

Hammerheads Pre-Season Workouts

Beginning week of April 16, we'll have pre-season workouts on Tuesday and Friday evenings at the Edison Johnson pool on Murray Ave. in Durham (adjacent to the Museum of Life and Science).

Payment for pre-season workouts is in addition to the regular season practices/registration

Pre-season practice schedule:

Tuesdays: 6-8 p.m.

Fridays: 6-7:30 p.m.

Pre-season registration options:

Payment in full: \$40 per child for all eight practices

Payment per session: \$6 per child per session

Note: pre-season practices are available to all Hammerheads swimmers who are already able to swim across the pool.

Make a "pre-season" registration sheet at the bottom for swimmer to sign up for.

Child's Name: _____

Parent's Name: _____

Child's Age: _____ Swim Ability: Beginner Intermediate Advance Pro

Emergency Contact Information: _____

Pay for all Sessions: _____

Number of Sessions Attending: _____

Homestead Heights Hammerheads 2007 Summer Swim Team Registration

Swimmer's Name

Parents' or Guardians' Names

Address

Phone Numbers (home, cell, & work)

Email

Age and Birth Date

Emergency Contact Information (Name, number where individual CAN be reached)

Please complete all information! One form per swimmer.

Dues: (make checks payable to HH Hammerheads)

Registration fees include practice lanes, coaching staff, **team** t-shirt and **swim cap**, meet fees, ribbons, championship meet and heat sheet, concession fundraising donation and a wonderful life-changing experience that is priceless!! There will be a small additional fee for the end-of-season banquet.

Members: 1 swimmer=\$95; 2 swimmers=\$150; 3 swimmers=\$205; 4 swimmers=\$250

Non-members: 1 swimmer=\$105; 2 swimmers=\$190; 3 swimmers=\$265; 4 swimmers=\$330

We will provide a participation contract for all non-members to sign in acknowledgement of Homestead Heights' pool rules and regulations to be in effect at all times. Non-members may also purchase a 5-pass guest card, so that your swimmer(s) will have the opportunity to stay after practice or a meet as a guest of a member family. This guest card costs \$20 (a great discount; our usual guest fee is \$6 per guest).

FAMILY DUES WORKSHEET:

Registration Fee (____ # of swimmers) \$ _____

Additional team T- shirts for parents or siblings @ \$10 ea. \$ _____
(sizes and quantities: _____)

Guest passes (5-visit cards for \$20 if purchased by 5/28) \$ _____

TOTAL DUE: \$ _____

Swim Team Volunteer/Committee Opportunities

Please look through these volunteer opportunities and choose something that looks do-able to you. We will make sure you understand what you're supposed to do, and please don't hesitate to ask if you have any questions! Swim teams rely on participation from parents!

Swim meets offer the following opportunities for parent involvement:

Concession worker – set up, break down and sell concessions at home meets

Head Timer - you over see all other timers and help with any confusion as well as if a watch does work you give the timers on of yours, the head time usually runs two extra watches

Timer – operate stopwatch to time and record all swims in your lane

Clerk of course – arrange upcoming swimmers in order of event, so that they are all ready for each event

Runner – gather kids for each event and bring them to the clerk of course **OR gather cards from timers after swims and take them to the scorer's table as well as pick up slip from the stroke and turn judges to take to the scorer's table.**

Ribbon writer – sit at scorer's table the record names/times on ribbons as **swimmers' cards are turned in.**

Scorer – sit at scorer's table and tabulate points as well as score the swimmers cards from each event.

Time Averages – sit at scorer's average the two times from the timers on the cards each swim.

Time Recorder - sit at scorer's table and write all the times on recorder sheet for all our swimmers for each event they swim.

Stroke & Turn judge – **watch techniques of swimmers to make sure all strokes and turns are "legal" and write up disqualification slips when they are not. This job requires one short training session that will be offered three times prior to the beginning of the season by DSSL. (Dates and time TBA shortly).**

Starter - **keeps track of events and heats of swimmers to start the swim at the beginning of each race and keep the meet moving along. This job requires one short training session that will be offered three times prior to the beginning of the season by DSSL. (Dates and time TBA shortly).**

Meet Director – **coordinates and supervises the meet and make sure everyone knows what they job is and that the meet is run fairly for all participating swimmers. This job requires one short training session that will be offered three times prior to the beginning of the season by DSSL. (Dates and time TBA shortly).**

Additionally, there are opportunities “behind the scenes” as well which are essential for keeping a swim team healthy and thriving. These committee and co-coordinators include:

Meet Coordination: (Hope Samuels, Jim Phillips, John Delargy, Steve Bevington and Elizabeth Hein) **(the above listed jobs as well as set up and break down, etc.)**

Team spirit: (Alise McNeil, Dolores Napper, Denise Bevington)
(Buddy System, Website, photos, posters, etc)

Statistics & Information Processing: (Hope Samuels, Elizabeth Hein)

Fundraising: (Amy Johnson, Connie Roth)

Hospitality & Concessions: (Dina Osborne)

Hammerhead “Tadpoles” for developing swimmers: (Lisa Harrison)

Please see the coordinator or any parent rep (Lisa, Hope or Dorrays) to offer your assistance with a certain committee or job. We need and would LOVE to have your help so we can best operate on the principle that many hands make light work!