



HAMPSTEAD HAMMERHEADS: SUMMER SWIM TEAM 2019

New Swimmer Assessments

April 17 @ 5 - 6pm OR

June 2 @ 3 - 3:45pm

(or by appointment, please email:

hampsteadhammerheads@coastalfitnessnc.com)

Parent Meeting

June 2 @ 4 - 5pm

First Day of Practice

June 3

Championships

July 21 & 22

End of Season Party

July 23 (location TBD)

Requirements for Swimmers

6 year olds and under: must be able to swim at least half of the length of the pool by themselves.

7-8 year olds: must be able to swim 25 yards (1 length of the pool) freestyle without stopping

9-10 year old: must be able to swim 50 yards (2 lengths of the pool) freestyle without stopping and at least 25 yards of backstroke, breaststroke or butterfly without stopping

11-18 year olds: must be able to swim 50 yards (2 lengths) freestyle, backstroke, and either breaststroke or butterfly without stopping.

All new swimmers must be assessed before registering. No assessment needed if current/returning swim team member. Assessments will only take about 15 minutes. Please come within the allotted time.

Swim team is not a group lesson, we offer group lessons and private lessons at separate times. Swimmers must be able to swim independently and be able to listen to the coaches instructions during each practice. **Assessment days/times are listed above.**

USA Swimming Registered Swimmers - Summer Swim Team



USA Swimming registered swimmers will have additional morning practices with certified USA coaches, more specified practices, and the option to swim doubles or rotate with the other age group practices. More info ask Coach Kristina or Susannah via email: hampsteadhammerheads@coastalfitnessnc.com

Registration Fees

Recreational Summer Swim Team

\$145 if registered by May 15th

\$165 if registered after May 16th-June 17th (no late or pro-rated registrations will be accepted)

- Registration fee includes: swim cap, team shirt, youth gym membership, and 5 age-group practice options per week (2-3 recommended)
- 10% discount offered for 3rd, 4th, etc. swimmer in the same family

USA Swimming Registered Swimmers - Summer Swim Team

\$185 if registered by May 15th

\$205 if registered after May 16th-June 17th (no late or pro-rated registrations will be accepted)

- Registration fee includes: swim cap, team shirt, and youth gym membership, 5 age-group practice options per week, *PLUS 2* longer USA Swimming ONLY morning practices with USA certified coach(es)
- 10% discount offered for 3rd, 4th, etc. swimmer in the same family

Required equipment for each practice

Towel, Goggles, Swim Cap, Swimsuit (TYR, Speedo, and Nike, etc. are quality swim brands for suits/goggles). Swimmers should bring their towel into the pool area and dry off after practices before entering the locker rooms. The floors get very wet, so please help us keep everyone safe by drying off.

Team Swimsuits - NEW suit for 2019

We prefer that each swimmers wears the team suit to the swim meets as it is much easier to identify and cheer for our Hammerhead swimmers. Suits may be fitted correctly and purchased from Toad Hollow Athletics in Wilmington. You may want to call to be sure they have the suits prior to driving down (for those ready to purchase in April).

Toad Hollow Athletics

260 Racine Dr #6, Wilmington, NC 28403

(910)799-2799

SUMMER SWIM TEAM Communication

All team and pool updates will be sent out via this app, including inclement weather updates (lightning/thunder)

REMIND APP - Please text to this number: **81010**, this message: **@hammerswim** and your phone number will receive all text communication for the summer swim team (*this is different from the year-round team's messages*)

FACEBOOK - Hampstead Hammerheads Swim Team

EMAIL - hampsteadhammerheads@coastalfitnessnc.com



PRACTICE SCHEDULE

June 3 - June 15

(Based on Pender County School calendar with the last day being June 14th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 5:00pm USA Registered Swimmers Only - Bronze & Silver	4:00 - 4:45pm 7-8 yrs old	4:00 - 5:00pm USA Registered Swimmers Only - Bronze & Silver	4:00 - 4:45pm 7-8 yrs old		8:15 - 9:30am USA Registered Swimmers Only - Gold
5:00 - 6:15pm USA Registered Swimmers Only - Gold	4:45 - 5:15pm 6 yrs and under	5:00 - 6:15pm USA Registered Swimmers Only - Gold	4:45 - 5:15pm 6 yrs and under		
	4:45 - 5:45 pm 9 -10 yrs old		4:45 - 5:45 pm 9 -10 yrs old		
	5:45 - 7:00 pm 11 yrs and up		5:45 - 7:00 pm 11 yrs and up		

June 17 - July 20

No practices July 4, 5, 6 for Independence Day Holiday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:15 - 9:30am USA Registered Swimmers Only - Gold
					9:30 -10:30am 10 yrs and under
10:00 - 11:15am USA Registered Swimmers Only - Bronze/Silver		10:00 - 11:15am USA Registered Swimmers Only - GOLD		10:00 - 11:15am USA Registered Swimmers Only - Bronze/Silver	10:30 -11:30am 11yrs and up
4:00 - 4:45pm 7-8 yrs old	4:00 - 4:45pm 7-8 yrs old	4:00 - 4:45pm 7-8 yrs old	4:00 - 4:45pm 7-8 yrs old		
4:45 - 5:15pm 6 yrs and under	4:45 - 5:15pm 6 yrs and under	4:45 - 5:15pm 6 yrs and under	4:45 - 5:15pm 6 yrs and under		
4:45 - 5:45pm 9 -10 yrs old	4:45 - 5:45pm 9 -10 yrs old	4:45 - 5:45pm 9 -10 yrs old	4:45 - 5:45pm 9 -10 yrs old		
5:45 - 7:00pm 11 yrs and up	5:45 - 7:00pm 11 yrs and up	5:45 - 7:00pm 11 yrs and up	5:45 - 7:00pm 11 yrs and up		

(Schedules may be subject to change, based on numbers and pool space needed. We will notify if a change occurs.)

*There are sometimes exceptions to the schedule and swimmers may be asked by a coach to swim in a different practice group based on their ability

Parent Notes

- We ask that parents limit their time on the pool deck during practices. We have limited space on the pool deck and it is hard for the coaches to coach when there are additional people (there just isn't much room to walk around).
- Please ask swimmers use the restroom before going into the pool and dry off and exit through the locker rooms ONLY. The door leading to the pool only has carpet and swimmers are not allowed to exit through that glass door.
- It is recommended that swimmers come to at least 2-3 practices per week.
- Parent memberships to the gym are available for the summer, so feel free to work out while they swim (unless the coach asks you otherwise)



Memberships

Summer Swim Team registration includes a youth gym membership. Optional parent gym memberships are available: Swim Parent Membership - available at a discounted rate of \$60 paid in full (valid June 1 - July 31) with no registration fee (a \$60 savings).

Parent Volunteers

Parent volunteers are essential for the meet to function. We will need timers, stroke and turn judges, clerk of course, Sharpie writers for swimmers' events, volunteers to provide water bottles, These jobs are not hard and there will be trainings offered as well. We must have several volunteers at each meet from our team, please be prepared to step up.

Credit/Refund Policy

No refunds will be given. A credit may only be given if documented medical reasons prevent an individual's participation. There are no refunds or make-ups for missing practice days, unless Coastal Fitness Center has to close the pool/facility for repairs. Closing for weather (unless it is excessive - ex. hurricanes) may not result in a make-up day(s) because we offer practices 5 days per week during the summer session.

Holidays/No Practice Days

July 4, 5, and 6 we will not hold practices in observance of Independence Day.

Online Waiver

All swimmers must have a signed Waiver and Release of Liability in order to swim. You may sign it online at: <http://coastalfitnesscenterc.com/hampstead-hammerheads/>

MEET SCHEDULE

Date	Opponent(s)	Location	Warm-up Time	Meet Start Time
Thursday, June 20th	MO Makos	Marsh Oaks Pool	4:30pm	5:30pm
Saturday, June 29th	Landfall Lasers	Landfall Country Club	7:15am *please arrive @ 7:00	8:00am
Monday, July 8th	Wilmington Swim League - Relays <i>*note- a list of swimmers will be selected prior to the meet (not everyone will swim at this meet)</i>	Cape Fear Country Club	5:00pm	6:00pm
Thursday, July 11th	Wilmington Stingrays	Legion Stadium Pool	4:15pm	5:00pm
Tuesday, July 16th	PN Piranhas Covil Farm Crocs	Porters Neck Country Club	4:00pm	5:00pm
Sunday, July 21st	WSL- 10 and under championships	Legion Stadium Pool	6-under Warm-ups 12 pm 7-8 Warm-up 2:30 pm 9-10 Warm-ups 5 pm	Start 12:30 pm Start 3:00 pm Start 5:30 pm
Monday, July 22nd	WSL- 11 and up championships	Cape Fear Country Club	11-12 Warm-ups 2 pm pm 13-18 Warm-ups 5 pm pm	Start 2:30 Start 5:30

- Swimmers and parent volunteers, please arrive 30 minutes prior to the warm ups to settle in and write event numbers on swimmers.

Thank you for your help and we look forward to an exciting summer of swimming!



HAMPSTEAD HAMMERHEADS SUMMER SWIM TEAM 2019 REGISTRATION

Swimmer's Information

Swimmer 1: _____ DOB _____ Shirt Size: _____ Summer Swim Team:
 USA Registered Swimmer (with extra morning practices):

Swimmer 2: _____ DOB _____ Shirt Size: _____ Summer Swim Team:
 USA Registered Swimmer (with extra morning practices):

Swimmer 3: _____ DOB _____ Shirt Size: _____ Summer Swim Team:
 USA Registered Swimmer (with extra morning practices):

Swimmer 4: _____ DOB _____ Shirt Size: _____ Summer Swim Team:
 USA Registered Swimmer (with extra morning practices):

Swimmer 5: _____ DOB _____ Shirt Size: _____ Summer Swim Team:
 USA Registered Swimmer (with extra morning practices):

Medical Condition(s) (diagnosed/undiagnosed that coaches should be aware of) _____

Parent's Name(s): _____ Phone Number(*required): _____

Address: _____ Email (*required): _____

Parent/Guardian Signature: _____ Date: _____

Register by May 15

Summer Swim Team # of Swimmers _____ X \$145 = _____
 USA Registered Swimmer (with extra morning practices) # of Swimmers _____ X \$185 = _____

Register May 16 - June 17 (or until full)

Summer Swim Team # of Swimmers _____ X \$165 = _____
 USA Registered Swimmer (with extra morning practices) # of Swimmers _____ X \$205 = _____

*Optional Swim Parent Gym Membership (Paid in Full and valid June 1 - July 31):

of Parent Membership(s) _____ X \$60 = _____

AQUATICS WAIVER AND RELEASE OF LIABILITY

In consideration of the risk of injury while participating in Coastal Fitness Center Aquatics Programs and as consideration for the right to participate in any aquatics activities, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in any aquatics activities, and do hereby release and forever discharge Coastal Fitness Center located at 98 Quarter Horse Lane, Hampstead, North Carolina 28443, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned aquatics activities, including traveling to and from an event related to this aquatics activities

I AM VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED AQUATICS ACTIVITY AND I AM PARTICIPATING IN THE AQUATICS ACTIVITY ENTIRELY AT MY OWN RISK. I AM AWARE OF THE RISKS ASSOCIATED WITH TRAVELING TO AND FROM AS WELL AS PARTICIPATING IN THIS AQUATICS ACTIVITY, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO, PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS, DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS, AND DEATH. I UNDERSTAND THAT THESE INJURIES OR OUTCOMES MAY ARISE FROM MY OWN OR OTHERS' NEGLIGENCE, CONDITIONS RELATED TO TRAVEL, OR THE CONDITION OF THE ACTIVITY LOCATION(S). NONETHELESS, I ASSUME ALL RELATED RISKS, BOTH KNOWN OR UNKNOWN TO ME, OF MY PARTICIPATION IN THIS ACTIVITY, INCLUDING TRAVEL TO, FROM AND DURING THIS ACTIVITY.

I agree to indemnify and hold harmless Coastal Fitness Center against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf. If Coastal Fitness Center incurs any of these types of expenses, I agree to reimburse Coastal Fitness Center.

Parent Signature: _____ Date: _____



HAMPSTEAD HAMMERHEADS

Names & Ages of Minors: _____