

Forest Hills Waterhogs SwimTeam Handbook

www.fhsc.net

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Registration

Returning Swimmers

Please complete the registration from the links on the website or here: Registration is due by Tuesday, May 31 before 8pm or late fees will be incurred. 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 registered online and paid their dues will be asked to leave practice until all obligations have been fulfilled.

New Swimmers

In order to become a Waterhog, you must be a school-aged child aged 18 or under as of May 30, 2017. The child must be a member of the club in good standing, and have the ability to swim one length (25 meters) of the pool in a front crawl (freestyle) style and placing their face in the water. Guests of the household are not eligible to participate on the team. You must try-out for the team. We have Try-out days listed in emails and online at www.fhsc.net **Please wear a swim suit and goggles and bring a towel.** Your skills will be assessed at the tryout. If you make the team, you will begin practice on the Saturday of Memorial Day weekend. If you need more time, you will be referred to the club for lessons. After a successful completion of your tryout, you may register online.

1st child- \$95, 2nd- \$90 (\$185 total), 3rd- \$85 (\$270 total), 4th- \$80 (\$350 total), 5th- \$75 (\$425 total) (includes latex swim cap (for dual meets and finals) & T-shirt). To receive the multiple swimmer discount- they must be registered at the same time. Late fee of \$10 assessed for each swimmer after 8pm May 31.

PRACTICE SCHEDULE

Waterhog Season officially opens the first Saturday the pool is open (no Sunday practices).

Saturdays, Memorial Day and mornings starting

the 1st Monday after Birmingham Schools Summer Recess

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 Birmingham
Schools Summer Recess

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 31.
3. Each family is **required** to volunteer at least three times (3x) for our meets and/or team events. **Chairing an event/area counts as 3 volunteer requirements. Every family with a swimmer under the age of 10 yrs is required to sign up for at least one marshalling slot, unless they are chairing another event.** *All families with Mini-meet and Finals swimmers must sign up for additional volunteer positions as needed during those meets. All sign-ups will be online. Links will be provided on our website.*
4. You are expected to conduct yourself with respect for others and to exhibit good sportsmanship while representing our team. You are expected to clean any trash in or around the area you are seated before you leave a meet, both at home and away.
5. Inappropriate behavior exhibited during practice or at meets, violation of club or team rules, bullying or underage alcohol or drug use while participating in team or club activities may result in your removal from the team. Removal will be at the discretion of the director. No refunds are issued for those removed from the team.
6. You are encouraged to drop-off your swimmer for practice. However, if you have children under the age of 10 years they must be attended by an adult when not practicing. Non-swimmers are not allowed to be in the club during swim practice without being attended by an adult and are restricted to certain areas of the club (see #7).
7. **THE DECK, THE TABLES AROUND THE DECK, THE GRASSY AREAS BEHIND THE STARTING BLOCKS AND BETWEEN THE BABY POOL AND THE BRICK WALL AND THE BABY POOL ARE CLOSED DURING PRACTICE.** You may only sit in the snack bar area or behind the baby pool. Please make sure all caregivers are aware of this policy. There are very limited shady spots available to sit during practice and we do not change our policy regarding seating during hot or sunny days. There is limited seating available. Plan accordingly and when possible, keep young children at home. You will be asked to move if you are seated in a prohibited area.
8. Do not approach the coaches during practice. They are being paid to coach your children. If you have a question or concern, please contact the team director or place a note to the coach in the Hog Box. Coaches are happy to discuss your questions after practice.
9. You must have an official Waterhogs swim suit for the meets. These can be ordered at the Suit Fitting Day at the Club or by calling Making Waves at 248-607-3625.

10. Your child must swim in *at least* two (2) dual meets this season and attend practice regularly in order to participate in league Finals and to receive a team or senior award at the end of the season. Awards will be given at the discretion of the coaching staff, taking into consideration, but not limited to, the above criteria.
11. All swimmers are scheduled to swim in every dual meet unless you indicate you cannot swim. If you are going to miss a dual meet, you may sign out online following the links on the website or sign the “Coach I can’t swim” sheet located on the fence in the snack bar area. Please sign out in advance of the date of the meet so you will not be entered in that meet.
12. For Time Trials and Mini-meets, you must sign up to participate, links will be provided to those online sign-ups.
13. Place a note in the Hog Box if you know in advance you will be missing practice for more than 5 *consecutive days*.
14. Alcohol is prohibited during practices and meets.
15. Practice is cancelled **ONLY** if there is thunder or lightning. Otherwise we practice in the rain and when it is cold.

Equipment

For practices:

Swimsuit & cap
Goggles
Towel
Sunscreen

For meets:

Official Waterhogs swimsuit & cap
Goggles (2 or more pairs in case one breaks)
2-3 Towels
Sunscreen

Coaching Staff

Please visit our website www.fhsc.net and click on the "Coaches" tab under the Swim Team Tab to see information on our current Coaching Staff

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 Hills Swim & Tennis Club (BHSTC)

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

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 swimmers are also 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 indicated online or 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 practice that morning or at warm-ups.

Practice

Everyone comes to practice in the morning. 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.**

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 or earlier in the day.

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.

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 their event number is posted, 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. The order of events is listed below.

Swimmers stay until the meet is over. If you are in a relay, you must stay until the end. Often a child forgets they are in a relay and leaves. The coaches must scramble for replacements 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 addressed.

Director

Julie Hiotaky

fhscwaterhogs@gmail.com

248-219-2972

Chairpersons

Please visit our website www.fhsc.net under the Volunteer tab to view the list of Chairpersons for the current year

Events

Please visit our website www.fhsc.net under the Team Schedule tab to see the list of this season's events.

NSSL Dual Meet Order of Events

Event #	Event #
1. 50 M Backstroke Girls (11-12)	2 25 M Butterfly Girls (7-8) 7.
2. 50 M Backstroke Boys (11-12)	2 25 M Butterfly Boys (7-8) 8.
3. 100 M IM Girls (13-14)	2 50 M Backstroke Girls (9-10) 9.
4. 100 M IM Boys (13-14)	3 50 M Backstroke Boys (9-10) 0.
5. 50 M Breaststroke Girls (15-18)	3 50 M Butterfly Girls (11-12) 1.
6. 50 M Breaststroke Boys (15-18)	3 50 M Butterfly Boys (11-12) 2.
7. 25 M Backstroke Girls (7-8)	3 50 M Backstroke Girls (13-14) 3.
8. 25 M Backstroke Boys (7-8)	3 50 M Backstroke Boys (13-14) 4.
9. 50 M Butterfly Girls (9-10)	3 100 M Ind. Medley Girls(15-18) 5.
10. 50 M Butterfly Boys (9-10)	3 100 M Ind. Medley Boys(15-18) 6.
11. 50 M Freestyle Girls (11-12)	3 25 M Breaststroke Girls (7-8) 7.
12. 50 M Freestyle Boys (11-12)	3 25 M Breaststroke Boys (7-8) 8.
13. 50 M Butterfly Girls (13-14)	3 50 M Freestyle Girls (9-10) 9.
14. 50 M Butterfly Boys (13-14)	4 50 M Freestyle Boys (9-10) 0.
15. 50 M Backstroke Girls (15-19)	4 50 M Breaststroke Girls (11-12) 1.
16. 50 M Backstroke Boys (15-19)	4 50 M Breaststroke Boys (11-12) 2.
17. 25 M Freestyle Girls (7-8)	4 50 M Freestyle Girls (13-14) 3.
18. 25 M Freestyle Boys (7-8)	4 50 M Freestyle Boys (13-14) 4.

1	50 M Breaststroke Girls (9-10)	4	50 M Butterfly Girls (15-18)
9.		5.	
2	50 M Breaststroke Boys (9-10)	4	50 M Butterfly Boys (15-18)
0.		6.	
2	100 M Ind. Medley Girls	4	200 M Mixed Free Relay - 40 yr
1.	(11-12)	7.	
2	100 M Ind. Medley Boys	4	200 M Mixed Medley Relay 40
2.	(11-12)	8.	yr
2	50 M Breaststroke Girls	4	200 M Medley Relay Girls 52 yr
3.	(13-14)	9.	
2	50 M Breaststroke Boys	5	200 M Medley Relay Boys 52 yr
4.	(13-14)	0.	
2	100 M Freestyle Girls (15-18)	5	200 M Free Relay Girls - 66 yr
5.		1.	
2	100 M Freestyle Boys (15-18)	5	200 M Free Relay Boys - 66 yr
6.		2.	

Girls events are odd numbered.

Boys events are even numbered.

8 & under events end in 7 and 8.

9-10 events end in 9-0.

11-12 events end in 1 and 2.

13-14 events end in 3 and 4.

15 & up events end in 5 & 6.

Relays begin at event 47.

Meet results are posted at the NSSL website: <http://www.leaguelineup.com/welcome.asp?cmenuid=1&url=nsslswimleague&sid=270889863>