



Team Handbook

www.harleysvilleswimteam.com

Coaches

Judy Hemmerle- Head Coach (610) 287-0164
Harleysville Pool (215) 256-9480

Officers

Alicia Crossgrove	215-513-1328	Co-President
Kathy Breen	215-513-9496	Co-President
Domenica Bromiley		Treasurer
Bernadette Waskiewicz	215-256-9371	Secretary
Ann Clark	215-513-7581	Team Rep.
Denise Poole		Diving Rep.
D&J Sports	610-282-5895	Suit Sales

Coach's Philosophy

My main goal in coaching swimmers is to make it **FUN!** It has been my experience that swimmers and divers who have fun come to practice. If they come to practice, they improve. If they improve, then they win as individuals, and we win as a team.

Judy Hemmerle

Statement of Purpose

The objective of the Harleysville Swim Team is to provide our children with the opportunity to learn the fundamentals of competitive swimming, to develop and improve their physical skills, and to develop a positive attitude and self-image through seasonal improvement, encourage responsibility, good sportsmanship, and team enthusiasm.

Affiliation

Harleysville Swim Team is a part of the Bux-Mont Swim League, which is made up of eight teams in our general area. There are seven dual meets during the season, and three Championship meets to close the season. Every team member will qualify for at least one Championship meet. There are two diving championship (Junior and Senior) which are divided according to age. There are three swimming Championships (A's, B's, and C's), which are divided according to ability. Qualifying times for these championship meets are posted on the bulletin board and may be met at any one of our league meets.

Eligibility

In order to qualify for the Harleysville Swim Team, the School-Age swimmer or diver must meet the following requirements:

- All must have passed the deep-water test and beginner 1B swim lesson.
- Swimmers must be able to successfully complete 25 meters (1 length) of the pool.
- Divers must be able to perform successfully two forward dives from the board.
- New divers must try out for the diving team.

Swimmers or diving lessons may be required for persons experiencing difficulty completing a normal practice session. These lessons are part of the regular instructional sessions offered by the Harleysville Community Center. Competitive swimming lessons will be offered for learning all four strokes, starts, turns, and so forth. Registration and fees will be posted at the pool.

Pool Membership

All team swimmers and divers **must** be a member of the Harleysville Community Pool. Membership applications may be obtained from the Lower Salford Township Office @ 215-256-8087 or by visiting the township web site at www.lowersalfordtownship.org.

Team Registration Fees

Registration fees are required from each team member. **No swimmer will be permitted to practice until all registration fees are paid.** No refunds will be issued after June 19.

Swim Suits & Other Supplies

The purchase of a team suit is optional. They will be available for purchase at registration for team members through D&J Sports. After registration team suits may be obtained by contacting D&J Sports in Coopersburg, PA. . Caps & Goggles will be available during the season from the pool office during practice time and at swim meets.

BUX-MONT LEAGUE

INFORMATION

<http://www.northpennswimming.com/buxmont/>

Bux-Mont League Constitution Bux-Mont League Rules & Regulations

Copies of the Bux-Mont League Constitution and the Bux-Mont League Rules & Regulations will be available in the back of the blue crate. Please review these items and return them to the crate upon completion.

Change of Team Penalty

Please note that the league imposes a penalty to anyone who changes teams within the Bux-Mont League without physically moving to a new geographical location. The swimmer or diver who does so must participate unofficially for the entire season their first year on the new team. See Article II, Section 1, Part b) on Page 2 of the Bux-Mont Swim League Constitution.

Time Conversions

The swimming pools in our league are different lengths; some are 25 yards and others are 25 meters.

Harleysville	25 meters	Nor Gwyn	25 meters
Pennridge	25 meters	Fanny Chapman	25 yards
Hatfield	25 meters	Souderton	25 yards
Lansdale	25 meters	Towamencin	25 meters

When "A" Championships are held at a yard pool, all meet times during the season that are recorded at meter pools must be converted to yard times as directed by league rules. Likewise, when "A" Championships are held at a meter pool, all meet times during the season recorded at yard pools must be converted to meter times.

To change a yard time to meters: Multiply 1.11 X Yard Time

To change a meter time to yards: Multiply .901 X Meter Time

Information on time conversion was obtained from the Bux-Mont Swimming & Diving Rules and Regulations manual located in the back of the blue crate.

PARENT RESPONSIBILITIES

Communications

Swimming and diving information will be provided as follows:

Announcements: Swimming and diving announcements will be posted on the Website and on the Whiteboards at daily practice. It is the responsibility of the parent(s) to obtain this information.

Blue Crate: A blue crate will be stationed at the entrance of the pool during practices. This crate will contain a folder for each registered family on the team. Notices and other important

announcements will be placed in each folder throughout the season. It is the responsibility of the parent(s)' to check these folders on a regular basis.

Questions/Concerns: Areas of concern or problems should be expressed to the coach before or after practice (**NOT DURING**) or to one of the officers. Anonymous letters will not be acknowledged.

Parental Cooperation

It is understood that parents, siblings and friends of swimmers may NOT be on the pool deck during swim meets and other Harleysville Swim Team associated activities. This includes all home and away meets. Only those parents working at the meet are to be on the deck. This means no 'coaching' your child from the sidelines.

League Meets & Championships

Team parents are responsible for running the league swimming and diving meets. This means that **every team parent must help in some capacity** in order to conduct a meet. A volunteer "Help!" form will be issued at registration for completion by parent(s), who are **required to volunteer for at least two meets during the season plus championships.*** The league offers a free clinic at the beginning of the season for the purpose of teaching the procedures for performing these jobs to those who are unfamiliar with them and desire to gain some knowledge before a meet. * A \$ 50.00 volunteer fee will be collected at registration. The fee will be returned if your volunteer obligations are fulfilled after championships are completed.

Transportation

It is the responsibility of the swimmer or diver's parents to provide transportation both to and from all swimming and diving meets. Directions to all pools are posted on the website.

Attendance

Practice is Monday through Friday from June 1 through July 31. We would love for every swimmer and diver to be present at every session, but realize this is not possible for everyone. We encourage you to make as many practices and meets as possible. **If you cannot attend a meet for any reason, please let one of the coaches know IN WRITING. Please put your note in the coach's folder.** Everyone on the team participates in **every** meet - unless you inform the coaches otherwise.

Graduating seniors who are eligible for recognition are expected to participate in a minimum of 2 meets in order to be recognized at the last home meet and splash party. All swimmers must swim at least 2 meets in order to receive the team gift.

PRACTICE SCHEDULE

June 1 Practice begins - 4:00 p.m. to 5:00 p.m. – Land work only - wear sneakers and appropriate clothing for workout. Be prepared to swim or dive, if pool temperature permits.

June 23 Morning Practice Begins - Swimmers are placed into groups according to ability - not age. The coaches will tell the swimmers which group they should be practicing. If there is a conflict regarding a certain practice time, speak with one of the coaches to resolve it. To be on time, swimmers **MUST** be on deck for warm-up 15 minutes before practice.

8:15-9:30 a.m.	Advanced Group
9:15-10:00 a.m.	Beginners Group
9:30-10:30 a.m.	Intermediate Group
8:30-9:30 a.m.	Junior Diving (12 and under)
	Senior Diving (13 and over)

PRACTICE & MEET RULES

Practice

1. Practice begins promptly at designated starting times above. Meet at the assigned area **ON TIME**. Arriving late disrupts practice!
2. Follow the coaches' training instructions. Team members are expected to strive to improve their skills and physical endurance.
3. No splashing, running or horseplay is permitted.
4. Team members are expected to be kind and cooperative to other team members, especially younger and new swimmers and divers.
5. Any injuries or other problems must be immediately reported to the coach.
6. Children should be picked up immediately following practice. We are not responsible for those remaining after practice hours!

MEETS

1. Swimmers and divers should remain in the designated swimmer/diver area. Leaving the premises without the permission of the coaches is prohibited. Please do not sit with your parents. This makes it very hard to find the swimmer for lineups.

**ONLY WORKING PARENTS AND SWIMMING OFFICIALS ARE ALLOWED
ON THE DECK DURING A SWIM MEET –
NO PARENTS OR FRIENDS WHO ARE NOT WORKING**

2. The starter and/or referee's request for quiet during diving and swimming starts must be followed.
3. Team members are required to cooperate with ready bench parents.
4. Swimmers are expected to know when they are expected to swim. It is expected that they will help the younger swimmers. A list is posted at each meet in addition to the coaches reading the lineup during practice the day of the meet.
5. Team members are responsible for their equipment and to keep their area clean!
6. The coach must be notified **in writing** at least one day in advance if someone will be unable to attend a certain meet. **THIS IS MANDATORY!**

DIVING

No one is permitted to join the diving team after June 19.

1. Divers should follow all safety rules at practice and at meets.

2. Divers will be advised by the coach at least one day in advance if they will be diving in a meet.
3. Divers are required to attend practice the day of a meet in which they will be diving.
4. Parents may contact the Diving Representative if they have any questions.
5. Diving practice may be canceled when it is extremely cold or it is raining, even if swimming practice is not canceled. Divers cannot safely dive off a wet board.

Tentative Home Meet Starting Times

Diving warm-ups: 4:45 meet begins: 5:15
Swimming warm-ups: 5:45 meet begins: 6:15

*** To be announced**

**** All invitational meets are optional, but all team members are encouraged to participate in them. Participating swimmers must pre-register and a fee will be charged per event entered. Ribbons and trophies are awarded at these meets. The coaches will be explaining these meets to the swimmers. Details will be posted on the website and distributed in the blue information crate, as they become available.**

DIRECTIONS TO BUX-MONT LEAGUE POOLS

from the Harleysville Community Center

Fanny Chapman

Route 113 North to Route 313, Right onto 313; East to Route 202
Right onto Route 202 South/State Street (just past by-pass);
Pool approximately 1/2 mile on left. (sign says "Chapman Park")

Hatfield

Sumneytown Pike East to Forty Foot Road (becomes Broad Street in Hatfield)
Right onto Cowpath Road (Hatfield Valley Road, Rt. 463)
Left onto Vine Street, go over bridge to dead end
Left onto School Road to Chestnut Street (police station)
Left onto Chestnut Street; pool on left.

Lansdale

Sumneytown Pike to Route 363 (Valley Forge Road)
Left onto Route 363 to Whites Road (first right after Allentown Road)
Right onto Whites Road; pool approximately 1 mile on right.

Nor-Gwyn

Sumneytown Pike to Parkside Place (next traffic light after light at Church Road & West Point Pike intersection (Genuardi's and Sumney West Tavern on corner)
Right onto Parkside Place; pool approximately 3 blocks on left.

Penridge - ???? (pending directions to new pool)

Route 113 North to Allentown Road (first traffic light at Wampler-Longacre's)
Left onto Allentown Road to Route 563 North (Ridge Road)
Route 563 North to Washington Avenue (first right after traffic light at Lawn Avenue/Route 309 overpass); Right onto Washington Avenue; pool approximately 1 mile on left.

Souderton

Route 113 North to Wile Avenue (across from Indian Crest Junior High School);
Right onto Wile Avenue; pool approximately 2 blocks on right.

Towamencin

Sumneytown Pike West to Troxel Road (across from Freddy Hill Farms)
Left onto Troxel Road to Snyder Road (third right)
Right onto Snyder Road to Weikel Road
Left onto Weikel Road; pool approximately 1/4 mile on the right.