

HAWKS 2008/09

POLICIES AND REGISTRATION INFORMATION

Welcome to the Hawks Swimming Association, Ltd. We are a year-round swim program sanctioned by USA Swimming and competing within the Adirondack Swim League and the Empire State Swim League (ESSL). Our practices are held 6 days a week at the State University of New York at New Paltz from September until June and during the month of July at the Ulster County Pool. Members of our team range in age from 6 to 18 and come from over a dozen communities.

OUR MISSION

- To offer a healthy and enjoyable competitive environment to swimmers of all levels of ability.
- To offer the highest quality coaching available with an emphasis on teaching.
- To encourage physical fitness as well as personal development.
- To provide each team member with the opportunity to reach his or her full potential as an athlete and as an individual.

OUR APPROACH

Hawks Swimming places emphasis on quality of movement, technical efficiency and mindful swimming in order to achieve fast swims. The coaches structure practices to include a balance of aerobic, anaerobic tolerance as well as stroke development. Practices also include dryland workouts which are structured to increase core strength and flexibility. We encourage and aid our swimmers in setting short and long term goals and designing practices that help them to achieve those goals. Much of our teaching philosophy is based on the principals of Total Immersion (TI) developed by one of our coaches, Terry Laughlin. TI is a method for teaching people to swim based on the desire to find the most efficient way for the human body to move through water.

OUR COACHING STAFF

Our coaching staff includes head coach Erin Quinn, Assistant Coaches Beth Taylor and Kathryn Guilitti and a number of volunteer assistants. All our coaches are Total Immersion trained. All practice swimming regularly and several compete at the Masters Level.

PRACTICE GROUPS

There are three main practice group designations: Bronze, Silver and Gold. Practice group placements are determined by the coaches based on skill level and ability to be coached. During the season swimmers will be provided with an evaluation of skills which may allow for advancement from one group to another. Any parent or swimmer can request a meeting with the coach to discuss the swimmer's progress.

POOL TIME SCHEDULE

These times refer to the periods during which our team has rented the pool. The specific days and times for each swimmer will be decided near the beginning of the season. Although there will be an opportunity for swimmers to choose their own schedule, it is possible that not every practice session will be open to all practice groups.

Monday	6:00 – 8:00pm*
Tuesday	7:15 – 8:30pm
Wednesday	6:00 – 8:00pm*
Thursday	7:15 – 8:30pm
Friday	7:00 – 8:30pm
Saturday	4:00 – 7:00pm*
Dryland**	Tuesday & Thursday 6:30 – 7:00pm

* Younger swimmers choosing Monday, Wednesday or Saturday as their practice days will begin with 1 hour practices. When appropriate, their time will be increased.

** Dryland is additional physical conditioning training that takes place outside of the pool. It consists of running, field games, strength work and stretching and is open to all swimmers.

PRACTICE RECOMMENDATIONS

To get the most of the program, you will benefit from attending all available practices. That said, the coaches are conscious of the busy lives and juggling that many families experience. We suggest a minimum of two days per week but strongly encourage swimmers to attend as often as their schedules allow.

FEES

The cost of the program is \$655 per year. Payment Plan: \$155 Security bond due at time of registration plus 4 installments of \$125 due October 1, November 1, December 1 and January 1.

ADDITIONAL FEES

USA Swimming Registration – \$61, due at the time of registration

Uniform – \$40 (includes suit, latex cap and T-shirt), due in early September

Meet Fees – There is normally a \$3 to \$5 per event charge for swim meets. These fees will be billed to you by the treasurer throughout the season.

MEETS

Our team attends approximately 15 meets during the season. We compete in two leagues, the Adirondack Swim League, which is sanctioned by USA Swimming, and the Empire State Swim League (ESSL). Adirondack meets are invitationals, which means that many teams compete. They are typically held over 1 or more days and often involve travel to the Albany area and sometimes require an overnight stay. Most ESSL meets are dual meets, which means that we compete only against one other team. These meets involve less travel and typically last for only several hours. Attendance at all ESSL meets and some USA meets is mandatory.

PARENT VOLUNTEER REQUIREMENTS

Each family is asked to contribute to the team community by volunteering on a committee and at meets. A great deal of work goes into running the club on a daily basis and hosting meets, which are a major source of income for the team. Volunteering for the team is a fun and rewarding experience. Our committees include Fund-raising, Membership, Social, Publicity, Concessions, Sportswear/Equipment and Meet Organization. At meets, volunteers are needed for officiating, timing, concession sales, swimmer supervision and organizing awards. Please also let us know if you have a particular area of expertise from which the team could benefit.

REGISTRATION PROCEDURE FOR RETURNING SWIMMERS

Registration for returning swimmers will be held during practice on Tuesday September 9, Thursday September 11, Monday September 15 and Friday September 19. Please be prepared to pay the Security Bond and USA Swimming registration fees at time of registration. All swimmers must complete a registration form. Regular practice begins on Monday September 8.

REGISTRATION PROCEDURE FOR NEW SWIMMERS

A skills evaluation is required for all new swimmers. Those who have already been evaluated and told their practice group can begin practice on Monday September 8 and can register during practice on Tuesday September 9, Thursday September 11, Monday September 15 or Friday September 19. Please be prepared to pay the Security Bond and USA Swimming registration fees at time of registration. All swimmers must complete a registration form. New swimmers are required to submit a copy of their birth certificate. There is a trial period for new swimmers during which the swimmer can decide not to continue and can receive a full refund. The trial period ends on September 29.

Those swimmers who have not yet been evaluated should contact Deborah Migliorato at 845.863.5472 or shawnpmig@aol.com. Please include the swimmer's name, birth date, parent's name, telephone number and e-mail address in your message. Your skills evaluation will be scheduled during the first week of practice. Swimmers should register only after having been evaluated and told their practice group. Please bring a bathing suit and goggles. The skills evaluation is used to help determine if the swimmer is capable of completing an entire practice (minimum 1 hour).

HAWKS PREP PROGRAM AT THE TOTAL IMMERSION SWIM STUDIO

After evaluation, some swimmers may be referred to our prep program at the Total Immersion Swim Studio. This program offers reduced rate small group lessons taught by a Hawks coach in the warmer waters of TI's endless pools. The swim studio offers an ideal environment for teaching. Swimmers can progress quickly and over the course of months can be integrated into the Hawks team program. Prep swimmers will also be offered the opportunity to attend Hawks practices at SUNY on Saturday afternoons and will be able to participate in swim meets if they are capable. The cost of the prep program is \$200 per 10 week session. An additional USA Swimming registration fee of \$61 (good for one year) is required for all prep swimmers who wish to participate in the SUNY practices and swim meets. If you are interested in the Hawks Prep Program please contact Angela at Total Immersion at 255-4242.

