

Hillside Swim Team Information

1. **Check Remind app, and email** for updates regarding weather changes, and meet requirements for job volunteers and bake table donations.

Remind app code is: send a text to 81010 and text this message @8766e9

We use sign up genius for both volunteer positions and bake table donations for home meets. This will be sent via email.

There are family folders listed by last name that will contain anything that needs to be handed out; picture forms, time improvement ribbons, awards from invitationals.

The family folders are in two bins that typically get set out by the top gate outside the guard office.

There is also a bulletin board on the building that will house the current league rules, pool rules, team records, and meet results once they are completed.

2. **Child absent from meet:** Please email Coach Bill as soon as possible- not the same day- if your child(ren) will be missing a meet. coachbillhs@comcast.net

In order to swim in Tri County Championships, your child needs to swim in at least 3 dual meets

You do NOT need to email if missing a practice

3. **Morning practice and meet cancellations** morning practice schedules will be posted on the website under Practice Schedule. The times are based by age groups, but depending on the ability of the swimmer, may be adjusted. The coaches evaluate skill levels during the first few practices and will notify your swimmer if there are any practice time changes for them individually.

Practice attendance is highly encouraged as able, as it is a very short season.

Please keep in mind that all kids have different abilities, experience levels and skill sets. The coaches will place them where they have the best opportunity to excel.

4. Gear and equipment every swimmer will need: competitive swim suit for practice, goggles, and swim cap for long hair.

We have a team suit, and spirit wear that are available from SwimOutlet.com- link on website.

Team caps will be available for purchase before the first meet.

The team suit and spirit wear is not required, but only recommended to create a unified team atmosphere.

Additional equipment: if you own a gear bag with kickboard, pull buoy, and fins- please bring them to practices. If you are a younger or newer swimmer- the team has extras that you can use.

5. Invitationals

There are two Invitationals that are optional for swimmers to attend. Sign up deadlines are listed on the calendar and have an extra fee. Sign up details are also listed on the league website tricountyswim.net

North End Cookie Classic is for swimmers up to and including age 12. This is a swim your age meet. You can choose your individual events, and declare if you'd like to be part of a relay. The coaches will put together relays based on number of sign ups. It is a fun experience for the kids, and always has a great turnout. There are awards given up to 12th place individually as well as top 3 for relays.

Senior Invitational is held at Nine Oaks Swim Club and includes swimmers 13-18. You choose your own events, and there is one mixed age/gender crescendo relay for each team. Awards will be raffle tickets for prizes at the end of the meet.

6. Championship Information

There are 3 Championship meets at the conclusion of the dual meets.

Senior Champs is for ages 13 and up. Swimmers will need to have qualifying times to participate. Qualifying times are listed on Tri County League website. There is an extra fee associated with this meet.

A Champs is for swimmers up to age 12. Swimmers will need to have qualifying times to participate. Qualifying times are listed on Tri County League website. There is an extra fee associated with this meet.

B Champs is for swimmers up to age 12. There are no qualifying times for participation. There is an extra fee associated with this meet.

Championship entries must be events swimmers have participated in during the season (this includes dual meets as well as invitationals)