



2022 Stingray Swim & Dive Team Information

Dear Parents:

Summer is almost here, and we are very excited to begin the 2022 Swim and Dive season. This letter provides all the important details including new information to help answer most of your questions about the team. Be a part of a rich tradition in HP that includes several All Americans and even a World Record holder!

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

Who are the Coaches? – We are very excited to have three of HP's best leading the team. Riley Acheson and Sami Martin will be coaching the Swim Team. Allie Callahan will be coaching the 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. We are looking for some NEW Liaisons to come on board with us so please reach out to us if you are interested! A team of moms makes it fun and easy to commit to this committee because we all do a little to help which goes a long way!

Do I need to volunteer at a meet even if 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 will walk you through every role! In order to ensure volunteers, we require a **\$100 deposit** in the form of a check at registration that will be held until the end of the season. When you meet the 3 meet volunteer requirements, your check will be returned.

What are Registration Details?

When: MONDAY JUNE 6th 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 either or both teams

Online Registration Form: <https://forms.gle/wXmo5kW6eDAtp9aP7> (google form). Note that the registration deadline this year is June 17th, not the 21st as stated on the form. You will also need to complete a medical authorization form.

Cost: \$50 first child/\$40 (check or cash) for additional child which includes a team t-shirt & swim cap (if registered before June 17). 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 17th. For team swimsuits, goggles, bungees, etc., a rep will be at registration with samples to try on and take orders. Swimsuit contact is Donna Terjesen email: swimusa1@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.

When are the Team Practice Times?

Starting on JUNE 20

6 and under
7 and up.

Swim

Mon/Tues/Thurs/Fri
4:15- 5:00pm
5:00- 6:00pm

Dive

Mon – Thur
4:00-5:00pm

When are the Meets and Team Dinners?

Location	Dive	Swim	Team Dinner
Home Time Trial	NA	July 6	Pasta Dinner July 7th 6:00-7:00pm
HP vs Norwood	July 8	July 9	Awards Dinner ...TBD
HP vs Pk Rdg	July 12	July 13	
HP vs Pascack Valley	July 15	July 16	
HP vs Haworth	July 19	July 20	
HP vs Demarest	July 22	July 23	
League Championship	July 29 @Demarest 3:30pm warm up	July 30 @Pascack Valley 8:30am warm up	
County Championships Aug 1-6, 2022 (coaches select swimmers/diver attending based on season)			

TEAM SNAP will be the team communication platform and additional details will always be shared there.

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!