



2019 Hillsborough Hammerheads



Parent Information Guide

WELCOME!

Welcome to the Hillsborough Aquatic Club's Summer Swim League program, the Hillsborough Hammerheads. The Hammerheads are a member team of the Chapel Hill Summer Swim League (CHSSL). The CHSSL is a parent volunteer run organization that provides both new and experienced swimmers the opportunity to participate in organized competitive swimming while emphasizing fun and sportsmanship during the summer months. The league is made up of 8 member teams:

Briar Chapel (BC)
Chapel Hill Country Club/ Ridgewood (CHCCR)
Chapel Hill Tennis Club + Exchange/ Sunset Creek (TEST)
The Farm/ Meadowmont (FARM)
Heritage Hills/ Homestead Aquatic Center (H3AC)
Hillsborough Sportsplex (HSP)
Hollow Rock/ Stoneridge (HRST)
Southern Village/ Governor's Club (SVGC)

The Hillsborough Hammerheads' season will begin with afternoon practices on May 20th and end with the Championship Meet on July 19th & 20th.

In the following pages, you will find everything you need to know about the 2019 season. We hope to see you at the first day of practice!

IMPORTANT DATES

April 13th Open House & Registration 10:00am – 12:00pm
May 20th Afternoon practices begin
May 31st Mock Meet @ 5pm Sportsplex
June 5th Home Swim Meet vs. HRST
June 8th Away Swim Meet vs. H3AC
June 13th Durham Bulls Swim Night
June 17th Practices switch from afternoon to morning
June 22nd Home Swim Meet vs. TEST
June 26th Away Swim Meet vs. BC
June 29th Home Swim Meet vs. CHCCR
July 10th Away Swim Meet vs. SVGC
July 18th Pre – champs Psych Party @ Sportsplex
July 19th – 20th Champs @ Koury UNC
July 21st End of Season Party – subject to change

MEET OUR PARENT REPS

Like the CHSSL, the Hillsborough Hammerheads Summer League Program is only possible with the help of parents. Much of the behind the scenes work for the Hammerheads is done by our awesome Parent Reps – if you see them, be sure to give them a big Thank You!

Celine Stinnett – celine.stinnett@orange.k12.nc.us

Kristin Jones - kristinmarajones@gmail.com

Rachel Lemmon - lemmon.rachel.a@gmail.com

MEET THE COACHES

At the Sportsplex, we are dedicated to providing swimmers with the best possible instruction in an environment that fosters both comprehensive learning and enjoyment.

Cliff Gordon – Program Director P: (919) 644-0339 ext. 241 cgordon@oc-sportsplex.com

Cliff is the Head Coach of the Hillsborough Aquatic Club. He received previous summer league coaching experience through the Suburban Swim League in Delaware, where he helped coach his team to the League title in their first season in the top division. He was also one of the lead instructors as a part of USA Swimming's Make-A-Splash initiative in the Middle Atlantic LSC.

Cliff grew up swimming for the Delaware Swim Team in Wilmington, Delaware. He swam 4 years at the University of North Carolina. While at UNC, he was a member of the all-time top 10 in 100 and 200 backstroke. He was also a USA Swimming Jr. National, U.S. Open, and National Championship Qualifier & participant.

Dana White – Head Coach Email: danawhite25@gmail.com

Dana brings to the Hammerheads 20 + years of coaching experience, working at the summer league, high school, and club level. She began coaching during high school, working with summer league teams in her hometown of Houston, Texas, which she continued to do throughout college. During her time as a middle school teacher, she continued to coach, working with a club team during the school year and as a head coach of summer league teams during the summers. Dana currently heads up the Hillsborough Aquatic Club's pre competitive group, working primarily with 8 & Under swimmers.

Lauren Behringer – Assistant Coach

Katie Dukelow – Assistant Coach

Cross Roman – Assistant Coach

Noah Jimison – Assistant Coach

Felix Smith – Assistant Coach

PRACTICES

Practices will be designed with 3 goals in mind: 1) to maximize stroke development 2) to prepare swimmers for swim meets and 3) to have fun while doing both. They will begin on Monday, May 20th. Practices will be held in the afternoon from May 20th – June 14th on a M/W/F schedule, and regular Monday-Friday practices will be held in the mornings starting June 17th. Morning practices for all groups will be Monday-Friday. As a general guideline, practice groups are divided by age group, but adjustments may be made to best suit the swimmer's ability. The practice schedule will be as follows:

Practice times may be subject to change based on attendance and coach availability

Exclusion Dates: Practice will not be held on the day after a meet. No practice on Memorial Day and July 4th.

Non-Practice Day Supervision Information

In the event that a swimmer arrives at the Orange County Sportsplex on a day when practice is not scheduled, a **Hillsborough Hammerhead** coach will escort the swimmer to the **Orange County Sportsplex KidsPlex** after school program, where he/she will be supervised until parent or guardian is able to check the swimmer out.

Once the swimmer is placed under the alternate supervision of the **Orange County Sportsplex Kidsplex** program, a **Hillsborough Hammerhead Coach** will notify the parent or guardian via phone that the swimmer has been placed under said supervision and that you may pick your child(ren) up from said program at your soonest convenience.

If this situation were to occur, the parent will be charged the **Orange County Sportsplex Kidsplex** program fee of **\$9.00** for any resulting care taking place on a day without practice

After Practice Pick Up

Upon the completion of the swimmer's practice, they should have an arranged pick up for him/her or have arranged for continued supervision in the **Orange County Sportsplex Kidsplex** program. If the swimmer(s) are not picked up upon the completion of his/ her/ their practice, he/ she/ they will be placed in the care of the **Orange County Sportsplex Kidsplex** program and the parent or guardian will be charged the applicable fees stated above.

For more information regarding Kidsplex fees, contact the Kidsplex Director, Kendra Warren at kwarren@oc-sportsplex.com.

SWIM MEETS

Swim meets are where our swimmers have the opportunity to showcase what they've learned during practice. They will be held on either Wednesday or Thursday evenings or Saturday mornings. There are a total of 7 meets throughout the season – 6 dual meets and the end of the season championship meet. **Note: Per CHSSL rules, a swimmer must compete in 2 dual meets in order to participate in the Championship meet.**

Uniforms: The uniforms for the Hillsborough Hammerheads will consist of a team suit, cap, and t-shirt. As part of the team membership, each swimmer will receive a team latex cap (available on the first day of practice) and a team t shirt (available at the Mock Meet). Additional caps will be available for purchase from coaches or parent reps. Latex caps are available for an additional \$5. Team suits are available in SKS Skating Apparel (across the street from the Sportsplex).

Events: Events are divided both by age group (determined by the swimmer's age as of **June 1st, 2019**) and gender and include both individual and relay events. A relay team consists of 4 swimmers who each swims 1/4 of the total distance of the race. For medley relays, each swimmer swims a different stroke – backstroke, breaststroke, butterfly, and freestyle, in that order. Each swimmer is allowed to swim up to 3 individual and 2 relay events per meet.

6 & Under events include: 25 Freestyle, 25 Backstroke, and 100 Freestyle relay

7-8 events include: 25 Freestyle, 25 Backstroke, 25 Breaststroke, 25 Butterfly, 100 Medley Relay, and 100 Freestyle Relay

9-10 events include: 25 Freestyle, 50 Freestyle, 25 Backstroke, 50 Backstroke, 25 Breaststroke, 25 Butterfly, 100 Medley Relay, and 100 Freestyle Relay

11-12, 13-14, & 15-18 events include: 100 IM, 50 Freestyle, 50 Backstroke, 50 Breaststroke, 50 Butterfly, 200 Medley Relay, and 200 Freestyle Relay

Mock Meet: Before the official start of the CHSSL dual meet season, we will hold a mock meet with just our Hammerheads team. The purpose of this meet is to get everyone (parents and swimmers alike) ready for the swim meet season and to train our parent volunteers (more on that later!) The mock meet will be held on the afternoon of Friday, May 31st.

Hillsborough Hammerheads 2019 Swim Meet Schedule		
Fri. May 31 @ 5pm	Home	Hammerhead Mock Meet
Wed. June 5 @ 5pm	Home	HRST @ HSP Sportsplex
Sat. June 8 @ 9am	Away	HSP @ H3AC: Heritage Hills
Sat. June 22 @ 9am	Home	TEST @ HSP Sportsplex
Wed. June 26 @ 5pm	Away	HSP @ BC: Briar Chapel
Sat. June 29 @ 9am	Home	CHCCR @ HSP Sportsplex
Wed. July 10 @ 5pm	Away	HSP @ SVGC: Southern Village
Fri. July 19: 13 & Up Koury @ UNC	CHSSL Champs	Sat. July 20: 12 & Under Koury @ UNC

Weekday Meets	Saturday Meets
Home Team Warm Up – 4:00 pm Visitor Team Warm Up – 4:25 pm Meet Start – 5:00 pm	Home Team Warm Up – 8:00 am Visitor Team Warm Up – 8:25 am Meet Start – 9:00 am

Volunteers

The CHSSL, including its member teams and all activities, would not be possible without the help of parent volunteers. This is especially true for swim meets! The successful operation of swim meets relies SOLELY on parent volunteers. There are numerous volunteer opportunities, all of which are vital to running a swim meet. These include:

Clerk of Course (3) – The Clerks of Course organize swimmers by event and heat. They escort the younger swimmers to their appropriate lanes. The Head Clerk communicates with Starter on event and lane adjustments.

Runners (1): One runner collects timing sheets from Timers and gives to the Scorers. Another runner escorts swimmers from Clerk of Course to appropriate place on pool deck in line up.

Scorers (2): The Scorers review electronic times and events for accuracy and completion on an iPad in Swimmingly app and making adjustments as needed.

Starter (1 for Home Meets): The starter announces and starts each event. (League training required annually; will be announced.)

Starter’s Assistant (1 for Home Meets): Electronically starts and reviews each event on an iPad. (League training helpful but not required.)

Stroke and Turn Judges (2): The Stroke/Turn Judges watch for improper strokes and have the ability to disqualify swimmers. (League training required annually; best to have 5-6 parents trained.) Training: TBD

Timers (20 for Home/8 for Away): Three timers are assigned to each lane-two from the home team and one from the visiting team. Two timers will use an iPhone or Android device connected to a Swimmingly app (formerly Meet Central app) to time the swimmers. One timer will use a stopwatch and record the time on a timing sheet. (Training provided prior to start of each meet.)

Head Timer (1 for Home Meets): Assures that all Timers have accurate starts and stops. Supplies replacement watches upon request. Assists electronic Timers with Swimmingly app if needed.

Chaperones (14) – The Chaperones supervise swimmers by age and gender groups, line up swimmers by event, and escort them to the Clerk of Course. (Ideal to have 2 Chaperones per age group/gender for the 6 and unders and 7–8 year olds and then one Chaperone per age/gender for 9-10s, 11-12s, 13s and older.)

Hospitality (1 for Home Meets) – The Hospitality volunteer distributes bottled waters to volunteers and coaches.

Heat Winner Distributor (1 for Home Meets) – The Heat Winner Distributor gives out a ribbon to each heat winner in 10 and under events.

Floater: Replaces another volunteer who might arrive late or leave early and relieve Chaperones and Timers to take a break.