

# HARRINGTON PARK STINGRAYS



## Stingray Swim/Dive Team

2017 Season

### PLEASE READ: IMPORTANT NEW INFORMATION

#### Dear Parents:

Summer is almost here and we are very excited to begin the 2017 Swim and Dive season. This letter provides the important details including new information to help answer most of your questions about the team.

#### Why Join the Swim/Dive Team?

There are many reasons to join the team including:

##### For Parents

Swimming is lifelong sport  
Cross train for other sports  
Town pride representing HP

##### For Kids

Great team sport  
Swimming tones muscles and builds endurance  
Fun in the sun, free ice pops and stingray tattoos

Be a part of a rich tradition in HP that includes several All Americans and even a World Record holder!

#### Who are the Coaches? – We're very excited to have HP's best leading the team.

Dawn Hoth, Haley Symons, Harris Kim and Angela Guelpen will be coaching Swim Team.  
Still confirming our coach for Dive Team.

#### Who are the Parent Liaisons? – A small group of parents will help you throughout the process as your parent contacts:

Rich and Michele Perez, Yem Park and Kristen Acheson  
You can contact us via email at [hpswimdiveteam@gmail.com](mailto:hpswimdiveteam@gmail.com)

#### Who will we compete with?

Like last year, HP will be competing in the Upper Bergen League. Benefits to this league include:

- More Variety: Swimmers will be able to compete in 4 events vs 3 in prior seasons.
- Better schedule: Meets start in July, allowing more practice time in June.
- More relays: More chances to swim and be part of exciting team events.
- Rule Enforcement: Judges will be enforcing strokes and turns for major infractions in 9yr + age group.
- Similar Club Size: Competing towns will be closer in size to HP teams. Towns include: Demarest, Haworth, Pascack Valley, Park Ridge, and new to league Norwood.

League rules are posted on the HP Swim Club at [www.hpswimclub.net](http://www.hpswimclub.net)

#### Do I really need to volunteer at a meet?

Yes -- volunteers are critical in order to have a smooth and quick meet. Parents **must volunteer at 3 MEETS per family**. Positions include: timers, ribbon writers, runners, scorers, concession set up and sales. Don't worry -- we'll be glad to explain each position.

In order to ensure volunteers, we are asking for a **\$100 deposit** in the form of a check at registration that will be held until end of the season. When you meet the 3 meet requirements, your check will be returned. If not met, your check will be cashed.

**What are Registration Details?**

**When: Monday, June 5th at Pool from 3:30- 5:00 pm**

**Ages:** 5-17 yrs old, no experience needed. Must be member of the HP Pool Club to join team

**Forms:** Complete 1) registration form and 2) medical release. Both available on [www.hpswimclub.net](http://www.hpswimclub.net)

**Cost:** \$50 first child/\$35 for additional child which includes a team t-shirt (if registered before June 11).

**Additionally a \$100 deposit check is needed to complete registration. Your uncashed \$100 check will be returned upon meeting your volunteer obligations of 3 meets.**

**Also please bring 1 case of water per family to registration to help offset cost of home meet concessions.**

**How do Concessions work?**

Concessions is not only an important fundraiser for the team but also helps to feed and fuel our swimmers during meets. The Parent Liaison team will supply bagels, coffee and ice. We ask all parents to help by donating food items for the **3 HOME meets**. Popular and healthy snacks include pre-sliced watermelon, fresh fruit (tangerines, bananas, apples), or grapes in snack-sized ziplocks, single-serve cookies/snacks and other kid-friendly snacks. Homemade cookies, muffins and cakes are great too.

**When are the Practice Times?**

Before June 23

6 and under  
7-10 yrs  
11+

**Swim**

Tues and Thurs  
3:30- 4:00  
4:00- 4:45  
4:45 - 5:30

**Dive**

Mon and Wed  
4:00-5:00

June 23 on

Tues/Thur  
Wed/Fri

10-11am or 5:30-6:15  
12:30-1:30

Mon-Fri 4:00-5:00  
Clinics 3:30 -4:00 (Mon only)

**What if my child needs extra help?**

In addition to practice we offer several **Clinics and Lessons** to improve technique, including stroke development, diving from blocks and flip turns. Session 1 begins June 30-July 17 and Session 2 begins July 20 – Aug 7. Sign-up at the bulletin board at pool.

Levels 1,2,3 – Beginners, learning the basics

Level 4 – Diving and Stroke development: Freestyle and Backstroke

Level 5 - Dive and Stroke development: Breast and Butterfly

Level 6 - Dive and Flip Turns

**When are the Meets?**

Location	Dive	Swim
Home Time Trial	NA	June 24
Home vs Norwood	July 7	July 8
Home vs Demarest	July 11	July 12
Away at Park Ridge	July 14	July 15
Away at Haworth	July 18	July 19
Home vs Pascack Valley	July 21	July 2
Championships	July 28 in HP	July 29 in Haworth

**Start times for Meets:**

**Swim** - Wed Swim Meets: Warmups 5pm, Start; Sat Swim Meets: Warmups 8:30am, Start 9:00am

**Dive** - All Dive Meets: Warmups 5:30pm, Start 6pm

Calendar of all practices, meets and team events are available on calendar on [www.hpswimclub.net](http://www.hpswimclub.net)

**Thanks for your support and see you at the pool!**