

# Hampton Hall Waves 2011

*Undefeated Division Champions 1999, 2000, 2001, 2009, 2010  
Division Runner-Up 2002, 2003, 2004, 2006*

Welcome to the 2011 Hampton Hall Waves swim team! We are so excited about the season and are ready to get in the water and make some waves! After UNDEFEATED 2009 and 2010 seasons, we have high hopes for another good season! We hope all swimmers will have fun while learning new strokes, improving existing ones, and competing as part of the team. We have several social events planned, including team spirit dinners, the always popular Parents' Night Out, and "late night" practices.

Our team is one of approximately ninety that form the Atlanta Swimming Association. We compete within the Southern Division, comprised of Brookhaven, Buckhead, Chamblee, and Dunwoody teams. During the season, we compete in five dual meets and the League Divisional and Championship at the Georgia Tech Aquatic Center, site of the 1996 Olympic Games.

We eagerly look forward to our entire team participating at the Divisional Meet at Georgia Tech (on Thursday June 30). This is a great chance to swim at the Olympic pool—we are looking to have the loudest, most spirited team at the meet! More information about this will be released shortly—but mark it on your calendars now.

We look forward to another great summer at the pool! If you have any questions about practices, meets, or anything else, do not hesitate to ask. If you would like to schedule swim lessons, please contact our coaches.

Greg Valley, Registration Manager	(404)606-1861	hamptonhallwaves@gmail.com
Julie Drucker, Team Mom	(404)694-1056	juliedrucker@bellsouth.net
Shannon Jaynes, Team Mom	(404)421-4150	sgjaynes@comcast.net
Carolyn Staley, Treasurer	(770)452-8195	ccsgator@bellsouth.net
Renee Neary, Volunteer Coordinator	(404)851-9658	rhneary@bellsouth.net

## **COACHES**

Emily Fusco, Head Coach	(678)983-2864	emilyfusco1992@gmail.com
Michael Bryant, Co-Coach	(404)542-2488	bryantm6292@gmail.com
Alex Eidson, Co-Coach	(678)939-4983	alex.eidson@yahoo.com
Sarah Johnson, Assistant Coach	(404)825-1633	sjohnson12@spxstudent.org
Megan Sales, Assistant Coach	(678)231-8454	megsales95@gmail.com

## Hampton Hall Swim Team General Information Summer 2011

1. Regular season meets start at 5:30 PM (Home—report 4:15 PM; Away—4:30 PM)
2. **If your child cannot swim in a meet, you must email the Head Coach by 3 PM the Friday before the meet.** This allows the coach adequate time to prepare a lineup. The league rules are very disadvantageous for updating lineups the day of the meet for no-shows. The only exception to this rule is illness or family emergency, where we ask you call the Head Coach's cell phone as possible. An e-mail will go out early each week to remind you of the upcoming deadline. Any swimmer who routinely is a no-show may be dismissed from the team.
3. Coaches will determine the lineup for each meet. Please do not ask for your child to swim a particular event. The coaches need to balance individual talents while organizing a lineup to maximize our chances of winning the meet. Sometimes your child may swim an event that is not their favorite/best stroke or may be asked to swim-up in a relay so we can have a team in a selected age group. Our coaches are very dedicated to our kids and carefully put together the lineup.
4. Practices start on Sunday May 1 (weather permitting) and continue until the ASA Championship. Beginning May 23, we offer morning and afternoon practices.
5. The age group your child will swim in is based on his/her age as of June 1. We encourage your child to come to practice on a daily basis. It is a great way for them to improve their swimming skills and to have fun in the process!
6. We have a Junior Wave program for our younger swimmers who are not yet ready to be a full team member and swim at a meet. Junior Waves have their own separate practice and some of them decide to swim in a meet as the season progresses. If you have a question about whether your child should be a Junior Wave, the coaches can evaluate their skills and make a recommendation for you.
7. All routine communications will be done via e-mail. Please check your e-mail frequently for swim team updates.
8. All parents are required to volunteer to work at two meets during the season. Summer league meets are highly dependent on parent help. We have the best parent volunteers and have a reputation for well-run meets. A description of volunteer duties is attached to the handbook. The volunteer coordinator will contact you in mid-May to finalize assignments.

## **MISSION STATEMENT**

As a summer league team, the Hampton Hall Waves seek for all swimmers and families to have fun. Additionally, the team serves the following purpose:

- To offer a swim program that promotes physical fitness and sportsmanship through friendly neighborhood competition;
- To foster a sense of personal achievement within each child, gained from the mastery of new skills and the testing of these skills in competition;
- To promote family interaction and participation within our community.

We hope that all children, coaches and parents will have an enjoyable experience by being fair, respectful and helpful to each other throughout the season.

## **Meet Attendance**

All swimmers are strongly encouraged to participate in all regular meets. The more swimmers we have, the better chance we have for earning points! Swimmers must compete in at least 1 regular meet to be eligible for the Championship meet.

If you are unable to attend a meet, you should notify the Head Coach in writing or by email NO LATER than the Friday before the meet by 3 pm. If your plans change and you will be unable to attend a meet (due to illness, crisis, etc) let the Head Coach know as soon as possible by mobile phone. Lineups are due on Monday afternoons and major lineup changes are not permitted. Meet afternoons can be very hectic and early notice helps everyone adjust!

## **Communication**

All swim team news is communicated via email.

## **No Lifeguard on Duty**

Due to the fact that the pool is not open for general swimming during many practices, there is often no lifeguard on duty. To ensure safety, non-practicing swimmers must vacate the pool during these times. During regular pool hours, there will be a lifeguard on duty.

## **Ribbon Ceremony Awards**

Swimmers will receive their place and improvement ribbons the morning after a completed meet at 10:15 am or in the afternoon at 5:15 pm. Families who are unable to attend either ceremony may pick up ribbons from the swim team file folders in the office.

## **End of Season Banquet**

After a thrilling season, the Waves and Junior Wave swimmers, parents, coaches and guests are invited to an evening of awards, food, fun and fellowship. This is when everyone is recognized for your efforts throughout the season. Be sure to bring your camera – this is a special night! Watch your email and the bulletin board for further details

## **Swim Lessons**

The Coaches are available for private or semi-private lessons for swimmers of all ages and abilities. Please speak with them to check availability and rates.

## MEETS

### Volunteers

In order for a meet to run smoothly and successfully, it is vital to have helpful and knowledgeable volunteers. Please refer to the job descriptions in this packet to familiarize yourself with all the various areas of responsibility. If you have further questions, please contact our volunteer coordinator for clarification.

At the meet, please check in with the volunteer coordinator and pick up any supplies (paperwork, clipboard, stopwatch, etc.) that your job requires. Make sure you know specifically the tasks of your job. If you're not sure, ASK! All parents, please be prepared to help out if requested.

### Report Times

Meets begin promptly at 5:30. Swimmers need to arrive for home meets at **4:15** and away meets by **4:30**. Maps can be found at the NASA website at [www.atlantaswimming.com](http://www.atlantaswimming.com).

**Weather Notice: We are still required to show up for a meet, regardless of the weather!**

### Bullpen

***\*\*\*Swimmers MUST stay in the bullpen before their events. It is very difficult for bullpen workers to get the kids to the blocks for their events if they are not in the designated team area. It is alright to take kids to the concession stand; however, please have the swimmers back to the bullpen eight events early.***

**Please do not leave the meet until you first check with the coach to make sure your child has not been added to a relay.**

### Helpful Hints

#### BEFORE YOU ARRIVE-

Write your child's name on back or shoulder with a Sharpie marker. Also write your child's events on his/her arm (see example below). Doing so beforehand will dramatically decrease pre-meet stress! **The line-up will be sent via email by 8 AM on the day of the meet.** Otherwise, you can locate the events for your child from the event board available at the meet. ***Assistant Coaches will inform swimmers of any changes to relays or additional events prior to the meet.***

E	H	L	Stroke
6	2	3	Med. R (Fr 4)
28	3	1	50 Free
50	1	3	100 IM
70	5	3	25 Fly

E= Event, H=Heat, L=Lane, St=Stroke/Relay Leg

### What To Bring To A Meet

Swim Cap  
Extra goggles  
Several towels  
Warm clothes for cold, wet swimmers  
Chairs  
Money for heat sheets, snacks  
Sharpie marker, if you haven't already written event info on your child

### Post-Meet Gatherings

After home swim meets, we have ice cream at the pool.

## **Fun Team Events**

### **Team Spirit Dinners**

We have team spirit dinners at local restaurants throughout the season to give our families the opportunity to socialize!

### **Parents Night Out**

Saturday June 4, 7-10 PM

Drop off the kids for the evening and the coaches will take care of games, dinner, and fun!

### **Late Night Practices**

Thursday June 9 and Thursday June 23, 9-10 pm

11 and Older Swimmers Only

Back by popular demand—the 11 and Older swimmers are invited to two late night practices! We'll do some drills, sprints, relays, and games.

### **Teen Dinners**

Thursday June 9 and Thursday June 23, 7:30 PM

Swimmers 13 and Older are invited to bring some cash and come to dinner with teammates and coaches before the Late Night Practice!

### **Awards Ceremonies**

The day after each swim meet we give the swimmers awards for Swimmers of the Week, ribbons from the meets, and enjoy donuts and juice.

### **Team Banquet**

Friday July 1, 6 PM

This is our team party to celebrate the end of the season! We have awards for all swimmers (Junior Waves, too), recognize record breakers, most improved, and our Championship team.

## **Championship Swim Meets**

### **Atlanta Swim Association Championship**

Georgia Tech Aquatic Center, site of The 1996 Olympic Games

Entry fees are covered by team dues.

Thursday June 30—Morning

Divisional (All Swimmers)

Saturday July 2- Afternoon

Championship (Qualifiers)

## **JOB DESCRIPTIONS OF VOLUNTEERS FOR SWIM MEET**

- **Announcer. (Home Meets Only):** The Announcer is the MC for the meet and is responsible for calling each event, announcing scores, and announcing any team records that are broken. He or she must have a loud enough voice to be understood by participants, officials and spectators. Announcers will be taught how to give correct commands and must work closely with the deck manager, team manager, coaches and computer operator. The Announcer should not speak when the starter is calling a race.
- **Deck Manager. (Home and Away Meets):** Each team will provide a Deck Manager. This person is in charge of the ready area and shall line up all swimmers on the deck for their event. He/she shall be provided with the heat sheet listing names of all **swimmers in all events**. He/she shall notify each swimmer to wait behind the starting block until the starter takes over control of the race. The visiting team shall arrange for someone to work in the ready area to assist the deck manager in identifying swimmers. These people should be strong natured. Getting the swimmers to their proper place is critical to the smooth running of the meet. Parents are responsible for making sure that their swimmers report to the ready area from the team area in time to be checked in by the Deck Manager.
- **Deck Control (Home Meets Only):** Deck Control works with the Deck Managers and Bullpen Managers from both teams to ensure that swimmers are readily available when the Deck Manager is ready to call them up to the starting blocks area. Deck control will be positioned under a large tent near the starting blocks. Bullpen managers will deliver swimmers to the tent at the appropriate time, and Deck Control shall keep them under the tent until the Deck Managers collect them for seating behind the starting blocks.
- **Bullpen Manager. (Home and Away Meets-1 needed for Boys' 6 & Under, Girls' 6 & Under, Boys 7 & Older, Girls' 7 & Older):** Bullpen managers organize swimmers for each race and escort them to the ready area. He/she shall be provided with the heat sheet listing names of all **swimmers in all events**.
- **Starter Referee:** The Starter Referee is provided by the league to act as an impartial third party. This person is responsible for any conflicts that may arise during the course of the meet. The Starter/Referee will start all races and act as a stroke and turn judge during the event. If the Starter/Referee decides to disqualify a swimmer during an event he/she will signal by raising his/her hand and inform the place judges of the disqualification at the end of the event. At times the Referee may be late or may be unable to show up. In this case, a person shall be appointed with the consent of both teams to act as the Starter Referee.
- **Place Judges. (Home and Away Meets):** Each team shall provide a Place Judge. The judges must in all events and, at all times command a clear view of the race and finish line. Judges shall not serve as timers in the same race. The judges

are to judge the place finishes as they see them. The judges are to write the place finish on their updated copy of the meet program. The Judge's Recorder at the end of the race will copy that order of finish on the UK Judges Placing Form. The Place Judges override the times and the Starter/Referee overrides the Place Judges in the event of a dispute.

- **Timers. (Home and Away Meets):** At all meets times shall be taken on each lane. Each team shall provide two Timers for each of their team's lanes. Home teams will provide 3 Timers and 3 Writers, and Away teams shall provide 2-3 Timers and Writers each, depending on the number of pool lanes. The Timers will operate the watch and the Writer will record the times on the lane timer worksheet. In all events, at all times, the Timer must have a clear view of the race and finish line. The Timer shall start the watch at the instant the starting device has sounded. The Timer shall stop the watch immediately when any part of the swimmer's body touches the solid end of the pool as defined by the USS rulebook. The Writer shall record times on the timer's worksheet and communicate these times to the Master Recorder who shall record them on the score sheet.
- **Judges Recorder. (Home Meets Only):** This person will place himself/herself behind the Place Judges with their own copy of the UK Judges Placing Form. When the race is finished and the judges and Starter/Referee have ruled on the place finishes, he/she will record the places in the appropriate block on the UK Judges Placing Form. **For swimmers who have been disqualified** by the starter/referee the judge's recorder shall write "DQ" in the place block for that swimmer and the reason for the disqualification. The Judge's Recorder then passes the completed UK Judges Placing Form to the Master Recorder. The Judges Recorder is not involved in determining the order of finish.
- **Master Recorder. (Home and Away Meets):** Each team will provide a Master Recorder. The Master Recorder collects the UK Judges Placing Form from the Judge's Recorder when the event is complete and all places have been recorded. The Master Recorder will then go to each lane and record each swimmer's time in the Time Column of the UK Judges Placing Form as noted by the Writer. With all places and times recorded, the Master Recorder will deliver the completed UK Judges Placing Form to the scoring table either directly or via the runner. Each team can alternate this job for each race.
- **Runners. (Home Meets Only):** Runners will be responsible for collecting the UK Judges Placing Sheet from the Master Recorder and taking the forms promptly to the scorer's table.
- **Computer Operator. (Home and Away Meets):** One Computer Operator and Assistant shall be provided from *each team*. They shall work together at the table provided. They will input the results from each event as reflected on the completed UK Judges Placing Form into the computer immediately after each event. A running score shall be kept at all times. Upon completion of the meet each

team shall receive a copy of the final meet results. It is suggested that teams alternate this job every group of events: i.e. one operator does the short free then the other operator does the long free. The person who is not currently working on the computer should assist the computer operator with checking the input of times and places. The Assistant will help as needed with any of the above.

- **Ribbon Writers. (Home and Away Meets):** Ribbon Writers shall be responsible for placing the completed ribbon labels on the appropriate award and placing them into a box for the appropriate team. Ribbons should be placed in two separate boxes and given to each team at the end of the meet.
- **Concession Workers. (Home Meets Only—6-8 Volunteers Needed):** Concession workers will be responsible for taking food and drink orders and collecting money at our concession stand.
- **Grill Workers. (Home Meets Only—2 Volunteers Needed).** This group of volunteers is responsible for setting up the grill, cooking food, and cleaning up the grill at our home meets. Grill workers must arrive at the meet in sufficient time to prepare the grill and pre-cook enough food to ensure readiness at the start of the meet.
- **Meet Clean-Up. (Home Meets Only):** This group of volunteers will be responsible for making sure the pool is cleaned up after the meet. This includes moving chairs and tables back to their original positions, cleaning up any left behind items, and bringing garbage to the dumpster.