

Parent Information Night





HARBOR VIEW SWIM TEAM



- Our swimmers are 4-18 year olds, from our Harbor View Phase 1 neighborhood as well as outside of area
- We belong to the South Coast Swim Conference (SCSC) league with five other teams
- We are the reigning undefeated champions in the SCSC league for the past eight seasons!
- Our summer swim season runs from mid April to the end of July, with dual SCSC league meets starting early June
- Our goal is to promote proper stroke technique while infusing fun in order to inspire our swimmers toward a love of the sport and pursuit of improvement year over year!

Who Runs Harbor View Swim Team (HVST)?

Dolphins Executive Board Members

Co-Presidents: Courtney Johnson & Stephanie Wilson

Co-VPs: Heather Fitchner & Andrea Vaillancourt

Treasurer: Megan Wilks

Secretary: Melinda Vukelich

Registrar: Kanin Sathienphantanee

Computers: Ben Johnson

....plus 45+ Volunteering Operating Members



HVST Coaching Staff

- **Head Coach:** Todd Hickman
- **5/6 & 7/8 Age Group Coach:** Ben Dowsell
- **13+ Age Group Coach & Manager:** Tom Norton
- **Incredible team of qualified assistant coaches including:** Coach Maye and Coach Stephanie

Check out our incredible coaches' bios:

<https://harborviewswimteam.swimtopia.com/coaches>



Summer Practice Schedule (Spring school hours)

April 17, 2023 - June 9, 2023

*no practice Memorial Day, May 29th

AGE GROUP	DAY	TIME
5/6 Option 1	Monday-Thursday	3:00-3:30pm
5/6 Option 2	Monday-Thursday	3:30-4:00pm
	Friday	3:15-4:00pm
7/8	Monday-Friday	4:00-4:45pm
9/10	Monday-Thursday	4:45-5:30pm
	Friday	4:45-5:45pm
11 & up	Monday-Thursday	5:30-6:30pm
	Friday	4:45-5:45pm



Summer Practice Schedule (Summer break hours)

June 12, 2023 - July 28, 2023

*no practice Independence Day, July 3rd and July 4th

AGE GROUP	DAY	TIME
5/6 Option 1	Monday-Thursday	3:00-3:30pm
5/6 Option 2	Monday-Thursday	3:30-4:00pm
	Friday	3:15-4:00pm
7/8	Monday-Friday	4:00-4:45pm
9/10	Monday-Friday	9:00-10:00am
11 & up	Monday-Thursday	10:00-11:00am
	Friday	9:00-10:00am



Practice Expectations

- Be on time, bring your equipment, and be ready for practice
- Practices are not mandatory, but regular attendance is highly recommended
- Equipment needed for each swimmer:
 - Girls should wear a competition style one-piece suit and boys knee-length jammers or speedos
 - Swim fins (write your name on them in Sharpie)
 - Goggles
 - Swim cap (recommended for all)
 - Towel, water bottle, sunscreen



Practice is when our coaches spend time with age group swimmers; please hold your questions for them until before or after all practice sessions.

VPs will be hosting drop-in 'office hours' at 5/6 7/8 practices at table near coaches' office.

First Day of Practice

- Arrive at the pool, entrances near Port Westbourne and Port Provence
- Have your swimmer(s) ready to swim with goggles and cap on head and fins in hand
- Wait for a coach/coaches to gather all swimmers in the “Sunny Corner” (near lane 8 diving block and closer to the Port Provence gate)
- Coaches will kick off practice with a meeting and then release swimmers and distribute them into separate lane groups
- Coaching staff will be on deck and in-water as necessary
- After practice, your swimmer will receive a Dolphin Dollar (for use at our Dolphin Dollar Store throughout the season) and a couple jelly beans!



Meet Expectations

- You must declare your swimmer (as attending or declining participation in the meet) for each swim meet on our website. If you can only do a portion of the meet, write that in comments. Coaches make the line-ups the day prior based on your information
- Swimmers are to wear navy blue jammers or briefs (boys) and one-piece swimsuits (girls) at the meets (team gear information here: <https://harborviewswimteam.swimtopia.com/team-gear>)
- Items to think about bringing: food, 2+ towels, sweats/parka, hats, sunscreen, easy-up, chairs, \$ for snack bar or snacks, extra Sharpie and a game to pass the time between events
- Meet locations include Newport Beach, Huntington Beach, Lake Forest, and Fountain Valley



Meet Expectations

- We will send a meet email the Tuesday before each meet with specific information about the upcoming meet and a link for declaring your swimmer
- Before arriving at the meet, please write your swimmer's last name, first initial on their right arm CLEARLY and LARGE with a black sharpie prior to putting on sunscreen.
- Upon arrival, go directly to swimmer check-in (and volunteer check-in if applicable) – have Swimtopia app downloaded for swimmer heat information!
- Order of Races
 - Medley Relay > Freestyle > Breaststroke > Butterfly > Backstroke > 50 Free/IMS > Free Relay
- Ribbons will be in your family folder the week after the meet

New in 2023:

- **Split meets for 5 out of 9 of HVST meets**
- **Pre-seeding: remember to declare!**

HVST Meet Schedule 2023

**Dates, locations, and times subject to change*



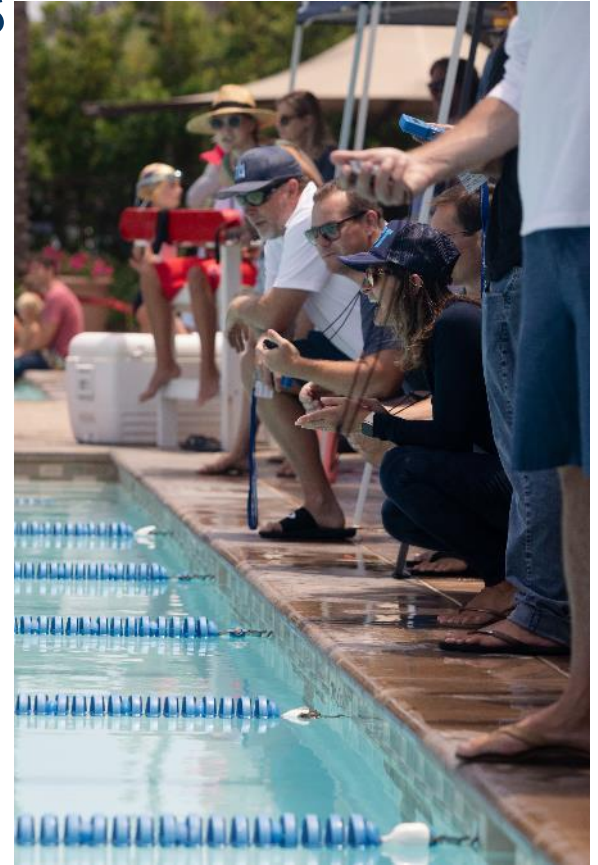
- **May 21** (Sunday) – Aquaman Intrasquad Meet (Split)
- **June 3** (Saturday) – Away Meet @ Newport Hills (Split)
- **June 10** (Saturday) – Home Meet vs. Pacific Sands (Split)
- **June 17** (Saturday) – Home Meet vs. Lake Forest (Split)
- **June 24** (Saturday) – SCSC Relay Finals (Traditional, invite only)
- **July 8** (Saturday) – Away Meet @ Greenbrook (Traditional)
- **July 15** (Saturday) – Away Meet @ Green Valley (Traditional)
- **July 22** (Saturday) – Home Meet vs. Newport Hills (Split)
- **July 29** (Saturday) – SCSC League Finals (Traditional, invite only)

Please refer to our website for more information:

<https://harborviewswimteam.swimtopia.com/hvst-meets-schedule-2023>

Family Volunteer Requirements

- Parent participation is so crucial, we require our parents with swimmers under 12 to work four swim meet halves over the course of the season
- Swim meets are typically four to six hours, so each shift is approximately two to three hours
- One of the four half meet shifts must be completed at an away meet
- Meet volunteer roles include: Timers, Lane Writers, Runners, Concessions and Swimmer Staging. Positions are filled on a first come, first serve basis for each meet
- If a family's volunteer commitment is not met, they will be charged \$125 for each missed shift to a maximum of \$500.



Communications

- **Family File Box** - listed by alphabetical last name at clubhouse, contains ribbons and other communication
- **Website** - Family login portal, calendar, meet locations, HVST sponsors
- **Swimtopia app** - declare your swimmer for meets, sign up and view your volunteer commitments, see swim results
- **Instagram** - @hvstdolphinsswim for frequent and day-of updates
- **Saturday 'at a glance' newsletter**
- **Monday 'how we did at the last meet' email**
- **Tuesday 'all about the upcoming Saturday meet' email**



Social Events

- **Sunday, May 21: Aquaman Picnic (5:30 start time)**
 - Join us for a fun picnic celebrating the start of the 2023 HVST season!
 - Bring your own food and beverage event (The Stand is giving 20% back to our team all day with coupon code HARBORVIEWSWIM). Awards will be presented to the Top 3 swimmers in each age group.
 - Charity - Project Hope Alliance laundry kits
- **Wednesday, May 24: Swim-a-palooza (3:00pm-6:15pm)**
 - This is our BIG fundraising event of the season (lap-a-thon) and we need everyone to help make it a success!
 - Our suggested donation is \$50 per swimmer, but any amount helps fund all of our fun programming!
- **Saturday, June 10: Parent Party (TBD on time and location)**
- **Saturday, June 17: Lip Sync Picnic (5:30 start time)**
 - Our annual group dance and lip syncing extravaganza!
 - Don't forget to buy your dinner from Chipotle. If you mention Harbor View Swim Team when ordering, Chipotle will donate 33% of proceeds from your meal back to Harbor View Swim Team.
- **Thursday, July 13: Mighty Dolphin Poker Night (6:00pm-9:00pm)**
 - Cards fly at 6:45 p.m. inside the Phase 1 Clubhouse. Doors open at 6 p.m. Initial buy in is \$100, which all goes directly to the team, subsequent buy ins are unlimited and up for grabs. Food, beer and water will be provided. The more players we have, the better the evening!
- **Saturday, July 29: End of Season Family Picnic and Awards (5:30 start time)**
 - Bring your picnic dinner and enjoy a great cap off to our season!





Swimmer Fun!



Fun Friday Practice Themes

April 21: Dolphin Adventure

April 28: Noodles Gone Wild

May 5: Pirate Treasure Hunt

May 12: Butterfly Hunt

May 19: Super Skills

May 26: Zip Down the Water Slide

June 2: Eat Our Bubbles

June 9: Brownie Points

June 16: Reach for the Stars

June 30: 1,2,3 Blastoff!

July 7: Donut Wanna Miss It

July 14: Frog Catching

July 21: Final Dolphin Adventure

Dolphin Dollar Store Dates

Make sure your swimmer brings their hard earned dolphin dollars to exchange for fun items!

May 17: Wednesday

June 5: Monday

June 22: Thursday

July 13: Thursday

Age Group Parties

July 18: 5/6 7/8

July 19: 9/10

July 20: 11+

Upcoming Events



- **April 6 – Customized HVST Silicone Caps Order Deadline**
 - Estimated arrival May 15 (first HVST swim meet is on May 21)
 - To place your order, please go to www.casswimshop.com
 - Choose: TEAM STORES (at top), then HARBOR VIEW SWIM TEAM
 - Team code is HVST (all caps)
 - When choosing shipping method, the options are:
 - “Will Call HB” - 15661 Container Lane, Huntington Beach, 92649
 - “Ship” - for an additional charge, orders can be shipped to your home
- **April 17 – First Day of HVST Summer Swim Team Practice!**
- **April 17 – Gear Try-On at the Pool**
- **June 5 – Pollywogs Swim Program for Ages 2.5-4.5 years**
- **June 12 – Picture Day**
 - 7:30 AM - 10:30 AM
 - Team, Individual and Sibling photos
 - Please wear your HVST team suit and come get your donut

How You Can Help the Team

- Support your child by bringing them to practice, preparing them for the meet and cheering for them and HVST. Key assistance: make sure your athlete is on the deck at least 1 to 2 events before their heat at a meet.
- Attend social events and participate in activities like Lip Sync, Swim-a-palooza, Coach Appreciation Week - even purchasing from our concession stand and restaurant giveback promotions!
- Volunteer to help out at a swim meet. It's an all-volunteer effort and there is always something more that can be done.
- Feel free to send us pictures of your swimmers and their friends enjoying their summer of fun: harborviewswimteam@gmail.com



HARBOR VIEW SWIM TEAM



Questions?

Website:

www.harborviewswimteam.com

Team Co-Presidents:

Courtney Johnson and Stephanie Wilson

harborviewswimteam@gmail.com

Head Coach:

Todd Hickman

toddjayhickman@yahoo.com

