



High Meadow Ranch Swim Team 2011 Team Handbook

Welcome to the Mustangs! We are really excited to have you as a member of our team and are looking forward to a successful year. Below is information about the schedule for 2011. Refer to the website for updates, ask a board member or email the team if you have a question. Website: www.hmrswimteam.org & Email: hmr.swimteam@yahoo.com.

Team Member Requirements – Our team is open to all swimmers up to 18 years of age. Swimmers will be evaluated by the coach to determine their eligibility during the first week of practice. For safety reasons, it is important that your child is able to swim, meaning that they must be able to move through the water in a forward motion without having to stop to touch the bottom to get a breath. If the coaches determine your child isn't ready for swim team, your registration fee will be refunded at the end of week one. No refunds will be given after the first week of practice. **It is important to remember not to purchase a team suit until you are sure your child will be on the team as we cannot give refunds for suits since they are purchased through a third party. If you are a USA swimmer you cannot compete in any USA swim meets during the NWAL Season.**

Coaches – Our head coach, Paul Melkun is in his fifth season with HMR and swam competitively. He will be assisted by Mitchel Towns, in his second year coaching for HMR and is a former competitive swimmer and experienced swim teacher/coach. Also joining our coaching staff is Tyler Anderson, former HMR swimmer and volunteer coach in the past. **We ask that all parents stay off the pool deck during practice so that both coaches and swimmers can stay focused on the drills and workouts during practice.** If you need to talk to a coach, please write a note in the coaches section of the team notebook or send an email to them at hmrcoach@gmail.com. Coaches determine entries and placement on relays for all meets.

Season – Our team competes in the NWAL (Northwest Aquatic League). This year we are in Division C2. The season runs May 3rd-June 25th, 2011. We will have 6 meets between May 21st and June 25th consisting of 5 dual meets and ending with a Divisional Meet against all Division C2 teams. Our 2011 division consists of HMR, Champions Park, Lakewood Forest, Huntwick, Northpointe and Raveneaux.

Practice - Practice is held Tuesday-Friday at High Meadow Ranch Pool. Swimmers will practice after school May 3rd-May 27th and in the mornings from May 3rd-June 24th. Beginning May 17th, swimmers will be grouped to practice according to skill level as follows: **White** will consist of 6 & under swimmers and any 7-8 year olds needing more fundamental work on strokes; **Green** will consist of full technique training in all 4 strokes; and **Black practice** will consist of endurance training for those swimmers proficient in all 4 strokes. **Advancement to black practice is at the coaches discretions.**

Afternoon Practice Schedule			Morning Practice Schedule	
Time	May 3-May 13	May 17- 27	May 31-June 24	
4:30-5:00 pm	6 & Under	White	7:30-8:30 am	11-18 Black
5:00-5:45 pm	2010 Green and New Swimmers 7-18	Green	8:30-9:15 am	7-10 Black
5:45-6:30 pm	2010 Black 7-10 yr olds	7-10 Black	9:15-10:00 am	Green
6:30-7:30 pm	2010 Black 11-18 yr olds	11-18 Black	10:00-10:30 am	White

*A responsible adult must be present during 6 & under practice.

Attendance - Please try to attend every practice and meet. We understand there might be conflicts, but for the team to be successful, we need everyone to participate. Please let the coaches know about any ongoing practice conflicts your

swimmer will have (baseball, school activity, USA swim practice.). Remember that attendance will play a part in placement on relays for meets. For meets, the coaches need to know by Wednesday if your swimmer is going to be absent so that they can make their entries accordingly. **Please note in the meet absence book by Tuesday if your swimmer will miss the meet.**

Suits/Goggles/Swim Caps – It is requested that all swimmers wear a team suit at meets. One piece competition suits for girls and jammers for boys. D&J Sports carries our team suit. They will be at practice Thursday, April 29 selling suits.

Volunteers – We are one of the only teams that do not require a volunteer deposit. It takes about 45-50 people from our team for each meet to make it run successfully. **Your family will be asked to provide a volunteer for 3 of the 6 meets.** Most of the jobs allow you to watch your child swim and we only ask you to work ½ of the meet so you can be a supportive parent. Volunteer sign-up sheets will be hanging at the pool during practice with a description of what each job entails.

Meets – All meets are held on Saturdays and begin at 7:30 am. Meets usually last about 5 hours.

Entries – Coaches will make entries for all HMR swimmers for all meets. Entries will be exchanged with the competing team on Thursday prior to the meet. We will post entries at the pool Thursdays during practice.

Check In- 7:00 am for home meets and 7:15 am for away meets. This year, swimmers will check in with an age group parent who will write their event numbers on arms and then **swimmers will be required to circle their name on a circle in board.** This board will be used to determine scratches from swim meets. If you forget to circle in, you may not get to swim in the meet.

Ready Bench- Swimmers must listen to the announcer for their event and report to the ready bench when called. Team parents and runners will assist each age group in getting to the ready bench on time. If you don't report to the ready bench on time you will be scratched from your event.

Relays - Relays will be assigned by the coaches. If your child is on a relay, they should remain at the meet until their last relay has competed. Sometimes, relays have to be changed at the last minute, so be aware that your child might be added to a relay at the meet or a relay team might be cancelled if there aren't enough swimmers at the meet.

Invitational Meets – Invitationals are additional swim meets sponsored by NWAL for swimmers to compete in. They are completely optional for our swimmers and most have qualifying times that must be met prior to entry. The 2011 Invitational Schedule will be announced once practice begins in May. Swimmers pay the fees for Invitational meets, usually between \$4-5/event. Qualifying times are achieved at sanctioned NWAL meets and are indicated by a letter after the result if a swimmer qualifies (P or PI for Ponderosa and AS for All Stars). Sign-up sheets will be posted at the pool and announced in the newsletter prior to the entry deadline.

Time Trial – This is a practice meet for all of our parents and swimmers. Parents can get familiar with the volunteer jobs and swimmers can get familiar with how the NWAL meets work. All swimmers must have a seed time for all events they might swim prior to our first meet and this is the main purpose of the time trial. **Time trial times are what will be used by coaches in determining the white/green/black format for practices.**

Meet Results – Meet results are posted at www.nwal.org within 48 hours of the meet. On the website, go to "Results" and find Division C2 and look for our meets filed by week. Results are posted at the pool the Monday after the meet.

Swim-A-Thon Fundraiser – the fundraiser allows us to host the various activities that our swim team holds along with replacing and purchasing new equipment and supplies for the team and paying for equipment storage during the year. Participation in the fundraiser is required for swimmers. Your \$25 fundraiser deposit will be returned after receipt of your fundraiser forms and payments no later than June 10th.

Communication – Most of the communication for the team is conducted through posting information at the pool. The team also sends out an electronic newsletter every week with reminders and updates. The website has basic information about the team and season. In case of rain outs, the team uses a phone tree to communicate schedule changes for meets. Practice and meets are held rain or shine unless you receive a call or it is posted on the website.

Board Members - All of our board members are parent volunteers. It is our goal to make this a positive experience for your entire family. We are available at practice during our children’s practice time or via email or phone (see phone lists) to deal with your concerns. Remember, it takes all of us supporting our swimmers to have a successful season! Board positions last for 2 seasons and many of our board members will be leaving at the end of the 2010 season. Please consider becoming a board member at the end of the season.

Todd Ladd -	President	Eva Gordon -	Activity Coordinator
Trena Dowell -	Treasurer	Kendall Moffitt -	Awards Coordinator
Amy Jones -	Secretary	Gretchen Duren -	Logo Item Coordinator
Toni Dooley -	Volunteer Coordinator	Pam Rogers -	T-shirt Coordinator
Nicole Lombard -	Equipment Manager	Beverly Ladd -	Website Manager
Jackie Dennington -	NWAL Representative	Lori Merner -	Past President/At Large Member
Michelle Brady -	Activity Coordinator	Kolleen Giles -	At Large Member
		Computer Clerk -	Open Position

2011 Meet and Activities Schedules

Meet Schedule			
May 14	Time Trials following picture day am @ HMR (8:00 am)	June 18	Away vs. Raveneaux
May 21	Home vs. Champions Park	June 25	Divisional Meet @ Tomball HS Pool
May 28	Away vs. Lakewood Forest	July 1-3	All Stars and Ponderosa Invitationals (Optional for Qualifying Swimmers)
June 4	Away vs. Huntwick		
June 11	Home vs. Northpointe		
Mid June	Optional Invitational Meet TBA		

Addresses for away meets:

- 5/28: Lakewood Forest – 15006 Lakewood Forest Drive, Houston, TX 77070
- 6/4: Huntwick -5300 Coral Gables, Houston, TX 77069
- 6/18: Raveneaux - 9415 Cypresswood Drive, Spring, Texas 77379
- 6/25 Tomball HS Natatorium - 13850 Zion Road. Tomball, Texas 77375

Pep Rallies, Activities and Other Important Dates – As our main goal is having fun, we try to incorporate various activities during our season. Mark these dates on your calendar.

May 10	D&J at Practice for Suit Sales	June 2	Swim-a-thon and Pancake Breakfast during scheduled practice times
May 14	Picture Day at 8:00 am followed by Time Trial; breakfast concession available	June 10	Family Pot Luck Pep Rally @ Pool 6 pm; Practice Times will be modified
May 20	Pep Rally @ Pool 6:00 pm; Practice Times will be modified for that day	June 23	Divisional Pep Rally @ Pool 7:00 pm followed by Movie Night
May 31	First Day of Morning Practice	June 30	Team Banquet-Location TBA