

HUB FINS

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Who We Are

Hub Fins Aquatics Club is a USA Swimming year-round competitive swim team. We're proud to be a parent-run nonprofit organization, led by a volunteer board that works closely with our professional coaching staff to create a supportive and competitive environment for swimmers of all levels.

Our coaches focus on skill development, proper technique, and individual progress in all four strokes. Practices are designed to meet swimmers where they are—whether they're just starting out or aiming for state and regional competitions. Beyond the pool, Hub Fins is all about teamwork, character-building, and learning how to set and chase goals.

Thanks for being part of the **Hub Fins family**—we're glad you're here!

“You can't put a limit on anything. The more you dream, the farther you get.”- Michael Phelps

At Hub Fins, we're committed to helping your swimmer succeed—but success comes from showing up, working hard, and respecting the team's expectations both in and out of the water



Parent & Spectator Guidelines

Expectations During Swim Practice

To maintain a **productive and safe environment**, all parents and spectators must adhere to the following guidelines during practice sessions:

Respect & Conduct

- Demonstrate sportsmanship, respect, and courtesy at all times toward team members, coaches, competitors, officials, parents, and facility staff.
- Respect the authority of the coaching staff and allow them to coach the team without interference. Coaching from the sidelines is not permitted.
- Criticism, name-calling, or the use of abusive language or gestures toward coaches, officials, volunteers, parents, or swimmers will not be tolerated and may result in your swimmer being dismissed from the team.

Practice Area & Communication

- Developmental and Novice group parents may sit on deck in the white benches along the pool walls. All other training group spectators and parents must remain off-deck and in designated spectator areas.
- Do not interrupt practice to speak with coaches. If you have concerns or questions, please reach out via email or GroupMe. Due to limited time between sessions, in-person discussions should be scheduled outside of practice hours. For urgent matters, a board member is typically present —please speak with them first before approaching a coach.

Drop-off & Pick-up Expectations

- Arrive on time for pickup after practice. Do not drop off swimmers more than 10 minutes before practice begins.
- Hub Fins **does not provide childcare** before or after swim practice. If practice ends early, **coaches will remain on-site until all swimmers have been picked up.**
- If a swimmer will be **absent for an extended period** due to injury, illness, or schoolwork, please notify the coaching staff.

Technology & Facility Policies

- The Hattiesburg YMCA does not allow phone or video use on deck. This includes texting and any non-recording apps.
- Cell phones should never be used in bathrooms, locker rooms, or any communal areas where individuals may be changing.

Parent & Spectator Guidelines

Expectations Outside of Practice

Hub Fins is a **parent-run organization**, and our success depends on the support and involvement of every family. In addition to encouraging your swimmer, parents are expected to contribute to the team in the following ways:

Fundraising

As a nonprofit team, fundraising is essential to keeping program costs manageable and ensuring continued success. All families are expected to participate in **team fundraising efforts**, which may include:

- Annual fundraising events
- Sponsorship opportunities
- Other team-organized initiatives

Details about fundraising requirements and opportunities will be communicated throughout the season.

Volunteering at Swim Meets

Hub Fins **relies on parent volunteers** to run swim meets and team events. Families are expected to help in one or more of the following ways:

- Timing at Swim Meets – Every family will be required to volunteer for timing shifts during meets. Not sure what to expect? Check out this [Timing Guide](#) for more details.
- Becoming an Official – Officials play a key role in making meets run smoothly. If you're interested in becoming a certified swim official, information can be found on the Mississippi Swimming webpage.

Helping with Team Events

Beyond the pool, Hub Fins works hard to build a strong team culture by organizing **monthly team-building activities**, such as:

- Bowling nights
- Team dinners
- Axe throwing
- Other fun social events

We encourage parents to **help coordinate and chaperone these activities** to keep them fun and safe for all swimmers.

Parent & Spectator Guidelines

Expectations during Swim Meets

To foster a **positive and supportive** environment for all swimmers, parents are expected to adhere to the following guidelines during swim meets:

Respect & Sportsmanship

- Demonstrate sportsmanship, respect, and common courtesy at all times toward team members, coaches, competitors, officials, parents, and facility staff.
- Respect the integrity of all meet officials and volunteers. Their decisions are final, and any concerns should be directed appropriately through the coaching staff.
- Cheer and encourage all swimmers, not just your own. A supportive team atmosphere helps every athlete perform their best.
- Refrain from coaching from the stands. Allow the coaching staff to provide feedback and instruction to your swimmer.

Participation & Communication

- Ensure your swimmer arrives on time for meet warm-ups. Being late can impact their preparation and performance.
- Stay informed by reading team communications via email, GroupMe, and newsletters for updates on meet schedules, expectations, and any changes.
- Support the team by volunteering. Parents are expected to sign up for timing or other meet duties when needed. Meets cannot run smoothly without volunteers.

By following these expectations, we ensure a **positive experience** for all swimmers, families, and the broader swim community.

For all other swim information, including details on Swim meets and registration, please visit the "Hub Fins Family" section of the Hubfins.org website:



Championship Meets

The **Mississippi Swimming, Inc. (MSI) State Championship Meet** is the highest level of competition held within our state. It is offered **twice each year**:

- **Short Course State** – usually in February
- **Long Course State** – usually in July

These meets bring together swimmers from across Mississippi to compete, celebrate achievements, and showcase their hard work from the season.



Next Levels of Competition

For swimmers who qualify, the **next step beyond State** includes larger regional competitions:

- **Age Group Zones** – Offered **once per year** in the summer, this meet brings together top age group swimmers (14 & under) from multiple states to compete as part of **Team Mississippi**.
- **Sectionals** – Also offered **once per year**, Sectionals is designed for high school and senior-level swimmers who have achieved qualifying times. This meet draws strong competition from across the region.

These meets provide opportunities for growth, team spirit, and representing Mississippi on a bigger stage.

What to Bring & Wear to Practice

To ensure productive and successful practice, all swimmers must come prepared with the appropriate gear.

Required Practice Gear:

- Swimwear:
 - Girls: One-piece swimsuit
 - Boys: Jammers or briefs (no board shorts)
- Goggles (well-fitted to prevent leaks)
- Towel (recommended to bring an extra for colder months)
- Swim Cap (required for swimmers with long hair)
- Designated Training Equipment (varies by age group)

📌 **Scan the QR code** below for direct access to the required equipment section or visit **"Required Equipment by Age Group"** on [HubFins.org](https://www.hubfins.org).



Being properly equipped helps ensure that every practice is effective and that swimmers are set up for success in their training!

Communication with Hub Fins

Clear and timely communication is key to keeping our team informed and running smoothly. Hub Fins primarily communicates through the following channels:

GroupMe

(Primary for Announcements & Practice Changes)

- Used for urgent updates, practice changes, and important announcements.
- All families should be part of the team's GroupMe chat to stay up to date on last-minute changes.

If you are not part of the Hub Fins group me, please let Coach Tish or a Board parent know.

Email

(For Detailed Updates & Meet Information)

- Emails are used for weekly coach updates, swim meet information, and meet wrap-ups.
- Important team news and reminders are also shared via email.

Monthly Newsletter

(for Monthly Reminders and Updates on Team events)


- A monthly newsletter is sent out with important team updates, upcoming events, swim meet schedules, and other relevant information.
- Parents are encouraged to review the newsletter to stay informed about team events.

Social Media

(For Celebrations & Community Engagement)

- Social media is primarily used to share good news, highlight achievements, and promote the team within the community.
- We do not typically use social media for schedule changes or urgent updates.
 - Follow us on:
 - Facebook: <https://www.facebook.com/hubfinshattiesburg>
 - Instagram: <https://www.instagram.com/hubfinsaquaticsclub/>

Hub Fins Fee Structure

 Billing Questions? Email hubfinsbooks@gmail.com

Monthly Training Fees

Each training group has a specific monthly fee:

Training Group	First Child	Additional Swimmers (Sibling Discount)
Developmental	\$50	\$45
Novice	\$75	\$70
Age Group 1	\$85	\$75
Age Group 2	\$95	\$85
Senior	\$120	\$110

Families with more than one swimmer receive a **\$5 per month discount** per additional child.

Additional Required Fees

In addition to Hub Fins training fees, families are responsible for:

- YMCA Membership (Required for All Team Families)
- USA/Mississippi Swimming Annual Membership: \$90/year
- Hub Fins Registration Fees:
 - Initial Registration Fee: \$35 (includes Hub Fins Swim Cap)
 - Annual Renewal Fee: \$25

Payments

All Hub Fins program fees are **drafted on the 1st of each month**. Payments can be made online using Visa or Mastercard or by check. To make credit card payments; log in to your Team Unify account at Hubfins.org to set up credit card payments.

More information on fees can be found on Hubfins.org in the "How to Join" section:



Schedule & Practice Guidelines

Training times are subject to change based on team needs.

Practice Times August -May

Each training group has a specific practice time

Training Group	Practice Schedule
Developmental	Monday & Thursday, 3:45–4:30 PM
Novice	Monday–Thursday, 3:45–4:30 PM
Age Group 1	Monday–Thursday, 4:30–5:30 PM
Age Group 2	Monday–Thursday, 4:30–5:30 PM & Friday, 4:00–6:00 PM
Senior	Monday–Thursday, 5:30–7:30 PM, Friday 4:00–6:00 PM & Saturday, 10:00 AM–12:00 PM

Changes to the Practice Schedule

Meet Week Schedule

An abbreviated practice schedule will be communicated via email and GroupMe during swim meet weeks. Generally, the team does not practice the Monday after a swim meet. Other schedule adjustments will be announced as needed.

Bi-Annual Break

Hub Fins traditionally takes a **two-week break after each season**—usually in **March** and again in **July/August**—before resuming training.

Weather Policy

Hub Fins follows the weather policy of the facility where practice is held. Any changes will be communicated via GroupMe and/or email.

Weather-Related Cancellations

- Cancellations due to major storms will typically be announced by 12:00 PM on the day of practice.
- If practice is not canceled, no additional updates will be sent.

Rain & Lightning Policy

- Heavy Rain: Practice continues as scheduled.
- Lightning: Per YMCA policy, the pool will close if lightning is detected and remain closed for at least 30 minutes after the last strike.
- If the pool closes due to lightning, swimmers will participate in **dryland exercises**. Always bring a **T-shirt, shorts, and athletic shoes** just in case.

Swimmer Expectations & Code of Conduct

As a Hub Fins swimmer, I understand that I represent my team, coaches, and fellow teammates at all times. I agree to uphold the highest standards of sportsmanship, respect, and responsibility during practices, swim meets, and all team activities.

General Expectations

- I will respect and show courtesy to my coaches at all times and follow their instructions without being disruptive.
- I will not approach officials directly at a swim meet—my coach will serve as my advocate.
- I will be punctual to practices, warm-ups, and team meetings.
- I will demonstrate sportsmanship and encourage my teammates at all practices and meets.
- I will set a good example of behavior and work ethic for younger teammates.
- I will refrain from foul language, violence, dishonesty, or any offensive or illegal behavior.
- I will not participate in any activity related to hazing, initiation, or shaming. Bullying of any kind is unacceptable and will not be tolerated.
- I will respect all facilities and property, including locker rooms, and clean up after myself.
- I will obey all USA Swimming rules and codes of conduct.

Practice & Swim Meet Conduct

- I will not exit the pool deck wet. I will dry off completely and get dressed before leaving.
- I will not enter or exit the pool deck in only my swimsuit—appropriate cover-ups are required. This especially applies to entering and exiting the YMCA.
- I will ensure that my equipment bag is dry before leaving the pool deck.

By following these expectations, I contribute to a positive and supportive team environment where all swimmers can thrive.



We are so glad you are here

