

# Hardin Valley Academy Aquatics



*Swimming and Diving*

# NEW TEAM WEBSITE!

<https://hardinvalleyaquatics.swimtopia.com/>

# Coaching Staff

## Head Coach

Ben Whiteside([bwhiteside36@gmail.com](mailto:bwhiteside36@gmail.com))

## Assistant Coaches

Lana Burl

Allie Magrino

# Handbook

- Outlines all the Rules & Eligibility Requirements
- Fees
- Practice Schedule
- Registration and Payment Info
- Lettering Requirements
- Attendance Expectations

# Rules

- Student academic requirements (same as other high school sports)
  - must have a minimum GPA 2.5
  - must pass 7 of 8 classes
- Be on time
- Communication to coaching staff

# REGISTRATION

**\*\*New this year-Registration is completed ONLINE!\*\***

*The only paper form you will turn in is a Current physical & sports form (please do not forget the required doctor's signature). **These can be emailed to [hva.swim.dive@gmail.com](mailto:hva.swim.dive@gmail.com)***

# Fees

High School Swimmer	\$ 400.00
Middle School Swimmer	\$ 350.00
USA Registered Swimmer	\$ 150.00
Multi Swimmer Discount	\$ 75.00
Divers	\$ 25.00
Diver's Fee to TNAQ	***

Please make all checks to Hardin Valley Aquatics

\*\*\*Only \$25 diving fee made payable to HVA. TNAQ determines and collects payment for the diving program selected.

# BANNERS

- The sale or renewal of one banner (indoor or outdoor) covers a swimmer's fees for the season.
- Banner sales are through HVAAC. Forms can be found on our website.



# Fees Cover

- Pool and lane rental
  - Practice times
  - Meets
- KISL Fees
- TISCA Fees
- Coaching Staff
- Swim Cap

# Not Covered by Fees

## ● Swim and Dive Apparel

- T-shirts and sweatshirts
- Swimsuits
- Warm up suits

## ● Equipment

- Kick boards, Fins, Snorkel, Mesh Bag, Pull Buoy

## ● Travel Fees (ex: State Championship)

# Practice Schedule

First Practice is scheduled for *SEPTEMBER 16<sup>th</sup>*

## Practice Times and Days

Monday - Thursday (UT's Allan Jones Aquatic Center - AJAC)

- 7:00pm - 7:30pm Drylands
- 7:30pm - 8:30pm Swimming

If Knox County School System closes for snow, we will **not have practice or competition that day**

# Meets

## CONFIRMED SWIM MEETS

Ray Bussard Meet

December 14<sup>th</sup>

KISL Championship Meet

January 25<sup>th</sup>

Middle School Championship

January 25<sup>th</sup>

TISCA State Championship - Knoxville February 7<sup>th</sup> - 8<sup>th</sup>

Other Meets - TBD

# Lettering Requirements

- Must attend 70% of all practices
- Score at least one point in a swim meet
- State Qualifiers
- USA swimmers must attend minimum 5 practices a week with their USA team and attend at least 2 HVA team functions per month (practice, social event, meet, etc)
- Coaches discretion

# Disciplinary Policy

- Drugs, alcohol and vaping are strictly prohibited
- Parents will be contacted
- Three strikes and 'you're gone' policy
- If dismissed, no refunds of team fees

# Communications

- Team Communications

- Sara Dodson ([hva.swim.dive@gmail.com](mailto:hva.swim.dive@gmail.com))

- Team Website

(<https://hardinvalleyaquatics.swimtopia.com/>)

- Meet schedule will be posted on team site

Diving Coordinator

Coach Mike Wright - UT Diving

[mwright@tnaquatics.com](mailto:mwright@tnaquatics.com)



# Parent Representatives

- Stacy Aycock ([aycock96@comcast.net](mailto:aycock96@comcast.net))
- Brad/Jill Salsbury ([bsals0509@gmail.com](mailto:bsals0509@gmail.com))
- Katy Locke ([klocke2@utk.edu](mailto:klocke2@utk.edu))
- Nick/Liz Hall ([lizhall1825@yahoo.com](mailto:lizhall1825@yahoo.com) )
- Sara Dodson ([hva.swim.dive@gmail.com](mailto:hva.swim.dive@gmail.com))

# PARENT INVOLVEMENT

- We need your help! Meets do not run by themselves. In order to run an efficient meet we need you!
- Football Concession Stand-September 13<sup>th</sup>
  - We need 12-14 volunteers to help
- Ray Bussard Meet-December 14<sup>th</sup>
  - We need ALL families with a swimmer participating in the meet to volunteer
- Regular season Dual Meets
  - We will have to provide timers, scribes, runners, etc at all meets.

# Equipment Requirements

- Snorkel (Y-LON)



- Pull Buoy (any brand)



## EQUIPMENT (CONT.)

- Mesh Bag (any brand)



- Fins (Better Times)



## EQUIPMENT (CONT.)

- Kickboard (any brand)



- Water Bottle - need at every practice!!!

# Swim Suit Rules

- FINA/USA and HS rules
- [www.swimandtri.com](http://www.swimandtri.com)



- Swimsuits and equipment will be through Swim and Tri.
- Apparel not finalized yet. Will send a link to order.
- Apparel window will be open for two weeks. Then order will be a bulk order.

# Questions?

