



Highlands Ranch Seahawks



Mountain High Swim League
Summer Swim Team
2010

A LETTER FROM YOUR COACHES!

Welcome to the Highlands Ranch Seahawks Summer Swim Team! You are about to become an integral member of the largest, most visible component of the Highlands Ranch Community Association's Aquatics Program. We strive to create an environment where our swimmers may develop into complete athletes both individually and as a team. We believe the physical, mental, and emotional challenges they overcome and the personal relationships they develop will prepare them for their lives ahead.

The Highlands Ranch Summer Swim Team is a member of the Mountain Hi Swim League (MHSL) and the Colorado Association of Recreational Athletics (CARA). The MHSL consists of 24 teams divided into four divisions according to team size and strength. We compete in the most competitive A-Division. Team scores are kept, the fastest swimmers populate relays, event distances are challenging, and stroke rules are actively enforced. The CARA Aquatics League, consisting of teams throughout the Denver metropolitan area, is more recreational in nature. Team scores are not kept, event distances are generally shorter, and every swimmer receives place ribbons. The Highlands Ranch Summer Swim Team fields teams in both leagues. This allows us to better meet the needs of a very large group of young swimmers with great diversity in their personal needs and skill levels.

Generally, swimmers progress from the CARA league to the MHSL as their swimming skills increase. Some older swimmers may choose to swim in the CARA league because they love the sport but their schedules prevent them from devoting the time necessary to practice and compete at the MHSL level. Therefore, they prefer the more relaxed environment that the CARA program offers. In any case, we prefer that the swimmers and their parents decide which team best meets their individual and family needs. The coaches will gladly provide technical insights and recommendations helpful in selecting a team. Just ask! If you find yourself stressing out over this decision, remember that reasonable adjustments can be made during the course of the season.

Information about the team will come in many ways. This is our 3rd year using our team website, www.hrcaonline.org (under "Recreation", then "Aquatics", then "Seahawks Swim Team"). Please familiarize yourself with it! We must emphasize that you are responsible for information contained on this website and in mass emails distributed by your Head Coach. **Please pay particular attention to the practice schedules and locations.** They vary depending upon team needs, aquatics programming, and the pool facilities available.

We hope all of you have a fun and successful summer experience. We are all looking to have fun and allow swimming to be a healthy part of our lives. Whether you are at the elite level or just starting out, swimming offers some very valuable life skills. Let's all work together to make the summer of 2010 great!

Thank You!
Your HRCA Coaches

Highlands Ranch Seahawks Philosophy

It is important to have an understanding of the foundation and philosophy of any team you join. These are the core values and ideals that define the Highlands Ranch Seahawks and are what we use to make decisions and guide us through our summer season. Please take the time to become familiar with them so as a team, (Swimmers, Coaches, and Parents) we can ensure we are adhering to these values and in turn, are a unified and stronger team.

1. There is NO substitute for hard work.

All swimmers must invest time and effort into this sport. Each swimmer's success comes down to how much effort and hard work THEY put into it. There are no short cuts to accomplishing goals; it's all about doing the work.

2. Every Athlete Counts!!

A team is only as strong as its weakest link. We must be concerned with the improvement and attitude of every team member. If we do this, we will raise the standard of our entire team, making it stronger and faster. If at any point you feel that we, as coaches, have lost sight of this value please bring it to the Head Coach's attention immediately.

3. Our foundation is FUNDAMENTALS

We keep returning to basics. Practicing bad strokes is not an option. This may mean that in the middle of practice you will see coaches switch gears and go back to drill work.

4. Winning is not just being number 1

There are many different types of success in swimming. Getting a blue ribbon, getting a personal best time, or winning a swim meet are all great achievements. Our main goal is to see improvement in every swimmer throughout the season. With everyone working hard and accomplishing their own goals we will become a stronger team.

5. Communication is KEY

We encourage all swimmers and parents to bring any questions, comments or concerns to the coach's attention as soon as they arise. This way we can take care of small issues before they become big issues.

6. Fun! Fun! Fun!

We want all of our swimmers to love the sport of swimming and have a positive experience on our teams. While there is no substitute for hard work, there is also no substitute for good old fashioned FUN. If everyone works hard by maintaining focus and good listening skills, we will all get to play hard too.

GENERAL INFORMATION MHSL

1) COMPETITIVE AGE GROUPS: 6 & Under, 8 & Under, 9-10, 11-12, 13-14, and 15-18 year-olds. Competition is gender-specific. The swimmer's age as of June 1, 2010 determines the age group in which they will compete during this season. **Exception:** The age as of May 15, 2010 is used only for the **Summer Club State Championship** meet.

2) REGISTRATION FEES & REFUNDS: \$190/\$236 (program guest) for the first swimmer a family; \$165/\$204 (program guest) for each additional swimmer in the same family. Full payment is due at registration. Charge cards are accepted for your convenience. Refunds are handled on a case-by-case basis according to HRCA standard policies and procedures. If a full refund is warranted, a nominal service fee will be retained to cover administration costs. ****VOLUNTEERING FOR SWIM MEETS WILL BE PART OF YOUR COMMITMENT TO THE HRCA SWIM TEAMS.****

3) TEAM/GROUP ASSIGNMENT: MHSL is a highly competitive swim league. When considering practice groups it should ultimately be a choice based on coaches' recommendation, swimmer's desire, and family needs. The practice groups will be determined by swimmer(s) age, ability, and lane space. Any question on a swimmers team or group placement should be directed toward Kimsey Cornelison.

4) HEAD COACH/TEAM DIVISION: This season we have restructured our coaches' responsibilities and staff. From now on, any and all questions and concerns for all age groups need to be directed to Head Coach Kimsey Cornelison. She will be in charge of the coaching staff, volunteers, communication, entries, etc, for all swimmers.

5) COMMUNICATION: Getting information to the families of over 250 swimmers presents quite a challenge. We use several methods to get information to you.

* The registration packet you receive on the day of registration.

* The team website at www.hrcaonline.org under "Recreation", under "Aquatics", under "Seahawks Swim Team".

* Mass or "blast" e-mails. If you are not receiving these, please contact the Head Coach.

* The team bulletin board. The bulletin board is located in the Northridge Indoor Pool.

* The **"swimmers' folders"**. These will be on deck each week with swimmers' ribbons and informational flyers.

6) MEET ENTRIES: Dual meets, league championship meets, and the State meet entries are all different. There are specific rules, timelines, and consequences to this process. It is a huge process to get the swimmers entered into events, relays, etc. Typically, the entry sheet will be posted on the Saturday prior to the next meet and taken down the following Monday after practice. You may also call or e-mail in your event choices. If you have any questions, please speak with your Head Coach.

7) SWIM MEET AWARDS

DUAL MEET RIBBONS:

All first through sixth place finishers in individual events receive ribbons provided by the league. HRST continues awarding ribbons to its swimmers that place in the top 12 places for individual events. All first through third place finishers in relay events receive ribbons provided by the league. HRST continues awarding ribbons to its swimmers that place in the top 8 places for relay events.

CHAMPIONSHIP AWARDS:

All first through third place finishers will receive a medal. The next 13 places will receive ribbons. Relays will be awarded first through third.

8) DISCIPLINARY PROBLEMS: The steps for handling disciplinary problems are as follows:

- A) The Head Coach will discuss the problem with the swimmer and make every effort to resolve the situation.
- B) If problems continue and the Head Coach deems it necessary, the swimmer's parents will be notified.
- C) If it becomes apparent that further disciplinary action is necessary; the coaches will implement the policies set forth by the HRCA.

IMPORTANT NUMBERS

Head Coach	Kimsey Cornelison kcornelison@hrcaonline.org	303-471-8942
Assistant Coaches	Deb Slavec, Jill McCormick, Mike Polete, Meridith Jemison, Katherine Packard, Sandy Pierce	
Parent Rep.	Stephanie Clouatre smclo@comcast.net	303-503-7759
Equipment Coordinator	Sara Hendren hendrensl@comcast.net	303-346-9525
Volunteer Coordinator	Karen Kozyra jessekozyra@juno.com	303-471-4460
Volunteer Coordinator	Terri Sheehan Tsheehan1015@q.com	720-290-1273
Awards Coordinator	Tavia McMahan taviam@msn.com	303-471-6226
Awards Coordinator	Tanya Schutte dtschutte@comcast.com	303-471-7397

MHSL DUAL MEET INFORMATION

DUAL MEETS: MHSL swimmers have five dual meets during the season. An MHSL swimmer must swim in at least three practices during the week to be able to swim in the meet that Saturday. **If any swimmer cannot attend a meet, please notify the coaches as soon as possible.** If a late illness or unscheduled circumstances will prevent the swimmer from competing in the upcoming meet, please leave a message on the Head Coaches Line. **If a swimmer is a no-show to any meet, and the coaches do not receive prior notice, that swimmer will not swim the following meet.**

DUAL-MEET ENTRIES: Generally, the swimmers choose their event preferences on the Monday before a Saturday meet. This is done on the sign-up sheet located on the bulletin board at Northridge. Swimmers may choose **up to three (3)** individual events per meet. **Please do no sign up for relays;** the coaches will choose who will compete in which relays. **If you are unable to swim in a relay, please note that on the sign-up sheet.** The coaches attempt to accommodate the swimmers' requests, but may not be able to due to team considerations. Signing up for meets on Mondays allows the coaches time to create the meet line-ups on Monday and Tuesday. The coaches give the meet line-ups to the computer entry people on Wednesday. **No late entries will be accepted.** Meet entries may be posted at the pool on Friday evening, but will always be posted at the meet on Saturday. **Swimmers missing Monday's practice should e-mail their preferences into their Head Coach absolutely not later than Monday evening.** Coaches will not enter swimmers in relays or events unless they receive some confirmation that the swimmers will be attending the meet. No-shows in the past have been too costly in terms of adult labor and swimmers' tears. We normally expend 8 hours of effort to process meet entries. Every change increases that processing time. A positive check-in for relays and individual events is mandatory. Please find your coach at each meet to check in. Sometimes errors occur, so **please check with the coaches if you are not listed** on the posted meet-entry reports. The meet-entry timeline may vary with respect to practice meets and championship meets. **Check the monthly calendars for meet-entry preference notification deadlines.**

BLUE AND PINK EVENT CARDS: Event cards are used during swim meets to enter swimmers into events, designate heat and lane assignments, record swimmers' times, and determine order-of-finish. They serve as permanent records of swimmers' performances during a swim meet. Event cards are usually color-coded according to swimmers' gender to facilitate meet operations. Pink and blue cards designate female and male swimming events respectively.

NOTE: All 6 & Under events are designated as exhibition events. Consequently, swimmers competing in these events are not eligible for disqualification unless they swim the wrong (faster) stroke in any event, e.g. swimming freestyle in a breaststroke event. Swimmers aged 6 and under who are capable of swimming the competitive strokes legally may compete for points in 8 & under events. All swimmers that compete in 6 & under events receive a special "Super Swimmer" participation ribbon.

CHAMPIONSHIP MEET INFORMATION

MHSL

Below you will find detailed descriptions of how these meets work and the qualifying methods for them. Please make sure that you have made contact with your swimmer's coach to understand all policies and procedures for these meets.

CHAMPIONSHIP MEETS: MHSL swimmers may have three championship meets each season. An MHSL swimmer must swim in at least two regular season dual meets and ten practices to be able to compete in these championship meets.

MHSL DIVISION CHAMPIONSHIPS (Prelims & Finals): Each of the four MHSL divisions has their own championships. Preliminary meets (prelims) are divided by age group and usually occur on the Monday, Tuesday, and Wednesday before the finals on Saturday. **See the July calendar for specific dates.** Swimmers may enter up to 3 individual events in prelims. The top finishers in each prelim event compete in finals. There will be two heats swum at Championships. The first heat will be called the "consolation" heat places 9-16th (no points will be awarded in this heat). The second heat will be the "finals" heat. This is the top eight swimmers from prelims and will score the points for each event.

MHSL DIVISION CHAMPIONSHIP RELAYS: Relays are swum at finals. The coaches may assign a swimmer to a relay even if they have not qualified in an individual event. **Notify the coaches as soon as possible in writing or call the Head Coach's Line if you will not be attending finals. PLEASE, PLEASE check and initial the relay assignments during the early part of championship week.** It seems that every year we have swimmers get their hearts broken because one-fourth of their relay did not show up at finals!

MHSL ALL-STAR MEET: A meet hosted by the MHSL for the top swimmers in the league. It allows the fastest swimmers in the league a chance to swim against each other regardless of which division they normally compete in. Usually, an automatic timing system with touch pads is used for this meet. See eligibility requirements.

SUMMER CLUB STATE MEET: Officially called the Colorado Summer Club Championships. It is a two-day invitational meet involving approximately forty teams from along the Front Range. It is such a unique experience that we consider this the premier meet of the season. Last year we placed first in Division I. See eligibility requirements.

SUMMER CLUB STATE MEET ELIGIBILITY: Attend **2 dual meets, practice no more than once a week prior to May 15th, achieve the qualification times, and:**

"After May 15th of the swimming season, a swimmer may only practice with their summer club swim team and only compete in their summer club swim team's meets in order to be eligible for the State Summer Club Swim Meet. A swimmer who is found violating this rule will be disqualified and all points, medals, and ribbons will be denied the swimmer. The team found violating this rule will be denied the swimmer's points. The balance of the team's points, ribbons, medals, and trophies will be denied the team until the team has paid a fine of one hundred dollars (\$100.00)."

PRACTICE ATTENDANCE & TIMES

MHSL 10 & UNDERS

In May, all swimmers will be offered a modified practice schedule. This is to comply with the league rules and pool availability. Please refer to the practice schedule to see when your assigned practice takes place. Starting in June, most swimmers will be offered five practices per week. Swimmers are expected to practice at least 3 times per week, unless excused by the coach. If you fail to make 3 practices, **you may not** be entered into the meet that Saturday. Swimmers should arrive at their scheduled practice 10 minutes early to get ready and take care of their personal needs (cap, goggles, etc.). Swimmers need to meet on the indoor bleaches, DRY and ready to have FUN! When practice is over, swimmers are expected to help pick up and store the equipment.

PRACTICE SESSIONS: Monday-Friday, except as noted on the calendar

GROUP DIVISIONS:

Barracudas: This is the highest level of the 10 & Under. Swimmers in this group have been involved with the HRCA summer team in the past or are on a USA Swim Team.

Sharks: These swimmers are usually our first time participants to the summer swim team, or may be returning Minnows. They may have been involved in our RMSA program or equivalent.

Stingrays: Swimmers in this group are usually 8 & Under & first-time participants to the summer swim team.

Dolphins: Swimmers in this group are **6 & under** will only swim on **Mondays, Wednesdays, and Fridays.**

May 10th – May 28th Practice Schedule:

5-7pm at Northridge

Check May calendar for exact time, days, ages, etc. Do not attend unassigned practice times.

June 1st – end of season (Regular Season):

4:30 – 5:30pm at Northridge Indoor/Outdoor Pools

These practices will be for the Sharks, Stingrays and Dolphins only. If you have any conflicts, please speak with the Head Coach.

5:30 – 6:30pm at Northridge Indoor/Outdoor Pools:

These practices will be for the Barracudas only. If you have any conflicts, please speak with the Head Coach.

PRACTICE ATTENDANCE & TIMES

“MHSL 11 & OVER

In May all swimmers will be offered a modified practice schedule. This is to comply with the league rules and pool availability. Please refer to the practice schedule to see when your assigned practice takes place. Starting in June, all swimmers will be offered five practices per week. Swimmers are expected to practice at least 3 times per week, unless excused by the coach. If you fail to make 3 practices **you may not** be entered into the meet that Saturday. Swimmers should arrive at their scheduled practice 10 minutes early to get pool equipment (lane lines, boards, etc.) ready and take care of their personal needs (caps, goggles, etc.). When practice is over, swimmers are expected to help store the equipment.

PRACTICE SESSIONS: Monday – Friday except as noted on the calendar.

May 10th– May 28th Practice Schedule

3:15p-4:30p at Westridge 13 & Over only

5-7pm at Northridge 11-12 only

Please see attached schedule for specific times and dates

June 1st -until the Season Ends (regular season)

7:30-8:30AM at Northridge Outdoor/Indoor Pool

- 1) 11 and over swimmers.
- 2) Coaches recommendation
- 3) Meet or exceed morning practice requirements (**listed below**).
 - 10x50 free on 1:00
 - 10x100 free on 2:00
 - 5x 100 IM on 2:15

7:30-9:00 AM at Northridge Indoor/Outdoor Pool

Morning practice swimmers must meet the following criteria.

1. Able to swim all four strokes according to the USA Swimming technical rules.
2. Able to achieve three or more “Silver” times listed in the motivational times link. (This may be waived if the swimmer meets the other two criteria).
3. Able to perform the following set:
 - 10 x 50 Freestyle on the 1:00 interval
 - 5 x 100 Individual Medley on the 2:00 interval
 - 10x 100 free on 1:45

5:30 – 6:30 PM at Northridge Indoor/Outdoor Pools

11 & Over MHSL swimmers except those that qualify for an earlier practice. Swimmer in this group may not swim two practices in one day.

Parent Duty Volunteer Descriptions

Our teams are successful because of you! All parents are expected to volunteer for a maximum of 6 duties/shifts throughout the season. If you are unable to fulfill this requirement, at registration, you may opt out by paying \$200.00 (CASH ONLY) for the entire summer. If you miss an assigned shift, you will be charged \$50. Our swim team will use these funds to hire local help and/or pay for future swim team equipment. If you are unable to fulfill a duty that you signed up for, please find a replacement and be sure this person is aware of what is expected. If the replacement does not show up, the swimmers from BOTH families will NOT be permitted swim the next meet until the \$50 fee is paid. There will be 2 choices of shifts per meet.

Concessions (home meets only) – Set up food items to be sold and work the concessions during the meet. Help clean up at the end of the meet.

Stroke and Turn Judges (home & away meets) – Must have successfully completed the certification classes and be very familiar with the proper execution of all strokes and turns. Responsible for writing any disqualification(s) on the D.Q. slip and for advising the disqualified swimmer of the reason for the disqualification in a diplomatic manner.

Set-up and Take-down (home meets) – Set up the night before & the morning of the meet. Take down at the end of home meets: team tents, false start rope, starters area, PA system, ribbons table, concessions tables, heating area, staging area, heating board and scoring tables, etc.

Starter/Referee (home meets) – Runs and communicates meet via PA system. Oversees any disputes between opposing teams. Needs to be familiar with all rules and regulations. Special training or experience is required. Two persons per meet.

Meet Manager (home meets) – Receives sheets from runners after each event. Data on sheets is to be entered into the computer at the scoring table. All participating teams at that meet will use this information. Prior training with Hy-Tek software and a high level of attention to detail is required.

Scoring Table (home & away) – Oversee and assist with the data entry of meet results into the computer. Place stickers with the swimmer's name and time on the back of the ribbons.

Runner (home meets) – Collects cards from all timers, organizes cards in order by time, and gives to scoring table for computer entry.

Timers (home & away) - Timers will be expected to time each event from behind the starting block. All stopwatches are provided by the Highlands Ranch Swim Team. Instruction from the meet referee will be given at each meet.

Clerk of Course (home & away) – Ensures swimmers are assigned to the correct lanes in the heating area several events prior to the start of their event. Moves swimmers to the starting blocks just before their events begin.

May 2010

**If you plan on competing in the Summer Club State Meet
Please only attend ONE practice the week of 5/10/10-5/14/10**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 11&12's	11 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 11&12's 6-7p 9&10's	12 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 11&12's	13 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 11&12's 6-7p 9&10's	14 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 9&10's	15
16	17 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 11&12's	18 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 11&12's 6-7p 9&10's	19 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 11&12's	20 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 11&12's 6-7p 9&10's	21 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 9&10's	22
23	24 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 11&12's	25 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 11&12's 6-7p 9&10's	26 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 11&12's	27 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 11&12's 6-7p 9&10's	28 <i>Westridge</i> 3:15-4:30pm 13 & over <i>Northridge</i> 5-6p 8&Unders 6-7p 9&10's	29 Practice Meet @ Northridge
30	31 NO PRACTICE MEMORIAL DAY	1-Jun Regular Practice Schedule	2-Jun Regular Practice Schedule	3-Jun Regular Practice Schedule	4-Jun Regular Practice Schedule	5-Jun Dual Meet at Piney Creek

SUMMER 2010

MHSL EVENT SCHEDULE

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>	<u>LOCATION</u>
March 10	All-parent Info Mtg.	6pm	Eastridge
April 3	1 st Swim Team Registration*	8-10am	Northridge
April 24	2 nd Swim Team Registration*	8-10am	Northridge
May 10	First Practice	see attached schedule	
May 29	Practice Meet	7-12pm	Northridge
May 31	Memorial Day No Practice		
June 1	Regular Schedule Begins	see attached schedule	
June 5	HR vs Piney Creek	7-1pm	Piney Creek
June 8	Team Pictures (no AM practice)	7am	Northridge
June 12	HR vs Chapparral	7-1pm	Northridge
June 16	Team Party (no PM practice)	6:00-8:00	Mr. Biggs
June 19	HR vs Sundance	7-1pm	Sundance
June 26	HR vs Castle Rock	7-1pm	Northridge
July 2-5	4th of July Weekend / NO practices & NO Meet!		
July 10	HR vs Wildcat Ridge	7-1pm	Northridge
July 12	Prelims: 8 & Unders	7-1am	Sundance
July 13	Prelims: 11/12 & 13/14	7-1pm	Wildcat Ridge
July 14	Prelims: 9/10 & 15/18	TBA	Castle Rock
July 17	Division Championships	7-1pm	Piney Creek
July 24	All Star Meet	TBA	Castle Rock
July 30-Aug 1	State Championship Meet	TBA	TBA
August 5	Team Banquet	6:30pm	Southridge

* The **first** registration date is Saturday, April 3rd (8-10am) at Northridge. This will be for all swimmers who have previously swum on the HRCA Summer Swim Teams, or RMSA Juniors/Juniors Elite.

* The **second** registration date is Saturday, April 24th (8-10am) at Northridge. This will be for all swimmers who are new to our teams. The teams will have a maximum number allowed due to pool space. Tryouts will be required. Final team placement will be subject to space, ability, and coaching observations.