



Forest Hills Sharks

Information for New Families

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, 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 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 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. A guideline to use for volunteering is that each family should work 2 times (1/2 meet each time) for each swimmer.

If you have a child under the age 13, please sign up to be an Age Group Parent first before anything else. Age group parents are important for keeping the meet running on time and getting each

child to their event. Other volunteer positions can often be filled by the parents of older swimmers who do not need 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 Stephanie Grandy or Michele Geiger if you have any questions about working at a meet. For the 2018 season, we will be using Sign Up Genius for meet volunteers. Online volunteer sign-up will hopefully make it easier for working parents who cannot get to the sign-up sheet at the pool during the week. 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: Disqualifications (DQs) and Life Time Bests are very important words for a swimmer to learn. DQs occur when a stroke, turn, start or finish is not done according to the rules. 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. Swimmers that have DQd do not receive ribbons.

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 talk with the coach 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 Shark Bites.) Bring a vinyl cloth or tarp 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 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: At home meets we sell Shark Bites under the large shelter. All items are donated and the proceeds benefit the swim and dive teams. There will be a Sign-Up sheet asking for donations of food and drinks before each home meet.

SHARK DAYS! We will be planning a pizza party and a doughnut morning 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: 2018 Swim Champs will be July 10th & 11th at Terrace Park Swim Club. Swimmers must participate in at least 2 regular season meets (dual meets) to participate in champs.

The first day of the Champs meet is prelims. The older kids (11-18 yrs.) swim in the morning and the younger kids (10 & under) swim 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. The top 12 swimmers will qualify for finals the next day. The 13th and 14th place swimmers will attend as alternates. If your swimmer places 13th or 14th he or she should plan on attending finals.

The second day, the Champs meet is run like a dual meet. Every team in the league will be participating. Each event will have two heats containing the top 12 finishers from prelims. 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. A traditional Coach's Relay takes place at the end of the meet and is a lot of fun to watch.

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

DIVE CHAMPS:

2018 Dive Champs will be held on Monday, July 9th at Miami Hills.

Please continue to check the Forest Hills Website for updates.

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

You can also contact the team coordinators with any questions:

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