

# HOST Parent On Deck Meeting 2022

## HOST "Names to Know" (Full list of Coaches and Board on website)

- Isabelle Fortiz – Head Coach (iafortiz@wm.edu)
- Christie Bodge – HOST President (christiepepper@yahoo.com)
- Emily Hall – Volunteer Coordinator (Emily.m.hall@gmail.com)

## Practices

- What to Bring:
  - Shoes and Shorts for land practice during the early part of the season in case the pool is cold
  - Goggles, Swim Suit (no two piece for girls), Towel
  - Water Bottle (Please label with swimmer's name)
- Please do NOT approach coaches during practice. You may talk with them after all practices are over or email them. You may also speak with a board member and we will pass the information on if necessary.
- Please download the SwimTopia App (and set your phone to allow notifications) to get important messages about practices, meets, cancelations, delays and more.
- Practice schedule: <https://hohurricanes.swimtopia.com/practice-schedule>

## Meets

- 3 Home and 3 Away Meets this year
- Need to "commit" to a meet at least 4 days before the meet (contact Coach Isabelle with any concerns).
- Swimmer events will be posted on line the night before (files will be found on the same page as the meet info – connect to the meet) and at practice the morning of the meet, but please re-check upon arrival at meet; there are sometime changes. ALL MEETS ARE NOW OPEN FOR "DECLARATION":  
[https://hohurricanes.swimtopia.com/swim\\_meets](https://hohurricanes.swimtopia.com/swim_meets)
- Warm-Ups for meets are generally 5:00pm for home meets and 5:30pm for away meets. Meets run until about 10:00pm. You may leave after your child's last event AND you have completed your volunteer duties. Some meet times may be different so sure to check when you are declaring your swimmer.
- What to bring to a meet:
  - Food (light snacks, fruit, lots of water, \$\$ for concessions)
  - Swim Suit, goggles (2 pairs just in case, Swim cap – MUST be plain or HOST)
  - Sharpie to write events on swimmer(s)' arm
  - Towels
  - Chairs, blankets, games for kids in between events
- Meet Schedule (and declaration page): [https://hohurricanes.swimtopia.com/swim\\_meets](https://hohurricanes.swimtopia.com/swim_meets)
- Rain date make-up for meets is always the following day.

## Events

- There are two halves to a meet and they are always run in the same order. It is not separated by age groups – but by swim stroke.
- Each event will have multiple "heats" that are "seeded" based on time.
- Meets begin with age group relays, followed by the freestyle and butterfly events.
- The second half of a meet has the backstroke, breaststroke and individual medley events, followed by varied age group relays.
- Girl events are odd numbered and boy events are even numbered.
- Each swimmer will get a time recorded if not disqualified.
- Ribbons are awarded for Heat Winner, Places 1<sup>st</sup>-6<sup>th</sup> and when your child improves 'time' in an event.
- Do not panic if your child gets 'DQ' – disqualified – it may happen. The coaches will tell them what they need to work on.

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## Clerk of the Course

- As an event approaches, the event number will be announced and posted on a board. Your swimmer will then go to the “clerk of the course”.
- The clerk will be in an area designated for all swimmers to gather to ‘check in’ and get lane assignments.
- You must listen carefully for your child’s event or if their name is called over the speaker system. If their name is called, it indicates that they have not reported for the race. They will not be able to swim if they have not checked in.

## Volunteering

- If your child is swimming, you must volunteer.
- Jobs will be posted on the HOST website. Volunteer slots will open 6 days before the meet.
- Certain jobs require RSL training, such as ‘clerk of the course’, head timer, ‘referee’, ‘stroke and turn judge’. We are typically short on these positions so please consider getting trained. Talk to our volunteer coordinator, Emily Hall, or RSL rep, Megan Hubbard, for more information. We are holding an RSL training at our pool on Sunday, June 5<sup>th</sup> from 4:00-6:00pm.
- If you need to change the job you selected for a meet, only the volunteer coordinator is able to do that.
- Good jobs for people with young children are ‘heat ribbons’, ‘relay organizers’, concessions’, ‘safety marshal’ and ‘set-up’.
- Sign up for jobs on the Meet page here: [https://hohurricanes.swimtopia.com/swim\\_meets](https://hohurricanes.swimtopia.com/swim_meets)

## Championship Meet (uses to be known as finals)

- Is the last Saturday in July
- Cannot guarantee that every swimmer will swim at finals but not only the fastest swimmers will participate.
- Swimmers are ranked into 2 groups – A/B– by their times.
- The top two swimmers for each group will be entered into the Championship.
- It is important that you let the coaches know if you are not going to be here for Championship Meet.
- We CANNOT change the final entries once they are posted.

## Blue Box

- There is a ‘blue box’ that is used as a means of communication. It should be out and available during practice. Every swimmer will have a folder. Please check this folder frequently for correspondences about meets, lap-a-thon information, parties, and ribbons.

## Kick-Off Party

- Friday, June 3<sup>rd</sup> 6:00-8:00pm. **Please bring your own drinks**, chairs (the pool doesn’t have enough) and sign up for a dish to pass here: [https://hohurricanes.swimtopia.com/swim\\_meets/395978/shift\\_assignment](https://hohurricanes.swimtopia.com/swim_meets/395978/shift_assignment)

## Mock-Meet

- Mock Meet is Thursday, June 9<sup>th</sup> from 6:00 – 9:00pm.
- Mock Meet is a chance for you to see how a meet runs as well as gives the coaches an opportunity to see what the team is going to look like this year. If at all possible, please attend.
- We will have light snacks available for the kids.
- This is your opportunity to practice in your volunteer position. Trained positions have the option of signing up as returning, or new (in which case we will make every effort to assign you a mentor).
- “Declare” your swimmer now: [https://hohurricanes.swimtopia.com/swim\\_meets/399819/swim\\_meet\\_entries](https://hohurricanes.swimtopia.com/swim_meets/399819/swim_meet_entries)

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## Website

- Home Page: <https://hohurricanes.swimtopia.com/>
- Website has been updated.
- Will find anything / everything pertaining to swim season online.
- Please see one of the board members if you need help using the website.

## Facebook:

- Our Facebook page is another great place to keep up with Team Happenings. Ask to join: <https://www.facebook.com/groups/160855684092479>

## Mentor Family Program

- Please watch your emails and check out the website for more information on our family mentor program. This program matches up new families with veteran swim families in order to help answer any questions and make the transition to the team easy and fun. Sign up here: <https://hohurricanes.swimtopia.com/FamilyMentor>

## Storm Buddy Program

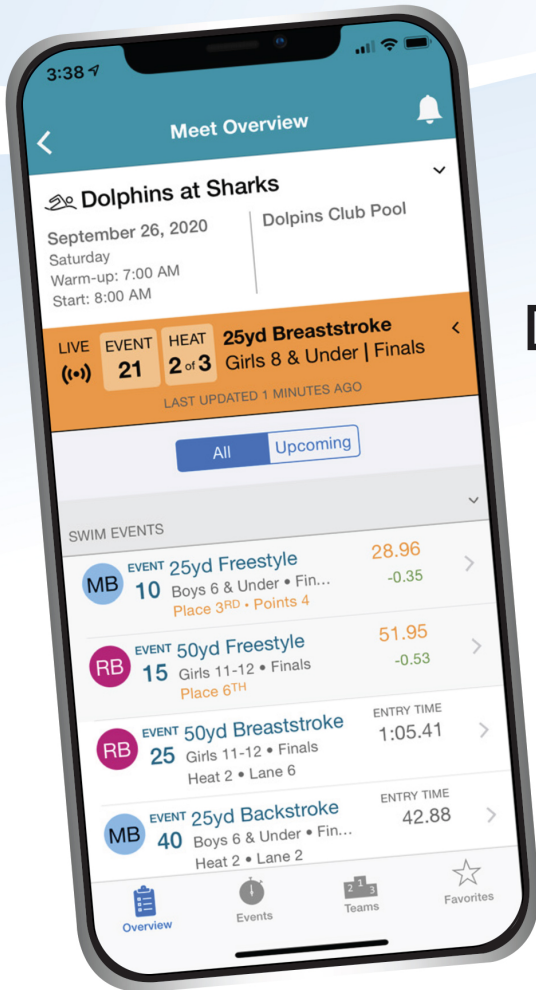
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## Other Important Links:

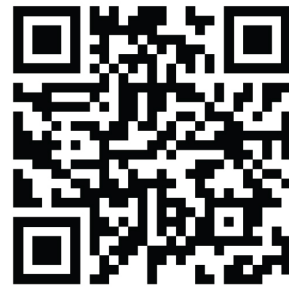
- Coaches Page: <https://hohurricanes.swimtopia.com/coaches>
- HOST 2022 Handbook: <https://hohurricanes.swimtopia.com/team-handbook>
- Recent News: <https://hohurricanes.swimtopia.com/news>
- Meet Results (typically posted within 48 hours of Meet completion): <https://hohurricanes.swimtopia.com/meet-results>
- Lap-A-Thon Information: <https://hohurricanes.swimtopia.com/lap-a-thon>
- Scholarship Information: <https://hohurricanes.swimtopia.com/scholarship>

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## HURRICANES TEAM RULES

### SWIMMERS MUST BEHAVE PROPERLY

- Normal pool rules apply. No wrestling, horseplay, pushing, running!
- BUT Cheering is heavily encouraged AT MEETS!

### PLEASE PICK UP ALL TRASH AND PLACE IN PROPER CONTAINER

- No gum! No glass containers! No Slime!!!
- Keep restrooms clean during practice times and meets!

### SWIMMERS MUST LEAVE THE POOL IMMEDIATELY AFTER PRACTICE

- Parents are not required to attend practices (unless your child is 8 years or younger, in which case a responsible adult aged 16 or older must be present). Please do not allow your swimmers to loiter after their practice, coaches need to begin working with the next group of swimmers.

### SWIMMERS ARE NOT ALLOWED IN POOL AREA BEFORE PRACTICE OR WITH A COACH PRESENT.

### SWIMMERS MUST INFORM A COACH BEFORE LEAVING POOL AREA

- This includes going to the restroom for safety reasons!
- At meets this is critical--missed events hurt the team!

### NOTIFY HEAD COACH IF SWIMMERS UNABLE TO ATTEND MEET

- CONTACT HEAD COACH AS SOON AS POSSIBLE in cases of sudden illness or emergency. For each meet, please declare your swimmer on SwimTopia so that meets are seeded properly and all available swimmers get a chance to swim.

### OBEY MEET OFFICIALS & COACHES

AT MEETS AND OTHER EVENTS, PARENTS ARE EXPECTED TO SUPERVISE THEIR CHILDREN OR HAVE ANOTHER PARENT WHO WILL DO SO TO ENSURE SAFETY

PARENTS MUST PROVIDE AN EMERGENCY CONTACT NUMBER - See ONLINE registration form.

### PARENTS ARE EXPECTED TO ASSIST WITH THE CONDUCT OF ALL MEETS

Volunteers are THE KEY to successful meets!

### IF SWIMMER CHOOSES TO WEAR A SWIM CAP IT MUST BE A HOST TEAM CAP DURING MEETS AND FINALS

- A swimmer can be disqualified for advertising another team on a cap and/or swim suit. Generic caps/suits are permitted but they CANNOT have another team on them.

### RESPECT THE PROPERTY OF OTHERS

- It's recommended you label all goggles, team shirts and other common items. All items left at practices and meets will be turned into the Hampton Oaks Pool lost & found.

PARENTS: DO NOT INTERRUPT THE COACHES DURING PRACTICE FOR ANY REASON OTHER THAN A TRUE EMERGENCY. INTERRUPTIONS WITH SWIMMERS IN OR NEAR THE WATER MAY DISTRACT THE COACHES AND COMPROMISE SAFETY. PARENTS ARE EXPECTED TO STAY ON THE UPPER DECK AND OFF THE POOL DECK DURING PRACTICE. WE ARE NOT PERMITTED TO USE THE BABY POOL DURING PRACTICE HOURS

**PLEASE ALWAYS CHECK OUR WEBSITE <https://hohurricanes.swimtopia.com> IT HAS ALL THE INFORMATION YOU WILL NEED FOR THE SUMMER SWIM SEASON! GO HURRICANES!**