



Forest Hills Sharks

PRACTICES: We encourage ALL swimmers/divers to come to practice every day. Swimmers/Divers improve with practice. It is also a good way for the coaches to see what a swimmer/diver can do for a meet. Coaches will make the decisions for the swimmers/divers entries in dual meets and championships.

During practice times, PLEASE do not talk to the coaches. We ask that parents and swimmers/divers that are not in that practice, to sit away from the pool deck during practices. If you need to talk to the coaches, please see them before/after a practice for a brief moment.

MEETS: There will be a list on the Shark board to check if you will not be attending a meet. This should be done 3 days before the missed meet. The coaches realize emergencies happen, but they must have their line ups set two days ahead of time in order to get the entries to the opposing team. Swimmers will be notified of their events the morning of the meet at practice. It will also be posted at the beginning of the meet in the team area.

WORKING MEETS: ALL PARENTS are needed to make a meet run smoothly and we are asking for your help at both home and away meets. It is a great way to get to know some other swimmers and parents and it certainly makes the time go by more quickly.

Last year we had difficulty getting these positions filled, especially Age Group Parent. There were times we were filling these positions at the meet. While I realize everyone wants to see their children dive/swim however without these positions being filled the meet will last longer. Therefore each parent should work 2 times (1/2 meet each time) for each swimmer/dive they have on the team and at least one time as an Age Group Parent.

Don't worry if you do not know how to do a job, someone will be able to show/explain it to you. Please see Mike Grimes or Kerry Butkovich if you have any questions about working at a meet. Vacancies will be posted for meet jobs, so check the board often. We will try to post it on the web page the day before, so check that frequently as well. The first opportunity to sign up will be at the Shark Registration on May 12th. ***All jobs that are not filled will be assigned, so check the board the day before the meet. You should find a replacement if you cannot fulfill the job at that time. All changes have to be notified to Mike Grimes/Kerry Butkovich by the end of practice the day before the meet.*** Forest Hills takes great pride in having efficiently run meets and it is due to the huge volunteer efforts of the parents. Let's keep up the tradition.

DQ's and LTB's: Don't Quit (Disqualified) and Life Time Bests are very important words for a swimmer to learn. Every swimmer gets a DQ at some point and hopefully learns from it. The coaches will explain it to the swimmer after their race or at the next practice once the dq slips are given to the coaches. Parents and coaches should look at each swim based on improvement and effort. There will be a bulletin board to honor these great accomplishments which are called LTB's (life time bests.) Please take the time to check it out and congratulate these fine swims.

CHECKING IN WITH THE COACH: Swimmers are to see a coach after each event to find out what the coach has to say to them about their swim, as well as to get a piece of candy. Please encourage them to do this as soon as possible after their race.

CLOTHING: At meets, swimmers continue to get wet as the evening temperature drops. Pack a few towels for your child, plus goggles, sweatshirts and sweat pants, swimsuit, team cap, drinks and snacks. (All clubs do have concessions open most of the meet. And, of course, we have the homemade Shark Bites.) Bring a vinyl cloth to lie on the ground so items don't get wet from the moisture. The kids will be sitting with their age groups during the meets, so please label "everything." It does get pretty dark in team areas once the sun goes down, so check your area carefully before you leave and help monitor clean up. We should leave the area as we found it.

DONATIONS: We ask that each family donates a 12 pack of soda, 24-pack of bottled water, OR an 8-pack of regular sized Gatorade one time only (not per home meet). We also asked that each family donates a baked good for all home meets. These can be dropped off at the concession location before the meet begins.

SHARK DAYS!!!!!!!!!!!!!! We will be planning a pizza party and a team trip to the Beach Water Park along with some other team activities to be announced as they are finalized. As well as improving personally in each stroke, the Sharks are all about **having fun and being part of a spirited team**. We are all SHARKS and enjoy cheering each other on, congratulating one another and having fun together. Activities outside the water will be posted to the website and posted on the team board. Check often for updates and deadlines for signups often throughout the season.

TEAM PHOTO: Individual and team photos will be taken once again this year. The date and time will be announced on the board and posted on the website, once it is finalized with the photographer.

SWIM CHAMPS: Miami Hills Swim Club is hosting Champs this year on the 12th and 13th 3th and 14th of July.

This is how Champs works as opposed to dual meets. The first day of the meet is prelims. The older swimmers (11-18 yrs) go in the morning and the younger (10 & under) in the afternoon. Every swimmer will swim his or her best three individual events. There are no limits on the number of heats so EVERYONE will swim three. There are no relays on the first day. There are no points earned on the first day. Because we are having champs at Miami Hills this year and they have an 6 lane pool... the top 12 swimmers will qualify for finals the next day. The 13th and 14th places will attend as alternates. If your swimmer places 13th or 14th he or she MUST be at finals.

The second day, the meet is run like a dual meet. Each event will have two heats. There will be only one relay for each gender in each age group.

At the end of the meet the final scores will be announced and an award will be given to each winning age group as well.

Champs can be a bit confusing. If you have any other questions, feel free to ask the coaches.

DIVE CHAMPS:

Turpin Hills Swim Club will be hosting Champs this year on July 11th. Dive Champ warm-ups will be held on Sunday, July 10th, from 5-9pm at Miami Hills Swim Club. More info will be available the closer we get to Champs.

This year the primary means for communication will be the website. It is more cost efficient and an easier means of getting info out to our 160 or more swimmers and divers. Throughout the season, check daily as many adjustments to events and practices are made.

<http://www.foresthillsswimclub.org>
(click on team & scroll down)