



2021 Stingray Swim/Dive Team Information

Dear Parents:

Summer is almost here, and we are very excited to begin the 2021 Swim and Dive season. This letter provides all 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 are very excited to have four of HP's best leading the team.

Riley Acheson and Sami Martin will be coaching Swim Team. Danny and Allie Callahan will be coaching Dive Team.

Who are the Parent Liaisons? – A group of dedicated parents will help you throughout the process. Reach out to Rich and Michele Perez, Sonie Skogerson, Val Fernandez and Liane Bailey or contact us via email at hpswimdiveteam@gmail.com

Who will we compete with?

Like previous years, HP will be competing in the Upper Bergen League. League rules are posted on www.hpswimclub.net

Do I really need to volunteer at a meet since I don't know what to do?

YES -- volunteers are critical for a smooth and quick meet. Parents **must volunteer at 3 MEETS per family**. Positions include: timers, ribbon writers, runners and concessions. Don't worry -- we'll be glad to explain each position.

In order to ensure volunteers, we require 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.

What are Registration Details?

When: Thursday, June 17th at HP 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) online registration form) and 2) printed medical release. Both available on www.hpswimclub.net

Online Registration Form: <https://forms.gle/wXmo5kW6eDAtp9aP7>

Cost: \$50 first child/\$40 for additional child which includes a team t-shirt (if registered before June 21). Additionally a \$100 deposit check is needed to complete registration. Your uncashed 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 the cost of home meet concessions.

Where do I get that nice HP swim merchandise?

You will receive a team t-shirt and swim cap with your completed registration by June 21. For team swimsuits, a rep will be at registration with samples to try on and take orders. Swimsuit orders need to be in by June 18th. Swimsuit contact is Donna Terjesen email: swimusal@aol.com. Will send out information regarding all other merchandise such as hoodies, towels, hats and more in separate communication.

How do Concessions work?

Concessions is not only an important team fundraiser but also helps to feed and fuel our swimmers during meets. The Parent Liaison team will supply utensils, bagels and coffee. We ask all parents to help by donating following items:

Families A through K

Water, ice, juice box
Gatorade (no glass bottles)

Families L through Z

Zip locked fruits, oranges, granola bars,
Single serve chips, gold fish, muffins, pretzels
Homemade cookies, muffins and cakes are great too.

Will there be COVID restrictions?

As a league, all swim clubs agreed to have attendees wear masks while entering clubs and can be removed in your group. Also ask that spectators step back from the pool deck when your child is not swimming to allow others the opportunity to view without crowding.

What about the Free Swim Lessons? As part of your club membership, you are eligible for free swim lessons. Sign up with guard at Corner Store for the following times:

<u>Session</u>	<u>Dates</u>	<u>Times</u>	<u>Ability</u>
1	July 5th-15th Mon-Fri	Level 1 12:30-1:00	3yr old +, potty trained, no swim skills
2	July 19 th - 29 th Mon-Fri	Level 2 1:00- 1:30 Level 3 1:30- 2:00	Can hold breath under water Jump in 5ft section and retrieve objects

When are the Team Practice Times?

Starting on June 23rd

Swim

Tues – Fri
6 and under 4:15- 5:00
7 and up. 5:00- 5:45

Dive

Mon – Thur
4:00-5:00

When are the Meets and Team Dinners?

<u>Location</u>	<u>Dive</u>	<u>Swim</u>	<u>Team Dinner</u>
Home Time Trial	NA	June 26	Pasta Dinner June 25 6:00-7:00pm
Home vs Demarest	July 7	July 7	
Home vs Norwood	July 9	July 10	
At Park Ridge	July 13	July 14	
Home vs Pascack Valley	July 16	July 17	
At Haworth	July 20	July 21	
League Championship	July 23 Demarest @ 3:30pm	July 24 in HP @ 8:00am arrival	Awards Dinner July 27 5:00pm

Start times for Meets:

Swim - Wed Swim Meets: Arrival 4:30pm/ Start 5:30; Sat Swim Meets: Warmups Arrival 8:00am/ 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

Thanks for your support and see you at the pool!