

Welcome to  !



HSA Executive Board

Ex Officio: Matt
Webber

President: Russ
Hayles

Vice President:
Chuck Speaks

Secretary: Mary
Hayes

Treasurer: Mike
Quadrini

Member at
Large:
Matt Jones

Member at
Large:
Margo Norton

Member at
Large:
Barry Derrick

HSA Staff

Head Coach:
Matt Webber

Team
Administrator:
Lori Daniel

Asst. Head
Coach: Felipe
Cortes

Head Age
Group Coach:
Ben Davis

Masters Coach:
Brooke Pate

Asst. Coach:
Alison Pick

Asst. Coach: Jan
Bunch

Asst. Coach:
Monica Scarano

Asst. Coach:
Susan Swing

Asst. Coach:
Rachel Clark

Asst. Coach:
Sydney Clinton

Asst. Coach
Arthur Fortin

Asst. Coach:
Sarah Cruze

Asst. Coach:
Lizzie Bodkin

Asst. Coach:
Orrin Withrow

Asst. Coach:
Janet Harritt

Asst. Coach:
John Smith

Asst. Coach:
Georgeannae
Fayrweather

Methods of Communication

HSA Website

- Group Practice Calendars
- Meet Information, Dates, sign-ups
- Announcements
- News

OnDeck App

- Same Log-in as website
- Same information available as website
- Push Notifications
- Ability to commit to meets and events

E-mail

- Announcements (Weekly Blast)
- Schedule Changes
- General News Items
- Other pertinent information

Social Media

- Facebook
- Twitter
- Instagram
- GroupMe

HSA FEES

Billing Process

- Billing occurs on the 1st of each month
- Billing summary sent out around the 25th of each month
- You can view your account at any time by logging into the website or on the app.
- September 1st billing.

Financial Obligations

- Club Registration
- USAS Registration- New this year directly through USAswimming.org for new swimmers. Returning swimmers will be handled and billed through the club
- Monthly Dues
- Fundraising Fee
- Volunteer Hours Requirement
- Meet Fees

Fundraising and Volunteer Requirements

- \$150 per family for the following groups: Red 1, Red 2, JD2, Blue, SD, JR, SR
- Those groups, as well as white group, are also responsible for at least 15 hours of volunteer service at meets per year. Cost is \$25.00 per hour for unfulfilled hours.

Parent & Athlete

What is the parent's role in helping the child have a successful swimming experience?

- Provide athlete support
- Encourage a proper diet and sleep!
- Recognize athlete progress
- Be involved in meets
- Follow the Parent Code of Conduct

Parent & Coach

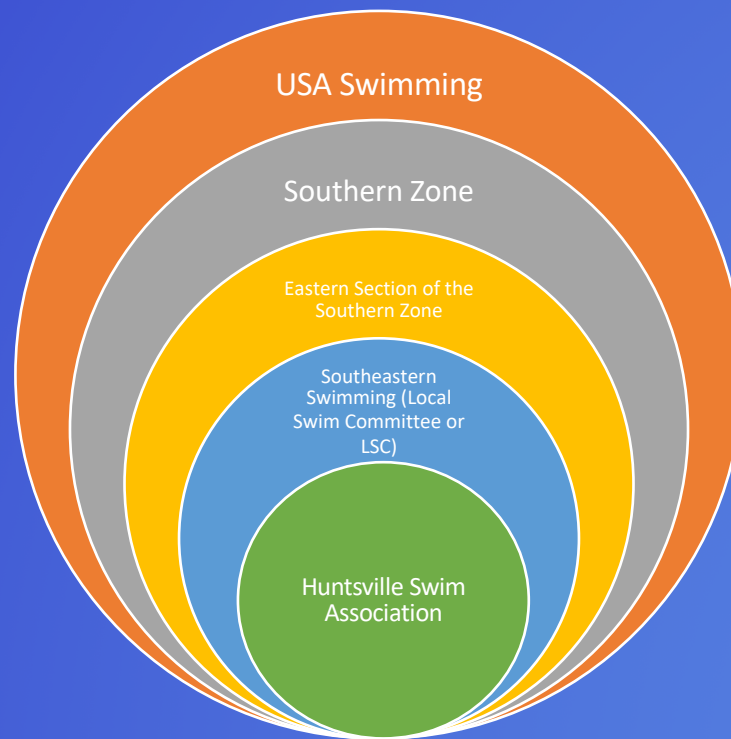
What is the parent's role in helping the child have a successful swimming experience?

- Each coach is available to speak either before or after practice for quick questions. Please do not interrupt practice to ask a coach questions. For more detailed conversations, please e-mail the coach to schedule an appointment. Office hours are available for the full time staff, and arrangements can be made with any staff member to meet.
- Parents may e-mail any of the staff through the website.
- As coaches, we welcome feedback about your athlete. Let us know how they are feeling, practices that they will be missing, etc.

Athlete & Coach

- What is the code of conduct for HSA athletes?
- What is the code of conduct for HSA coaches and staff? Please review the Minor Athlete Abuse Prevention Policy (MAAPP) that USA Swimming and HSA adhere to. This is available in our Parent Handbook as well as on our website under the SafeSport tab.
- Are there team and individual goals?
- How are goals set and communicated?

What is USA Swimming?



USA Swimming Seasons

Short Course

- August-February/ March
- 25 yard pool

Long Course

- March-July/ August
- 50 meter pool

Swim Meets

- Home vs. Away Meets
 - Mini-Meets (still working on dates and times for these because of construction)
 - Intrasquad Meet
 - Invitationals
 - Championship Meets
 - National Level Meets
- Meet Schedule
- Volunteer Opportunities
- What to expect before, during, and after a meet
- What to bring to a meet

Signing up for a Meet

1. Go to our website (www.swimhsa.org)
2. Sign in with your account info
3. Go to "Team Events" (scroll down the home page)
4. To get info about meets (i.e. warm-up times, which events are which days, parent workers needed, relay info., location, etc.) click on the meet title itself.
5. To sign up for the meets:
 - a. Click on "Edit Commitment"
 - b. Click on the swimmer you would like to commit
 - c. Under the Declaration button, select your choice of commitment for the meet
 - d. Click "save changes"
 - e. Please include in the "note box" if you cannot attend all days provided-do not worry about signing up for the correct sessions!
6. How to take your swimmer out of a meet:
 - a. If you want to take your swimmer out of the meet BEFORE the online deadline has expired- just go back to "events," click on "Edit Commitment," select swimmer, click arrow again under declaration and select, "no...," save changes
 - b. Once we have sent the meet entries to the host team (this usually takes place about 2 weeks before the meet itself); you will be charged for those events.
7. How to look up your swimmer's events
 - a. Once the coaches have assigned events and approved them- then you can look up your swimmers events.
8. In order to help to make sure that your swimmer's entries are correct-PLEASE review their entries once they are available on-line!!!
9. Our weekly e-mail blast that you will receive via e-mail, also includes Meet information with direct links to more information on our website.

Volunteer Opportunities

- HSA Board Member (eligible after one year on team)
- Meet Volunteer (HSA hosted meets)
- Volunteer obligation for HSA hosted meets.

Great Jobs for Newcomers

- Timers
- Clerk of Course
- Concessions
- Runner/Poster
- Hospitality

Additional Jobs

- Head Timer
- Deck Marshal
- Computer Operator
- Timer
- Administrative Official
- Announcer
- Meet Director
- Officials
- Check-in Room
- Live Streaming Team

Overall Group Structure

- Skill Development
 - Intro to HSA
 - White
 - Junior Development 1
- Training Development
 - Red 1
 - Red 2
 - Blue
 - Junior Development 2
 - Senior Development
- Racing Development
 - Junior
 - Senior

Practice Equipment and Uniforming

- HSA TYR Team Store:
 - 1. Go to TYR.com and enter this code at checkout: HSATYR25
 - 2. Team portal link and login: LINK: <https://teams.tyr.com/teams/hsa/> PASSWORD: HSATYR1
- First Place Athletics also carries HSA gear.
 - 820 Regal Dr. (near the Parkway Place Mall)
- We are sponsored by TYR, so we ask that all equipment and suits purchased be TYR equipment and suits.
 - Make sure you tell First Place you are with HSA and you receive a discount on all TYR products, as well as selected other products throughout the store.
- HSA Fan Shop will be published several times a year, with different apparel selections. The Fan Shop is run by Short Stop Screen Printing and offers things like hoodies, hats, pullovers, t-shirts, etc. Both Short Stop and the TYR website will have the ability to embroider the HSA logo on apparel.
- HSA provides each swimmer with a team cap (silicone or latex) and two team t-shirts per year. Please make sure the t-shirt sizes listed on your athletes account are accurate. These are the sizes we use to place t-shirt orders. We also provide championship meet t-shirts for those that participate in our championship meets.
- Each group should have sent out the required training equipment through e-mail.
- The team suit needed for all meets is a navy blue TYR suit.
- “Tech” suits are only for athletes 13 & over, which is a new rule in the past couple of years. Your coach will talk to your athlete when they think the use of these is appropriate.

Resources

- HSA Parent Handbook
 - Under the “Parent” tab on the main page of swimhsa.org. Currently being updated for this year.
- usaswimming.org
 - Tons of educational material for swimmers and parents, as well as live event content from national level meets around the country
 - Everyone new to USA Swimming will be required to create an account with USASwimming.org in order to register for the season. Those that were with the team last year will use the same one as last year.
- Coaches
 - Don't be afraid to ask questions, big or small. Swimming is our passion, so if you have questions please let us know.

Questions?