

BUFFALO GROVE
HURRICANE
SWIM TEAM



The Hurricane Report

HURRICANE ONLINE

Did you know you can visit The Hurricane Swim Team website at:

www.bgparkdistrict.org/pages/hurricane.htm

Required Equipment

Fins ARE required this season. All swimmers should have competitive swimming fins, not scuba/snorkel fins. The short fins work the best for the number of swimmer we have in the water.

And YES, if your hair hangs lower than your eyebrows, you must wear a cap (hair in the eyes = NO swimming).

Excellence Through Effort

...is our focus. We must put effort into any skill at which we expect to excel. Swimmers can measure their improvement by watching their times drop as their technique becomes more efficient. Although not every swimmer will receive ribbons at meets, all swimmers will be rewarded with personal best certificates and pins as their times get faster.

We expect all swimmers to strive to achieve their personal best. By expecting excellence at practice, we are confident personal best times can be achieved during the meets.

Personal Best Awards

The first time a swimmer competes in any event, they establish their base time for that event. When they compete in that event again, they have an opportunity to swim

faster and earn a Personal Best certificate and pin. One certificate and pin are awarded for each meet in which at least one personal best time is achieved.

Our 1st Meet

First meets can be very scary for first-time competitors. Parents, you can help by informing your swimmers that their only job at the meets is to perform their very own "personal best". That means swim, behave, etc to the best of their ability, whatever that ability. Your job is to encourage and praise—let the coaches do the coaching.

This week, we have our 1st meet. Please review the following meet day rules and schedule:

- All swimmers must check-in upon arrival at the pool.
- Swimmers not checked in before warm-ups will be removed from the meet. (unless other arrangements have been made prior to meet day).
- Generally, the host team warm-up first. The visiting team warm-up second.
- Meets usually begin on time and last approximately 3 hours.
- Our team will always have a designated area, and all swimmers are expected to remain in that area during the meet. Coaches should not have to look for a swimmer, ever.
- There will be a well-equipped concession stand.

Hurricane parents must check-out their swimmers before leaving the meet. Unless prior arrangements have been made, **DO NOT plan to leave before the end of the meet, ever.**

Meet Etiquette

- EVERYONE must be QUIET for the start of EVERY race. ALL swimmers must be able to hear the official. When the official blows the whistle, that is your queue to be quiet.
- Swimmers must stay behind the timers until it is their turn to get on the starting blocks.
- Relay swimmers must stay behind their lane until the entire relay team is finished swimming.
- Swimmers cannot put anything into the pool during a race or they can be disqualified from the entire meet.
- Swimmers must sit in the team-designated area. Coaches will not search for swimmers. If a swimmer misses an event, they will lose at least one event in their next meet.
- No one is allowed to walk, stand or sit in the area directly in front of the scorers' table.

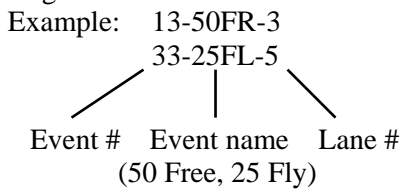
More Rules for Swimmers

Meets are a very busy time for coaches. Because the coaches are so busy, we need the swimmers to take responsibility for themselves. Following are a few rules that we would like all Hurricane swimmers to follow during meets:

Continued..

➤ It is your responsibility to get to the lane in time for your event. Please **BE THERE!** The penalty for missing an event is not being allowed to swim in the next meet. If you have to go to the bathroom, make sure you have enough time so that you **DON'T MISS YOUR EVENT.**

➤ Have your parents (not your coach) write your event number, event name, and lane assignment on your hand so you won't forget.



➤ Please wait until you get to the meet and recheck the lineup before writing your events on your hand. If you write them on at home, you may find that you have the wrong events written down because the lineup has changed.

➤ **DO NOT** ask the coach “what event are we on?” Listen to the announcer for the event number and name.

➤ **DO NOT** ask the coach for your prior time in an event. Know your times.

➤ **DO** ask the timer for your time. Although not your official time, it will be pretty close. Official times are determined at the results table.

➤ Meet results, ribbons, and personal best certificates/pins will be distributed at practice. They will be included in each family's mail folder.

➤ We've found that the best way to pay attention and not miss your events is to watch the races, listen to the announcer, and cheer for your teammates while they swim!

NO Jewelry

NISC Rules and Bylaws include a **NO Jewelry** rule for all meets. This means, no earrings, necklaces, watches, or decorations of any kind during dual meets.

Scoring Points

The Hurricane Swim Team is all about “performing your personal best” and that is a very individual focus. All of our swimmers like to receive ribbons and personal best certificates. However, we are still a team, just like baseball, soccer, and all of the other sports in which your children participate. Being a team implies commitment and participation and team scores. Team points are awarded as follows:

Individual Events:

1 st Place	6 Points
2 nd Place	4 Points
3 rd Place	3 Points
4 th Place	2 Points
5 th Place	1 Point
6 th Place	0 Points

Relay Events:

1 st Place	8 Points
2 nd Place	4 Points
3 rd Place	2 Points
4 th – 6 th Place	0 Points

We NEED Your Help

The meet on Wednesday, 6/18 & 6/25 are home meets. Parent involvement is critical to the success of a home meet. We **MUST** have many volunteers to run the meet:

- ✓ We need 24 timers, twelve timers (2 p/lane) for each half of the meet.
- ✓ Ribbon writers apply labels to the ribbons for both teams.
- ✓ A runner collects seed cards and delivers them to the results table.
- ✓ The false start rope attendant is responsible for lowering the rope in the event of a false start.

✓ An announcer is needed to inform spectators of the events about to be swam and to make announcements during the meet.

✓ The timing console operator monitors the automated start and completion of each event and insures the accuracy of the data forwarded to the laptop.

✓ The laptop operator takes times from the timing console and/or seed cards and insures that accurate times are entered into the swimming software for the correct swimmers.

✓ Meet clean up / Pool tear down can be accomplished easily when everyone pitches in. Please help.

All of these jobs require parent volunteers. Please check-in as soon as you arrive at the meet for information on exactly when and where we need your help. **THANKS!**

With your help, all of our home meets will be a success.

From our Volunteer Coordinator...

As we prepare for our first home meet, here are a few volunteer reminders:

- It is important that all volunteers check in before the start of the meet.
- 2nd half timers that plan on arriving after the start of the meet should check in immediately upon arrival to the pool. There is no break in between the halves and it is essential that all timers are accounted for.
- If you do not have a job preference, please mention that on the volunteer form. Sometimes we need that flexibility.

➤ Finally, the Hurricane Swim Team relies on the support of parents at all home swim meets. Therefore, it is necessary for all parents to volunteer a couple times throughout the season in order for the team to continue to hold dual meets. With so many families in the program, we should not have to be begging for volunteers minutes before the meet begins. It is embarrassing and makes our team look bad.

Again, thanks for all your help.

Reasons for Disqualification:

General

- False start
- Not finishing the race
- Walking or pushing off bottom of pool
- Pulling on the lane lines

Breaststroke

- Flutter kick
- Butterfly kick
- Scissors kick
- 2 strokes taken without head breaking the surface of the water
- Hands pulling past the waist
- 2 kicks (or more) per stroke
- 1-hand touch or not touching simultaneously
- Pushing off the wall on your back
- Arms not pulling simultaneously
- Butterfly stroke recovery

Butterfly

- Flutter kick
- Breaststroke kick
- Scissors kick
- 1-hand touch or not touching simultaneously
- Pushing off the wall on your back
- Hands not on the same horizontal plane
- Arms not pulling simultaneously
- Arms not coming out of the water

Backstroke

- Both feet not completely under the water at the start
- Pushing off the wall on your front
- Not touching the wall at the turn
- More than one freestyle pull at the start of the flip turn
- Not having constant motion before the actual flipturn

Freestyle

- Pushing off the wall on your back
- Not touching the wall at the turn

Individual Medley

- Any of the above individual stroke rules
- Swimming strokes out of sequence
- Improper back-to-breast turn

Upcoming Events...

Wednesday, June 18

Hurricane VS Lincolnwood
At Willow Stream Pool
Our Warm-up: 4:30-5:00PM
Visitor Warm-up: 5:00-5:30PM
Meet Begins: 5:30PM
Hurricane parents will run a concessions stand during the meet.
Meets last approximately 3 hours.

Saturday, June 21st

PICTURE DAY!!!!
All Swimmers 9:00-11:00AM

Wednesday, June 25^h

Hurricane VS Norridge
At Willow Stream Pool
Our Warm-up: 4:30-5:00PM
Visitor Warm-up: 5:00-5:30PM
Meet Begins: 5:30PM
Hurricane parents will run a concessions stand during the meet.
Meets last approximately 3 hours.

Contact Coach Vicki at (847) 541-1310

(This is my home phone. It is always ok to call this number at a reasonable hour. Leave a message if I'm not there.)

*Swim your best
in EVERY race and
at EVERY practice.*

*You can always be proud
of yourself, when you...
do your PERSONAL BEST!*

