

# **HANFORD SWIM CLUB**



[www.hanfordswimclub.com](http://www.hanfordswimclub.com) / [hanfordswimclub@yahoo.com](mailto:hanfordswimclub@yahoo.com)

**Welcome!!!** Swimming is such a fun sport and we are so excited to have you as part of our team. This handbook is a small guide to help you be best prepared for practices, meets, the organization of our club and what is expected of everyone involved.

We are here to help, so just ask! HSC Board Members and Coaches are here to answer any questions that you may have.

## Communication

### 2021 HSC Board Members

### Call or Text

President:	Lisa Mcilwaine	(559)380-8264	hanfordswimclub@yahoo.com
Head Coach	Jessica Bean	(559)381-8155	
Sec/Treasurer:	Lori Sifton	(559)817-9797	
Vice President	Chris Lewis	(805)440-2822	

### **Staying Up To Date:**

We always try our best to send out information far enough in advance, however, emergencies do happen, and practices can sometimes change last minute. We will do our best to pass information out as early as possible via coaches, word of mouth, and the website; but getting connected through the Remind App is the best way to stay connected and up to date on all Hanford Swim Club business and updates!

Just Text: @hanfordsw  
To: 81010

## Financial Information

### **Current Dues & Fees:**

Monthly Dues are due by the 1st of each month. A \$10 late fee will be assessed for any payments made after the 5<sup>th</sup> of the month unless prior arrangements have been made with the HSC Board Treasurer. Payments can be made by Credit Card, Check or Cash.

<b>Bronze:</b>	<b>\$80</b>
<b>Silver:</b>	<b>\$90</b>
<b>Gold/Senior</b>	<b>\$100</b>

There is no credit given for missed practices or vacations. For swimmers joining after the start of the month, payments begin with the current month pro-rated. Should a credit card or check payment fail to go through, your account will be assessed a **\$25.00** fee.

Each family will be responsible for a \$250 annual fundraising fee to help support our home meets. This can be accomplished in a variety of ways, such as, obtaining advertisements for our meet program, lane sponsorships, donations etc. As we approach our home meet, we will discuss current team needs with parents to provide more specific direction.

# Meets

## Participation at Meets

Swimmers may participate at a variety of meets as recommended by the coaches, and their participation depends on the goal and readiness of the swimmer and on the level of the meets available. If you do choose to attend the meet, you must also select each individual event the swimmer may wish to compete in. Our board members are happy to assist you through your first meet entry when your swimmer is ready to start competing.

## Supporting Our Home Meets

Our home meets are the team's main fundraiser. Hanford Swim Club has an excellent reputation in running efficient meets thanks to the willingness of our members to work together. All swimmers are required to attend our home meets and all families are required to volunteer at home meets.

## Meet Schedules

The meets available in our area are found on the Central California Swimming website. There is a link available through our website. Our coaches will also update the team frequently of upcoming meets that our team plans to attend.

## Volunteering

It takes a lot of energy and time for the coaches to plan seasonal outlines, training regimens, and daily practices, not to mention the actual time and energy spent on the pool deck for workouts and competitions. HSC wants its coaches to continue to focus their efforts directly on the athletes, your swimmers, which creates a requirement for parents to help out behind the scenes with planning/running major events, assisting with some administrative tasks, timing, and many other small but crucial jobs as well.

HSC would be just an ordinary club if it were not for the hard work and contributions of you, the parents, who give it life and atmosphere. Please keep our club alive and volunteer!

## Suggestions and Complaints

As in any large organization involving significant numbers of parents and their children, HSC cannot always be all things to all people. If you have a complaint about administration of the club, coaching, finances, other swimmers' behavior, other parents' behavior, or other related matters, please contact any Board member.

## New Swimmer Try-Outs

New swimmers must meet minimum swimming requirements. Once the child has passed the swim test, they can start attending practice.

**Welcome to the wonderful world of swimming.**

# We have 2 Different Seasons: Long Course and Short Course

## What does that mean?

- Short Course swim meets are held in 25 yard pools. These are the size of the pool that we typically practice in. Short Course swim season runs from September to February.
- Long Course swim meets will be held in 50 meter pools, so the pool will look longer. It's okay though, because there are less flip turns! Long Course swim season runs from March to July.

## Preparing for Practice... Important things to remember:

1. Practice is to get ready for a meet... the way we practice is the way we will do at the meet.
2. Please eat something light before practice... if you eat dinner or sweets before practice you may not feel well.
3. **Bring water**... you may be in a pool but your body needs water!
4. Be ready to listen to your coach.



**IN ORDER FOR OUR SWIMMERS TO IMPROVE, THEY NEED TO ATTEND PRACTICES REGULARLY AND PARTICIPATE AT THE SWIM MEETS.**

# During Swim Practice...

Swim practice is important. It is the time that you and your coaches get to spend building your endurance and skills.

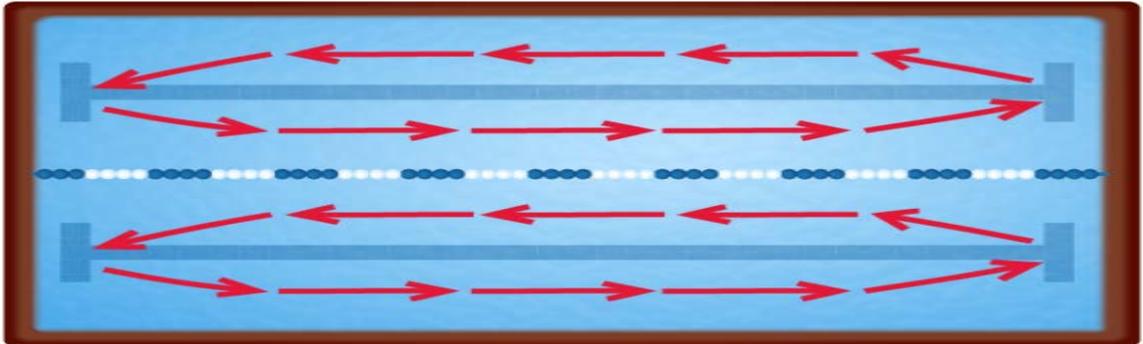


- During practice please listen to what your coach is telling you. We want to make sure everyone on the team can be the best swimmer they want to be.
- **Do not go under the water to play.** The coach has to keep an eye on everyone, when you are under the water. They have to check and make sure you are not drowning, which takes away from your teammates practice time. Practice is not a time for fooling around. You are expected to act responsibly for your own safety and for the safety of other swimmers.
  - ❖ Parents – understand that coaches receive the support of the Board in benching swimmers during practice, for not listening or behaving irresponsibly in the pool. Benched swimmers do not get to leave practice early.

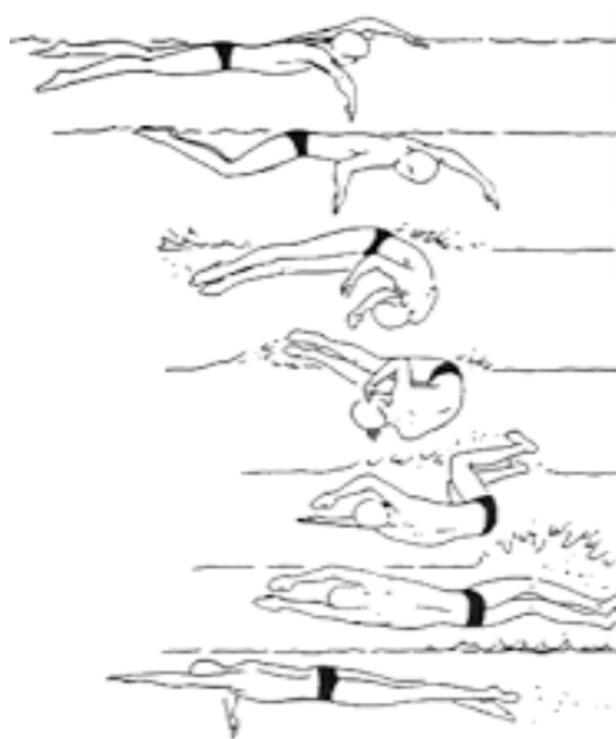


- **BE ON TIME!** - The coaches develop the sets based on specific techniques that build up from the warm up all the way through the cool down. If you are late to practice you will miss out on important parts of the work out. It will also be disruptive to the rest of the group if you are working on a warm up while they are in the middle of a set.

- The pools we practice in are 25 yards long. When we practice we are in a lane with other swimmers so we circle swim in order to avoid running in to each other in the water.



- If you know how to flip turn, do so at practice. **EVERY TIME!** A flip turn will save you time at your swim meet. If you don't know how to do a flip turn, don't worry, we will work on it during practice.



- When we are doing a set we do not stop at each wall to fix our goggles or to take a drink of water.

**BRING WATER!** It is very important to stay hydrated.

# It's time for a swim meet!

## What should I do?

- ❖ Check in at the Registration Table.
- ❖ Check in with your coach.
- ❖ We warm up as a team, please be sure to wear you TNT swim cap.



- ❖ Let your coach know what heat and lane you are in for each event. We cannot time you if we do not know where you are.
- ❖ **It is your responsibility to be ready to swim when your event is called so listen to the announcers and watch the scoreboard.**
- ❖ When it is time for your heat, the Starter blows his/her whistle in a series of short bursts, and then announces the race.
- ❖ The Starter will then blow his/her whistle one-time indicating it is time to step up on the blocks. The Starter will say, "Take your mark." When everyone is set, s/he will start the race with a loud horn/beep.
- ❖ In our league, we will do a "Fly-Over" Start – When you finish your race, you will stay in the water hugging the wall under the starting block, until the next race has started. You may then climb out of the pool.
- ❖ After each event check back in with your coach so we can tell you your time.
- ❖ COOL DOWN after each event, we need to let our muscles cool down before we wait for our next event or go home.
- ❖ Do not eat junk food at your swim meet! That means no soda, chips, candy or sweets. Please bring healthy snacks and drinks. After you swim your last event for the weekend you can eat junk food again (if your parents say yes!)
- ❖ **The most important thing to do is:**

# HAVE FUN!!!

# The gear we use:

All swimmers are required to have the following gear for practice and to bring it with them every time.



**Goggles** – To protect our eyes



**Swim Cap** – Not everyone loves to wear them, but they are required at swim meets so we should use them at practice to get used to them.



**Fins** – These not only make you swim faster, they help improve your leg strength, flexibility and your overall form.



**Kick board** – These can be used in a variety of ways, but mostly it is to focus on improving your kick.



**Pool Buoy** – This helps you focus on your arm mechanics and proper body positioning.

## **Gear for the Older/More experienced swimmers:**



**Swim Snorkel:** These are designed specifically for swimming. These will help focus on your stroke with your head down. Moving your head to breath interrupts your body positioning, these will assist with keeping your focus on the stroke.



**Hand paddles** – Paddles help you develop power in your stroke and teaches speed and efficiency.



**Parachute** – Parachutes give you additional weight to pull while performing laps, giving you an extra edge by increasing your speed, strength and endurance.

**\*\*Your coach will let you know when you are ready to add specific gear to your work out\*\***



**Mesh Bag** – Not required, but a well ventilated bag will help keep your gear from getting smelly and from developing any sort of mildew.

## **Bronze/Pre Competitive Group**

**Pre-Competitive Group:** Swimmers who have no competitive swimming experience are recommended to begin in the pre-competitive group. This group is focused strictly on learning to perform the four competitive strokes legally as well as the turns associated with all four strokes and transitions between strokes for the individual medley event. Additionally, swimmers in the Pre-competitive group will learn the forward start, the back start, and relay exchanges. Swimmers graduate from the pre-competitive groups once their coach has certified that the swimmer can successfully (legally) swim the following events: 50 fly, 50 back, 50 breast, 50 free, 100 IM. The head age group coach can certify completion before or after practice of all of these events. Once successful swimmers will move to the swimmer group.

**Training Equipment:** Training Swimsuit, Goggles, Swim Cap, Kickboard, Pull buoy, Fins, mesh bag.

**Some things the coach will be looking for in each stroke.**

- **Swim 100 IM legally, with the following skills:**
  - **Freestyle skills include:** Catch at full extension, Arm pull finish past the hip, Swim with a 6-beat kick, Push off underwater in streamline with one dolphin kick
  - **Backstroke skills include:** Pull with fingertips toward the side of the pool, Push off underwater in streamline with one dolphin, Execution of backstroke turn/finish without looking at the wall (knows backstroke count)
  - **Breastroke skills include:** Legal Pull motion, Complete underwater pull out
  - **Butterfly Skills include:** Simultaneous over water arm recovery, Feet together on kick, Push off underwater in streamline with one dolphin kick
  - **Turn Skills:** Flip/open turn with push off underwater

## Silver/Swimmer Group

**Swimmer Group:** Swimmers who have participated in a competitive swim program (club, summer league, or high school) may begin in the swimmer group. This group trains 4 days a week for 1 hour each day and is coached by a certified USA swimming coach. It is expected that swimmers in the swimmer group already know all four strokes, all turns, and all starts legally. Athletes begin interval training while in the swimmer group. Yardage typically ranges from 1000 to 2000 yards per practice. Swimmers begin to learn more technical aspects of stroke mechanics in all four strokes. Practices are focused 50% on stroke mechanics and 50% on training.

Although not mandatory, swimmers in the swimmer group are encouraged to enter at least one local swim meet per training cycle. The swimmer group is ideal for those young athletes who intend to increase their training time for the sole purpose of improvement during the summer league or high school season.

Swimmers in this group are welcome to extend their training on a daily basis by swimming and additional 30 minutes with the Advanced swim group simply by request. Once the advanced swim group time standard is achieved swimmers may move to that group immediately.

**Training Equipment:** Training SwimSuit, Goggles, Cap, kickboard, pull buoy, fins, mesh bag

## **Gold/Advanced Swim Group**

The Advanced swimmer group practices two hours a day four days a week. This group is intended only for those swimmers who have experience in competitive swimming. The focus of the advanced swimmer group is clear on competition at the club level, and the purpose of this group is primarily to be successful in a senior program. Long term goals of swimmers in the advanced swimmer group should include National Rankings, Sectionals, Senior Nationals, US Open, and Olympic trials.

With this elevated focus, the expectation of swimmers in this group is to begin developing the work ethic and practice habits that lend themselves to becoming a successful senior swimmers. Prerequisites for the advanced swimmer group include achieving the Advanced swimmer group standards and approval from coaches.

Swimmers in the competitive group typically train between 3000-5000 yards per practice. Dryland training to develop strength, flexibility, and coordination are included at this level. Swimmers in this group will take two weeks off in the summer and two weeks off in the winter. These swimmers are expected to swim in all team meets and to participate at the highest level of meet for which they qualify. Patterns that suggest otherwise may prohibit movement to the pre=senior group.

### **Equipment**

- Training Suit, Goggles, Cap, Water Bottle, Mesh Bag, Kickboard, Pull Buoy, Paddles, Short Length Fins, Snorkel.

### **Behavior Goals to Remain in the Advanced Swim Group**

- Actively listens and respects coaches and fellow swimmers
- To consistently improve commitment level, sportsmanship, and training/racing ability from season to season
- 80% Attendance requirement
- Complete workouts regularly without skipping yardage, sitting on the wall, make intervals from start to finish etc...
- Follow the clock intervals and lead a lane successfully from start to finish if asked.
- No cheating during sets such as 1 arm fly, 1 hand touches, turning on stomach in back etc...

### Pre-Senior Group:

When considering a transition to the pre-senior group, swimmers must achieve the pre-senior time standard. Once achieved, the swimmer must successfully complete a three-month probationary period while training in the pre-senior group, during which attendance, meet participation, and stroke correctness will be monitored. Any of these three factors may be cause for the swimmer to return to the advanced swimmer group.

If considering the transition, the swimmer must notify Jessica, who will then along with the swimmer monitor attendance for three consecutive months. The swimmer must maintain 90% during each of these three months to be eligible for the pre-senior group. Attendance for each day is recognized only if the swimmer completes the practice. Swimmers must maintain a 90% monthly practice attendance calculated on days that the coach is present. If a swimmer fails to maintain 90% attendance in any given month, a two(95%) or three (98%) month attendance rate will be considered for fulfilling the attendance requirement.

Any required stroke correction identified during this probationary period will be communicated to the swimmer. These changes, if any, will be identified in the first month, and are required to be corrected prior to the third month of the probationary period and maintained. It is strongly recommended that any major stroke flaw be corrected prior to beginning the probationary period. Since the pre-senior group spends less time on technical corrections, additional stroke specific requirements may be stipulated before participation in the probationary period. Besides other possible requirements this includes:

1. Competing in a minimum of 27 events prior to the probationary period without a disqualification , or
2. Not have a disqualification over the previous six months (assuming appropriate participation in team meets).

Once in the pre-senior group, if the swimmer doesn't maintain a 90% attendance rate the swimmer must transition back to their original swim group, until they re-achieve the qualifying time standard at one of the designated qualifying meets. Swimmers are expected to participate in the championship meet and age group meets listed in the table.

Short Course Junior Olympics (February)	Long Course Junior Olympics (July)
Far Westerns (April)	Western Zones (August)
Summer Age Group Invitational (June)	Winter Age Group Championships (December)

In efforts to stabilize the culture of the senior and pre-senior group in Hanford, and to help stabilize movement from other programs into hanford, the pre-senior group is only available to swimmers who come from the advanced swimmer group in Hanford. Swimmers coming from different programs will need to swim with the advanced swimmer group for a minimum of 3 month before moving to the pre-senior or senior group.

### **Equipment**

- Training Suit, Goggles, Cap, Water Bottle, Mesh Bag, Kickboard, Pull Buoy, Paddles, Cut (Short Length) Fins, Snorkel

### **Senior Group**

The pre-senior and senior swimmers train together. The current standard differentiating the pre-senior from the senior swimmer is the achievement of the senior group time standard. These time standards are similar to those qualifying times which are the first level of senior level competition in a trials/finals format for Hanford Swimmers.

The nearly exclusive focus of these two groups is reaching levels of performance that rank swimmers a month the fastest in the nation, both at the age group and the senior levels. Those individuals and families whose aspirations and commitment levels do not match these groups should not consider transitioning into these groups. Only those who intend to contribute as individuals toward the group's culture and work ethic should consider training here. The intent of the senior group is to provide the best opportunity to compete at the collegiate level.

Besides dryland training, members of these groups are expected to train 2 hour practices 5 days a week. Practice yardage is typically from 5000 to 7000 a day. Though no practice is mandatory, individuals who miss two consecutive weeks may need to requalify for the group at the next sanctioned meet. Participation in the senior meet calendar is considered crucial for the development of each athlete. While we progress through training cycles, it is important to compete at these meets to check for development.

### **Equipment**

- Training Suit, Goggles, Cap, Water Bottle, Mesh Bag, Kickboard, Pull Buoy, Paddles, Cut (Short Length) Fins, Snorkel

### Senior Group Time Standards

Girls

Boys

LC	SC	Event	SC	LC
29.29	25.79	50 Free	23.19	26.79
1:02.58	54.79	100 Free	50.29	57.79
2:15.09	1:58.79	200 Free	1:50.29	2:05.69
4:46.19	5:19.29	500/400 Free	4:58.19	4:28.09
9:56.29	10:59.99	1000/800 Free	10:25.99	9:23.19
18:58.79	18:25.99	1650/1500 Free	17:36.99	17:58.19
1:09.69	1:01.49	100 Fly	55.99	1:03.59
2:35.79	2:17.99	200 Fly	2:07.89	2:24.79
1:12.09	1:03.29	100 Back	58.79	1:06.69
2:33.29	2:15.69	200 Back	2:07.69	2:24.79
1:20.69	1:11.49	100 Breast	1:04.09	1:12.59
2:55.39	2:34.39	200 Breast	2:22.99	2:40.59
2:34.29	2:16.39	200 IM	2:04.29	2:20.79
5:25.29	4:47.49	400 IM	4:29.19	5:05.19

**Pre-Senior Group Time Standards**

Girls

Boys

LC	SC	Event	SC	LC
31.07	27.18	50 Free	24.45	28.23
1:06.98	58.79	100 Free	54.38	1:01.73
2:23.84	2:06.51	200 Free	2:03.78	2:13.76
5:00.50	5:35.25	500/400 Free	5:13.10	4:42.86
1:14.54	1:05.99	100 Fly	58.79	1:06.77
2:43.58	2:24.89	200 Fly	2:14.39	2:32.03
1:15.69	1:06.87	100 Back	1:01.73	1:10.02
2:40.95	2:22.47	200 Back	2:14.18	2:31.82
1:24.72	1:15.06	100 Breast	1:07.29	1:16.22
3:04.26	2:43.68	200 Breast	2:30.14	2:48.62
2:42.00	2:23.42	200 IM	2:10.50	2:27.83
5:45.23	5:06.17	400 IM	4:47.48	5:24.65

## Advanced Swim Group Time Standards

Girls

Boys

11-12	11-12	10	10	Event	10	10	11-12	11-12
LC	SC	LC	SC		SC	LC	SC	LC
34.90	30.70	38.40	33.90	50 Free	34.10	38.10	30.80	34.40
1:15.60	1:06.70	1:24.40	1:14.70	100 Free	1:14.70	1:24.80	1:06.20	1:15.10
2:42.90	2:24.10	3:02.70	2:42.00	200 Free	2:48.60	3:02.40	2:24.60	2:43.60
5:47.30	6:24.60			500 Free			6:29.80	5:46.60
41.60	36.20	46.40	40.50	50 back	40.70	47.40	36.60	42.00
1:29.40	1:17.90	1:41.00	1:28.60	100 back	1:30.80	1:41.70	1:20.50	1:30.70
46.00	40.80	51.40	45.60	50 breast	46.80	52.70	41.00	45.60
1:40.00	1:28.90	1:52.20	1:40.00	100 breast	1:42.00	1:54.20	1:29.00	1:40.10
38.40	34.30	43.60	38.80	50 fly	40.90	44.70	34.50	39.20
1:27.30	1:16.10	1:40.50	1:29.30	100 fly	1:38.60	1:52.80	1:18.20	1:28.10
			1:26.60	100 IM	1:27.90			
3:07.90	2:46.20	3:30.20	3:06.50	200 IM	3:12.60	3:31.20	2:46.50	3:08.20