



High Point Swim Club

Frequently Asked
Questions



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Introduction

Welcome to High Point Swim Club. We hope these FAQ's answer some questions for you, and will be a handy reference guide as your swimmer's career with HPSC progresses. Please feel free at any time to contact a Coach or Parent Representative with any questions you have about information in these FAQ's. Likewise, feel free to ask questions about anything that is not covered here.



High Point Swim Club Information

High Point Swim Club is a member of USA Swimming, and we are in our 46th year of existence.

How is HPSC organized?

HPSC is split into two sides. The “Dry” side and the “Wet” side.

The Dry side is the Board of Directors who handle the administration of the team, and decides the future direction of the team. The Board is composed of a President, Vice-President, Past President, Treasurer, Secretary, Fundraising Chairperson, and Parent Representatives. Board Contact information may be found online at www.polarbearswim.org

The Wet side is the coaching side. Aaron Reeves is the Head Coach of High Point Swim Club, and has served in that capacity for the past 9 years. Coach Reeves leads the coaching staff, giving direction as needed, and serves to set the direction of the team in terms of practices and meets.

Where are our training sites?

High Point Swim Club has two primary training sites, with one other pool used during the summer to supplement training opportunities.

Our “Home” training pool is the High Point Swim Club pool (aka “The Igloo”) in High Point, NC. Our senior team members predominantly train in this pool, it is a 5 lane 25 Meter “L” with a teaching extension. Our age group team also utilizes this facility from time to time.

The age group portion of our team utilizes the High Point YWCA for the most part. Swimming in this 5 lane, 25 Yard pool in the fall through spring, after which they move to the Igloo with the senior swimmers.

Our outdoor pool is owned and operated by the City of High Point and is located in Jamestown, NC. The 8 lane 50 Meter pool is located in City Lake Park. The pool played host to the 1963 Women's AAU Swimming and Diving National Championships. It was built in the late 1930's and at one time it was the largest man made swimming pool on the east coast.

HPSC Website?

HPSC's website is located at www.polarbearswim.org or www.highpointswimclub.org. On the main page that pops up, you will find graphics (be patient if you have a slow connection speed) with headings for 4

different programs offered by High Point Swim Club. Most of the information which you need will be located under the "Swim Team" heading. Click on the words "Swim Team" to go to that section of the website.

For Swim Meet information, click on the link which says "Meet schedule" (on the left). The best way to get around this website is to take some time and click on the various topics.



Practice Points

During the school year practices takes place on a daily basis, Monday through Saturday. How often your swimmer attends practice is ultimately your family's responsibility. Please keep in mind that swimming is a cumulative sport in terms of technique and conditioning. As the swimmer ages, those with the most practices typically do the best in meets. At the younger ages there are those who can do great in meets with little training, but as the children age, things equalize and those who are doing the work are successful.

What do the swimmers need to bring to practice?

The swimmer should have the following:

Swim Suit

Goggles

HPSC Swim Cap

Fins (if the coaches say so)

Paddles (if coaches say so)

Pull Buoy (if coaches say so)

Towel

Dry clothes to change into (weather appropriate)

Dryland Clothes and Tennis Shoes (if the coaches say so, typically for the older groups).

*The older groups may have more specialized equipment needs.

What do the parents need to bring to practice?

Bring their swimmer!

Parents are free to sit in chairs and talk to other parents, do homework (if going to school), grade papers (if a teacher), read a book, walk in the neighborhood. We also have FREE wireless internet access for your use.

Parents should try not have discussions with coaches during the practice session, unless there is a problem, or they need advice on what to sign up for at a meet. If a parent needs to meet with a coach, please schedule with the coach before or after practice. Our staff does keep regular office hours and works hard to meet the needs of the parents and swimmers. Your swimmer is our first priority at practice and we try our best to give your swimmer our undivided attention.

What are the coaches doing during practice?

Naturally, the obvious answer is coaching. However, that comprises of a lot of different things. Typically the coach starts practice by either telling the swimmers what the warm-up is, or writing it on the white-board. Some coaches use abbreviations for different things they want the swimmers to do, and the swimmers catch on pretty quickly. To the casual observer the things written on the white-board may look strange.

While the swimmers are swimming their sets, the coach is typically watching the strokes, and either correcting the strokes at the end of a repetition, or they may stop them in the middle of the repetition and correct it there.

A coach may take a swimmer out of the water to either discuss directly with the swimmer what they want done on any given set, they may have them go through motions with their arms and bodies to simulate the proper strokes, or they may be taking them out for a disciplinary discussion.

Coaches typically have a workout already written out, but frequently change the workout to suit the direction the practice is taking in terms of effort or attitude.

As noted in the “What should parents bring to practice” section above, it is important for parents to keep the discussions with a coach to a minimum (on deck). A coach may approach you with a comment during practice, or say something in passing while walking the side of the pool. Please limit any discussions, because the coaches focus needs to be on the swimmers, both yours and everyone else.

What are the different groups in the water?

There are 4 basic groups in the water: Age Group Red, and White, and Senior Silver, and Gold.

Red Group (7-10 year olds)

Red Group will continue with Polar Bear Aquatics ideas in terms of a furthering education on balance, breathing and additionally, more advance stroke drills of the four competitive strokes. In the Red Group, there will be an emphasis on kick in addition to good balance. In order to grow in one’s stroke technique, good balance and strong legs are essential, hence the reasoning for the emphasis on these 2 skills. The pre-requisites for this level are the ability to swim 50 yards freestyle and backstroke and 25 yards of breaststroke and 25 yards of fly kick.

White Group (8-12 year olds)

White Group will build upon skills learned in Red Group. The emphasis is still on kicking and balance. In the early years of swimming, repetition is important so good skills become good habits. In addition to balance and kick, stroke technique is also still a focus. Swimmers will begin to learn about sets and how stroke drills/technique, kicking and balance fit into a set. A real independence begins to be formed as connections are made on how they all the skills they have learned so far are connected. Further, learning how to use the pace clock is introduced.

Silver (Ages 13-18)

Silver is a continuing education of what the swimmer has learned as an age group or summer league swimmer. This group is for swimmers who are looking to advance their training by using the skills learned and applying it to more challenging and aerobic sets. This group is ideal for the swimmer who is still involved in other activities, but is looking to train more regularly on a weekly basis. Practice is offered 3 times a week for an hour and 45 minutes, attending up to 3 times is encouraged. Meets offered in this group are mostly local with the opportunity to attend team travel trips. In this group, you will not only continue to work on technique and kicking, but you will also begin to learn about goal setting, nutrition and other areas about the sport outside of the pool.

Gold (Ages 13-18)

Gold takes the knowledge learned in Silver and becomes an integral part of their training in Gold. Areas such as dry land, weights, nutrition, long term goal setting and an increased effort in training are all apart of Gold. There is still an emphasis on stroke technique and kicking but it is applied in a manor where race strategies will be developed. Sets in practice will be designed not only with technique in mind, but also those race strategies. Practice is offered 6-8 times a week for two and a half hours. Regular attendance at practice and meets are strongly encouraged and a desire to progress to the next level. This is a group for swimmers who have decided to make a serious commitment to their swimming on a Senior level.



About Swim Meets

By now you've read some references to meets. This section will address swim meets and what to expect or what they are about. It is not meant to be a complete resource. Typically there is a progression to meets that goes like this: Regular Season Meets (home or away); depending on the times achieved by swimmers they can attend SES Championship Meet, Senior Sectionals, Jr Nationals, Nationals, and US Olympic Trials. The time standards for these meets are progressively harder to achieve.

Short Course vs. Long Course?

A swim year is broken in to two parts. One is called the Short Course (25-Yards) Season the other is called Long Course (50-Meters) Season. The course refers to the length of the pool that the meet takes place in, and each season has a North Carolina Swimming (NCS) Championship Meet at the end of each season.

Typically the Short Course (SC) season runs from September through March or April, with the Long Course (LC) season running from April through July. Typically no meets take place in August and the swimmers have a break from training during this month.

What is meant by "NCS"?

"NCS" refers to North Carolina Swimming. NCS is our Local Swimming Committee (LSC). LSC's are how USA Swimming has divided up our nation. The NCS LSC consists of the State of North Carolina.

If you hear of a swimmer making a "NCS" "or "JO" cut in a meet, it refers to the time standard required of their age group needed to participate in the NCS Championship Meet. These Championship Meets are held in February for the SC Season, and in July for the LC Season.

What are "A, AA, AAA, etc..." Times?

USA Swimming created time standards called "Motivational Time Standards." These time standards are stepping stones for swimmers to use to shoot for faster and faster times. The fastest time standard of these motivational standards is T16, which means that swimmer would be fast enough to be considered Top 16 in the nation. Here are the categories of the motivational time standards in order of difficulty:

B, BB, A, AA, AAA, AAAA, T16

Why have these time standards if there are already NCS Qualifying times, Sectionals, Jr. Nationals, Sr. Nationals, and Olympic Trials? The reason these times exist is it helps fill in the gaps between the previously mentioned Championship meets. If a swimmer sees he/she has to drop 10 seconds in a 100 Free to achieve a T16 time, it's not very motivating because 10 seconds is a long way away. However, if a

swimmer has these stepping stone times, it "motivates" them to achieve to a higher level and possibly helping them reach the T16, Sr. Nationals, Jr. Nationals, or even Sectional Qualifying times.

Why do we swim in meets?

We swim in meets for a multitude of reasons. Swimmers learn competition by participating in meets; what they need to work on, while also seeing the fruits of their labor within practice; coaches get to measure where the swimmer is by their performance in meets and see what areas of stroke and conditioning need work; and the team comes together as one to compete against other teams from across the South and sometimes further out.

Why do we host meets?

High Point Swim Club typically hosts 2 to 3 SC meets a season at the USA Swimming level. In the LC season we will host 1 to 2 meets a season. While giving our swimmers a chance to participate in local meets, it minimizes the need to travel and the resultant family costs that entails. Hosted meets also are a revenue stream for the club. Swimmers from all clubs pay entry fees based on the number of events each swimmer will swim, and those fees help pay the yearly costs of running a club the size of HPSC with two training locations. As a result the meet revenues help to hold down the monthly dues of every swimmer.

How do we enter meets?

On the website, and in emails from your child's coach will be informed of Meet Entry Deadlines for the various meets HPSC attends. To enter meets please stay in contact with your coach and work with them to handle your entry. Depending on the level of swimmer that you have, your coach may handle your child's entry by their self or your child may have full input in their entry.

What do we need to bring to meets?

Sunscreen (if outdoors)
Towels and/or Beach Blanket for kids to sit on
Folding Chair(s) for adults to sit in
Sharpie Marker (to write your age group child's events on their arm or leg)
Cooler with plenty of drinks (most meets have a concession stand)
Snacks/Lunch
Goggles
HPSC Swim cap
Cards, Electronic Games, iPods or Board Games for kids to play when not swimming

What should the swimmers do before and after their races?

Swimmers have a multitude of distractions at meets: anywhere from rowdy teammates to friends on other teams that they have not seen in months or years. Swimmers should have fun at meets, but keep it at a level where it does not negatively impact their performances.

Before each race some of the more disciplined older swimmers are in the habit of visualizing their upcoming race in their mind.

In the event or two before each race a swimmer should report to their primary coach (or if that coach is not at the meet, another coach they are familiar with). The coach will typically give them a reminder or two on what to remember to do during the race, and send them on their way to the blocks. Each swimmer will stand behind their lane to get ready for their race.

After the race, the swimmer should report directly back to the coach and receive feedback. For older swimmers it is permissible with most coaches to warm-down first before stopping by. If your swimmer comes to you first after a race, please immediately redirect them to the coach. The coach needs to talk to them while the swim is still fresh on their minds, and you can wait to give them hugs and pat them on the back after the coach is finished reviewing the race.

What volunteer jobs are available at meets?

There are many jobs available for parents to do at a swim meet hosted by High Point Swim Club. Some of those are:

- Lane Timer
- Relief Timer
- Runner (someone to pick up the timer sheets)
- Bake food for either the concession stand or Official/Coaches Room
- Become an official – Officials get good food and free water, and get wet!
- Train to work the computer table

These are just a few of the jobs. Any questions, ask the parent rep or one of the coaches.

Away Meets: When, where, and how often?

During the course of each season, HPSC will attend several away meets. They may be in Raleigh, Charlotte, Atlanta, or Knoxville to name a few. Attendance is encouraged for all swimmers.



Team Volunteer Requirements

As a volunteer parent owned swim club, volunteers are a vital part of our success. To help with expenses the club runs a number of events through out the year. Our most successful events are hosting swim meets which require a number of different roles to be filled. To learn more see the appendix for a volunteer opportunity sheet.

Why?

Volunteering at the meets helps keep the cost down so a swimmer's dues do not increase.



Team Fundraising Opportunities

As mentioned earlier, swimmer's Monthly Dues do not cover all of the operating costs of High Point Swim Club. In addition to money made from hosting meets, Team Fundraising is essential to making up the difference. Some of the different fundraising opportunities that we have are as follows. We welcome new ideas and thoughts on fundraising.

Gold Party, Swim-A-Lap, Scrip, Ad Sales

Swim-A-Lap

Swimmers will collect pledges up front as to how many laps they plan on swimming. The maximum number of laps a swimmer may swim is 200 – which is 5000 yards. Swimmers have 2 hrs to attempt to complete the yardage. These pledges may be tax-deductible – consult your tax advisor.

Direct Donations/United Way

Because High Point Swim Club is a Non-Profit organization you may be eligible for tax-deductible direct donations. Consult your tax advisor on the best way to do this. Monthly dues are not tax deductible because of the direct benefits you receive (i.e. your child's training).

If your workplace has a United Way Campaign, you may choose to select High Point Swim Club as the recipient of your workplace donations.

Corporate Sponsorships

Corporate Sponsorships are also available if your workplace would like exposure within the swimming world. For more information contact our fundraising chairperson. Their contact information is available on our website under the Board of Directors information page.



HPSC and Summer League Swimming

Summer League swimming has been a great introduction to swimming for many of our HPSC families. Swimmers continue to have tons of fun each year participating with the summer league teams throughout their career. The Summer League is a recruiting base for High Point Swim Club, and we encourage all of our families to invite their Summer League friends to consider HPSC for their children who love the sport.

Do kids do both?

Absolutely! We recognize the value of the Summer League and HPSC has hosted the City League Championship Meet for years for the High Point Community Swim League.

Many HPSC swimmers swim in practices with both their summer teams and with HPSC. Since League team practices are generally not as strenuous, it usually fits in fine with the training they receive from us, plus they enjoy their summer league friendships. Other swimmers, typically older ones, may only practice with HPSC and show up at League meets to swim and win events for their respective teams.

What is HPSC's Summer League Tune-Up in the Spring?

Each spring for a period of 4 to 5 weeks in April and May, High Point Swim Club conducts a Summer League Tune-Up for Summer League swimmers. The swimmers come in and receive stroke, starts, and turn instruction; as well as getting in the water earlier than many of their summer league teammates.

Typically we are able to give them more one-on-one instruction on their strokes than they receive in the summer since the League teams are so large. Plus we introduce them to different stroke drills that work specific things to help them become better League swimmers.

Some of these Tune-Up swimmers may eventually join HPSC after the Summer League season as a result of their positive experience with the Tune-Up. Our HPSC families help spread the word about upcoming Tune-Ups with their friends and families.



Money Issues

Training Fees and Meet Entry Fees are essential to the smooth running of our team. It is important that all families stay current on their obligations. If any problems arise, please talk to our Parent Representative and/or HPSC Treasurer.

When and how will we be billed?

Each swimmer will be “billed” monthly, all are due at beginning of the month. We do not send out a monthly bill. However we will send out quarterly bills showing your balance. We do ask that you have your monthly payment mailed by the first of each month. See the appendix for our registration document with more financial information.

What is the escrow account for?

The meet entry fees on the escrow bill are how much you are charged to enter an event for a specific meet. Each swimmer should begin the year with a \$75 deposit to be used for swim meet fees. Once the escrow has been depleted, a bill will be sent to make sure each swimmer maintains \$75 in the escrow account.

How do we suspend our account or resign from HPSC?

To suspend or resign from HPSC, a written note (Email) must be sent to the HPSC Treasurer by the 15th of the prior month before a swimmer plans to resign. This allows the person in charge of billing to let the coaches and others know that the swimmer will be resigning.



Conclusion and Contacts

These FAQ's are a work in progress. It covers some of the most commonly asked questions, and we realize that you may have many more questions to ask. Please feel free to contact our Parent Representatives or Coaches at any time with your questions, or ask other parents while you sit up in the stands.

Primary Contacts within the club:

Head Coach –

Aaron Reeves

CoachReeves@polarbearswim.org

Board President –

Stuart Nunn

President@polarbearswim.org

For a complete listing of Board Members and Coaches visit the website.

Appendix

2009-2010 REGISTRATION INFORMATION

Welcome to the 2009-2010 Swimming season. HPSC must charge for its services in order to offer the quality programs swim families expect. We do our best to keep dues and other fees as low as possible. HPSC's swim year runs from September 1 to July 31 (11 months). Dues are based on the group allocation of your swimmer. Billing begins on September 1. HPSC coaches will assign your swimmer to a group, and may recommend group changes during the year.

Registration Fees Swimmers must register with USA Swimming, North Carolina Swimming and with HPSC to join the team. *No swimmer will be permitted to practice or participate in competition following the two week trial period until your registration materials (including fees) have been received. Returning HPSC members must be current with dues and escrow accounts.*

BRING A FRIEND PROGRAM Each member is encouraged to recruit one or more new members each year. You will be asked to fill out a referral form to give to your coach on each member you are recruiting. If the new member remains with the team for at least six (6) months and is paid in full, you will receive a \$250 credit towards your remaining balance. YES! THAT IS \$250.00!

The current groups and monthly rates

11-Younger

- Red- \$87 per month, attendance goal is 2-3 times per week
- White - \$107 per month, attendance goal is 3-4 times per week

12- Older

- Silver- \$127 per month, attendance goal is no more than 3 times per week
- Gold- \$151 per month, attendance goal is 4 – 6 times per week

Each additional sibling will receive a 10% discount on their monthly dues. This discount will be applied to the lowest group.

FINANCIAL ASSISTANCE

The financial aid program supports the commitment of High Point Swim Club and its Board of Directors to maintain a team with a wide range of experiences, talents, interests, and backgrounds. The fundamental goal of the program is to enable qualified athletes to participate, for financial aid, could not afford to do so. Financial aid is awarded on the basis of economic need, as determined by the formula used by the Financial Aid Committee.

Athletes receiving aid are eligible for all of the opportunities and services available to the team. A participating athlete receiving financial aid is held to the same standards of behavior and performance as an athlete whose parents pay the full cost. Athletes at any group level may be considered for financial aid. High Point Swim Club does not discriminate in the administration of its financial aid and membership policies on the basis of race, color, religion, national origin, sex, or age in violation of existing state or federal regulations. All aid is need based and not by athletic ability.

Volunteer Opportunities

Please take a few minutes to look over each of the areas where volunteers are needed and see if one fits you and your personality. If you would like to learn more about one of the areas please see a board member or one of the coaches and we can arrange an opportunity for you to learn and experience one or more of these wonderful and beneficial jobs. Thanks to all of you and for all you do for our club.

Meet Directors – responsibility for obtaining a meet sanction; preparing the facility, arranging for personnel, equipment (including appropriate timing equipment), and supplies necessary for meet operation, processing of entries; printing of programs, arranging for publicity and media coverage. He/she should remain the overseer of activities, avoiding direct involvement in any one committee or activity.

Hy Tek Operators – handle meet set up, export event file for team entries, receive team entries, work during the meet handling the data from each race and entering it in the computer. This position is best learned on the fly, but a great deal of it can be done before the meet in quite easy to learn mode.

Colorado Operators- this position is an important one and really easy to learn. The Colorado is a piece of equipment that we use to time each race. The operation of the equipment is rather simple to learn and is very repetitive. It is best learned at meets. But we can and will sit with you ahead of time to show you the equipment and it's basic operations.

Officials- If you are interested in becoming an official we will put you in touch with the people that can help you get started. It is not a hard thing to do, you have to be willing to go through the educational process and work during swim meets. The positions that are normally available to work are stroke and turn officials and starters as you become more skilled. North Carolina Swimming has a great officials training program that will teach you all you need to know.

Head timers – keep two spare stop watches that they start at the beginning of each race in case a timer's stop watch does not work. When a timer raises their hand the head timer takes one of the alternator watches to that timer to use.

Timers – these people keep time for the swimmers of each race and record the finishing times on a sheet of paper.

Concessions – these workers sale snacks, drinks, t-shirts, and heat sheets to our guests. They usually work one session per day or multiple sessions on one day.

Hospitality – feeds the workers including coaches, officials, timers, etc. that work the meet. They usually work one session per day or multiple sessions on one day.

Announcers – this person controls the tempo of the meet under the direction of the Meet Referee and Meet Director. He/she makes timely announcements, information, and enthusiastic descriptions of the races when appropriate.

Meet Marshals – supervise and control the warm-up sessions, help with crowd control, deck access, proper competitor and spectator decorum and safe, courteous behavior in other areas of the venue. Meet Marshals must be USA Swimming members.