

1. **Introduction 2021-2022 Swim Season**

- a. White Group Lead Coach Jan Bunch  
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- b. White Group Coach Sue Butcher  
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- c. White Group Coach Arthur Fortin  
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2. **What to expect in White Group:** This group is designed for beginning swimmers to become year-round swimmers. Mini meets are no charge and strongly encouraged to introduce swimmers and parents to meets. Not only are swimmers learning about meets, it is a chance for parents to start learning how to volunteer by timing for the meets and other volunteer positions. Other meets that are for White Group swimmers come with a meet entry fee that will be charged to your account after you enter them.

We have two swim seasons each year: short course and long course. White Group swimmers are encouraged to swim year-round to experience long course swimming in the summer. Many swimmers will do both HSA and summer league during long course season.

3. **Swimmers Expectations:**

- a. Come to practice with your mask on ready to listen and work.
- b. Always respect your teammates and coaches.
- c. Bring required equipment to practice and have on swimsuit and cap.
- d. Swim at appropriate meets.
- e. Restroom breaks: We only practice an hour, go before you get to practice, if it is an emergency tell your coach you are going.

4. **Equipment:** TYR junior size kickboard, TYR fins, junior size pull buoy, swim cap (HSA or no name), goggles, and mesh bag to keep equipment in. Write name on every piece of equipment. **BRING EQUIPMENT TO EVERY PRACTICE** (You do not need fins, pull buoys and kickboards at meets.) Bring water! TYR competition suits available at 1<sup>st</sup> Place Athletics.

5. **Practice Schedule:** We encourage all WG swimmers to attend 2 or 3 practices a week.

Practice schedule for the school year:

Monday, Tuesday, Wednesday, Thursday: 3:30 to 4:30 pm  
Saturday: 9:00 to 10:00 am

**PLEASE CHECK THE WHITE GROUP PRACTICE CALENDAR ON THE HSA WEBSITE or OnDeck app FOR PRACTICE DAYS AND TIMES**

6. **Goals**

- a. Legal in all four strokes with ability to maintain proper technique for the 1-hour practice.
- b. Proficient in all dives and turns

- c. Ability to understand interval training and read the clock
- d. Ability to swim in meets, getting to block in time for races and to cheer for teammates at the meets

**7. Parents Info**

- a. On HSA Website click “parents” tab to find a list of useful info. Download the OnDeck app and get familiar with it.
- b. Read and be familiar with the athlete and parent code of conduct in the Parent Handbook.
- c. Be aware of the meet schedule online and click “attend” or “decline” for the meets listed before their deadlines.
- d. If you enter your child in events at a meet the coaches may or may not change your entries in order to enter your child in appropriate events.
- e. If you have important requests for a meet such as, “we will only be swimming on Saturday,” leave that in the message box when you commit to the meet.
- f. Please check final meet entries on or before the deadline to confirm events for your swimmer.
- g. Parents, relatives, and spectators must observe COVID-19 protocol for meets and practices.
- h. Know your role:
  - Swimmers – Swim
  - Coaches – Coach
  - Officials – Officiate
  - Parents - Parent
- i. HSA is a part of USA Swimming. Take time to go on USA Swimming website and get familiar with it. Read about IMX Ready Events that are explained on the site.