



## 2011 Hampton Hammerhead Handbook

### Team Participation

The swim team is open to all Hampton family members between the ages of 5 and 18. Children who do not yet know how to swim may participate in lessons held at the pool but will not be allowed to join the team until they are able to swim the length of the pool unassisted.

### Release Forms

The Free State Swim League requires that a parent or guardian must sign a registration/release form before his/her child is permitted to participate on any of the league's swim teams. Hampton's forms should be returned to the Swim Team Director, the Head Coach or an Assistant Coach.

### Fees

The cost to participate on the swim team is \$60 per child with a \$120 maximum per family.

### Coaches

HEAD COACH	Liz Harlan	lharlan@tecckids.org
ASSISTANT COACHES	Cori Porter	caporter90@yahoo.com 443-827-3969
	Taylor Blum	<a href="mailto:blum101@verizon.net">blum101@verizon.net</a> 443-925-9809

Please support our coaches in their efforts to make this a successful and fun filled season. As always, please feel free to talk to the coaches about any questions or concerns you may have. Please try not to have these conversations during swim meets; there is a lot going on for coaches and they will not be able to give you their full attention.

### Team Suits

Team suits are not required for meets but strongly encouraged. The suit for the 2010-11 swim seasons is Speedo Sun Swirl. They are being provided by Swim Pro and can be ordered from their website, [www.swimproinc.com](http://www.swimproinc.com). You can also call them at 800-866-7761.

### Practice

The practice schedule is designed to give appropriate training to each swimmer. Every child should begin the practice season with his/her age group. Coaches may reassign swimmers to different age groups depending on their ability. If a swimmer is going to miss practice on the day of a meet but will be at the meet that evening, you must notify the coach in advance or the coach may not include the swimmer in the line-up for that night.

## **Practice Schedule**

### **Tuesday, May 24**

Practice for new team members only (times will follow the below).

### **Wednesday, May 25 –Friday, June 17**

13 & older	Monday thru Friday	4:00-5:00
9-12	Monday thru Friday	5:00 – 6:00
8 & under	Monday thru Friday	6:00-6:30

### **Monday, June 20 – Friday, July 15**

M, W & F	9-12	8:30-9:45
	8 & under	9:15-10:00
	13 & older	9:30-11:00
Tuesday	9 and older	9:00-10:30
	8 & under	10:30 – 11:00
Thursday	9 – 12	9:00-10:00
	13 & older	9:30-10:30
	(no practice for 8 & unders)	

If a practice must be cancelled due to weather conditions, an e-mail will be sent out with this information. We hope to have this e-mail out at least 15-30 minutes prior to the start of practice.

## **The Meets**

In order to participate in a meet, a swimmer must be able to swim one full length of the pool without stopping.

There will be a warm-up before each meet. The home team warms up from 5:00-5:30 PM. The visiting team warms up from 5:30-6:00 PM. The meets begin promptly at 6:00 PM. We ask that all swimmers arrive at 4:45 for home meets and 5:00 for away meets so that they can be checked in and prepared to warm-up on time.

When swimmers arrive at a meet, they have four basic responsibilities:

1. Check the posted line-up to see what events they are swimming. For younger swimmers, it is recommended that parents write the line-up information (event #, heat # and lane #) on the swimmers' hand.
2. Let a coach know that they are there.
3. Report any line-up problems (such as being entered in too few or too many events) to one of the coaches.

#### 4. Report on time for warm ups.

At home meets the line-up will be posted on the shed. At away meets, the line-up will be posted in the pool area designated for Hampton swimmers.

Each meet consists of 52 individual events: freestyle, breaststroke, individual medley, backstroke and butterfly. Events 53-57 are relay events. Coaches will post/announce those swimmers slated for the relays by the end of event 52. In the rare circumstance that a swimmer is not staying until the end of the meet, he/she needs to let the coaches know at practice that day so they are not entered in a relay event.

The age groups are 15-18, 13-14, 11-12, 9-10, 7-8 and 6 & under. Age is determined as of June 1st. Swimmers are permitted to swim in two individual events and one relay event. Swimmers 8 & under do not swim the Individual Medley (IM) event.

The lengths of the league pools vary. Hampton is the longest at 35 yards. Woodcroft is 26.5 meters, Eagles Nest, Hillendale, Hillcrest, Pine Ridge and Valley are 25 meters long. York Manor is 25 yards, Stoneleigh is 24.5 yards and Campus is the shortest at 20 yards.

#### **Meet and Event Schedule**

Wednesday, June 15	Away vs. York Manor
Monday, June 20	Home vs. Campus Cabana
Wednesday, June 22	Away vs. Pine Ridge
Monday, June 27	Away vs. Stoneleigh
Wednesday, June 29	Home vs. Valley
Monday, July 4	BYE
Wednesday, July 6	Home vs. Hillcrest
Monday, July 11	Home vs. York Manor
Wednesday, July 13	Away vs. Campus Cabana
Friday, July 15	Swim Team Bash 7-11 PM
Monday, July 18	Free State Championship Meet @ Hillcrest

#### **If My Child Can't Attend a Meet or Will be Late**

There are sign-up sheets for *Meets to be Missed* on the swim team board. It is important to put your child's name on the sheet for any meets that they will be missing so that the coaches know not to put them in the meet. If a swimmer misses an event, the team may lose points and another child loses the opportunity to swim in that event. In the unusual circumstance that your child will be arriving late to the meet, sign up on the *Meets to be Missed* sheet and indicate when he/she will arrive. The coaches can then schedule the child to swim in later events.

#### **Rainout Policy**

The pool manager of the home team will decide whether or not a meet will be called off due to weather conditions. In the event that the meet is called off, the makeup date is *usually* the next evening at 6:00 PM. If the weather is questionable, please check your e-mail before leaving for the meet. If we know ahead of time that the meet is cancelled we will send out an e-mail.

#### **Good Sportsmanship is a Must**

Summer swim team is designed to be fun and while the meets are competitive, the emphasis is not simply on winning. Please encourage your swimmer(s) to demonstrate good sportsmanship at all times. This includes being courteous to swimmers on both their own team and the opposing team, cheering for their teammates when not swimming, assisting younger swimmers, respecting the rules and property of each swim club, minding officials and cleaning up trash and personal items at the end of each meet. Parents are asked to make certain their children assist with clean up **before** leaving a meet.

### **Team Spirit**

Hampton Hammerheads are all about SPIRIT! So don't forget to come to all our meets displaying your Hampton blue and yellow pride. Make a poster, paint your face, decorate your car, wear your Hampton T-shirt and shorts and don your favorite blue and yellow accessories (bows, beads, bracelets, earrings, anklets, hats, suspenders, boxers, knee highs, pom poms...the list is endless). Keep your cheers loud and friendly, congratulate all swimmers on doing their best and make Hampton the team to beat in team spirit!

Throughout the season there are a couple of events to help spread the Hampton Spirit. Some of these events include a pasta dinner before one of the meets. We will pick one away meet and decorate cars before hand and have a caravan over to the opposing team's pool. At the end of the season we will hold the annual Swim Team Bash at the pool.

### **Child Supervision**

The meets are great family outings and VERY busy events. We usually have more than 100 swimmers on our team alone. Add another team and their family members to the mix and you have quite a crowd. So it is important for parents to keep an eye on their children when they are not swimming. Coaches will be coaching and lifeguards will be monitoring the meet, but supervision of young swimmers and siblings is a parental (or babysitter) responsibility. Please note, the baby pool is **not** open during swim meets.

### **How to Volunteer**

It is extremely important that all families volunteer in order for us to have a successful season. The large bulletin board by the snack bar is for team communication. Volunteer sign-up sheets are posted on the bulletin board for all meets. We're counting on the support of **ALL** parents to make the season a fun and rewarding experience for our kids. We need you; please pitch in!

### **What can I Do?**

There are many ways you can help out. Most Volunteers work one half of a meet. Training is simple and provided and we will always give you a break to see your child(ren) swim!

- **Bring food:** Donate food for the bake table for each home meet or make a \$5.00 donation per meet towards the purchase of bake table snacks.
- **Bake Table:** Work at the bake table selling snacks or grilling delicious hot dogs, hamburgers and chicken.
- **Timers:** Time the start and finish of each race. Timers are needed for all meets both home and away.
- **Line-up:** Assist in lining up swimmers throughout the meet, making sure they are on deck and in the right order for each event.
- **Runners:** Record the sweep and finish times for each race and "run" them to the scoring table.
- **Ribbon Writers:** Fill out ribbons with swimmers name, event and time for each event for all home meets.
- **Team Shop:** Sell Hampton wear at home swim meets.

- **Social Events:** Work with other parent volunteers to plan the Pasta Party and Year End Bash. It's easy and fun!
- **Clean up:** Clean up is everyone's responsibility. Please pitch in at the end of each meet so we leave the pool areas (both home and away) in good order. All swimmers are required to participate in clean up.

## **Communication**

**Email:** We will do our best to keep you informed about important dates, times and events, via email.

**Hammerhead Lookout:** This swim team bulletin is located on the bulletin board to the right of the snack bar is loaded with information such as the meet schedule, special event announcements, etc. This is also where you will find the sign up sheets for *Meets to be Missed* and volunteer opportunities. Please check the Hammerhead Lookout regularly to "keep in the swim" with the team.

**Mailboxes:** Each Hampton swim team family has a designated "mailbox" (it's actually a hanging file folder). This mailbox will be on the table in front of the Hammerhead bulletin board. Meet ribbons are placed into the mailboxes the day after a meet and may be picked up by swimmers at their leisure. Announcements, reminders and team picture information may be placed into the mailboxes as well so please check your mailbox often.

**Swim Team Committee:** Have a question, concern or suggestion? Feel free to contact the swim team committee.

Connie Volk            410-472-4779    [connievolk@verizon.net](mailto:connievolk@verizon.net)

## **Directions**

### **Campus Cabana – Providence and Southwick Roads, 410-828-7031**

From I695 take Providence Road exit 28. go south on Providence Road to Southwick Road (first right). Turn right on Southwick Road and right again into the Royal Farm store parking lot. Pass the Farm store and an office building and you will see Campus. Park along the fence and gravel road. Be sure to obey all posted parking restrictions. Cars parked in "no parking" zones may be towed.

**Features:** Food and drink are allowed. No glass containers. Campus has a full service snack bar as well as a bake table. Chairs are provided. The visiting team usually sits on the pavilion side of the pool. Plenty of shade trees on grounds. Pool length: 20 yards.

### **Eagles Nest (Towson Gold and Country Club) - 12801 Stonehill Road, 410-252-5271**

From I695 take Dulaney Valley Road North, exit 29. Cross the Loch Raven Reservoir Bridge and bear right to remain on Dulaney Valley Road. Make your first left through the stone pillars marked TCCG on to Stone Hill Road. Follow Stone Hill un the hill about ½ mile to the club entrance. The pool is located to the right of the clubhouse.

**Features:** No food or drinks may be brought in. (Country club rule). Snack bar and bake table are available. Chairs and tables are provided. Bathing suit cover-up and shoes required when entering and leaving the pool grounds. Country club facilities (tennis courts, clubhouse, golf course, etc) are off limits to non-members. Pool length: 25 meters.

### **Hillcrest – 7500 Queen Anne Drive, 410-668-9240**

From I695 take Perring Parkway south, exit 30. go to second traffic light, Taylor Avenue, and turn left. Go to the third street on your right, Queen Anne Drive, turn right. Follow Queen Anne Drive to the bottom of the hill. Pool and parking lot are located on the right. Please drive slowly through this residential area.

**Features:** Food and drinks allowed; no alcoholic beverages or glass containers. Must bring your own chairs; the chairs around the perimeter of pool belong to members. Snack bar and bake table are available. No food allowed on pool deck. Baby pool open for children 6 and under, but must be under adult supervision when in the pool area. Visiting team usually sits to the right as you walk out of the boathouse. Pool length: 25 yards.

**Hillendale Country Club – 13700 Blenheim Road, 410-592-7814**

From I695 take Dulaney Valley Road North, exit 29. Go across the Loch Raven Reservoir Bridge and bear left onto Jarrettsville Pike at the flashing yellow light. Continue on Jarrettsville Pike for about 2 miles. Turn right onto Blenheim Road. Continue on Blenheim Road for about 2 miles. Hillendale will be on your left.

**Features:** No food or drinks may be brought in. (Country club rule.) Water provided. A la carte buffet available in clubhouse. Plenty of seating and parking available. Second full size pool usually open for swimming during the meet. Pool length: 25 meters.

**Pine Ridge Swim Club – 9230 Old Harford Road, 410-882-9729**

From I695 take Perring Parkway North, exit 30. Turn right onto Joppa Road at first traffic light. Go to third traffic light, Old Harford Road, and turn left. Continue on Old Harford until you see Pine Grove Middle School on the left and St. Issac Jogues church on the right. The Pine Ridge driveway is immediately after the parking lot entrance to Pine Grove Middle School. There is no sign. Turn left into the driveway and proceed down the road to the parking lot.

**Features:** Food and drink allowed. Grilled foods and bake table are available. Must bring your own chairs. Pool length: 25 yards.

**Stoneleigh Pool – Hartleigh and Tred Avon Roads, 410-377-7247**

From I695 take York Road South, exit 26. Continue on York Road past Towson University to Stevenson Lane. Go one block past Stevenson Lane and turn left on Hartleigh Road. Go ¼ mile, pool will be on the right.

**Features:** Parking lot is small; street parking available. Food and drink allowed. Grilled foods and bake table are available. Seating provided. Pool length: 24.5 yards.

**Valley Country Club – 8452 Jeffers Road, 410-825-711**

From I695 take York Road North, exit 26. Go to second traffic light, Seminary Avenue, and turn left. Continue on Seminary Avenue for 2.4 miles. Turn left on Thornton Road. Follow Thornton Road under the beltway and turn left on Jeffers Road. Turn left again at Templeton Road and proceed to stop sign. Continue straight ahead into parking lot.

**Features:** No food or drink may be brought in. (Country club rule.) Full service snack bar and bake table available. Chairs and tables provided.

**Woodcroft Swim Club – 8640 Richmond Avenue, 410-665-9846**

From I695 take Harford Road North, exit 31. Make first left onto Richmond Avenue and continue to the third street on left. Turn left at sign for Woodcroft Swim Club and proceed into parking lot.

**Features:** Food and drink allowed. Snack bar and bake table available. Must bring own chairs. Pool length: 26.5 meters.

**York Manor Swim Club – 38 Margate Road, 410-321-8378**

From I698 take York Road North, exit 26. Turn right at the third traffic light, Margate Road. Continue on Margate until you see the pool on the left. Pool is located at the corner of Margate and Charmuth Roads. OR, take Hamptin Lane to Dulaney Valley Road. Turn right on Dulaney Valley and make a quick left onto Charmuth Road (1<sup>st</sup> light). Follow Charmuth to Margate Road. Pool will be on your left.

**Features:** No parking lot. Park on street. Food and drinks allowed. Snack bar and bake table available. Chairs provided. **Baby pool open during meet. Parental supervision required.** Pool length: 25 yards.