

Forest Hills

Swim Team

Handbook



2011

H₂Ogs

NSSL Champions

***1998, 1999, 2000, 2002, 2003, 2004, 2005,
2006, 2007, 2008, 2009, 2010***

2011 Forest Hills Waterhogs Swim Team Handbook

www.fhsc.net

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Registration

Returning Swimmers

Please complete the registration forms mailed to you in March or printed from the website. Turn in your forms along with your swim team dues to Julie Hiotaky or into the Hog Box by Memorial Day, May 28. You must be a member in good standing with the club in order to swim on the team. Any swimmer not in good standing with the club or who has not turned in their registration form or paid their dues will be asked to leave practice until all obligations have been filled.

New Swimmers

In order to become a Waterhog, you must be school-aged, a member of good standing with the club, and have the ability to swim one length (25 meters) of the pool in a front crawl (freestyle) style. We have relaxed our rotary breathing requirement. You must also try-out for the team. We have Try-out days on May 28 & 30, June 1, 3, 7 & 9. Please come 10 minutes before the practice start of your age group with your registration forms completed and your checkbook ready. You should be wearing a swim suit and goggles for your tryout. Your skills will be assessed at the tryout. If you make the team, you are welcome to join the practice. If you need more time, you will be referred to the club for lessons.

Membership on the team includes a team t-shirt and swim cap.

PRACTICE SCHEDULE!!! Waterhog Season officially opens Saturday May 28 (no Sunday practices).

Saturdays, Memorial Day and mornings starting June 20

13 & Up	6:30-8:15am
11-12	8:00-9:30am
9-10	9:15-10:30am
8 & Under	10:15-11:00am

Weekday evenings prior to June 17

8 & under	5:00-5:30pm
9-12	5:30-6:30pm
13 & Up	6:30-8:00pm

Rules and Regulations

1. You must be a member in good standing of the Club to swim on the team.
2. You must complete your registration and pay your swim team dues by May 28.
3. Each family is **required** to volunteer at least twice (2x) for our meets and/or team events. Chairing an event/area counts as 2 volunteer requirements. You can sign up on your registration form or at suit fitting day, June 4.
4. All swimmers under age 10 must have a parent or other designated responsible adult with them during practice. If a parent is not there, be sure your child knows who is the other adult responsible for them.
5. **THE DECK, THE BABY POOL, THE TABLES AROUND THE DECK, and THE GRASSY AREAS BEHIND THE STARTING BLOCKS AND BETWEEN THE BABY POOL AND THE BRICK WALL ARE CLOSED DURING PRACTICE.** You may sit in the snack bar area or behind the baby pool. Please make sure all dads, grandparents and sitters are aware of this policy. You will be asked to move if you are seated in a prohibited area.
6. Do not approach the coaches during practice. They are being paid to coach your children. If you have a question or concern, please contact one of the team directors or place a note to the coach in the Hog Box. Coaches are happy to discuss your questions after practice.
7. You must have an official Waterhogs swim suit for the meets. These can be ordered on June 2 at the Suit Fitting Day at the Club or by calling Different Strokes at 248-477-0521.
8. Your child must swim in at least two (2) dual meets this season in order to participate in league Finals or to receive a trophy at the end of the season.
9. Every swimmer is scheduled to swim in every dual meet unless you indicate you cannot swim. If you are going to miss a dual meet, sign the "Coach I can't swim" sheet located on the fence in the snack bar area, in advance of the date of the meet so you will not be entered in that meet.
10. Place a note in the Hog Box if you know in advance you will be missing practice.
11. Inappropriate behavior exhibited during practice or at meets may result in your dismissal from the team. No refunds are issued.
12. Alcohol is prohibited during practices and meets.
13. Practice is cancelled ONLY if there is thunder or lightning. We swim in the cold and rain.
14. Parents are not allowed behind the starting blocks during swim meets unless they are marshalling or timing.

Coaching Staff

Head Coach

Karl Hodgson

Karl returns for his 23rd year as Head Coach of the Hogs. Karl has led the team to many NSSL League Championships, including 11 of the last 12 years. He is looking to build upon each swimmer's skills, attitude and sportsmanship in a fun and memorable way.

Assistant Coaches

Monica Johnson

Monica returns for an 11th season as an assistant Waterhog coach. She is a former Waterhog and a member of the Seaholm "Swimmin' women" of the early 1990's. She graduated from U of M and coaches and teaches in the area.

Kristin Ruud

Kristin (formerly Burgess) Ruud returns for a 10th year as an assistant coach. She was the NSSL league champion in the 15-18 girls 100 free and was a member of the Girls 66 yr relay team which held the league record from 1995-2009. She graduated from MSU and teaches in the area.

Dan Yuhn

Dan returns for a 4th year as assistant Hog coach. He swam for Forest Hills and Brother Rice. He has completed his 4th year at Oakland University. He works and coaches in the area.

Thomas Spoto

Tom returns for a 3rd year as assistant coach. Tom was a Waterhog and a Seaholm swimmer, too. He just graduated from MSU with a degree in Advertising. At MSU he was a member of the National Championship Water Polo team.

Katie Benedetto

Katie returns for a 3rd season as an assistant Waterhog coach. Also a former Waterhog and member of the Seaholm swim team, Katie has just completed her junior year at Marquette University.

Marissa Blumenthal

Marissa, a current Waterhog, joins the coaching staff for the first time this season. Marissa holds the NSSL and team record in the Girls 15-18 50 Backstroke and in 2005 was a member of the team record holding girls 52 yr medley relay. Marissa has completed her first year at the University of Houston, where she also swims on the team.

Meet Schedule and NSSL Club Locations

Our team is a member of the Northwest Suburban Swim League (NSSL). The NSSL has 13 teams that compete against each other in dual and finals meets. The NSSL has a web site located at

<http://www.leaguelineup.com/welcome.asp?cmenuid=1&url=nsslswimleague&sid=928019623>

Meet results and scores, along with locations and directions to member clubs can be found here.

2011 Meet Schedule

6/4	Time Trials 12 & Under @ FHSC
6/17	Away @ Pleasant Ridge Community Pool
6/23	Home v. Woodside Athletic Club
6/25	11 & Up Mini Meet @ Beverly Hills Athletic Club
6/27	Home v Farmington Glen Athletic Club
7/7	Away @ Heart of the Hills Swim Club
7/9	9-10 Mini Meet @ Pleasant Ridge
7/11	Away @ Beachwood Recreation Association
7/14	Home v Cranbrook Swim Club
7/16	8 & Under Mini Meet at Heart of the Hills
7/23	"B" Finals at Cranbrook
7/30-31	"A" Finals at Beachwood

NSSL Club Locations internet links to all clubs from our website www.fhsc.net

Beachwood Recreation Association (BWRA)

3369 Jack Dr., Troy 248 643-0170

Beechview Swim Club (BVSC)

26900 Westmeath, Farmington Hills 248 477-4262

Beverly Hills Athletic Club (BHAC)

18157 Beverly Rd, Beverly Hills 248 646-8870

Bloomfield Surf Club (BSC)

251 E. Square Lake Rd, Bloomfield Hills 248 858-7099

Cranbrook Swim Club (CSC)

30580 Evergreen, Southfield 248 642-5424

Farmington Glen Athletic Club (FGAC)

3370 Freedom Rd, Farmington 248 474-2525

Forest Hills Swim Club (FHSC)

2410 East Lincoln, Birmingham 248 642-6930

Heart of the Hills Swim Club (HHSC)

995 Old Perch Rd, Rochester 248 651-1456

Huntington Woods Aquatic Club (HWAC)

26325 Scotia, Huntington Woods 248 541-3030

Kendallwood Club (KC)

29150 Farmington Rd, Farmington Hills 248 553-9640

Pleasant Ridge Community Pool (PR)

8 Ridge Rd, Pleasant Ridge 248 548-1237

Woodbrooke Hills Swim & Tennis Club (WHSC)

32050 W. 13 Mile Rd, Farmington Hills 248 626-8499

Woodside Athletic Club (WAC)

22440 W. 13 Mile Rd, Beverly Hills 248 646-5303

Meet Day Information

Who Swims?

Everybody is entered in two events and some in relays for every meet, unless you have indicated in advance you will not be at the meet. The ONLY way we know you will not be there is if you have signed the "Coach I can't Swim" sheet on the fence near the snack bar.

Home Meet Concession Donations

Every family is asked to donate an item for our home meet concession stand. If it is a home meet, check your email, the website or swim team board for what you need to donate to concessions, get it and have it ready. Drop it off when you bring your child to warm-ups.

Practice

Everyone comes to practice in the morning (except for the first meet at PR). Coach Karl talks to the swimmers about the meet and prepares them.

After Practice

Go home and stay inside out of the sun. Be sure to eat an early carbo-loaded lunch (pasta, etc) and small healthy snacks of fruit, vegetables and protein. Finish eating with enough time to digest your food before you swim. Pack a bag for the meet. Include 2-3 towels (one for sitting, two for drying off), team cap and 2 or more pair of goggles, sweatshirt or jacket, sweatpants (it gets cool when the sun goes down, especially when wet), a golf umbrella for rain or sun protection, sunscreen, and something to do (like cards or books). **DO NOT BRING SMALL ELECTRONICS**, they tend to be "missing" at the end of the meet. **Be sure your name is on everything you bring.** 11 & ups should bring a "Sharpie" marker to write their events on their hands.

Travel to meets

Parents are responsible for taking their children to and from every meet. FHSC does not provide transportation. Be sure to allow adequate time for travel and parking so that your child is on time for warm-ups.

Meet Warm ups

Check your email, the website or the swim team board at the club for the time of the start of warm-ups. Be there at least 15 minutes before they start. This gives you time to put down your belongings and get your cap and goggles on before you get in the water. Wear your team suit to the meet.

If it is a home meet, parents should drop off their concession donations during warm-ups.

If parents are volunteering, please check in with your chairperson to confirm when you are needed to work. We almost always need extra timers and concession help.

Marshalling

After warm up, all swimmers aged 10 & under report to marshalling so that the event, heat and lane (E, H, L) of each event they are swimming can be written on their hand by the marshalling parents. 11 & 12's are to check in with the marshals before going to the blocks.

The marshals organize the 10 and under children by heat and lane on giant mats and take them to the blocks for their event. Watch for the number of your child's event to be posted on the fence by the diving well at home or near the marshalling mats at an away meet. Make sure you know where the children are being marshaled at away meets, because the events being marshaled are posted there.

The event number will be posted well before the race. **It is your responsibility to get your child to marshalling** when the event is posted, we will not call your child over the loudspeaker, nor can we search the premises for your child. If your child is not in marshalling when the swimmers in that event go to the starting blocks, they will most likely miss their race.

It gets crowded in marshalling, so please drop off your child and return to your viewing area. **Parents who are not marshalling or timing are not allowed behind the blocks.**

11 & up self-marshall and are responsible for getting themselves to the starting blocks timely.

Meets

Meets last around 3-3 ½ hours and have 52 numbered events. There may be multiple heats in each event.

Swimmers are seeded slowest to fastest. Only the last heat of each event is counted for points.

Swimmers stay until the meet is over. If you are in a relay, you must stay until the end. Often a child forgets he is in a relay and leaves. The coaches must scramble for a replacement of the same age as that swimmer. Please pay attention if you are in a relay. Usually the relay swimmers tend to be the faster swimmers.

If you must leave early, please notify a coach in advance so that you can be sure you are not in a relay.

Due to the length of the meets, please be sure to bring activities or make arrangements for siblings not swimming.

Award Ribbons

Only those swimmers in the last heat are awarded place ribbons. All other swimmers receive participation ribbons in each event with their name, the event and the time swam on the back of the ribbon. You may pick up ribbons at the meet usually a few events after yours is complete. Each team has an area where they can be picked up by the event number. If you do not get them at the meet, you can get them at practice within the next day or two from the boxes on the shelves in the snack bar area. The ribbons will be put in order by last name of the swimmer.

Post Meet Celebrations

After every home meet, we have a celebration. This is typically a DJ and pizza or ice cream sundaes. We encourage all the swimmers to stay and have fun with each other after all their hard work.

Morning Practice after the meet

It is very important that you attend practice the day **after** the meet. Coach Karl talks to the swimmers about their performance the night before. Achievements and needed corrections are discussed.

Chairpersons

These Volunteer Chairpersons have offered their leadership for this season. Call to offer them assistance or a “Thank You.” We are in need of chairpersons for Spaghetti Dinner and the Banquet. We need co-chairs for concessions, as this will be the last year the Costellos are able to chair this very important part of our team.

Concessions	Matt & Angela Costello	649-5018
	Need Co-chairs	
Banquet	Open	
Timers	Jim Aldrich	647-7432
Timing/Sound	Ryan Ross	643-7913
	Miles Hart	649-2126
	Jay Edwards	646-1959
Pancake Breakfast	Rebecca McLeod	816-9307
Ribbons	Carley Nummer	594-1828
Spaghetti Dinner	Open	
Meet Manager	Lisa Milton	642-0858
Marshalling	Adrienne Kozlowski	203-6797
	Kristin Siver	723-9804
Hog Wear	Jen Tew	988-8665
Computer Support	Tom & Pam Eschmann	398-4352
Post Meet	Jim & Alysse Arnold	203-9897
Announcing	John Howard	642-0858
	Jay Edwards	646-1959
Special Olympics	Heidi Geissbuhler	647-8408

Team Events

Suit Fitting, Hogwear Sale and Volunteer Sign-up

Thursday, June 2

Our team suit supplier, Different Strokes, will be on hand to fit and take orders for team suits as well as selling various swim-related items. Payment to Different Strokes is due at the time of your order.

Our Hogwear Chairperson, Jen Tew, will also be on there with samples of this year's Hogwear. Purchase of Hogwear is optional. Order forms will be available for the Hogwear at the suit fitting. Payments are due at the time of your order. The last day to place Hogwear orders will be Monday June 6. Please place Hogwear payments in the Hog Box.

We will also have sheets to sign up for your mandatory volunteer commitments. Please take the time to sign up or you will be assigned a spot that may not be convenient for you.

Time Trials

Saturday, June 4

All 12 & under swimmers should swim in the time trials. Please sign up for time trials on the sheet on the fence in the snack bar area. If you do not sign up, you will not swim. This is a practice meet. Your child will swim all four strokes in order to establish a time in each event which will be used to seed them in our dual meets. Warm-ups start at 7:45. Arrive with your suit on, ready to swim. A limited concession stand will be available. 13 & ups practice before the meet. Hogwear will be on hand with samples and order forms. The volunteer sign-up sheets will also be there.

Team Pictures and Pancake Breakfast

Saturday, June 18

Join us for Team Pictures and Pancake Breakfast. The Pancake breakfast is free to all swimmers. Parents and siblings can eat for a small charge. The 13 and up swimmers eat first after practice at 8:15 am. After that, everyone else can eat. The 11-12's practice until it is time for the team photo. At 9:00, the Team Photo will be taken. 9-10's and 8 & unders should come ready to practice and will practice if there is time after the photos are done. Photo order forms will be available at the club the week before the picture. For those wishing to take individual or family photos, please arrive early and get a number for a spot in line from one of the team directors.

Stroke Clinics

See schedule for dates

Coach Karl runs stroke clinics starting the week of June 20. The stroke clinics are optional and an additional charge. Forms will be available on the website and at the Club. The clinics run Mon-Thurs. The order of clinics is Backstroke, Breaststroke, Butterfly and Starts & Turns. There will be no clinic the week of July 4th.

Mini Meets

See schedule for dates

Mini meets are optional meets grouped by age. If you would like to participate in a mini meet, the forms will be available on our website. There is a cost for the mini meets which will be listed on the sign-up form. You pick which events your child chooses to swim. Be sure to check the website and the forms for deadlines on entries.

Team Carbo Load

Thursday July 21

Join us for a pasta dinner to carbo-load before "B" Finals at 5:30 pm. It is free to all swimmers. After the swimmers eat, parents and siblings can eat for a nominal cost. After eating, the swimmers create posters that are used to cheer on the team at "B" and then "A" finals.

“B” Finals

Cranbrook Swim Club

Saturday July 23

This meet is for any swimmer who will not participate in “A” Finals. Details will be forthcoming. All eligible swimmers are encouraged to participate. If you do not plan to swim, please be sure to sign the “Coach I Can’t Swim” sheet. After “B” finals your swimmer is done swimming for the season.

“A” Finals

Beachwood Rec Assn

Saturday July 30 and Sunday July 31

Coach Karl will notify your swimmer if he/she will be participating in this event. Generally, it is reserved for the fastest swimmers on the team. The “A” finals swimmers continue to practice during the week after “B” finals. Preliminary rounds will be on Saturday and final rounds on Sunday.

Team Banquet

Sunday July 31

After “A” Finals, we have our team banquet. The banquet is not included in your team dues. Reservation forms will be available closer to the event. Due to space limitations, only swimmers and parents are invited. No siblings or grandparents, etc. At the banquet, each swimmer is awarded a participation trophy and certificate. Additionally special awards are given for record breaking swims, “Most Improved”, “Most Valuable”, “Coaches Award” and the “Deighan Family Spirit Award” which is awarded to the swimmer demonstrating team spirit, dedication and sportsmanship for many, many years. Graduating seniors are also honored at this time with a special gift from the team.

Special Olympics Fundraiser

TBD

Every year the league raises funds for the Special Olympics. This year the NSSL celebrates 50 years of existence and has set a goal to raise the most funds ever for Special Olympics. Our team is in the process of planning a fundraiser for this worthy cause and hopes that every family will participate and/or donate. In the past, our team donation has not reflected the size of our team. We hope to change that this year. Details will follow.

2010 Forest Hills Swim Team Records

Boys			8 & under			Girls
1977	Mike Noonan	15.9	Free	16.6	Jennifer Tille	1991
1976	Mike Noonan	19.4	Back	19.3	Jennifer Tille	1991
1979	Jeff Wiseman	21.3	Breast	20.8	Kate Pallischeck	1985
2008	Max Chen	17.45	Fly	17.50	Camille Misra	2010
Boys			9 - 10			Girls
1979	Mike Noonan	31.1	Free	30.47	Lauren Matthews	2002
2007	Zachary Chen	36.97	Back	36.7	Lauren Matthews	2002
1992	David Wilson	39.4	Breast	40.09	Jenna Hart	2000
1979	Mike Noonan	33.4	Fly	33.05	Lauren Matthews	2002
Boys			11-12			Girls
2010	Frankie Misra	28.2	Free	28.87	Lauren Matthews	2003
2002	Morgan Priestley	31.73	Back	33.0	Jennifer Tille	1994
1994	David Wilson	35.87	Breast	36.94	Jenna Hart	2002
2000	Joe Cubera	30.69	Fly	30.62	Lauren Matthews	2004
2002	Morgan Priestley	1:09.91	IM	1:10.09	Lauren Matthews	2004
Boys			13-14			Girls
2001	Dan Priestley	24.42	Free	28.25	Charlotte Yaw	2008
1995	Bill Sargent	28.63	Back	31.3	Meredith McMahon	1992
1996	David Wilson	31.74	Breast	35.06	Caroline Buck	2006
2004	Paul Collins	26.78	Fly	29.4	Meredith McMahon	1992
2001	Dan Priestley	1:01.40	IM	1:11.09	Corky Ribits	1994
Boys			15-18			Girls
2008	Morgan Priestley	51.05	Free	58.24	Anne Williams	1999
2008	Morgan Priestley	26.14	Back	29.94	Marissa Blumenthal	2009
2004	Dan Priestley	29.83	Breast	35.07	Jenna Hart	2007
2005	Dan Priestley	25.44	Fly	29.65	Lauren Nichols	2008
2003	Dan Priestley	57.25	IM	1:09.85	Lauren Nichols	2006
Mixed Medley Relay			40 year			Mixed Free Relay
1999	Lauren Buck, Jenna Hart, Joe Cubera, Morgan Priestley	2:26.19		2:11.96	Spencer Schoen, Nicholas Ross, Sarah Kilbride, Patrick Nodland	2007
Boys			52 yr Medley Relay			Girls
1995	Bill Sargent, David Wilson, Fabio Dacunha, Brad Nagle	1:59.23		2:09.04	Marissa Blumenthal, Jenna Hart,	2005
				2:09.04	Lauren Matthews, Jolan Drouillard Mykala Arnold, Sarah Kilbride, Camille Yuhn, Ella Waechter	2010
Boys			66 yr Free Relay			Girls
2005	Kyle Burgher, Morgan Priestley Paul Collins, Dan Priestley	1:35.55		1:49.99	Samantha Arnold, Charlotte Yaw Megan Smith, Lauren Nichols	2009

2011 Swimmer Log Name: _____ Age: _____

	Free	Back	Breast	Fly	IM
Time Trials June 4 FHSC					
@PR June 17					
Home v WAC June 23					
Home v FGAC June 27					
@HHSC July 7					
@BWRA July 11					
Home v CSC July 14					
B Finals @CSC July 23					
A Finals Prelims BWRA 7/30					
A Finals BWRA 7/31					

2011 Swimmer Log Name: _____ Age: _____

	Free	Back	Breast	Fly	IM
Time Trials June 4 FHSC					
@PR June 17					
Home v WAC June 23					
Home v FGAC June 27					
@HHSC July 7					
@BWRA July 11					
Home v CSC July 14					
B Finals @CSC July 23					
A Finals Prelims BWRA 7/30					
A Finals BWRA 7/31					