

HIDDEN CREEK



Hidden Creek Country Club Swim Team **a Guide for Parents**

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Purpose

The purpose of this document is to help parents understand what it means to have a swimmer on the Hidden Creek Country Club Hurricanes and to set expectations.

About the Hidden Creek Country Club Hurricanes

Hidden Creek's summer swim team is a great way to learn the basics of being on a swim team and join a 7-time Division Championship Team. Our focus is to improve your child's technique while increasing speed and endurance in a fun and encouraging environment. We compete against other similar teams in the [Dominion Country Club League](#) and encourage an atmosphere of teamwork and enjoyment. For more about the Hurricanes, visit our website at <https://hiddencreekhurricanes.web.app/>.

Our Philosophy

We want our Summer swimmers to learn to love the sport of swimming. That's why we've aligned to the following core principles.

- Summer swim should be fun
- Our swimmers should make long lasting friendships
- Everyone should be involved, regardless of skill level
- Swimmers should work hard in the pool and have time to be kids too
- Teamwork is an essential life skill to learn early
- Good sportsmanship is more important than winning

Swim Season Dates (June-July)

The Summer swim season starts on June 1 and ends before August 1. The final schedules are determined yearly and depend on your swimmers' qualification for All Stars. Most swimmers will end their seasons by the 3rd week in July. Then you can go on vacation!

Team Communications (TeamSnap)

The Hurricanes use [TeamSnap](#) as our communications platform of choice. TeamSnap is the central location for all rosters, schedules, and team messaging. It is expected that all parents will monitor TeamSnap for any schedule changes and set their swimmers' availability for Meets and Events in the app.

Practices (5-6pm until school is out; then 8-9am M-F)*

While we understand that kids have busy schedules over the Summer, we schedule our practices early in the morning to avoid other sports conflicts. It's expected that swimmers will attend practices from 8-9am Mon-Fri. This means that swimmers will be ready to dive into the pool at 8am. It's helpful to arrive a few minutes early so swimmers can get their caps and goggles on by 8am.

At practices, we respectfully ask that parents let the coaches have your child's full attention. You are welcome to stay and watch practice from a distance that is not distracting. The little ones tend to lose focus when parents are close by.

at the discretion of the Coach, these times might change

Dual Meets (9am - 12pm Saturdays)

There are 5 Dual Meets every season on Saturdays throughout the season. Dual Meets are structured competitions between 2 clubs in the Dominion Country Club, either home or away from 9am to 12pm on Saturdays. There are no Meets on the 4th of July weekend.

Home Meets

Home Meets take place at Hidden Creek. Swimmers must be on the pool deck 75 minutes prior to the start of the home Meet so they can be in the pool for warmups. It is expected that parents will stay through the entire meet to volunteer or cheer on your swimmers.

Away Meets

Away Meets take place at the pool facility of other teams in the White Division. Depending on the year, we *may* travel to some of the following:

- Up to 2 teams in the White Division
 - Mount Vernon Yacht Club (Alexandria, VA)
 - Mount Vernon Country Club (Alexandria, VA)
 - Springfield Golf and Country Club (Springfield, VA)
 - Evergreen Country Club (Haymarket, VA)
- 1 team in the Blue Division
 - Westwood Country Club (Vienna, VA)
 - Lowes Island Country Club (Lowes Island, VA)
 - Riverbend Country Club (Great Falls, VA)
 - Fairfax Country Club (Fairfax, VA)

Swimmers should be on the pool deck 60 minutes prior to the start of the away Meet so they can be in the pool for warmups. It is expected that parents will stay through the entire meet to volunteer or cheer on your swimmers. At most clubs, Hidden Creek members can use their member numbers to purchase breakfast items, snacks or drinks at the other club facilities.

Relay Carnival

Relays are some of swimmers' favorite events, so once a year we dedicate a day to just swim relays. This event involves all 4 teams in the white division. The Relay Carnival typically takes place in mid-July at Mount Vernon Country Club (Alexandria, VA) during the week. It is expected that parents have their swimmers on deck 60 minutes before the Relay and stay through the entire meet to volunteer or cheer on your swimmers

- Mount Vernon Country Club (Alexandria, VA)

All Stars

The fastest swimmers in the league are invited to qualify and compete against each other during All Star weekend. We welcome all swimmers and families that want to root on your teammates but there is no expectation that you'll attend All Stars unless your child is swimming.

- Westwood Country Club (Vienna, VA)




Volunteering at Meets

Summer swim cannot happen without parent volunteers at Meets. It's a fun way for parents to be involved in the sport with your swimmer and get close to the action. Here are the volunteer positions (between the 2 teams) that are needed for every Meet:

- **Timers** (18) - 3 timers in each lane capture the median finish time for each event
- **Head Timer** (1) - Instructs the timers on protocols and helps them during the meet
- **Computer Operator** (2) - Updates Meet Manager software before, during, & after Meets
- **Head Official** (1) - Requires Certification
- **Stroke and Turn Judge** (4) - Judges proper stroke and turns for each event - Requires Certification
- **Starter** (1) - Announces every event and tells the swimmers when to swim
- **Card Runner** (2) - Collects cards from the swimmers and the timers to and brings them to the computer table
- **Clerk of Course** (2) - Coordinates with the swimmers to make sure they know when to report to the pool for their next event
- **Team Representative** (2) - Voting League member representing their respective clubs. Plans and executes the meet
- **Photographer** (optional)

Other Volunteering Opportunities

As with any sport, there are lots of moving parts. Here are some other non-Meet opportunities to get involved:

- **Social Media content management:** Upload photos to our   
- **Social event coordinator:** Help planning and communicating with the other parents
- **Volunteer coordinator:** Find and organize people to do the things on this list
- **TeamSnap scheduler:** Update TeamSnap with any and all changes
- **Photographer:** Pictures, pictures, and more pictures
- **Banquet video:** Produce the end of year slideshow / video
- **Banquet setup:** Help with decorations, menu, invites, and setup
- **Web Developer:** Enhance <https://hiddencreekhurricanes.web.app/>

