

Hill City Swim Team 2022

Welcome to the Hill City Swim Team's 2022 season. This handbook was prepared as a reference for our team and the Lynchburg Aquatic League. The handbook includes information regarding the operations of the team, the meet schedule, practice times and other items of general interest.

We are thankful for an incredible coaching staff. We are excited to welcome back Hank Reed as our head coach and as well as Cameron St. Clair and Luke King. In addition to our returning coaches, we would like to welcome Savannah Bauserman and Sophie Dodge to our coaching team as well as Jack Mills as our intern. We are extremely fortunate to have such a strong coaching staff and look forward to continuing the Hill City winning tradition. We want to continue building strong lifelong swimmers while still enjoying the sport of swim.

The 2022 summer swimming season will be full of fun and excitement. A successful season requires commitment on the part of swimmers and parents alike. We encourage **ALL** parents to support our team through participation in one or more of the many activities associated with the swim team. We encourage you to volunteer in one of the many positions it takes to run a successful swim meet.

If you have any questions, concerns or suggestions, please feel free to contact any member of the HCST board.

We are looking forward to a fun and competitive 2022 summer swim season. Go, Dolphins!

The HCST Board

2022 Executive Board

April Bauserman, President hillcityswim@gmail.com ; aprilbauserman@gmail.com 434.420.4603	Sarah Mayhew, Vice President - Fundraising smayhew@campbell.k12.va.us 434.238.8983	Michelle Wells, Vice President - Membership Michellehubenwells@gmail.com 814.883.7051
Sara Stanley, Vice President – Social Sarastanley05@gmail.com 434.258.1746	Kelly Bivens, Vice President Volunteers sunykel@aol.com 434.851.5355	Karen Tanner, Secretary Karent76@vt.edu 434.420.4118
Ka Lee Gustafson, Treasurer ksgjasmine@gmail.com 540.449.8719	Greg King, LAL Rep. gregking213@comcast.net 434.239.8887	Virginia Thornton, Pool Membership 434.239.8887

Coaching Staff

Hank Reed, Head Coach lycoach@aol.com	Cameron St. Clair, Assistant Coach
Luke King, Assistant Coach	Savannah Bauserman, Assistant Coach
Sophie Dodge, Assistant Coach/Training Team Coach	Intern Coach – Jack Mills

Email: hillcityswim@gmail.com

Website: hillcityswim.com

2022 Swim Team Calendar as of 5/1/2022

May 1	Registration (Pavilion at Hill City Pool)	2 – 4 pm
May 31	Afternoon Practices Begin (Tues. 5/31 - 6/3)	Age 10 & Un: 4 - 5pm Age 11 & Up: 5 - 6pm
June 6	Morning Practices Begin (Monday)	Age 11 & Up: 8:30 - 10 am Age 10 & Un: 10 - 11 am
June 6 – July 8	Dolphin Training Program Begins (meet in middle pool)	10 – 11 am, Monday-Friday
June 7	Stroke Clinics Begin (Tuesdays & Thursdays)	6:00 – 7:00 pm
June 13	Hill City vs. FAST at FAST	5:00 pm
June 20	Hill City vs. Falling River at Hill City Breakfast after practice Kona Ice Truck	5:00 pm
June 27	Hill City vs. Boonsboro at Hill City Breakfast after practice Senior Recognition and Kona Ice Truck	5:00 pm
July 4	July 4 th celebration at the pool	
July 5	Hill City vs. Amherst at Hill City Breakfast after practice	5:00 pm
July 10	Pep Rally/Parent Relay	5:00 pm
July 11	Hill City vs. Oakwood at Oakwood	5:00 pm
July 18	Hill City vs. Farmington at Farmington	5:00 pm
July 23	B-Meet at Hill City	TBD
July 30	A-Meet at Sweet Briar Banquet (Thomas Road Baptist Church, Bruner Hall)	TBD TBD
August (TBD)	Ice cream social and swim team raffle	TBD

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Team Communication

Facebook - Like our Team Page on Facebook. This will have the most recent information that you can check at a quick glance. Find Us at [Hill City Swim Team](#).

Bulletin Board - Various notices of Swim Team business and activities will be posted on the Bulletin Board located on the wall under the pavilion. Please check the Board regularly. In this same area, you will see our Record Board featuring Hill City's team and pool records over the years.

Notices and Handouts - The Swim Team maintains a "mailbox" for each family which consists of a hanging file folder in a rack located under the pavilion next to the bulletin board. From time to time handouts, ribbons and other Team information will be placed in your mailbox. Please advise your children to be sure the notices and other information make it home.

Sign out schedule/vacation list - As you establish your vacation and other plans for the summer, please indicate the absence of your swimmer(s) for any particular meet in the Sign-Out Notebook located in the hanging file box. It is imperative that this notification be done by the WEDNESDAY preceding the meet on the following Monday. Any failure to do so may result in disqualification of an event which may be crucial to the meet line-up. Equally as important, your child's failure to swim in a relay event will cause 3 other swimmers to be unable to participate in that event. If an emergency arises, or a swimmer becomes ill, please notify the Coach as soon as possible.

Volunteer Positions

It takes over 40 parent volunteers to run one swim meet. All parents of swimmers are required to volunteer. Some volunteer positions require specific training and certification. These positions are stroke & turn judges, referees, starters, place judges and head scorers. Lynchburg Aquatic League provides training for these positions annually. If interested, contact Greg King at gregking213@comcast.net.

Since a typical meet lasts 3.5 to 4 hours, the meet is divided into halves. Events 1-43 are the first half and events 44-82 is the second half. You most likely will work one half.

**Parents with swimmers 10 & under will be scheduled for 10 and Under line ups. Each family will work 1/2 of one meet per child in the 10 & under age group. Regardless of other volunteer positions, ALL 10 & under parents must work at least one shift of line up.*

All swimmers must sign out for a meet the Wednesday prior to the Monday night meet if they are going to be absent. The sign out book is located in the file folder box under the team bulletin board.

MEET REFEREE: Has authority over all officials. He/she will decide all questions relating to the actual conduct of the meet. The referee must be a certified stroke and turn judge qualified by the LAL and/or USA Swim.

HEAD TIMER: Makes sure lane timers are ready and watches are clear before the start of each race. Also provides a roving watch in case a lane timer misses the start or has a watch malfunction.

STARTER: Upon signal from the Referee, assumes full control of swimmers until a fair start has been achieved.

STROKE AND TURN JUDGES: Note infractions of strokes and turns. (Must be qualified by the LAL and/or the USASwim)

PLACE JUDGES: Stationed near the finish of each race, and judges the order of finish of all swimmers.

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ANNOUNCER: Before the start of each race, he/she shall announce the number of heats. At the start of each heat, he/she shall announce the lane, name of each swimmer, and the club affiliation. He/she shall also make any other announcements as requested by the Scorer, Referee, Record Keeper, or management.

LANE TIMER: Two timers shall be placed directly over each lane at the finish. Their watches are started at the instant of the flash or smoke from the Starter's gun. Their watches are stopped immediately when any part of the swimmer's body touches the end of the pool.

SCORE KEEPER: Records the order of finish and the times of each swimmer in all events and disqualifications as given them. They shall complete the team scores.

AWARDS: Records the name, event, and time of the swimmer receiving ribbons in each event.

HEAT CARDS: Shall be filled out from the Coach's line-up before each meet and given to the person in charge of each group of swimmers.

AGE GROUP COORDINATORS: Sees that each swimmer, ages 11 and up, has his/her card and is at the starting blocks for their event.

10 and Under Parents: Each family that has a swimmer 10 and under will be required to work 1/2 of one meet. You will be responsible in taking a lane of two to the blocks and advising them when to step up.

LAL Information

Competitive swimming during the summer season is organized in the Lynchburg area under the auspices of the Lynchburg Aquatic League (LAL). The purpose of the LAL is to provide an orderly means for its members to participate in and enjoy the sport of competitive swimming during the summer months. This summer, the League is composed of eleven swim clubs located in the Lynchburg Metropolitan area. To be eligible to compete in the LAL, a swimmer must be a member of one of the clubs, and have paid his LAL fees. Swimmers are eligible through the summer following graduation from High School.

The age group classifications (Age as of June 1) for participating in the LAL are as follows:

8 and under	9 & 10	11 & 12	13 & 14	15 - 18
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Note: Individuals having just completed their Senior year of high school are eligible to swim that summer regardless of age.

The LAL, through its Scheduling Committee, schedules regular season meets among its members. These meets normally consist of a series of dual meets, a League "B" Championship Meet, a League "A" Championship Meet, and certain special meets such as the M & M Relays. To qualify for the League "A" Championship, a swimmer must have posted a time that is faster than the target time. For more specific guidelines for qualifications, see the Championship Meets Section.

The Hill City Swim Team is organized, funded, and operated by the Hill City Swim Team Parents' Association/Board. It is independent of the pool management and is organized and operated according to its own set of bylaws. Election of officers for the coming year is held at the Annual Meeting at the end of the swim season.

Team membership is open to any Hill City member through the summer following graduation from High School, and who in the judgment of the Coach, has achieved a basic level of swimming skill.

The Executive Committee of the Association carries on the administrative responsibilities of the Association/Board. Such responsibilities include the employment of a coach and assistant coaches, recommending the budget and fee schedule, and organizing the support required to run the meets in addition to the normal administrative activities expected of such a group. If you are interested in more details, any officer can provide you with a copy of the organization bylaws.

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Championship Meets

There are two Championship Meets held at the end of the summer season--a "B" Championship Meet followed by an "A" Championship Meet. To qualify for the "B" Meet, a swimmer must have swum the specific event(s) in a dual meet and not have made an "A" time or been disqualified. If a swimmer has two or more "A" times, he/she may not swim in the "B" Meet. Any "A" times received in the "B" Meet qualifies the swimmer for the "A" Meet also.

To qualify for the "A" Championship Meet, a swimmer must have achieved one or more "A" times during the season, either at a dual meet or the "B" Meet. If you finish first in an event at the "B" Meet, you also qualify for that particular event at the "A" Championship Meet. One "A" time qualifies the swimmer to swim only that individual event plus the relays. Two or more "A" times qualifies the swimmer to swim any three individual events plus the relays.

In the "B" Meet, team points and awards are given to the top eight finishers. Medals are awarded to the first three places; ribbons are awarded to places four through eight. In the "A" Meet, team points and awards are given to the top six finishers. The first three places receive medals; the next three receive ribbons. Plaques are awarded to "A" Meet swimmers who set new Meet records. Team trophies are awarded to the top three teams in both the "A" and "B" Meets. ***Participation in the B Meet is strongly encouraged.***

The Host Team for each Championship Meet is responsible for appointing the key meet officials. These key people act as coordinators for that function and obtain the workers necessary to run the meet. The other pools assist in this effort by providing the Host Team with worker lists for the follow-up contact.

The Championship Meets are the culmination of the summer swim season and provide an incentive and reward for those swimmers that work hard and improve their times. ***Thank you so much for being a part of the BEST team in the Lynchburg Aquatic League. We are looking forward to a fun and fantastic season. Go, Dolphins!***

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