

**BUFFALO GROVE
HURRICANE
SWIM TEAM**



The Hurricane Report

First Home Meet TOMORROW!!!!

Tomorrow we face Lincolnwood. Swim your best, swim fast, but most of all SWIM LEGAL!

Parents are expected to come and watch the meet. This is where your children show you what they've learned and how they've improved. Please, do not show up at the end. We cannot guarantee when the meet will finish, and we definitely do not want to hang around waiting on absentee parents. Be there for the meet. Be there for your children.

Keeping it Legal

Our number 1 rule is Keep It Legal. A fast swim is worthless if you are disqualified. All swimmers must become legal in all four competitive strokes. Keep the following causes of disqualification in mind when learning to swim competitively or when changing any technique to improve performance:

General

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

Breaststroke

- Flutter kick
- Butterfly kick

Breaststroke (cont.)

- 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

Away Meets

Swimmers arrive at the Aquadome pool to board the bus. Attendance is taken and heat sheets are available to parents. The bus leaves at the scheduled time and is only one-way. All swimmers MUST be picked up at the host pool.

Parents are expected to be at the away meet to watch their swimmers.

Directions to away meets will be included in a newsletter prior to the event.

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.

Hurricane Online

www.bgparkdistrict.org/pages/

Hurricane Email: SwimHurricane@gmail.com

Contact Coach Vicki by phone at (847) 541-1310

It is always ok to call my home at a reasonable hour.
Leave a message if I'm not there.

CALL BEFORE NOON ON MEET DAYS.