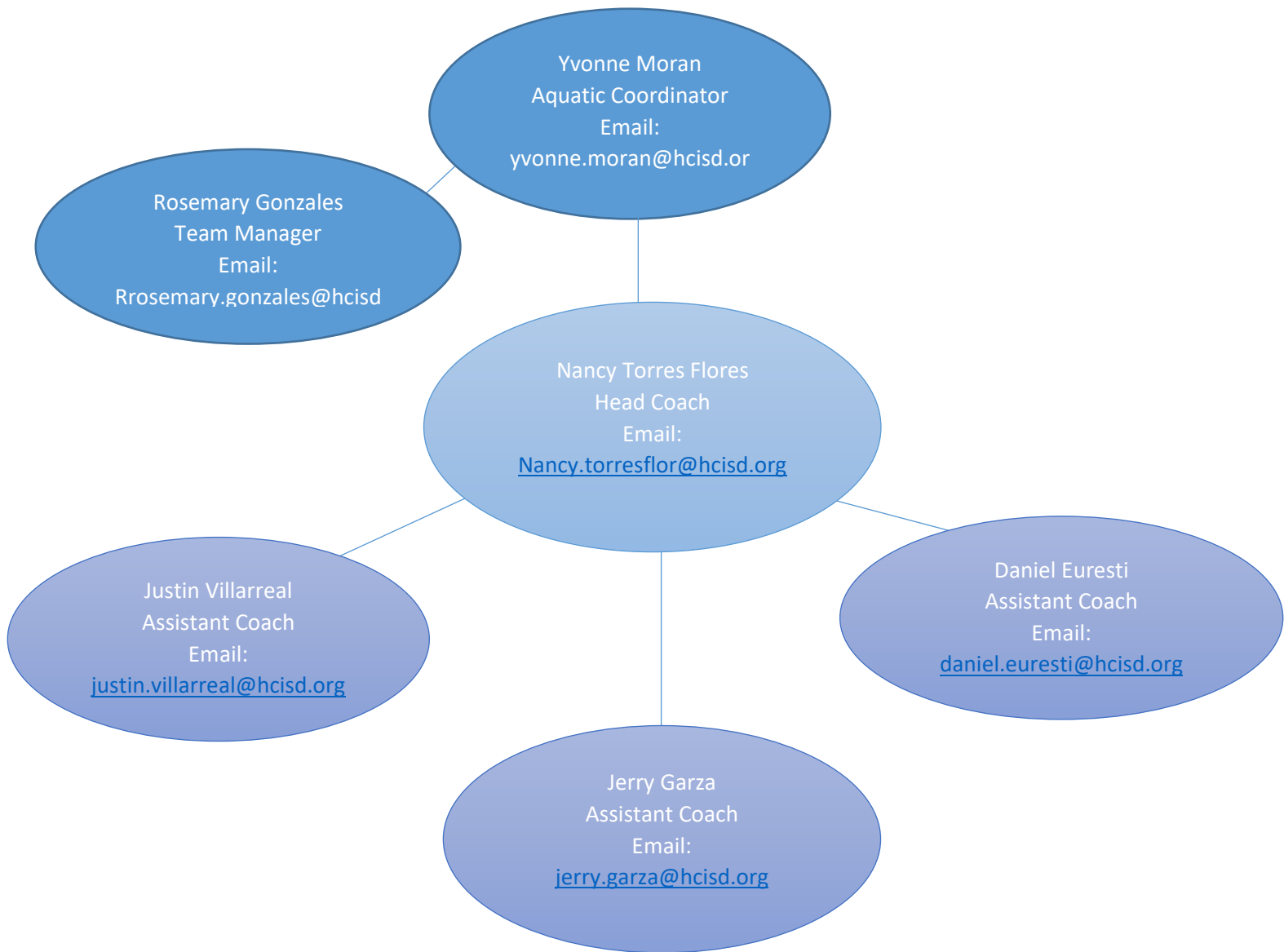




Seal Team Handbook

SEAL Team Organizational Chart



Please see your child's coach for the following:

- If you have a question or concern.
- Question on progress

Tryout (Minimum Requirement)

- 25 freestyle / crawl stroke- 25 yards without stopping.
- 25 backstroke-at a minimum float on their back and kick for 25 yds.

PUPS

Beg Pups (Coach Justin & Coach Nancy)

- **Beg Pups (Coach Justin) – Class Duration: 45 Minutes**
- Body Positioning: Floating helps to keep your body on the surface of the water. Our body experiences a vertical buoyant force when immersed in water and floating helps to keep your body in a horizontal position.
- Breathing: This is a frequently overlooked basic skill, but it is an important one. The basic idea is that every swimmer needs to breathe out with both their nose and mouth when their head is underwater.
- This group will work on introducing drills in Freestyle and Backstroke
 - Drills
 - Sets (25 yards)
 - Learning the concepts of circle swimming, how to enter the water properly and leadups to starts.
- **Beg Pups (Coach Nancy)- – Class Duration: 45 Minutes**
- Freestyle: also known as the front crawl. When swimming this stroke, your body will be in a prone position on your stomach and face toward the water. Both your arms and legs will pull you through the water, while your torso remains stable.
- Backstroke: When swimming this stroke, your body will be in a prone position on your back. Both your arms and legs will pull you through the water, while you rotate your torso.
- Body Positioning, Alternate Breathing, Introduction to Breaststroke Kick, Starts and Flip Turns
- This group will work on proper technique in Freestyle and Backstroke
 - Reinforce Drills
 - Sets (25's – 50's)
 - Learning the concepts of a swim competition (Starts, turns and stroke rules)
 - **Will compete in 25's & 50's in both Freestyle & Backstroke. In at least 2 meets Short Course.**

Advance Pups (Coach Jerry & Coach Danny)

- **Advance Pups (Coach Jerry) – Class Duration: 45 Minutes**
- Breaststroke: The arms push forward and then are swept back in a circular movement; legs kick out in a corresponding movement.
- Introduction to: Breaststroke and Butterfly kick
- Swim lane etiquette (5 seconds apart and circle swim)
- Swim Meet etiquette (Learning the importance of: Time management, warm-ups, cool downs)
- Learning Sets with a time interval
 - Advance Drills
 - Sets (50's – 75's)
 - Learning the concepts of a swim competition (Starts, turns and stroke rules)
 - **Will compete in 50's in Freestyle, Backstroke and Breaststroke. 100's with Coach approval (2 Meets SC)**
- **Advance Pups (Coach Danny)- – Class Duration: 45 Minutes**
- Butterfly: Both arms are raised out of the water and lifted forward together, both legs kick up and down simultaneously.
- Introduction to: Butterfly and Individual Medley (Fly, Back, Breast and Free)
- Timed intervals
 - Reinforce Advance Drills
 - Sets (50's – 150's)
 - **Will compete in 50's, 100's in All Strokes. 200's with Coach approval (2 Meets SC)**

Seals

Bronze

- **Coach Jerry— Class Duration: 1 hour**
- Reinforce (Bridge between Pups & Seals):
- This group is proficient and legal in all four strokes.
- Level of Commitment: (Goal: Attends 3-4 Practices per week)
- Timed intervals and Yardage (2,000 – 2,500 yds)
 - Continue working on technique
 - Sets (50's – 250's)
 - **Will compete in 50's, 100's & 200's and 100 IM (2 Meets in SC and 1 Meet in LC)**

Silver

- **Coach Danny— Class Duration: 1.5 hours**
- This group is proficient in all four strokes.
- This group maintains an emphasis on stroke technique while increasing their aerobics endurance, racing skills and dryland training.
- We will work hand in hand to provide the additional training needed for swimmers to be competitive in both USA Swimming and Texas High School programs.
- Level of Commitment (Goal: Attends 3-4 practices per week)
- Level of Personal Responsibility- (Goal: Arrives before practice and is prepared to SWIM!)
- Timed intervals and Yardage (2,500 – 3,500 yds)
 - Continue working on technique
 - Sets (50's – 500's)
 - **Will compete in 50 Free, 100's & 200's, 500 Free and 200 IM (4 Meets SC and 1 meet in LC)**

Gold

- **Coach Nancy— Class Duration: 1.5 hours**
- This group maintains an emphasis on stroke techniques while incorporating more aerobic endurance, dryland training and racing skills.
- We will work hand in hand to provide the additional training needed for swimmers to be competitive in both USA Swimming and Texas High School programs.
- This group have mastered the stroke and skill expectations of their current practice groups
- Level of Commitment (Goal: Attends practices daily)
- Level of Personal Responsibility-(Goal: Arrives before practice and is ready to SWIM!)
- Maintain lane interval sets and Yardage (3,000 – 5,000 yds)
 - Sets (50's – 1000's)
 - **Will compete in all events.**
 - **Required to swim the following events once during each short/long course season: (4 Meets SC and 1 Meet LC)**
 - **400 IM, 800/1000 FR & 1500/1650 FR**

Practice Group Demotions:

1. Have demonstrated they are not willing to make the commitment level expected of their practice group.
2. Attend practice consistently less often than the group expectation.
3. Are not training successfully on base intervals for the practice group.
4. Need injury rehabilitation at a less strenuous level.



THIS POLICY APPLIES TO:

- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS

- I. Content
All electronic communication from Applicable Adults to minor athletes must be professional in nature.
- II. Open and Transparent
Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.

LOCKER ROOMS AND CHANGING AREAS

- I. Requirement to Use Locker Room or Changing Area
The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).
- II. Use of Recording Devices
Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.
- III. Monitoring
The club must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:
 - a. Conducting a sweep of the locker room or changing area before athletes arrive;
 - b. Posting staff directly outside the locker room or changing area during periods of use;
 - c. Leaving the doors open when adequate privacy is still possible; and/or
 - d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.

- VI. Parents in Locker Rooms or Changing Areas

Parents are not allowed in locker rooms and changing areas. All swimmers must change in the locker rooms, changing in the front lobby restrooms is not allowed.

SEAL TEAM FAQ'S

1. What are the requirements to be a SEAL TEAM member?

- We accept swimmers aged 6 & up. They must pass the minimum swim requirement 25-yard freestyle/crawl stroke without stopping and a 25 backstroke at a minimum float on their back and kick for 25 yards.

2. How are the practice groups determined/organized?

- Once they test, we determine their groups based on ability, knowledge of strokes and endurance. 90 % of our swimmers start in our Pups beginner group. (Please reference Seal Team Handbook: Group Descriptions)

3. If my swimmer is in Middle School or High School, will they be in Seals group Silver or Gold?

- Their academic grade level is not a factor in group placement. Please review Group descriptions in our Team Handbook.

4. Every Seal Team swimmer must have a current USA Swimming Athlete membership?

- Yes, our Seal Team is a USA Sanctioned team, and all swimmers must be current members of USA Swimming, with either a Flex or Premium membership.

5. What is the difference between a Flex and Premium USA membership?

- A Flex membership is available to swimmers 12 & under that are new to a USA Swim Team, Cost \$30 annually. Premium memberships are for all competitive team members, Cost \$90 annually.

6. What is Safe Sport and who is required to take this training?

- Safe Sport is a comprehensive abuse prevention program with mandatory training and education. All parents need to take the SafeSport Parent's guide to Misconduct in Sports Course, Athletes (13-17 yrs) Safe Sport for young athletes' course, Athletes (18 & over) SafeSport training for Adult Athletes course and Coaches must also take an Athlete Protection Training course.

7. Does my swimmer need to attend practices daily?

- Level of commitment is determined by their group; however, we understand that they may have other commitments and/or studying that may prevent them from attending. Please know that missing practice may lead to gaps in skill development and could impact overall performance.

8. Does the Seal Team anticipate any competitive swim meets?

- We will host swim meets here at our HCISD Aquatic Center throughout the season. Meets available in Brownsville, Pharr and McAllen will also be added to our Meet Schedule.

9. Can I take my swimmer(s) to other meets not posted or announced in our Meet Events calendar?

- Yes, you would need to read the swim meet information and contact the host for entry.

10. What Swim Meet commitment is required for Seal Team swimmers?

- Swimmers in Seal Pups (Coach Nancy, Coach Jerry and Coach Danny) will commit to at least 2 swim meets per season. Swimmers in Seals (Coach Jerry, Coach Danny and Coach Nancy) will commit to at least 4 swim meets for Short Course and 1 for Long Course.

11. How do we know if my swimmer is ready for a swim meet and which events they should swim?

- If your swimmer is not in Justin's Beginner Pup group, they are ready to compete. Events will be based on their group level and approved by their coach.

12. If my swimmer has been out for a while, just returned and a swim meet is available, should they sign up?

- They may, however, please note that their performance may reflect their absences in practice.

13. Where do Seal Team members change?

- Locker rooms are available for our seal team members including changing stalls, parents are not allowed in locker rooms. Electronic devices are not allowed in locker rooms or restrooms, they must be put away in their swim bags or locker.

14. If my swimmer(s) are in HCISD and Seal Team will they have transportation to the Aquatic Center?

- Transportation is not provided, however if your HCISD swimmer(s) have UIL Middle School Swimming on their class schedule last period, they will be transported over to the Aquatic Center for their MS Swim Class.

15. If I have a HCISD middle school swimmer(s) can they stay after their MS practice for their Seal Team practice?

- Yes, middle school swimmers may stay and study while they wait for their Seal Team practice to start.

16. How will we know if our swimmer is ready for the next swim group level?

- Coaches will evaluate swimmers individually based on how they perform in practice, swim meet performance and mastery of group goals. (Please reference Seal Team Handbook: Group Descriptions)

17. What are the attributes of a Seal Team member?

- Passion, vision, courage, resilient, confident and a supportive teammate.



Sign up for important updates from Y. Moran.

Get information for **Harlingen High School** right on your phone—not on handouts.

Pick a way to receive messages for **Seal Team 24-25**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/sealteam25

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

The image shows a smartphone screen with the Remind app interface. At the top, there's a header with the Remind logo and the URL 'rmd.at/sealteam25'. Below that, the title 'Join Seal Team 24-25' is displayed. There are two input fields: 'Full Name' with a placeholder 'First and Last Name', and 'Phone Number or Email Address' with a placeholder '(555) 555-5555'.

B If you don't have a smartphone, get text notifications.

Text the message **@sealteam25** to the number **81010**.

If you're having trouble with **81010**, try texting **@sealteam25** to **(510) 478-9047**.

** Standard text message rates apply.*

The image shows a smartphone screen with a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@sealteam25'.

Don't have a mobile phone? Go to rmd.at/sealteam25 on a desktop computer to sign up for email notifications.

HCISD Aquatic Center

2024-2025 Calendar

August 2024						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Closed for Holidays



Season Break
No Practice



Limited Parking



Water Polo Games
No Practice



First and Last Day of School



Pool Closed for HCISD
Event



First & Last Day of Summer Programs

Updated On: Aug. 16, 2024

* Calendar subject to change

Calendar Template © calendarlabs.com



SEAL TEAM



SEAL TEAM

Program Description: The SEAL Team a USA Swimming affiliated Age Group Swim Club. Strong swimmers ages 6 & older are eligible to tryout and join. The SEAL Team is a fee based training program in which swimmers will receive instruction on each of the 4 competitive strokes, starts, turns & relay exchanges. Members are eligible to compete in USA Swimming sanctioned meets (local, regional, national) They will be divided into training groups based on ability level (Beg. –Adv.)



Seal Pups:

Monday - Thursday:

Class: 4:45– 5:30 p.m.

Seals (Bronze):

Monday - Thursday:

Class: 5:30—6:30 p.m. Bronze

Cost: \$ 50.00 Cost:\$ 40.00 MS* Cost:\$ 30.00 HS*

Seals (Silver & Gold):

Monday - Thursday:

Class: 5:30—7:00 p.m. Silver & Gold

Cost: \$ 80.00 Cost:\$ 40.00 MS* Cost: \$30.00 HS*

*** If your swimmer is an HCISD High or Middle School swimmer, we will honor the \$40 or \$30/month rate.**

Registration Requirements:

- **Pass Swim Test (25 yds. Free and 25 yds. Back)**
- **Purchase USA-Swimming Membership:**
USA 2025 Fee (Flex Fee: \$30 or Premium: \$90)
- **Purchase a New Members package \$60.00**



Team Tryouts

When: Mondays, Wednesdays & Thursdays

Time: 4:30—4:45 pm

Swimmers must be able to swim
25 yards freestyle & backstroke.



New Members Package:

This includes a Team Shirt, Towel, Swim Cap, & Water Bottle.

COST \$ 60.00

HCISD Aquatic Center

315 N. 77 Sunshine Strip ~ Harlingen, TX 78550 ~ Phone: (956) 364-3950 ~ www.hcisid.org/aquatics



The HCISD Aquatic Center will follow the school district calendar. The facility may be closed periodically due to special school district events.





TEAM CODE OF CONDUCT: PARENTS

As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- ☐ I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- ☐ I will abide by all Safe Sport guidelines.
- ☐ I will require my child to treat other players, coaches, fans, and officials with respect without regard to gender, race, religion, culture, or ability.
- ☐ I will refrain from coaching my child from the stands during practices or meets.
- ☐ I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- ☐ I will respect the integrity of the officials.
- ☐ I will teach my child to Swim by the rules and to resolve conflicts without resorting to hostility or violence.
- ☐ I will focus on my child's effort and performance, rather than winning or losing.
- ☐ I will support coaches and officials by working with my child in order to encourage a positive and enjoyable experience for all.
- ☐ If I need to speak with a coach, I will set up an appointment or wait till practice ends.
- ☐ I will take the USA SafeSport Parent's guide to Misconduct in Sport course offered thru USA Swimming online.
- ☐ I will • Let the Coaches, Coach
 - Let the Swimmers, Swim
 - Let the Officials, Officiate
- ☐ I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

I _____ agree to abide by the above codes of conduct.

Parent's Signature(s)

Date

Swimmer's Name

Date



TEAM CODE OF CONDUCT: ATHLETES

Ethics in sport requires four key virtues: fairness, integrity, responsibility, and respect for athletes to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- ☐ I will respect and show courtesy to my teammates and coaches at all times.
- ☐ I will demonstrate good sportsmanship at all practices and meets.
- ☐ I will set a good example of behavior and work ethic for my younger teammates.
- ☐ I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- ☐ I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- ☐ I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- ☐ If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- ☐ I will obey all of USA Swimming's rules, Safe Sport and codes of conduct.
- ☐ I will refrain from the use of profane, insulting, harassing or otherwise offensive language.
- ☐ I will respect the achievements of my opponents and fellow teammates
- ☐ I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.
- ☐ If I have any problems with the behavior of fellow swimmers, I will report them at the time to an appropriate adult.
- ☐ I understand that if I arrive late, I must report to the coach before entering the water.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and Aquatic Administration.

Swimmer's Name

Date

Swimmer's Signature

Date

Parent's Signature

Date