

# Highland Heights Hurricanes Parent Information Packet



2023

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*Thank you to our team Sponsors, Parents, and the Highland Heights Parent Board*

## **General Info 2023**

### **Who can join the Highland Heights Hurricanes?**

Any child aged four (4) to eighteen (18) on or before June 1 is eligible to swim in the Suburban Swim League. In order to swim for the Hurricanes, residency must be within the Mayfield City School district. Extenuating circumstances may be accepted, but those cases must receive approval from the league.

### **What if my child has never been on a swim team before? What are the requirements?**

We welcome and encourage children of any skill level who are interested in joining our team. However, the child must be able to swim an entire lap (25 meters) without assistance at the minimum. The swim team is not a Learn-to-Swim program. Your child is welcome to give the swim team a try for 2 weeks.

\*\*The city does not offer refunds after the second week of practice.

## **Practice**

### **When are the practices?**

Practices for the 11-12 and 13-18 age groups are weekdays from 9am-11am. The 9-10 group practices are 9:30am-11am. The 8 and under group practices are 10am-11am. Evening practices for all age groups are 5pm-6:30pm with no evening practice on Fridays.

### **Is there a minimum number of practices my child has to attend?**

The minimum number of practices each child must swim in order to qualify to swim in that week's meet is three (3). There is no maximum. We do encourage swimmers to attend as many of their age group's practices as possible.

### **What if my child has a conflict and cannot attend practice?**

We understand that families and children are often involved in many activities during the summer months, which is why only three practices a week is the minimum to attend that week's meet.

### **How do I find out if practice is cancelled?**

If there is thunder and/or lightning in the area, we are required by the Red Cross to not allow anyone in, or even near, the water. We will make every effort to get every practice in. If we need to cancel a practice, we will wait until the very last minute, and will make you aware of cancellations on the teams Facebook page. If we can get an email out fast enough, you will also be notified that way. You can also call the Highland Heights Pool at (440) 442-2423.

## **Meets**

### **When are the meets? How often are they? How long do they last?**

Swim meets are every Saturday morning throughout the summer, starting on Saturday June 18th and ending with the league-wide Championships, which is a two-day event July 29 and 30<sup>th</sup> in Highland Heights, Ohio. Please plan vacations around this last weekend in July if possible. Championships are the only time we swim on a Sunday. The meets begin at 8 a.m. with arrival around 7 a.m. for warm-ups. The meets are typically over by 11:00 a.m. Warm up times will be emailed out the week of the meet along with directions and address of the meet. When arriving at the meet, your child will need to check in with their coaches immediately and wait for the warm up time. If you need to leave early or arrive late, it is a good idea to let your coaches know a week before the swim meet. This way they can plan which events your child will be able to swim. ONE PARENT FROM EACH FAMILY IS EXPECTED TO HELP WITH TIMING, CONCESSIONS OR OTHER ASPECTS OF EACH EVENT. Volunteering at the meets are a great way to get in on the action, and support the kids! Volunteers can be parents, grandparents, siblings or other members. Please reach out to Laura, Beth or Karen Perez, volunteer coordinator with any questions, we are here to help!

### **How do I get ready for a meet?**

The best way to prepare your swimmer for meets is to have him/her get as much rest as possible the night before and have a healthy breakfast. Most families bring a tent or share with other families. Chairs can also be brought. Pack water, snacks, towels, blankets, robes, and extra clothing. To keep your swimmer entertained, many children bring tablets/ipads, or games and books). Flip flops or crocs are good for bathrooms and shower areas. It is a good idea to bring an extra suit and extra goggles as back up. Sunscreen is a must and don't forget to reapply often! Layers in dressing are key- wearing swimsuit

under clothing is easiest – that way when it is time for warm ups, they are ready to go. Bring a sharpie for writing your child's events on their arm. This really helps them, the coaches, officials help them get to the right place at the right time. Arriving with plenty of time to park and find out where you need to be is also important. There will be areas where you are allowed to watch your child's events, with only volunteers allowed on the deck and behind the blocks. Please do not leave a swim meet without signing out with a coach. Swimmers can get subbed in last minute for events, so make sure you don't just leave. Also, it is always appreciated if people can stick around and help clean up after an event especially if the Hurricanes are hosting!

### **How are the meets run?**

Each swim meet has 66 events, which includes events for each of the eight age groups — 8&U boys and girls, 9-10 boys and girls, 11-12 boys and girls, and 13-15 boys and girls. This year we will have a 16-18 age group. Ask Beth or Laura for more information! There is a medley and free relay for each, along with races in the four competitive strokes — backstroke, breaststroke, butterfly and freestyle.

### **As a parent, am I required to help out at meets?**

We ask that at least one parent per family help out at every meet. There are many jobs to be done to make sure the meet can run smoothly. A sign up genius/email will be sent out a week in advanced for volunteers to help out. We will need people to be timers, scorers, work in the concession stand. We also need about 12-15 timers for away meets. Since it has been a challenge in the past to get everyone to volunteer, we have opted to charge a fee for those who do not volunteer at each meet this year.

### **What are the unexpected costs?**

This year we are asking for families to each donate \$40 at the beginning of the season for our Booster Fees. This can be payed via cash, check or paypal to Brian Greenberg [HurricanesHH@gmail.com](mailto:HurricanesHH@gmail.com). This will alleviate families from having to go shopping for meets and donate food or drink items and will also include a team shirt. To show our appreciation for the coaches there is a collection at the end of the season for coach's gifts if you would like to contribute. The coaches will be presented with this during the awards ceremony and dinner to be determined after the season.

### **Does my child have to compete at every meet?**

Swimmers need to compete in 3 meets to be on the swim team.

### **How do I let the coach(es) know my child will and/or won't be at a meet?**

This is really important! Go to [www.hhhurricanes.org](http://www.hhhurricanes.org) website, on the left column you will see a tab that says "Meet Sheet". This needs to be filled out by the Tuesday before each meet to swim whether your child is swimming or not. You can do this in advance for the whole season if you know your schedule. Just make sure you keep this updated as your summer plans change.

### **My child was disqualified (DQ) in an event, what does that mean? What should I do?**

The meets are officiated by parent volunteers who have attended classes to learn the rules by which the Suburban Swim League is governed. After each meet, the coaches are given the DQ slips on which the officials write down the infraction. The coaches will talk to the swimmer either at the meet or at practice the following week about what he/she did wrong and how to go about correcting it.

### **Other tips:**

- Rinse suits out as soon as possible- do not use fabric softener or dry in the dryer to make the suits last longer
- Don't forget extra goggles
- Purple is the team color!
- The rest of the pool is off limits during the meets
- Practice happens RAIN or SHINE!

### **Behavior Expectations**

Swimmers are expected to follow the guidelines and rules of behavior during practices. In addition, there are three simple rules that must be followed during practice:

- No talking when the coach is talking.
- Eyes and ears must be above water and focused on the coach.
- Swimmers must ask permission before going to the bathroom.

If these rules are not followed during practice, the following disciplinary actions will be taken by the coach:

1st violation – the swimmer will receive a warning from the coach.

2nd violation – the swimmer will be removed from practice for a 5 minute break and asked to sit on the deck. The parents will be notified.

3rd violation – the swimmer will be removed from practice and asked to sit out the remainder of practice.

These rules are designed to keep all of our swimmers safe, help teach the swimmers the core values of respect and responsibility and to ensure that the coaches are providing the best teaching environment possible.

**Other:**

**Swim pictures will be held at the end of June. Grace Del Vecchio will be sharing final information as the event coordinator.**

**A pasta lunch will be held on Friday, July 28<sup>th</sup> to celebrate the end of the season and prepare for Championships weekend! More information to come at a later date.**

**End of year Banquet will be tentatively held the week after Champs at St. Noel's. More info to come!**

## 2023 Suburban Swim League Schedule

Week One June 17th	Home	Away
	Chardon Sharks	South Euclid/Lyndhurst Sea Monkeys
	Euclid Panthers	Wickliffe Water Devils
	Highland Heights Hurricanes	Cleveland Heights Tigersharks
	Mentor Marlins	Willowick Wildkats
	Willoughby Stingers	Pinegate Gators
Week Two June 24th	Home	Away
	Cleveland Heights Tigersharks	Mentor Marlins
	Pinegate Gators	Highland Heights Hurricanes
	Wickliffe Water Devils	Chardon Sharks
	Willoughby Stingers	Euclid Panthers
	Willowick Wildkats	South Euclid/Lyndhurst Sea Monkeys
Week Three July 1st	Home	Away
	Chardon Sharks	Pinegate Gators
	Mentor Marlins	Highland Heights Hurricanes
	South Euclid/Lyndhurst Sea Monkeys	Euclid Panthers
	Wickliffe Water Devils	Cleveland Heights Tigersharks
	Willowick Wildkats	Willoughby Stingers
Week Four July 8th	Home	Away
	Cleveland Heights Tigersharks	South Euclid/Lyndhurst Sea Monkeys
	Euclid Panthers	Chardon Sharks
	Highland Heights Hurricanes	Willowick Wildkats
	Pinegate Gators	Wickliffe Water Devils
	Willoughby Stingers	Mentor Marlins
Week Five July 15th	Home	Away
	Cleveland Heights Tigersharks	Chardon Sharks
	Highland Heights Hurricanes	Willoughby Stingers
	Mentor Marlins	Euclid Panthers
	South Euclid/Lyndhurst Sea Monkeys	Wickliffe Water Devils
	Willowick Wildkats	Pinegate Gators
Week Six July 22nd	Home	Away
	Chardon Sharks	Willoughby Stingers
	Euclid Panthers	Cleveland Heights Tigersharks
	Pinegate Gators	Mentor Marlins
	South Euclid/Lyndhurst Sea Monkeys*	Highland Heights Hurricanes*
	Wickliffe Water Devils	Willowick Wildkats

*\*SEL/HHH meet is Friday Night, July 21<sup>st</sup> Community days for HH is 7.22.2023*

July 29th & 30th	<u>Championship Weekend</u> <b>**Hosted by Highland Heights &amp; Willowick at Highland Heights Pool</b>
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