



A Parents' Guide to Swimming

Welcome

Welcome to the Hampden Aquatic Club, the Home of the Ducks. Our program offers each and every swimmer the ability to reach their potential in and out of the pool. We are glad you have decided to join our team.

Swimming Necessities-Equipment

1. **Swimsuit:** Swimmers should have at least two swim suits. One to be worn at practice and one to be worn at the meets. We offer a team suit to be worn at the meets.
2. **Goggles:** Goggles are recommended to protect swimmer's eyes from the chlorine. Several different styles are available. Swimmers should have at least 2 pairs of goggles in their bag in the event one pair is lost or breaks.
3. **Towels:** Towels are needed at each practice. Two or more towels are needed at swim meets. They can get wet and cold during competition.
4. **Swim Caps:** These should be worn by anyone with long hair. Team caps will be handed out by the coaches at the beginning of the season and are worn at swim meets.
5. **Swim Bag:** To hold suits, towels etc.

**A good place to shop for swim gear is at www.swimoutlet.com or <http://toadhollowathletics.com/>

Practices

Workouts are assigned on the basis of age and/or ability. The coaches will determine what workout group your swimmer will be in after observing him/her in the water. Practices are held in the morning and the evening. Your swimmer should try to make at least three practices a week.

Morning Practice: Monday to Friday
Advanced Group: 8:15 to 10:00 AM
Novice Group 9:00 to 10:15 AM

Evening Practice: Tuesday and Thursday
Advanced Group: 5:45 PM to 7 PM
Novice Group 5:45 PM to 7 PM

Swim Meets

Entries

The meets the team will be going to will be listed on the team web site. If you are not sure if your child should go to a meet, or which events to swim in, talk to their coach. Swimmers must participate in three dual meets in order to compete in the end of the season championship meet. The meet schedule and sign-ups are available on <http://wsyswim.org/hac/>. This is also where you will sign your child up for the meet.

Deadline

It is important to sign up for swim meets on Team Unify as soon as possible.

What to Pack

Swimmers should pack two towels, extra clothes or a bathrobe to wear in between events, their caps and goggles, a blanket, and things to do between events. It is also a good idea to pack healthy snacks and water to refuel between events.

Arrival

Arrive at the meet in plenty of time. The coach will inform you in advance what time you should arrive.

Check in for Meet

All swimmers should check in with the coaches as soon as they arrive at the meet.

Team Area

There will be a team area where team members sit together fostering team spirit. Swimmers play games, eat, and enjoy each other's company during swim meets.

Parent Seating

There will either be a spectator gallery or an area for parents to set up folding chairs. It's a good idea to always be prepared with folding chairs for a swim meet.

Deck Seeding

Heat and lane assignments are posted ½ hour or less before each meet commences. Be sure to check the heat and lane assignments carefully. For the 10 and under swimmers, a team parent will help to get the swimmers to their events on time, but parents should be mindful of the meet timeline, as well. It is helpful for the swimmers to write their event, heat and lane on their hands to remind them of what they will be swimming.

Disqualification

If the swimmer is disqualified (DQ'd) from an event, the official will try their best to contact the swimmer after their swim to discuss the DQ. Consider being DQ'd a valuable learning tool.

Coaches

After swimming an event, the swimmer should immediately report to their coach to receive suggestions concerning their race. It gives the coach time to focus on individual swimmers.

*****If your swimmer finishes his/her events prior to the conclusion of the meet, be sure to check with the coaches to be certain that they are not needed for a relay at the end of the meet.**

Parental Responsibilities

The success of HAC depends upon the support of the parents. Our team won't exist unless every family gives something. Parents are needed in many areas in order for the club to function efficiently. Therefore, you are asked to take an active role in helping the team. Everyone has something to offer!

Volunteer roles consist of:

- Timers
- Concession Stand (both food donations and operators)
- Officials
- Scoring Table
- Team Parent
- Set up and Tear Down at home meets

Team Store

We offer team gear that can be purchased here: artisticimprints.3dcartstores.com

Fundraising

We will be hosting the annual All-Star Swim Meet this year. This is a great fundraiser for our Club. Please consider volunteering time or donating to the event. We need as much assistance as possible to make sure this event is successful. All proceeds from the event benefit the swimmers of the team.

Important Dates for 2019

Ducks at Gettysburg	Saturday, June 8
Picture Day @ Hampden	Wednesday, June 12
Ducks at Mercersburg	Saturday, June 15
Welcome Pool Party @ Hampden	Wednesday, June 19
Mechanicsburg vs Ducks @ Hampden	Saturday, June 22
Spring Grove vs Ducks @ Hampden	Saturday, June 29
Ducky Race Day	Wednesday, July 3
Ducks at Camp Hill	Saturday, July 13
Divisionals @ Spring Grove	Saturday, July 20
All Stars @ Hampden	Sunday, July 21
End of Season Picnic/Pool Party	Wednesday, July 24
Mid-Caps @ Palmyra	Saturday, July 27