

# HILLIARD SWIMMING

INFORMATIONAL MEETING – October 10, 2011

I. **GREETING**

II. **GENERAL INFORMATION**

A. WE WILL BE SWIMMING AT THE HILLIARD RAY PATCH YMCA LOCATED ON COSGRAY ROAD IN HILLIARD OHIO

**B. PRACTICE BEGINS FRIDAY NOVEMBER 4, 2011**

C. PRACTICE TIMES ARE AS FOLLOWS:

III. **SWIMMING WORKOUTS** – ALL WORKOUTS, WATER AND DRYLAND, WILL INCLUDE MEMBERS OF ALL THREE HIGH SCHOOLS AND WILL BE HELD AT THE YMCA.

**MORNINGS - WATER WORKOUTS AND DRYLAND**

| <b><u>MONDAY</u></b>                                         | <b><u>TUESDAY</u></b>                                                     | <b><u>WEDNESDAY</u></b>                                      | <b><u>THURSDAY</u></b>                                                    | <b><u>FRIDAY</u></b>                                            |
|--------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------|
| 6:00-7:00AM<br>Dry land<br>YMCA<br><b><u>TEAM 1 ONLY</u></b> | 6:00-7:00AM<br>Dry land<br>YMCA<br><b><u>TEAM 2 ONLY</u></b>              | 6:00-7:00AM<br>Dry land<br>YMCA<br><b><u>TEAM 1 ONLY</u></b> | 6:00-7:00AM<br>Dry land<br>YMCA<br><b><u>TEAM 2 ONLY</u></b>              | 5:30-6:45AM<br>(optional swim<br>with coach, Y<br>members only) |
|                                                              | 5:00AM-7:00AM<br>4 LANES<br>IN WATER<br><b><u>TEAM 1 &amp; 3 ONLY</u></b> |                                                              | 5:00AM-7:00AM<br>4 LANES<br>IN WATER<br><b><u>TEAM 1 &amp; 3 ONLY</u></b> |                                                                 |

**AFTERNOONS – WATER WORKOUTS AND DRYLAND**

| <b><u>MONDAY</u></b>                               | <b><u>TUESDAY</u></b>                               | <b><u>WEDNESDAY</u></b>                             | <b><u>THURSDAY</u></b>                              | <b><u>FRIDAY</u></b>                                 |
|----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|------------------------------------------------------|
| 3:00-5:00PM<br>4LANES<br><b><u>TEAM 1 ONLY</u></b> | 3:00-5:00PM<br>4 LANES<br><b><u>TEAM 2 ONLY</u></b> | 3:00-5:00PM<br>4 LANES<br><b><u>TEAM 1 ONLY</u></b> | 3:00-5:00PM<br>4 LANES<br><b><u>TEAM 2 ONLY</u></b> | 3:00-5:00PM<br>4 LANES<br><b><u>TEAM 1, 2, 3</u></b> |
| RUNNING<br>YMCA<br><b><u>TEAM 2 ONLY</u></b>       | RUNNING<br>YMCA<br><b><u>TEAM 1 ONLY</u></b>        | RUNNING<br>YMCA<br><b><u>TEAM 2 ONLY</u></b>        | RUNNING<br>YMCA<br><b><u>TEAM 1 ONLY</u></b>        |                                                      |

IV. **TRANSPORTATION TO AND FROM WORKOUTS AT YMCA / MONDAY - SATURDAY**

THE HILLIARD CITY SCHOOL DISTRICT WILL NO LONGER PROVIDE TRANSPORTATION TO THE Y FROM THE HIGH SCHOOL IN THE AFTERNOON, OR FROM THE Y TO THE HIGH SCHOOL IN THE MORNING. SWIMMERS WILL NEED TO PROVIDE THEIR OWN TRANSPORTATION TO AND FROM **EVERY** WORKOUT.

V. **TEAM SIZE**

DEPENDENT ON TEAM SIZE, WE WILL NOT HAVE TO MAKE CUTS. HOWEVER, IF SPACE IS NOT AVAILABLE TO ACCOMMODATE INDIVIDUALS, CUTS WILL BE MADE. EVERY SWIMMER WILL HAVE TO COMPLETE 60 LENGTHS OF THE POOL IN ORDER TO BE CONSIDERED FOR MEMBERSHIP ON TEAM. (1500 YARDS = 60 LENGTHS)

**VI. PRACTICE REQUIREMENTS TEAM 1 ~ 24 INDIVIDUALS**

IT IS IN THE BEST INTEREST OF ALL TEAM MEMBERS TO TRY TO ACHIEVE 100% ATTENDANCE. THE COACHING STAFF WOULD LIKE TO BELIEVE EVERYONE WANTS TO DO THEIR BEST. PRACTICING AT 100% ATTENDANCE WILL HELP YOU ACHIEVE YOUR GOALS.

A. ALL TEAM MEMBERS ARE **REQUIRED** TO ATTEND 10 HOURS OF WORKOUTS.

B. THE 10 HOURS HAS TO INCLUDE THE FOLLOWING:

1. ANY WORKOUT IMMEDIATELY PROCEEDING A MEET
2. MONDAY WORKOUTS

C. DURING MEET SEASON, WEEKDAY SWIMMEETS CAN BE INCLUDED AS A 2 HOUR WORKOUT SESSION, TO BE INCLUDED IN THE 10 HOURS.

D. IF A SWIMMER DOES NOT MAKE THE PRACTICE REQUIREMENT IN A GIVEN WEEK, HE/SHE WILL BE GIVEN A WRITTEN WARNING AND THE SWIMMER WILL NOT BE ALLOWED TO PARTICIPATE IN THAT WEEKS MEET. AFTER THE FIRST INFRACTION, THE SWIMMER WILL BE DISMISSED FROM THE TEAM.

E. MISSED PRACTICES MUST BE EXCUSED BY WRITTEN NOTE FROM PARENT OR DOCTOR.

F. SWIMMING AT DARBY/DAVIDSON/BRADLEY IS AN EXTRA-CURRICULAR SPORT. IT SHOULD TAKE IT'S PROPER PLACE BEHIND: 1. FAMILY, 2. HEALTH, 3. FAITH, 4. SCHOOL

G. IF YOU ARE UNSURE IF AN ABSENCE COUNTS AS EXCUSED OR UNEXCUSED, CHECK WITH COACH DICKMANN TO AVOID MISUNDERSTANDINGS OR CONFLICTS.

**VII. PRACTICE REQUIREMENTS TEAM 2**

IT IS IN THE BEST INTEREST OF ALL TEAM MEMBERS TO TRY TO ACHIEVE 100% ATTENDANCE. THE COACHING STAFF WOULD LIKE TO BELIEVE EVERYONE WANTS TO DO THEIR BEST. PRACTICING AT 100% ATTENDANCE WILL HELP YOU ACHIEVE YOUR GOALS.

A. ALL TEAM 2 MEMBERS ARE **REQUIRED** TO ATTEND 100% OF WORKOUTS.

1. THIS EQUALS A TOTAL OF 8 HOURS A WEEK

B-G. SEE ABOVE

**VIII. PRACTICE REQUIREMENTS TEAM 3**

TEAM 3 INDIVIDUALS WILL INCLUDE ALL SWIMMERS WHO CHOOSE TO PARTICIPATE IN AN OUTSIDE CLUB. IN ORDER TO PARTICIPATE ON THE HIGH SCHOOL TEAMS, A PERSON SWIMMING WITH AN OUTSIDE CLUB WILL BE REQUIRED TO ATTEND 6 HOURS OF WATER WORKOUT THAT INCLUDES TUESDAY, THURSDAY AND SATURDAY MORNING WORKOUTS. 100% ATTENDANCE WILL BE REQUIRED AT THESE PRACTICES.

**D-G. SEE ABOVE**

**VIII. MEETS**

A. THE MEET SCHEDULE IS INCLUDED ON SEPARATE PAGE.

B. IN ORDER TO PARTICIPATE IN MEETS, A SWIMMER MUST MEET THE PRACTICE REQUIREMENT FOR THAT WEEK.

C. ONLY DARBY/DAVIDSON/BRADLEY HIGH SCHOOL TEAM APPAREL WILL BE ALLOWED AT MEETS.

**IX.** LETTER REQUIREMENTS ARE ATTACHED.

**X. PAPERWORK - ALL PAPERWORK IS REQUIRED TO PARTICIPATE IN FIRST WORKOUT**

- A. PHYSICAL FORM - CAN BE PICKED UP IN THE ATHLETIC OFFICE  
YOU MUST HAVE A PHYSICAL ON RECORD **FOR THE 10-11 SCHOOL YEAR** TO PARTICIPATE IN ANY EXTRA-CURRICULAR ATHLETIC ACTIVITY. FALL SPORT PHYSICALS ARE OK.
- B. EMERGENCY MEDICAL FORM – GREEN FORM
- C. OHSAA ELIGIBILITY FORM -PAMPHLET
- D. PARENTS TRAVEL PERMIT
- E. HILLIARD SCHOOLS ATHLETIC HANDBOOK ACKNOWLEDGEMENT
- F. PAY TO PLAY - \$65, YOU NEED THIS TO WORKOUT!

**XI. WEATHER**

- A. IF THE BUSES CAN GO - WE GO!!
- B. ALL PRACTICES WILL BECOME OPTIONAL IF SCHOOL IS CANCELLED.  
-IF SCHOOL IS CANCELLED THE NIGHT BEFORE, MORNING PRACTICES FOR THAT DAY WILL BE CANCELLED. AFTERNOON WORKOUTS WILL BE HELD PENDING OPENING OF YMCA.
- C. A PHONE TREE WILL BE ESTABLISHED ASAP

**IF LEVY FAILS NOVEMBER 8.**

- PAY TO PLAY FEES WILL INCREASE TO \$600 BEGINNING WITH THIS SEASON. PAYABLE BEFORE THE FIRST CONTEST ON DEC. 4
- PLEASE CONSIDER VOLUNTEERING FOR LITERATURE DROPS BEFORE NOV. 8
- PLEASE CONSIDER PLACING A LEVY SIGN IN YOUR YARD BEFORE NOV. 8