

# 2015 Highlands Hurricanes Swim Team Information

## SWIM TEAM & PRE-SEASON SWIM CLINIC REGISTRATION

DATE: April 19, 2015

TIME: 1-3pm

LOCATION: Highlands Country Club - "Old" Clubhouse

### Team Registration Information

It's time to get ready for the 2015 swim season with the Highlands Hurricanes. All Highlands pool members between the ages of 5 and 18 are welcome to join. (Children must be five years old by May 31, 2015 and be able to swim one lap of the pool independently.)

During registration, parents of swimmers can register and pay fees, have questions answered, purchase suits (if needed), and sign up for meet volunteer positions. (Separate checks will be required for the registration fee and swim suit)

Online registration will open on March 31, 2015. Visit [www.swimcal.org](http://www.swimcal.org) to register online. Select register online and enter your email address and password. If you need to set-up an account, enter your email address and the system will send you a password.

### 2015 Practice Schedule

**In-school practice begins Tuesday, May 26**

Afternoon Practice Schedule (2 pool lanes), Monday-Thursday

4:30-5:30 p.m. 13 and up

5:30-6:15 p.m. 5-8 (Mites and Youths)

6:15-7:15 p.m. 9-12

**Summer Schedule begins Monday, June 15<sup>th</sup>**

Morning Practice Schedule (use of the entire pool), Monday-Friday

8:30AM - 9:30AM (Ages 11 and up)

9:30AM-10:30AM (Ages 10 and under)

Afternoon Practice Schedule (2 pool lanes), Monday-Thursday

6:15-7:00 p.m. 5-8 (Mites and Youths)

7:00-8:00 p.m. All other age groups

Since this session is limited to 2 pool lanes, it will be organized based on the number and level of swimmers at the discretion of the coach. Please note that pool supervision requirements apply during practice sessions. Swimmers who do not have a pool waiver must be accompanied by someone 16 years or older throughout practice. Practice schedule times are subject to change.

### **2015 Swim Meet Schedule**

Swim meets begin promptly at 6:30 p.m. with warm up at 5:45 p.m. for home team and 6:00 p.m. for visiting team. First call for mite relays to the clerk of the course is at 6:15 p.m. You should plan to arrive at the host pool no later than 5:30 p.m.

Saturday, June 6 - Home vs. Magnolia Green

Tuesday, June 16 - @ Goochland YMCA

Tuesday, June 23 - @ Queensmill

Tuesday, June 30 - Home vs. Birkdale

Tuesday, July 7 - @ Walton Lake

Monday, July 13 - Home vs. Beulah

Monday & Tuesday, July 20-21 - CHAMPS at the Collegiate School Aquatic Center

### **Pre-Season Conditioning Clinic**

To help our swimmers get ready for the upcoming season, a four week conditioning clinic will be held at the Chester YMCA. The clinic kicks off on **Sunday, April 19**. Age and ability qualifications for the clinic are the same as those used for the swim team. The cost of the clinic will be \$50 per swimmer. Additional details will be available during registration. Clinic dates and times are listed below.

Sunday, April 19: 5:30 - 6:30 PM

Sunday, April 26: 5:30 - 6:30 PM

Sunday, May 3: 5:30 - 6:30 PM

Sunday, May 17: 5:30 - 6:30 PM

### **Job Clinic - Strokes and Turns, Referee, and the Computer System**

Officials Training (computer, strokes and turns and referee) will be held at Salisbury and Woodland Pond (Dates & Times TBD). All parents currently working these positions, along with

all others interested in learning, should plan to attend the updates/refreshers. **We really need officials so please help out!**

### **HST Board Contacts**

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