



## WELCOME TO THE HFSS REC TEAM 2017

We are excited to welcome you and your family to the Hubbard Family Swim School's Rec Team. We are looking forward to a successful season filled with fun and tons of swimming. Enthusiasm, encouragement, and great attitudes are mandatory. Our coaching goal for the season is to make this a 7-week program of positive experiences. Hard work, good attitudes and lots of stroke drills will pay off. If we are better athletes and faster swimmers than we were on the first day of practice we will have had a great summer!

### **PRE-SEASON OPPORTUNITY - ADVANCED CLINICS**

For 3 consecutive Saturdays, your swimmer will get a feel for team practices with focus on competitive distances, speed, techniques and racing form. It is a great option for swimmers looking for a jump start to the Rec Team Season. This Advanced Clinic Package includes a practice at an alternative location with deeper water to safely practice racing starts! More info at [www.hubbardswim.com](http://www.hubbardswim.com).

### **LEAGUE INFO**

We have two HFSS Rec Teams. "HFSSEast" consists of the swimmers who practice at HFSS 32nd Street and swimmers who practice at Thunderbird Adventist Academy. "HFSSWest" consists of swimmers who practice at HFSS Peoria. Both teams compete in the Desert Swim League ("DSL") and have different schedules. While the DSL remains a recreational league, the league continues to stress correct swim techniques and occasionally swimmers can be disqualified if a violation occurs. Swimmers of all ages (even six and under) may be disqualified which simply means their time does not register as an official time. The DSL follows the National High School Rule Book.

### **MEET SCHEDULE**

The schedule has been posted on our website. Be sure to select the schedule for your team. All meet locations, times, and strokes may be subject to change. If changes are made, we will notify you via email.

### **REC TEAM AND ENDING WEEKLY LESSONS**

We will automatically withdraw Rec team swimmers from their weekly lesson making their last lesson during the week of **May 22nd - May 28th** unless you notify us otherwise. We will send an email confirmation confirming your last day. You must tell us if you wish to make changes to sibling's lessons.



## **PARENT VOLUNTEERS**

Volunteers will be needed throughout the season at all swim meets. We need parents to hand out ribbons, write down times, be official timers, place judges, etc. We would love it if everyone helped at least once, who knows, you might want to do it again and again.

## **TEAM GEAR**

All team members will receive an awesome Hubbard Summer Rec Team t-shirt.

We will also distribute a complimentary swim cap to be worn at all swim meets. This allows kids to show off their team spirit and helps us identify the HFSS kiddos!

We use fins and kickboards in practices. Kickboards, goggles and fins can be purchased at any indoor HFSS location.

Team swim suits will be available at HFSS 32nd Street and HFSS Peoria. They are 100% polyester and hold up well. There is a limited number of suits. Team suits and gear are highly encouraged however not mandatory. Team members can wear any racing/workout type suit they already have. Please - no big baggy suits on the boys - it slows them down!

## ***MARK YOUR CALENDAR!!!!* PARENT MEETING & INTERSQUAD MEET**

Sunday June 4th at 4:00pm at Thunderbird Adventist Academy

Our parent meeting for HFSS East and HFSS West will be a part of our intersquad meet on Sunday June 4th at 4:00pm at Thunderbird Adventist Academy. Warm-up will start 4:00pm and the parent meeting will start once we get kids swimming. In the meeting, we will discuss stroke rules, meet information, tips for the season and answer questions. This intersquad meet will give our swimmers a chance to meet each other and swim in a meet setting. Parents get a glimpse at how the meets run and an opportunity to meet other parents. All HFSS East and HFSS West swimmers and parents are encouraged to attend.