



Hiddenwood Tarpons

Swim Team Handbook

2022

Calendar and Schedule

Practices will be held daily Monday-Friday. Swim meets are held each week beginning the week of June 19th with our first meet Friday, June 17. There will be 1 to 2 meets a week as scheduled through July 19th. All regular season meets begin at 6:00pm. Swimmers should arrive at the pool for home meets no later than 4:30pm for warm-ups. For away meets, swimmers should arrive at the pool by 5:00pm for warm-ups. Please allow ample time to ensure that your swimmer arrives at meets on time. The schedule for the 2022 season is outlined below. *This schedule may be subject to change.*

May 31st - Afternoon practices will begin as outlined below...

3:30pm: 13 yr olds & up

4:30pm: 9-12 yr olds

5:30pm: 8 yr olds & under

Note to parents: Children age 8 & under should have a parent or a responsible adult with them for every practice. If a parent is unable to stay for a particular practice, it is the responsibility of the parent to designate another adult to assume this responsibility. We require each swimmer, regardless of age, to have a medical information form completed which includes important information such as doctor information, allergies, and emergency contact numbers (home numbers, cell phone numbers, etc.) in the event of an emergency.

June 19 - Team Cookout - 6 pm - at Hidenwood - Signup genius will be sent out for food sign ups

June 17 - (4:00pm) Team/Individual Pictures (5:30pm) Red & White Meet - Intrasquad Meet

*Hidenwood swimmers are divided up into two teams (red team and white team). The meet provides an opportunity for swimmers to become familiar with the meet format and allows the coaches to determine opportunity areas and times for swimmers. This meet is held prior to the regular GPSA meet schedule which allows parent workers to become familiar with the various meet jobs.

June 21 - Morning practices* will begin as outlined below...

8:00am: 13 yr old & up

9:00am: 9-12 yr olds

10:00am: 8 yr olds & under

*Practice times may be adjusted according to needs. Depending on the age spread and swimming ability of those signing up for the swim team, the age breakdown or times may need to be modified in order to provide optimum coaching.

Meet Schedule:

June 23 - Home meet vs. Marlbank

June 27 - Away meet @ Coventry

June 30 - Home Meet vs. Colony

July 9 - "Mini Meet" - Home B meet (Hiddenwood swimmers only) 8:00 am start time - an opportunity for swimmers to make city meet times

July 11 - Home Meet vs. Windy Point

July 14 - B meet - Home vs. George Wythe

July 18 - Away meet @ Running Man

July 19 - 8 & under Super Hero B meet @ Colony

July 19 - Breakfast of Champions - A Celebration of all the Hard Work from our Swimmers

July 20 – City Meet practice begins (for swimmers who qualify for City Meet)

July 29 - Pasta Dinner for City Meet Swimmers

July 30 – GPSA City Meet @ Poquoson

The City Meet is a swimming competition held at the end of the swim season in which individual swimmers from all GPSA swim teams compete for awards. A qualifying time must be achieved during the regular swim season at either a dual meet or at the Mini-Meet in order to swim in the City Meet. Please check with the coach if you have questions about whether your swimmer qualifies. **We require volunteers at City Meet - if your swimmer qualifies and you attend, you will be asked to volunteer for one of our spots at the mini meet.**

July 31 – Tarpons Swim Team Banquet 5:00

GPSA Rain Date for Meets:

July 7th

July 20th

Coaches:

Head Coach: Beth Lee



I am so excited to be able to Coach the Hidenwood Tarpons this summer. I grew up swimming at the Warwick Yacht Club and in college at Mary Baldwin (College) University. I was head coach of the WYCC Sea Turtles in 2001 and 2002. I am in my 21st year of working for NNPS - 5 years as a teacher and 16 as a librarian. I have been a Tarpon Mom for 10 years, a Swim Team Booster for 4 years, and I am excited to be working with the kids this summer in this new role.

Assistant Coach: Mary Fran Crain



I began swimming with the Hidenwood swim team for 9 years and was the Assistant coach last year at Hidenwood! I also swam at the Riverside Wellness Center with Cruisers and on the Varsity swim team at Menchville high school for several years. Hidenwood brings back so many memories of meeting new friends and just enjoying learning how to swim and all of the meets, which is why one of the most important things to

me is having fun during summer swim! This past year I stayed I went to college to start my first year at Virginia Tech. This upcoming school year, I am planning on continuing at Tech for my junior year, and I look forward to spending the summer at Hidenwood and meeting all of our new swimmers!

Junior Assistant Coach: Megan Melzer



My name is Megan Melzer and I am SO excited to be fulfilling the Junior Assistant Coach position this summer. The Hidenwood Tarpons hold a huge place in my heart, as I was a highly involved swimmer on the team from the ages 6 to 18. Alongside the Tarpons, I also swam year-round for South Eastern Virginia Aquatics (SEVA) for 9 years.

Currently, I am finishing up my freshman year at Virginia Tech an Engineering major with intentions to work in the STEM field. My main goal for this summer is short and simple: have lots of fun and swim fast!

Registration Fees

Registration is \$85 for 1 swimmer, \$110 for 2 swimmers, and \$135 for 3 or more swimmers. The swim team operates as a committee of the Hidenwood Recreation Association and is represented on the Hidenwood Pool Board.

Refund Policy:

If a child registered for the swim team and decides not to swim, refunds will be issued prior to the first official meet. No refunds will be issued after the first official swim meet - no exceptions.

Membership

Swim team membership is open to all Hidenwood Pool Members. Young persons who are 18 years old or younger on June 1st are eligible to swim. Age groups are determined by the age of the swimmer on June 1, 2022. At the time of registration, upon coaches' discretion, below are the minimum requirements to join the swim team...

6yr olds & under – Be able to kick with a kickboard by themselves and jump in the pool independently

7 & 8 yr olds – Be able to swim ½ of a 25m unassisted without stopping

9-12 yr olds – Be able to swim a full 25 unassisted without stopping

13 yr olds & up – Be able to swim a full 50 without stopping

The first two weeks of practices will be a time for coaches to evaluate swimmers' skills. Conversations with parents will be held in regards to the swimmers' readiness. If it is decided that the swimmer is not ready to be on the team, the parent will be notified by Thursday, June 9th.

Swim Team Boosters Committee:

Chair –Rebekah Blount (rjblount@hotmail.com)

Swim Meet Coordinator – Cassandra Harris (cassandra.harrisrn@gmail.com)

Volunteer Coordinator - Alison Farrar (ali.g.farrar@gmail.com)

Treasurer - Haley Hanlon (haleyhanlon@gmail.com)

Concessions Coordinator - Dani White (daniwhite002@gmail.com)

Sponsorship Coordinator - Lynda Ung (lyndaung@gmail.com)

GPSA Representative – Kim Slaydon (kim.slaydon@gmail.com)

The swim team boosters are a group of volunteers who meet throughout the year to

manage the swim team. Boosters must be Hidenwood pool members. The boosters represent the team within the Greater Peninsula Swimming Association (GPSA). The boosters are supported by a network of swim team parents who volunteer for various positions & oversee special events. Below is a list of possible volunteer positions...

Spirit Activities

Concessions

Ribbon and Trophies Preparation

Team Get Together

Out-to-Eat after Meets

Ice Cream Social

Breakfast of Champions

City Meet Qualifiers Poster

Super Tarp Bags

City Meet Bags

Banquet

Slide Show

Facebook

A team page has been set up on Facebook. Anyone wishing to receive updates and event reminders from this page should “friend” Hidenwood Tarpons Swim Team. The Facebook page is a closed group; the administrators will verify a connection to the team before accepting any request from someone not recognized as a member of the team.

Email

The Tarpons rely on email as the main tool of communication with the team. Please make sure you provide us with an accurate email address at time of registration. You will typically receive emails with reminders and details before each Swim Meet and any other events. Any questions or concerns can be sent directly to coaches and/or boosters. Every attempt is made to answer any email within 24 hours.

GPSA Website

The Hidenwood Swim Team is a member of the Greater Peninsula Swimming Association, consisting of 19 teams in the Hampton Roads area. The GPSA website

includes more information about code of conduct, rules and city meet GPSA qualifying times, and can be found at <http://www.gpsa.swimtopia.com>. The Hidenwood Pool is shorter than most pools. Qualifying times have been adapted for our pool and are posted in the showcase on the left Bathroom wall when you enter the pool.

Weather Policy

Meets: If weather is too severe to swim, the meets may be postponed or canceled by agreement of the Teams' GPSA Representatives and the coaches. Meets are held rain or shine and are only delayed or canceled due to thunderstorms, lightning or rainfall so heavy that the bottom of the pool is not visible. The GPSA Rules for Interpool Meets state that "if weather is a concern, the teams must notify each other no later than 2:00pm [otherwise] the decision whether to swim is at the discretion of the pool management." For this reason, all team members must show up at an away meet regardless of the weather or risk a forfeit of the meet. Every attempt will be made to reschedule a postponed meet using the 2 make-up dates on our schedule.

Practices: Our goal is to provide as much pool time as possible and coaches will be at the pool regardless of weather. Practices are held in light rain. Weather is hard to predict and summer thunderstorms happen. There may be times when practice is stopped 5 minutes after it starts. Your child(ren)'s safety is our utmost priority. For this reason, we require that all swimmers under the age of 8 have a parent or other responsible party on the pool deck during practice.

Swim Team Pictures

Swim Team photos will be taken Friday, June 17th at 4:00 pm. A team picture will be taken and individual pictures will also be offered. Information regarding the cost will be emailed in advance.

Swimsuits

Our team suit for the girls is the **Speedo Endurance Flyback** in **black/red**. The jammer style for the boys is **Speedo Rapid Splice** in **black/red** – if your son prefers a speedo-style suit, a solid black Speedo is fine. Boys can also wear plain black jammers for the meets. These suits can be ordered online or through the Swim and Sport Shop located at 13641 Warwick Boulevard, NN,VA, 23602.

Team Spirit Wear

Team spirit wear items will be available by order at practices and home meets. Each swimmer receives a complimentary t-shirt upon registration. There may also be other spirit items from previous seasons in stock that can be purchased during practices and home meets.

Concessions

Tarpons concession stand is operated during home meets and offers food and drinks for purchase. We ask that each family donate a case of water bottle, soda (Coke, Diet Coke, Sprite, Orange) or Gatorade (any flavor) before the first home meet.

Meet Procedures

Swimmers (parents) must let the coaches know in writing (via text or email) if they will not be at a swim meet. Please contact the coaches by text at least 48 hours before the meet in order to give the coaches ample time to prepare. If a swimmer does not show up for a meet and has not notified the coaches in advance, it may impact their opportunities to swim in future meets.

Beth Lee- 757-846-4667

Mary Fran Crain - 757-570-7846

Megan Melzer - 757-814-1361

Parent Support

Swimming is truly a family sport; it requires active parent participation. For a swimmer to participate on the team, a parent is required to work at least 3 meet support positions throughout the season. Parents can sign-up for these positions at practice upon registration. Please be considerate of others and do your fair share to ensure that our meets run smoothly. We cannot run a meet without total parental support.

In addition to working meets, the Concession stand will ask for donations such as fruit, sweets, pasta salad, etc. This is in addition to your 3 support positions for the meets. The concession stand is our best fundraiser for the team.

GPSA Certified Positions

Training is required for those interested in filling one of the following positions. The GPSA will determine the training schedule. These positions are fairly easy to learn.
Training Date for Certified Positions: June 8th from 6 to 8 pm via Zoom.

Referee: The official in charge of the meet; the final authority in all matters concerning the conduct of the meet.

Starter: The official who starts each heat of the meet.

Stroke & Turn Judge: Swim officials assigned by and working for the referee to judge the swimming conformance with the rules for the event being swum.

Non-conformance, frequently referred to as “DQ” or disqualification, is reported to the swimmer and to the referee.

Scorekeeper: Determines official swim times from scorecards, keeps track of team records, and submits meet results to GPSA.

Non-Certified Positions

The following positions are open to all. Many positions can be learned “on-the-job” or with brief instruction.

Timers: (one per lane). Uses a stopwatch to get accurate times for each swimmer. Additionally the timer records all times for each race onto the deck card and then gives these cards to the deck runners. If you have a few moments, you may find it helpful to look at the USA Swimming Training Guidelines for Timing Officials. Please refer to the sections for Timing Officials (1) and (2) at the website www.usaswimming.org.

Deck Runner: Collects deck cards from timers after each event and deposits them at the scoring table.

Head Timer: Supervises Timers during meets, signals to Referee when has cleared watches, maintains watches in proper working order. Starts extra watches at the start of each event as a backup in case there is a timer malfunction on deck for the timers. If you have a few moments, please take a look at the PDF training file mentioned above in Timers. Please refer to the sections for Timing Official (3).

Sweeps Judge: Determines visual order of finish of swimmers for each race.

Concessions: Works at the concession stand during home meets. Much of the swim team’s budget is supported through the sales of concessions.

Ribbon Writer: We need two for each meet unless it is an intrasquad meet then we need 4. Ribbons writers fills out the place (1st, 2nd, etc...) ribbons for each swimmer with the information for the event they just swam including name and time.

Locations of Pools

Colony:

347 Eastwood Dr, Newport News VA

Marlbank:

Old Landing Rd, Yorktown VA

Running Man

800 Running Man Trail, Yorktown, VA

Coventry:

53 Minton Dr, Newport News, VA 23606

Windy Point:

315 Vine Dr., Grafton, VA

Team Spirit

Hiddenwood Tarpons Swim Team Cheers and Chants:

Can You Dive in the Pool?

Can you dive in the pool?

Can you put up a fight?

Can you catch the “GATOR” and UNGH take a bite?

Go Tarpons, go go Tarpons, go Tarpons go go Tarpons.

Well we’re gonna catch that “Gator” and we’re gonna do it good.

‘cause we’re the meanest team in the UNGH neighborhood.

Go Tarpons, Go Go Tarpons, Go Tarpons, Go Go Tarpons.

T-A-R-P-O-N-S

T-A-R-P-O-N-S we're the best of all of the rest,
and we will fight, fight, fight, 'till victory is ours.
In the pool we show our might, faithful to the red and white,
we are the Tarpons HEY HEY HEY HEY!

Red-White

Red=Coaches

Black = Team Response

I say red, you saw white, RED!

White!

Red!

White!

I saw Hidenwood, you say Tarpons, HIDDENWOOD!

Tarpons!

Hidenwood!

Tarpons!

I say number, you saw one, NUMBER!

One!

Number!

One!

HIDDENWOOD!

TARPONS!

RED!

WHITE!

NUMBER!

ONE!

I Said "A-Boom-Chicka-Boom"

Red=Coaches

Black = Team Response

I said A Boom-Chicka-Boom!

I said A Boom-Chicka-Boom!

I said A Boom-Chicka-Boom!

I said A Boom-Chicka-Boom!

I said A Boom-Chicka-Rocka-Chicka-Rocka-Chicka-Boom!

I said A Boom-Chicka-Rocka-Chicka-Rocka-Chicka-Boom!

Uh-huh!

Uh-huh!

Oh Yeah!

Oh Yeah!

One more time!

One more time!

Hiddenwood Style!

Hiddenwood Style!

(Repeat each time from the beginning and get louder each time.)

Ah-Oo-Un-Gowa

(Starts quietly and gets louder and louder)

Ah-Oo-Un-Gowa, the Tarpons got the Power.

Ah-Oo-Un-Gowa, the Tarpons got the Power.

Ah-Oo-Un-Gowa, the Tarpons got the Power.

Ah-Oo-Un-Gowa, the Tarpons got the Power.

Ah-Oo-Un-Gowa, the Tarpons got the Power.