



Highlands Ranch Seahawks



C A R A
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 “# 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.

CARA – Summer Swim Team General Information

- 1) **ABOUT CARA SEAHAWKS:** The CARA team is our recreational swim team, designed for those who desire a less-competitive experience. Ultimately, it should be a choice based on coaches' recommendation, swimmer's desire, and family needs. Any questions on placement should be directed toward the head coach.
- 2) **COMPETITIVE AGE GROUPS:** 8 & Under, 9-10, 11-12, 13-14, and 15-18 year olds. **Age as of January 1, 2010** determines the age group in which a swimmer practices and competes during the season. (Swimmers may be assigned to mixed-age and/or mixed-gender races or relays.)
- 3) **REGISTRATION FEES:** \$175 (member) / \$221 (program guest) for the first swimmer in a family; \$149 (member) / \$189 (program guest) for each additional swimmer in the same family. Full payment is due at the time of 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 ALSO BE PART OF YOUR COMMITMENT TO THE HRCA SWIM TEAMS.****
- 4) **COMMUNICATION:** Getting information to the families of over 100 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: www.hrcaonline.org (go to "Recreation", then "Aquatics", then "Seahawks Swim Team".)
 - Mass or "blast" e-mails. If you are not receiving these, please contact Mindy ASAP! **This is the best way to get updated information to you quickly and frequently. Please provide us with an e-mail address(es) that you check often.**
 - The team **bulletin board**, located at the Westridge Indoor Pool.
 - Swimmers' folders, which will be left out during practice at Westridge. Parents and swimmers should check these regularly for ribbons and important announcements before or after practice.
 - By phone. Please feel free to contact Mindy at work (number below) with any questions or concerns that haven't been addressed through e-mails. The cell phone numbers provided should only be used *after* calling Mindy's office number and are for emergencies and time-sensitive issues **only**.

IMPORTANT NAMES & NUMBERS

Head Coach	Mindy Stickman mstickman@hrcaonline.org	303-471-8892(w) 720-312-3312 (c)
Assistant Coaches	Brittni Smith singinggirl88@comcast.net Paul Frank paulfrank@creighton.edu Brian Tovrea btovrea@gmail.com	

Names & Numbers, Cont.

Volunteer Coordinator	TBA	
Awards Coordinator	TBA	
Equipment Coordinator	TBA	
Team Coordinator	Kimsey Cornelison	303-471-8942

5) SWIM MEET SIGN-UP: Sign-up sheets will be posted on the bulletin board at Westridge on the Monday before a Saturday meet. Swimmers who plan on participating in the meet that week must sign up for **3 individual events** by **Wednesday** of that week! Swimmers will be placed in a relay by the coaches. Sign-up sheets will come down following practice on Wednesdays. If you are unable to sign-up in person, you **MUST** e-mail Mindy no later than 10pm on the Wednesday before the meet. **If you do not sign-up by Wednesday, your child will not swim in the meet!**

6) 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 situations.
- 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.

7) SCORING & AWARDS:

SCORING EVENTS:

Team scores are not kept at CARA meets

SWIM MEET AWARDS:

Ribbons are awarded by heat, not by event, according to the number of lanes in the hosting pool and each child will receive a ribbon for every event they swim. Ribbons will be available to pick up before or after practice **no earlier** than the Wednesday following the meet.

Parent Duty Volunteer Descriptions

Our teams are successful because of you! **All parents are expected to volunteer at all home meets throughout the season.** (We may also ask for additional help at some away meets, but this is not a requirement.)

- If you are unable to fulfill this requirement, you may opt out by paying \$200.00 (CASH ONLY) for the entire summer (to be given to Mindy or Kimsey).
- 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 in the next meet until the \$50 fee is paid.
- We could not run a successful meet without the support and help of the parents; it is important that all parents understand the necessity of their help in order to make each meet and the overall season fun and successful for all of the swimmers! We greatly appreciate everyone's help!
- You will have the opportunity to request specific volunteer jobs (descriptions are listed below) at the time of registration. The coaches and parent volunteer coordinator will do their best to accommodate your requests, but everyone will ultimately be scheduled according to where volunteers are most needed.

Concessions (home meets only) – Sets up food items to be sold and works the concessions during the meet. This may include grilling, working the snow cone machine, and possibly leaving the meet to pick up more food, ice, etc. If you are assigned to the second shift, you must stay and help clean up at the end of the meet.

Set-up and Take-down (home meets) – Set up the night before (7pm at Northridge) & the morning of the meet. Take down at the end of home meets: team tents, starter's area, PA system, ribbons table, concessions tables, heating area, staging area, heating board and scoring tables, etc. ** Both set-up and take-down require some heavy lifting and moving of equipment.**

Starter (home meets) – Runs and communicates meet via PA system. Communicates with coaches and clerk of course to keep meet running smoothly. Oversees any disputes between opposing teams and should be familiar with rules and regulations. Some knowledge of competitive swimming or past experience as a starter is recommended.

Announcer (home meets) – Communicates with participants, guests, and coaches via PA system about coaches'/volunteer meetings, upcoming events, volunteer shift changes, missing swimmers, etc.

Ribbons Table (home & away) –Organizes event cards from each heat, orders them by time, and assigns a place (1st-8th) to each. Staples the correct place ribbon to the card and places in the appropriate team's bag/envelope.

Runner (home meets) – Takes cards from swimmers just before a race and gives to the appropriate timer. Collects cards from all timers after each heat, organizes cards in order by time, and gives to the ribbons table.

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

Clerk of Course (home & away) – Organizes cards from visiting teams, assigns swimmers to heats and lanes, and passes out event cards to swimmers. Keeps first call/last call board updated throughout the meet. Keeps swimmers organized by lane and escorts them to the blocks before each race.

SUMMER 2010 CARA 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 17	Pre-Season Practice Begins	see attached schedule	
May 31	Memorial Day – NO Practice!		
June 1	Regular Schedule Begins	see attached schedule	
June 5	PRACTICE MEET	7am	Northridge
June 9	Team Pictures	7am	Northridge
June 16	Team Party (no practice)	6-8	Mr. Bigg's
June 19	MEET	7-1pm	Northridge
June 26	MEET	7-1pm	Hinkley H.S.
July 2-5	4th of July Weekend / NO practices & NO Meet!		
July 17	MEET	7-1pm	Northridge
July 31	MEET	7-1pm	Parkview Pool
August 4	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.

CARA May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 WESTRIDGE 4:30-5:30pm 8 & Under	18 WESTRIDGE 4:30-5:30pm 9 & Over	19 WESTRIDGE 4:30-5:30pm 8 & Under	20 WESTRIDGE 4:30-5:30pm 9 & Over	21 NO PRACTICE	22
23	24 WESTRIDGE 4:30-5:30pm 8 & Under	25 WESTRIDGE 4:30-5:30pm 9 & Over	26 WESTRIDGE 4:30-5:30pm 8 & Under	27 WESTRIDGE 4:30-5:30pm 9 & Over	28 WESTRIDGE 4:30-5:30pm ALL AGE GROUPS!	29
30	31 Memorial Day NO PRACTICE!	1 Regular Practice Schedule Begins! WESTRIDGE 4:30-5:30pm 8 & Under 5:30-6:30pm 9 & Over	2 WESTRIDGE 4:30-5:30pm 8 & Under 5:30-6:30pm 9 & Over	3 WESTRIDGE 4:30-5:30pm 8 & Under 5:30-6:30pm 9 & Over	4 WESTRIDGE 4:30-5:15pm 8 & Under 5:15-6:00pm 9 & Over	5 PRACTICE MEET @ NORTHRIDGE 7:00-11:00am