the meet goes smoothly. If you have any concerns, please go to the Coordinator, not the referee.
- Meets: parking is at a premium, so please walk if you can. Visiting teams will be encouraged to park along Hampton Woods Drive.
- Please support our concession. We will have hot off the grill hamburgers, hot dogs and much more. (Gina Laney and Ashley Cook are our Co-Chairs)
- Ribbons will be given out this year on FRIDAY following the meet. The website will be updated with scores. Swimmers 11 years and older will not receive a ribbon if DQ'd.
- Clean up the area around you and your families before you leave a meet. Any clean up help in this area is much appreciated.
- Under no circumstances are swimmers allowed on the tennis courts.
- Only Coaches and/or designated volunteers may go into the pump room during meets. Likewise, no one is allowed in the shallow/wading end of the pool during meets.

End of Season Party

- Our End of Season party this year will be held on Thursday, June 25th (date is subject to change) at the Hampton Woods Pool. More information will be coming soon! We welcome all family members to this special event, which includes awards for our swimmers!
- **Awards** – Award will be given out to swimmers at the End of Season Party. What awards are given and to what swimmers is at the discretion of the coaching staff.
Hammerhead Award – One award given yearly to the swimmer from any age group



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HAMMERHEADS exhibits teamwork, good sportsmanship and consistent effort and participation throughout the season.

ORDER OF EVENTS

1. 7-8 GIRLS	2 LENGTHS FREESTYLE (3H)	45. 5 & 6 GIRLS	1 LENGTH BACK (6H)
2. 7-8 BOYS	2 LENGTHS FREESTYLE (3H)	46. 5 & 6 BOYS	1 LENGTH BACK (6H)
3. 9-10 GIRLS	2 LENGTHS FREESTYLE (3H)	47. 7-8 GIRLS	4 LENGTH IM (1H)
4. 9-10 BOYS	2 LENGTHS FREESTYLE (3H)	48. 7-8 BOYS	4 LENGTH IM (1H)
5. 11-12 GIRLS	4 LENGTHS FREESTYLE (3H)	49. 9-10 GIRLS	4 LENGTH IM (1H)
6. 11-12 BOYS	4 LENGTHS FREESTYLE (3H)	50. 9-10 BOYS	4 LENGTH IM (1H)
7. 13-14 GIRLS	4 LENGTHS FREESTYLE (3H)	51. 11-12 GIRLS	4 LENGTH IM (1H)
8. 13-14 BOYS	4 LENGTHS FREESTYLE (3H)	52. 11-12 BOYS	4 LENGTH IM (1H)
9. 15-18 GIRLS	4 LENGTHS FREESTYLE (3H)	53. 13-14 GIRLS	4 LENGTH IM (1H)
10. 15-18 BOYS	4 LENGTHS FREESTYLE (3H)	54. 13-14 BOYS	4 LENGTH IM (1H)
11. 5 & 6 GIRLS	1 LENGTH FREESTYLE (7H)	55. 15-18 GIRLS	4 LENGTH IM (1H)
12. 5 & 6 BOYS	1 LENGTH FREESTYLE (7H)	56. 15-18 BOYS	4 LENGTH IM (1H)
13. 7-8 GIRLS	4 LENGTH MEDLEY RELAY*	57. 7-8 GIRLS	1 LENGTH BACK (6H)
14. 7-8 BOYS	4 LENGTH MEDLEY RELAY*	58. 7-8 BOYS	1 LENGTH BACK (6H)
15. 9-10 GIRLS	4 LENGTH MEDLEY RELAY*	59. 9-10 GIRLS	1 LENGTH BACK (6H)
16. 9-10 BOYS	4 LENGTH MEDLEY RELAY*	60. 9-10 BOYS	1 LENGTH BACK (6H)
17. 11-12 GIRLS	8 LENGTH MEDLEY RELAY*	61. 11-12 GIRLS	2 LENGTH BACK (6H)
18. 11-12 BOYS	8 LENGTH MEDLEY RELAY*	62. 11-12 BOYS	2 LENGTH BACK (6H)
19. 13-14 GIRLS	8 LENGTH MEDLEY RELAY*	63. 13-14 GIRLS	2 LENGTH BACK (6H)
20. 13-14 BOYS	8 LENGTH MEDLEY RELAY*	64. 13-14 BOYS	2 LENGTH BACK (6H)
21. 15-18 GIRLS	8 LENGTH MEDLEY RELAY*	65. 15-18 GIRLS	2 LENGTH BACK (6H)
22. 15-18 BOYS	8 LENGTH MEDLEY RELAY*	66. 15-18 BOYS	2 LENGTH BACK (6H)
23. 5 & 6 GIRLS	4 LENGTH FREE RELAY*	67. 7-8 GIRLS	1 LENGTH FLY (3H)
24. 5 & 6 BOYS	4 LENGTH FREE RELAY*	68. 7-8 BOYS	1 LENGTH FLY (3H)
25. 7-8 GIRLS	1 LENGTH FREESTYLE (7H)	69. 9-10 GIRLS	1 LENGTH FLY (3H)
26. 7-8 BOYS	1 LENGTH FREESTYLE (7H)	70. 9-10 BOYS	1 LENGTH FLY (3H)
27. 9-10 GIRLS	1 LENGTH FREESTYLE (7H)	71. 11-12 GIRLS	2 LENGTH FLY (3H)
28. 9-10 BOYS	1 LENGTH FREESTYLE (7H)	72. 11-12 BOYS	2 LENGTH FLY (3H)
29. 11-12 GIRLS	2 LENGTHS FREESTYLE (7H)	73. 13-14 GIRLS	2 LENGTH FLY (3H)
30. 11-12 BOYS	2 LENGTHS FREESTYLE (7H)	74. 13-14 BOYS	2 LENGTH FLY (3H)
31. 13-14 GIRLS	2 LENGTHS FREESTYLE (7H)	75. 15-18 GIRLS	2 LENGTH FLY (3H)
32. 13-14 BOYS	2 LENGTHS FREESTYLE (7H)	76. 15-18 BOYS	2 LENGTH FLY (3H)
33. 15-18 GIRLS	2 LENGTHS FREESTYLE (7H)		
34. 15-18 BOYS	2 LENGTHS FREESTYLE (7H)		
35. 7-8 GIRLS	1 LENGTH BREAST (3H)	77. 7-8 GIRLS	4 LENGTH FREE RELAY*
36. 7-8 BOYS	1 LENGTH BREAST (3H)	78. 7-8 BOYS	4 LENGTH FREE RELAY*
37. 9-10 GIRLS	1 LENGTH BREAST (3H)	79. 9-10 GIRLS	4 LENGTH FREE RELAY*
38. 9-10 BOYS	1 LENGTH BREAST (3H)	80. 9-10 BOYS	4 LENGTH FREE RELAY*
39. 11-12 GIRLS	2 LENGTH BREAST (3H)	81. 11-12 GIRLS	8 LENGTH FREE RELAY*
40. 11-12 BOYS	2 LENGTH BREAST (3H)	82. 11-12 BOYS	8 LENGTH FREE RELAY*
41. 13-14 GIRLS	2 LENGTH BREAST (3H)	83. 13-14 GIRLS	8 LENGTH FREE RELAY*
42. 13-14 BOYS	2 LENGTH BREAST (3H)	84. 13-14 BOYS	8 LENGTH FREE RELAY*
43. 15-18 GIRLS	2 LENGTH BREAST (3H)	85. 15-18 GIRLS	8 LENGTH FREE RELAY*
44. 15-18 BOYS	2 LENGTH BREAST (3H)	86. 15-18 BOYS	8 LENGTH FREE RELAY*

RELAYS:

ONLY ONE HEAT FOR RELAYS.

***TEAMS MAY CHOOSE 2 RELAYS AND ADD ONE ADDITIONAL HEAT.**

(#H): REFERS TO MAXIMUM AMOUNT OF HEATS FOR EVENT.



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