

# Welcome Parents Hilmar Hammerheads

Swim  
Season  
2023



**Coaches- Celeste Tremble, Howie Tremble**  
**Board members**

**President- Tisha Norenberg**

**Vice President- Clarissa Belerique**

**Treasurer- Jessica Tremble**

**Website Admin- Erika Tremble**

**Secretary - Erika Tremble**

**Publicity- Talena Perry, Kelly Morse**

**Fundraising- Jenn Nash**

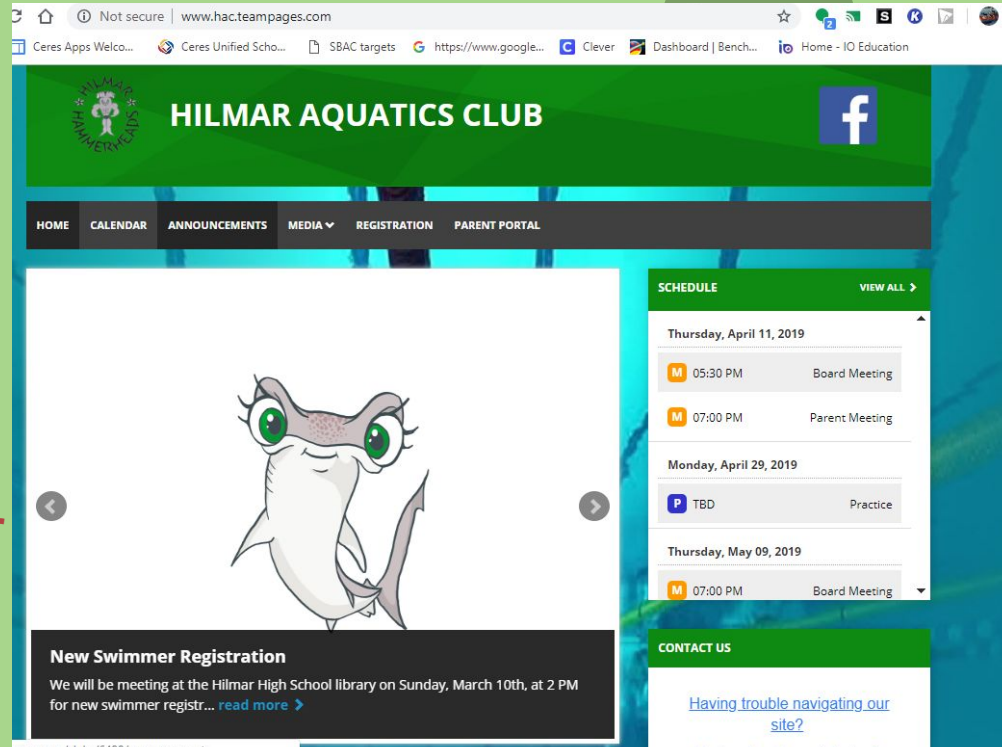
- Returning swim families: Say Hi
- New Swim families- Welcome

# What's new?

- Our website, all information will be on there... EVERYTHING!!!

[www.HAC.teampages.com](http://www.HAC.teampages.com)

- No WHITEBOARD- look on website and or Facebook for updates
- This is where you sign up for: Volunteering, timing and donations



# Sign-ups/payment/waivers

Be sure your child is signed up

Be sure your account is paid in FULL  
today

Waivers

# Swim philosophy

## Parent Information

[Print](#)

Our coaches are selected because they are uniquely qualified to work with student-athletes in a competitive sports setting. Due to the nature of athletic competition, however, it is possible that from time to time parents may have concerns arise it is important to keep in mind that while no coach is perfect, each coach is trying to do what is best for each athlete and the team. If a parent has a concern which he/she feels must be expressed, it is critical that these concerns first be shared privately with the coach. Coaches are given a huge responsibility and deserve the opportunity to respond personally to questions/concerns regarding how they are leading the team. Contact the coach after the meet or practice, in person or by telephone to schedule a meeting. If the meeting with the coach does not resolve the situation, a meeting may be scheduled with the board.

As parents we are here to be examples to our children of good sportsmanship, learning to win and lose graciously, problem solving and respectfulness by being supportive of each other and of the team as a whole.

# Code of Ethics

## Code of Ethics

The undersigned swimmer/parent participating on the Hilmar Hammerheads Swim Team agrees to abide by the standards of conduct outlined. All swimmers/parents are expected to:

1. Offer congratulations to opponents, win or lose, and cheer on all teammates.
2. Wear the designated team suit, cap, and other clothing as requested by the coaches.
3. Follow the directions of the coaching staff during practice, meets and other team activities.
4. Respect the property of the Hilmar Swim Team and any other facility the team may visit or use. No swimmer shall tamper with or cause damage to any such facility.
5. Display proper respect and sportsmanship toward coaches, officials, and administrators, fellow competitors, parents, and the public.
6. Promote positive team spirit and morale, which includes being humble in victory and courageous in defeat. Deal justly, kindly, impartially, and intelligently with all fellow team members.
7. Refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.

# Swim team Family conduct



## Swim Team Family Conduct

It is unfortunately true that at many youth sports competitions "if the parents weren't at the game; the kids would just be fine." Swimming is no exception and some would argue that overbearing swim parents who lose sight of the real purpose of the youth swimming

programs are a prime example of overemphasis on winning. The Hilmar Hammerhead swim team is designed to accommodate a wide range of physical talent, as well as peaks and valleys of athletic motivations. The program seeks a balance between competition, participation, academics and family values and good old fashioned "fun". One of the goals of our program is to teach reward of hard work and realizing success from that hard work.

"Overzealous parents" should be forewarned that conduct detrimental or embarrassing to our Hilmar Hammerheads Swim Team will not be tolerated, just as the conduct of the swimmers themselves, at practice and at meets, is expected to be at the highest level.

## Meet officials

Do not approach the officials. As with any sport, we need to respect the officials and the guidelines by which they are bound. We encourage good sportsmanship. If issues arise regarding DQs, timing, other swimmers or other issues regarding your swimmer, you may contact your team coach when appropriate to discuss any issues with a meet or officials.

## Failure to comply with the Code of Conduct may result in, but not necessarily be limited to:

- A. Swimmer(s) are not allowed participation in some or all team activities.
- B. Swimmer(s) immediately being sent home
- C. Swimmer(s) being temporarily or permanently dismissed from the team

The coach in charge, along with the Head Coach and the Swim Team Board will make the final decision in matters of discipline or dismissal based on the degree of violation of the above code by the swimmer or parent (s).



# Team RULES

## Team Rules

1. Swimmers are expected to attend practices each week in order to swim in the weekend meet. Any swimmer missing more than two (2) un-excused practices will be disqualified from the weekend meet.

2. If a swimmer cannot attend a meet, they must let their coach know as soon as possible.

3. General rules regarding respect, responsibility and conduct will be expected from all parties involved with the Hilmar Hammerheads.

4. The established discipline plan is at Coaches' discretion to swim sprints at end of practice.

5. NO riding bikes, skateboards or scooters on the pool deck.

6. NO snapping towels.

7. NO spitting

8. NO vulgar language.

9. NO suggestive, revealing or offensive clothing

10. NO gum chewing.

11. No glass containers on pool deck.

12. NO tobacco, drugs or alcohol allowed during any swim meet or practice for swimmers. **(Parents: no smoking in pool area or in the tent city)**

13. No bobby pins or metal items allowed in the pool.

14. Swimmers are to arrive at practice and meets early and be ready to swim five (5) minutes before second call.

If we are all respectful of each other and cooperate with each other, we will all have an enjoyable and productive swim season.

Coach Celeste

632-6314





**Don't want to fundraise, don't want to do extra work?**

**Opt out- 300\$ donation per family only required to time 2x for the season**

# Fundraisers- Contact Jenn Nash to help

POKER NIGHT April 29th- tickets are 100\$ (Companion ticket 50\$)

Each swim family needs to sell at least 1 ticket- you are responsible for your ticket.

Money due- April 21st

Basket donation Value at 100\$ in place of selling a ticket (receipts/basket due Thursday April 27th)

# Fundraisers- Contact Jenn Nash to help

Donation Item signups on clipboards (these donations can be used to get points, just tape your receipt to the item when dropping off).

Get your ticket before you leave!!!! Please return your money in the envelope.

Family swim night's coming this summer- contact Shasta Oliveira 209-605-2814

# Points- 40 points

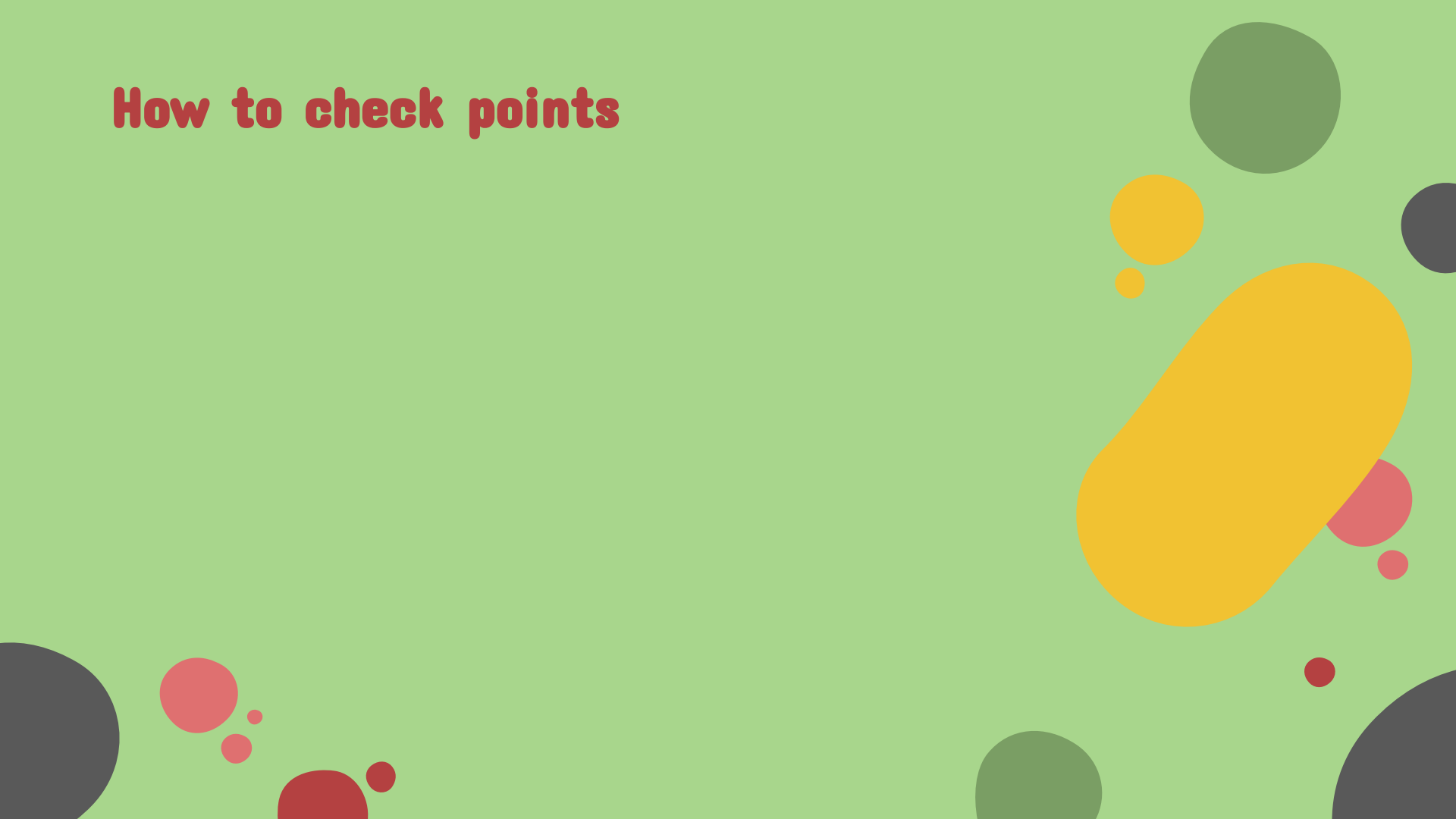
What are points?

- Points are earned for volunteer hours served. You need 40 points per family.

How to earn points?

- Timing- each family must time 2 shifts during the year.
- Other jobs: concession stand, hospitality, Ribbon table worker, staging, Meet head timer, Runner, set up at the pool, clean up at the pool,
- Swim dinner help
- Donating snack bar items
- Donating items at home meets or swim-a-thon
- HOW TO CHECK YOUR POINTS...

# How to check points



# Pool Clean up-ideas to get points

- Snack bar clean up and organize
- Clean bathrooms
- Clean off pool deck
- Wash tables, chairs, benches,
- Weed spray around pool and gas meter
- Fill cracks
- Paint walking signs
- New feet bottoms on tables with black rubberizing
- Scrap dirt off of drainage

# Swim Practice-

- Dates and times:
- First swim practice: Monday, May 1st, at 3:15pm starting with ONLY new swimmers
- Tuesday May 2nd- seasoned swimmers 3:15-4 littles, 4-5 in between, 5-6:15 older group
- Regular practice starts May 8th- Monday- Friday:

Group 1 3:15- 4:00 New/young kids

Group 2 - Seasoned swimmers 4:00-5:00

Group 3- 13-18 yrs 5:00-6:15

- Summer Practice TIMES CHANGE: June 13th:
- M-F Group 1- 11-12    Group 2- 10-11    Group 3- 8-10am



# Swimsuits-

- Go online to order:  
[www.thelifeguardstore.com](http://www.thelifeguardstore.com)
  - Username: Hilmar
  - Password: tremble
- 
- Swimsuit sizing Mon/Tue, May 1st or May 2nd  
4pm at the pool
    - Also, if you are willing to sell a suit or pass one down let us know.

At practice: One piece swimsuits, or swim trunks

# Swim meets

What to expect:

1. The swimmers will be told what they are swimming the practice before. They will always be posted at the pool deck before the swim meet.
2. Be there on time, swimmers check in with coach when you arrive
3. Don't leave early unless you notify a coach

Swimmers will need to know heat and lane assignments

New swimmers make friends, rely on them

# TENTATIVE Swim meets-

- May 27 - Dos Palos @ Hilmar
- June 3 - Kerman @ Hilmar
- June 8 - Turlock @ Hilmar
- June 13 - Hilmar @ Atwater (Buhach Colony High School)
- June 17 - Sprints Invitational, Location TBD
- June 24 - Atwater Invitational @ Buhach Colony High School
- June 29 - Chowchilla @ Hilmar
- July 8 - Hilmar/Dos Palos @ Los Banos
- Week of July 9 - Turlock @ Hilmar (specific date TBD)
- July 22 - Championships, Location TBD

## Swim-a-thon- subject to change

- Date: Monday, July 10th
- Sign up for an hour block- online
- Get pledges for 1 hour swim-a-thon
- If you raise \$100 that goes toward registration for next year.
- Snacks are provided for the kids that day
- Prizes at banquet

# Team Pictures


Will be on a Tuesday, not sure on the date yet. TBA

# End of the year swim banquet

- August 20th 3pm
- ----- coordinator... we need a volunteer to coordinate the end of the year banquet??

# Final Thoughts

- Special team- kids, coaches, parents, and families
- We are the HAC- HILMAR AQUATIC CLUB, All help is necessary to make the pool and swim team run and be successful. The pool would not run without the coaches and volunteers. We are the community.

A hand holding a white marker is shown writing on a black chalkboard. The text on the board is "TEAMWORK MAKES THE DREAM WORK".

TEAMWORK  
MAKES THE  
DREAM WORK