



**FALL/WINTER SHORT COURSE SEASON AND
SPRING/SUMMER LONG COURSE SEASON
2010-2011**

Sign up at the Island Recreation Center Pool August 16th from 3:30 until 6:00 pm

Season Registration Fees:

- \$110 USS Reg Fee and Administrative Fee; \$12 discount for additional swimmer in family (taken based on payment option)
- \$30 Family Banquet Fee
- \$75 Family Timing System Assessment (one time assessment for new families only)
- \$25/child or \$40 per family assessed to the Senior, Senior 2, and the Silver Groups for gas reimbursement for coaches when traveling to and from Beaufort and Savannah practices.

Multiple Swimmer and Full Payment Discounts:

- \$24 Discount for additional swimmer in family (applied based on payment option)
- 5% Discount for paying Full Season Fees by October 1, 2010

Dues for Short Course & Long Course Season – August 16, 2010 – August 31, 2011

Group	Monthly Dues	Yearly Dues with 5% Discount
Pre-Team	\$70	\$798
Nova	\$85	\$969
Bronze	\$95	\$1083
Silver	\$125	\$1425
Senior II	\$105	\$1197
Senior	\$160	\$1824

Placement for new swimmers will be determined at registration or during an optional one-week trial period prior to joining.

For any registration information, please call Coach Jack Maddan at 843-290-5993

We look forward to having you on the team!

www.h2aswim.com

Hilton Head Aquatics

Training Group Criteria

Pre-Team

To be in Pre-team you must be able to swim a lap of freestyle and be able to float on your back.

Pre-Team to Nova

You must be able to swim a lap of freestyle and backstroke.

You must be able to demonstrate Butterfly and Breaststroke.

Nova to Bronze

You must be able to attend 3 out of the 5 practices a week.

You must be able to swim all four strokes legally.

The following training criteria must be met also met to be in the group.

10 x 50's Free kick on 1:30

10 x 50's Free swim on 1:10

1 x 200IM-Legal

10 x 25's Back on :45

10 x 25's Breast on :55

10 x 25's Fly on 1:00

Bronze to Silver

You must be able to attend 4 out of 6 practices a week.

The following training criteria must be met also to be in the group.

10 x 50's Free kick on 1:10

10 x 100's Free on 1:45

4 x 200IM's on 3:45

10 x 50's Backstroke on 1:05

10 x 50's Fly on 1:15

10 x 50's Breast on 1:15

Silver to Senior

You must be at least 13 years old and be willing to make 7 out of 8 practices a week.

The following training criteria must be met also to be in the group.

10 x 100's Free kick on 2:00

10 x 100's Free swim on 1:20

5 x 200IM's on 3:00

10 x 100's Back on 1:30

10 x 100's Breast on 1:40

10 x 100's Fly on 1:40

Hold 1:15 avg

Hold under 2:50

To be in Senior 2

You must be at least 13 years old.

Swimmers in this group may move into the Senior group if they are demonstrating great attendance and can meet the training criteria to be in the group.



Fall/Winter Short Course Season & Spring/Summer Long Course Season
2010-2011

Payment Schedule

Swimmer's Name _____ Group: _____

Payment Method: Monthly _____ Yearly: _____ USS Reg/Adm: _____

Swimmer's Name _____ Group: _____

Payment Method: Monthly _____ Yearly: _____ USS Reg/Adm: _____

Swimmer's Name _____ Group: _____

Payment Method: Monthly _____ Yearly: _____ USS Reg/Adm: _____

Swimmer's Name _____ Group: _____

Payment Method: Monthly _____ Yearly: _____ USS Reg/Adm: _____

Dues (from above) _____

USS Reg/Adm (from above) _____

Banquet Fee _____ \$30 _____

Timing System Assessment (New Families only) _____

\$25/Child or \$40/Family – Gas Assessment _____ (Senior, Senior 2 & Silver only)

Total Due _____ Cash _____

Check _____ No. _____

Make checks payable to H2A

Fee Assessments:

If you are paying by the month, your payment is due by the 15th of the month. A \$15 late fee will be added if payment is received late.

The Coaching Staff will need advance notice if your swimmer plans to discontinue with the program. If your swimmer swims only one day or the month, payment will have to be made for the entire month.

If you take time off, a \$15 fee will be charged to hold your spot each month. If you have outstanding invoices, a \$15 late fee will be charged each month until paid.

After 3 months of not swimming you will be required pay a re-register fee of \$30 and all outstanding invoices and fees before re-joining the team.

All registered swim families are required to assist with team socials, Fall & Spring fundraising, and H2A hosted swim meets. Any required fundraising minimums and hours not met will be invoiced and payment required.

A \$25 fee will be charged on all returned checks.

I have read and understand the above Fee Assessments.

Parent Signature: _____



Fall/Winter Short Course Season & Spring /Summer Long Course Season
2010-2011
Registration Form

***Please note that we must have an e-mail address for each registered family**

Date: _____ Gender: Male Female

Swimmer's Name: _____
Last First Middle (**needed**)

Swimmer's Age: _____ Birth date: _____

Parent's Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ *E-mail: _____

Father's Work: _____ Cell _____

Mother's Work: _____ Cell _____

Emergency Contact: _____ Phone: _____

School: _____ Grade: _____

Do you have any medical conditions or allergies the coaches should be aware of?

Swimmer requires and will bring the following medication to practice with instructions:

_____ I give permission for my child to be photographed & allow publication of photographs for various printed and web site swim related materials.

T-shirt Size: _____ Group Assigned: _____

Parent Signature: _____

Received cap _____ Purchased T-shirt _____ Received T-shirt _____

Original to Treasurer, copies to Head Coach, Registration Committee, and President

H2A Committee Information

PUBLIC RELATIONS

- Work with the Coach before and after swim meets to get the results from swim meets in the paper.
- Alert the paper of higher level meets.
- Work with Fundraiser co-chairs to get the word out about upcoming fundraisers.
- Work with the team photographer to put together the slide show for the banquet.
- Works to promote team building activities" (ex: secret swimmer)
- Sends blast e-mails to sponsors to let them know team progress and achievements.
- Helps compile and distribute literature and e-mail slideshows throughout the community.

CORPORATE SPONSORSHIP

- Work with the President and Treasurer to find out the expiration dates of the current sponsors.
- Send out flyers to the membership to see if anyone is interested in putting their business on the board.
- Write a letter and send it out to various area businesses to find out interest.
- Follow up the letters with phone calls or personal visits to the business.
- Work with the Public Relations person to see get copies of our team sponsor disk.
- Update the board with all new sponsors.

SOCIALS

- Work with the Pre-Team, Nova, Bronze, and Silver Coach to find out what kinds of socials they would like planned (Beach socials, Bowling, Bring a Friend Friday, Ice skating)
- Plan the Team Banquet and all team socials as per the coaching staff. Help with Spaghetti Dinner/Raffle (work with Fundraiser Committee)

REGISTRATION

- Help register new and continuing swimmers to the team.
- Make sure paperwork is processed and payments given to the Treasurer.
- Keep swimmer folder up to date

TEAM APPAREL

- Sell team apparel such as T-shirts and place special orders for items that are needed for the swimmers.

GRANTS

- Seek grants for the team to apply for that would help with defraying the cost of equipment, team travel, and various other team related expenses.

TEAM PHOTOS

- Organize team photo shoot.
- Send out e-mails to let the membership know the date, time, location, and team shirt or suit to wear. This includes securing location, coordinating date and location with photographer, distribution and collection of order forms and monies.

FUNDRAISING

- Work with the Treasurer and President to find out the team's fundraising needs for the coming year.
- Sally Foster, Swim Marathon, Applebee's Pancake Breakfast, Birdies for Charity, Spaghetti Dinner/Raffle (work with the Social folks), and hosting swim meets.
- We need 100% from each family in order to keep our dues low.

HOSTING SWIM MEETS

- This includes Timing, Concession Stand, Making copies of the heat sheet, Doing the computer to set up entries, and Handing out ribbons.

All Families are encouraged to volunteer for at least one of our committees. This is a great way to meet other swim parents and help out the team. Please sign up on the website; www.H2Aswim.com

Hilton Head Aquatics Expectations & Requirements

The following is a list of expectations and requirements that all swimmers & parents must review, understand, and agree to before joining the Hilton Head Aquatics Swim Team (H2A).

1. All swimmers must pay the annual registration fee when signing up for H2A. The registration fee is for new & returning swimmers and includes your swimmers USA Swimming Registration. Each swimmer is to register every year in August/September. Those who join at a different time of the year, will pay their registration fee whenever they join the program and then again in August/September of the following year.
2. Swimmers whose dues are more than 60 days delinquent are not eligible to swim nor will they be able to attend swim meets or other team related activities. If you have a problem, please let the Treasurer know. All checks may be placed in the payment folder in the green box on the pool deck or in the "Collett" folder. Regardless of swim practice or attendance, monthly payments remain the same (for example – Spring break, Christmas break etc.)
3. All swimmers are required to participate in our annual fundraisers. Each family has the entire season (up until July 30th) to satisfy their Family Fundraising Commitments which are based on the highest level swimmer in the family. Family Fundraising Commitments not satisfied by that date will be invoiced and will have to be paid in full prior to registration for the next season.

Family Fundraising Commitments

Pre-Team – \$250

Nova – \$300

Bronze – \$350

Silver – \$400

Senior II - \$375

Senior – \$500

4. All swimmers are to have a team suit as chosen by the Head Coach. All team equipment and apparel may be found on our website, www.h2aswim.com.
5. Parent involvement is extremely important for our team to be a successful. Each family is required to sign up for at least one committee or at least volunteer 20 hours per year (10 for short course and 10 for long course).
6. Each family must work the minimum required sessions for each H2A hosted invitational. If a family chooses not to work, they will be assessed \$25.00 for not participating.
7. Meet information is located on our website. If you are planning on attending a meet with your swimmer, please let the coach know before the said deadline. Please also make a \$50 check out to H2A in advance to help offset the cost of the meet fees (please indicate the meet in which you will be attending on your check). Other fees will be billed to you after the meet has ended.
8. Parents are encouraged to be cheerleaders for their swimmers. Coaches should not be approached during practice or during a meet. This is a professional courtesy to our coaching staff. Parents, if watching practice, must sit on the bleachers during practice. At no time should a parent coach or instruct their child while on deck. If this takes place, there will be a warning by the Head Coach. If it happens again, the parent will be removed from the deck for a period of time to be determined by the Head Coach with board approval. Each coach has office hours and can be reached via e-mail or phone. Parent/swimmer meetings are important, please schedule them accordingly.
9. Our main line of communication is our web site, www.h2aswim.com. Please provide us with your e-mail address. We also post things on the bulletin board and place things in your folders in the box on deck. **Please check these areas daily!** Updates are done to the web site each day.

I, _____, have read over the H2A Expectation & Requirement sheet and reviewed

It with my swimmer(s) _____.

We agree to abide by the requirements & expectations set for.

Date) _____ Parent Signature _____

SHORT COURSE PRACTICE SCHEDULE

2010 - 2011

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	3:00- 6:00pm	5:30- 7:00am 3:00- 6:00pm	3:00- 6:00pm	5:30- 7:00am 3:00- 6:00pm	3:00- 5:30pm	7:30- 10:30am	
Senior II	5:45- 7:30pm	5:45- 7:30pm	5:45- 7:30pm	5:45- 7:30pm	4:00- 5:45pm	9:30- 11:00am	
Silver	5:00- 6:45pm	5:00- 6:45pm	5:00- 6:45pm	5:00- 6:45pm	4:00- 5:45pm	9:30- 11:00am	
Bronze	4:00- 5:00pm	4:00- 5:00pm	4:00- 5:00pm	4:00- 5:00pm	4:00- 5:00pm		
Nova	4:30- 5:15pm	4:00- 5:00pm	4:30-5:15pm	4:00- 5:00pm	4:00- 5:00pm		
Pre Team	4:00- 4:30pm	4:00- 4:45pm	4:00- 4:30pm	4:00- 4:45pm	No practice		

We will advise you with any changes directly on our web site and via e-mail. Please check the hotline for changes in practice due to in climate weather or pool closures

2010- 2011 H2A Short Course Meet Schedule

Date	Meet	Location	Eligibility	Hotel
10/15-10/17	DAM Invitational	Island Rec Center	Whole Team	
11/5-11/8	New Wave Invitational	Triangle Aquatic Center- Raleigh, NC	Whole Team	TBA
12/3-12/5	Carolina Aquatics Meet	USC- Columbia, SC	Nova, Bronze, Silver and Senior 2	TBA
12/3-12/5	New South Winter Invitational	MCAC- Charlotte, NC	Senior-Travel Trip	TBA
12/9-12/12	Junior Nationals	Georgia Tech- Atlanta, Ga	Junior National Cuts	TBA
12/11	December Splash	Island Rec Center	Whole Team	
1/14-1/16	Pilot Winter Invitational	University of Tennessee	Whole Team	TBA
1/22-1/23	Last Chance Meet	Island Rec Center	Whole Team	
2/2-2/5	South Carolina State Meet	Rock Hill Area YMCA	State Cuts	TBA
3/3-3/6	Senior Sectionals	Triangle Aquatic Center- Raleigh, NC	Sectional Cuts-Travel Trip	TBA
3/10-3/13	Age Group Sectionals	Centennial Complex- Nashville, TN	Age –Group Sectional Cuts	TBA
3/18-3/20	Palmetto State Championships	CCAC- Savannah, Ga	Whole Team	

Please note that this meet schedule is subject to change

Important, please look over this meet schedule and book your hotel rooms as soon as possible. When the block of rooms drops, you may pay more for the room. Also, please contact your coach in order to sign your swimmer up for a specific meet. A \$50 check must be sent in advance of each swim meet in order to cover the cost of the meet fees. Balance of the fees will be billed at the conclusion of each swim meet.