



HCP SWIM TEAM

The HCP swim team program provides an opportunity for swimmers to develop their skills, strokes and endurance. As part of ALPS, swimmers will participate in at least six swim meets during the summer. All levels of swimmers are welcome. Newcomers as well as experienced swimmers have a great experience at these swim meets where participation, team spirit as well as competition are emphasized.

What to expect during a swim meet

Swimmers ranging from guppies (6 and under), 8 and under, 9-10, 11-12, 13-14, 15 and up compete against another pool each week.

Each pool is awarded 2 or 3 lanes, depending on the size of the pool.

Each swimmer can swim up to two events and a relay per meet. For each event, there will be several heats depending on the number of swimmers participating in total. Each participant gets a ribbon for each event successfully competed.

The first two swimmers of each pool in the first heat of each event are awarded points. These points are tallied and the pool with the highest score at the end of the evening wins the meet. Swimming in either heat contributes to the team spirit and is important as all swimmers are essential. The success of the program is based on each swimmer's personal achievements. Summer swimming is all about team spirit and swimming development in a friendly atmosphere.

Schedule for a swim meet:

6:15 pm: Arrive at pool home or away meet

6:30 pm: Mandatory warm up (optional for 8 and under)

7:00 pm: Start of swim meet

Parents should expect the swim meet to go on from 6:15 pm to 9:00 pm.

When will my child swim?

Order of events: <http://alpsaquatics.org/>

Freestyle, Breaststroke, Back crawl, Butterfly and Relays. There are 50 events per meet.

* 8 and under relays are immediately after the boys 13-14 Freestyle event

If you wish to get in touch with the coaches, communicate with them after the swim team practice.

Where are the swim meets?

Please consult the ALPS swim meets sheet. Visit <http://alpsaquatics.org/>. Maps and pool addresses are available online



Section Finals and Finals

Section Finals: All section A pools meet in August. A limited number of swimmers may participate in this event, a maximum of two swimmers per event per pool. Each swimmer may swim up to 2 events and a relay. In order to be eligible to swim in the section finals, a swimmer must have participated in a **minimum of two** weekly meets. The swimmers, based on their times achieved at the Wednesday night meets, will represent HCP at the section finals. Other sections (B and C) also meet at different pools on the same day. Results from all swimmers from the three sections are ranked. The top 6 swimmers qualify for the ALPS finals heat the following Saturday. The swimmers who place 7th to 18th position qualify for the consolation finals heats.

ALPS Section A Finals: TBD

ALPS Swimming Finals: TBD

The meets go from 8:00am to 1:00pm.

When to sign up for a swim meet?

Sign up with your swim team coach at the Monday practice or on the list posted at the office.

What happens if it rains?

The meet will go on unless it thunders or there's lightning. Please be present, rain or shine. Every swimmer needs to attend the swim meet regardless of the weather.

I no longer can come to the swim meet. What do I do?

Contact the head coaches or the age group coach concerned and call the pool at 450-458-0426.

Where do I get my bathing cap and pool shirt?

Bathing caps are mandatory in order to compete. Swimmers have to wear a bathing cap and one piece bathing suit while competing and attending practices.

What are ALPS representatives?

They are the link between the ALPS league and our pool. Our ALPS representative is Debbie Murphy. If you have any questions regarding the swim team structure, the dual weekly meets, the rules and regulations, the section finals and the finals meets or any other concern, communicate with our the ALPS representative. She will be present at all the meets as well as most of the swim team practices.