

2022  
BHAC  
SWIM TEAM  
HANDBOOK



GO SHARKS

Welcome to the BHAC Swim Team! We are looking forward to another fantastic swim season filled with swimming, friends, and a lot of fun in the sun...and water!! Swim Team can be a bit overwhelming when you first join, as a swimmer and as a parent, so we put this handbook together to hopefully provide useful information about what you can expect this swim season, with respect to practices, meets, volunteer expectations, etc... We hope you are as excited as we are to get this season underway! If at any time, you should have any questions and/or concerns, please let us know and we will do our best to help you. Have fun and go Sharks!!

2022 Swim Team Co-Chairs, Laura O'Brien and Kristen Grake

## **COACHING STAFF**

HEAD COACH : Tom Warnica

ASSISTANT COACHES:

Carrie Drinkert

Steve Drinkert

Alysse Fischer

Laura Jamieson

Claire Lasota

## **PRACTICE**

- All swimmers are strongly encouraged to attend scheduled practices, but attendance is not taken. Your swimmer will benefit from attending practice regularly. If you will be on vacation or at camp for an extended period of time, please communicate this to Coach Warnica in advance.
- We recommend that you arrive ten minutes before your scheduled start time so that you have time to change/shower/put your goggles/swim cap on, and can be on deck at start time.
- Practice will be cancelled if there is thunder and lightning. We do practice in colder conditions. Often coaches will have the kids do a "dry land" practice, when conditions are too chilly for getting in the pool. If practice is cancelled, an email/text alert will be sent out through team snap, to the cell phone/email address we have on file from your online registration. Please make certain to sign up for REMIND. If weather appears to be questionable, it is advisable to check prior to leaving your house for practice.
- Parents are asked to stay in the pavilion area or under the overhang of big pool area, along the fence line, during practice. This is especially helpful for those younger kids who may be

nervous in their first year on swim team. The coaches are well equipped to help those younger swimmers who may be feeling a bit anxious. Often times, the kids do much better with separation if they can not see your smiling faces!

- Coaches, as well as the swim chairs, welcome any and all questions, comments and/or suggestions! If you have questions/concerns for Coach Warnica, please try and do so before/after practices (or in between the various age group practices), so coach can concentrate on your swimmers during practice.
- Please bring the following equipment to each practice:

**Swimsuit and Cap \*\***

**Goggles**

**Towel**

**Sunscreen**

**Water bottle**

- \*\* Each swimmer will receive one BHAC latex cap with registration, however we will have additional BHAC caps in the swim office available to purchase. Please find Kristen or Laura and we can provide for you - or email us at [bhacswimteam@gmail.com](mailto:bhacswimteam@gmail.com)**

**\$10 - latex**

**\$20 - silicone**

## **PRACTICE SCHEDULE**

### May 11 to June 10

8 and under ~ 4:30 - 5:00

9&10 ~ 5:00 - 6:00

11 and up ~ 6:00 - 7:30

### Starting on June 13

13 & up ~ 7:00 - 8:45 am

11 & 12 ~ 8:15 - 9:45 am

9 & 10 ~ 9:45 - 10:45 am

8 & under ~ split between A & B either 10:45 - 11:15 or 11:15 - 11:45 (half hour practice)

\*\* coach will notify swimmers of their placement by Friday June 10

\*\*NO PRACTICE on Friday May 27 or Friday June 10

## **STROKE CLINICS**

Coaches will run stroke and starts/turns clinics beginning in mid June. The stroke clinics are optional, but highly encouraged, especially for our younger swimmers. They are an additional charge per week to the coach that your child is placed with. They will generally take place Monday through Thursday from 11:45-12:15. Fridays will be make-up rain dates. Please look for sign-up sheets which will be posted on the swim bulletin board. There is a limit for these clinics (6-7 kids per coach), so sign up early if your swimmer is interested! They are a great way to help refine or improve upon a particular stroke!

## **SWIMSUIT, CAP AND SWIM APPAREL**

The Varsity Shop will be providing all of BHAC Swim Team bathing suits and other apparel this year. You can check out/try on at the Varsity Shop located at 623 S. Adams Rd. Birmingham, MI 48009. You must order any and all merchandise via Varsity's online store. All BHAC apparel is available for pick up at the Varsity Shop. If you join the team after the deadline has passed and your child is need of a team suit, you can buy a plain royal blue bathing suit/jammer and the Varsity Shop will iron on the logo for \$5. You can check for suits at Varsity or swimoutlet.com

Swim Caps come in latex or silicone. The younger swimmers typically prefer the silicone caps as they do not tug/pull on the hair, as the latex can tend to do. The latex are thinner though, and the older swimmers tend to gravitate towards the latex caps. You can purchase the team caps in the BHAC office, or look for one of the swim chairs and we can help you.

Purchase of team suit and team cap is optional but strongly preferred!

## **PARENT SERVICE**

Our swim team could not function without the support of all of our parent volunteers! We so appreciate everyone's help in making this swim season a successful and fun one for all of our kids! Each family is required to volunteer 3 meets per season (these can be home or away meets - or can include the blue/white meet, mini meet or finals) and 1 other - bagel breakfast/party/banquet. Information regarding the various parent service opportunities will be on the SignUpGenius form. Committee chairs will contact you directly to provide more information on your specific responsibilities. We recognize that each of you are very busy with your families and careers, so we have a wide variety of parent service opportunities. We cannot stress enough, though, the importance of each family doing their part! Our swim team and each swim meet is completely run by parent volunteers and cannot run effectively or efficiently with each of you!! Thank you in advance for your support!

\*Any family which does not volunteer and meet their commitment during the season will be required to pay \$75 per missed session, or a maximum of \$225. If you do not make payment during the 2022 swim season, per BHAC club bylaws, you will be assessed on your dues, by the BHAC board in September.

## **MEET DAY INFORMATION**

### WHO SWIMS?

Everybody is entered in two events by the coaches. It is very important to attend practice on the day of the meet, as coaches will have a meeting at the beginning of practice to discuss the upcoming meet and kids will find out what events they are swimming at that meeting.

Swimmers are seeded from slowest to fastest. If your swimmer is in the final heat, he/she will be swimming for points, potentially earning points for our team. The top two finishers from each team earn points that go towards the final score of the meet.

All swimmers that are not swimming for points are swimming for exhibition. Please remind your swimmer that swimming for exhibition may earn him/her a spot to swim for points in future meets, as they continue to improve their time.

### **WHAT IF I CANNOT ATTEND A MEET?**

If you plan to be out of town or will be missing a meet, it is very important to indicate in advance that you will not be at the meet. We will be utilizing the availability feature on Team Snap to indicate whether your child can OR cannot attend each meet. **You MUST click YES OR NO 3 days in advance of each dual meet, so the coaches can properly plan for each meet.**

Please do your best to be respectful and let the coaches know as soon as you know your swimmer cannot attend a meet. If it is a last minute illness or injury, please email directly to Coach Tom @ twarnica@gmail.com.

\*\*\* Please note: The mini-meets require each swimmer to **SIGN IN** if you wish your child to swim in that meet. You can choose 2 individual events and 1 relay at each mini-meet. A binder to sign up for events for each mini meet will be placed in the swim office closer to the meet dates.

## **WHAT TO BRING TO A MEET?**

Please make sure to pack a bag or backpack for a meet. Include the following:

- 1-2 towels (the swim deck can get wet, and towels often get soaked!)
- swim team cap/suit
- 2 or more pairs of goggles (in case one breaks or gets lost)
- sweatshirt/jacket (it may get cool after the sun goes down)
- a golf umbrella for rain/sun protection
- sunscreen
- games/books - meets can be very long (especially for the young ones...best to keep them entertained)
- 10 and under should bring a Sharpie marker (or 2) to write events/heats/lanes on their hands for marshaling purposes (more below)
- Snacks/water bottle/money for concession

## **PARKING**

At all home meets, the BHAC lot is reserved for the visiting swim team. All of our swim families must park at Beverly Elementary, which is next door to BHAC, or on the side streets (Riverside is just around the corner and you can park on street there). **Please do not park at medical/office building east of BHAC, as you will be towed .**

## **MEET WARMUPS**

Check your email, and/or Team Snap for the time of the start of warm-ups. \* Please note that all meet start times are subject to change, so please check Team Snap for important updates! We may also send out parking/construction information, if we are traveling to an away meet, so it is important to check the day before and the day of a meet! Please arrive at least 15 minutes before the warm-up begins. This gives you time to get organized and get your cap/goggles on before beginning your warm-up. Wear your team suit to the meet, if you have one.

After warm-up, all swimmers 10 and under should have their parent write their event, heat and lane (E,H,L) of each event they are swimming on their arm:

<b>E</b>	<b>H</b>	<b>L</b>
17	4	3

Heat sheets will be posted on the fence at home meets shortly before the start of the meet. Coaches will help you find these heat sheets at away meets, so you can place this information on your younger swimmers hand/arm.

## **MARSHALING**

The marshals organize the 10 and under children by heat and lane on a giant tarp which is labelled clearly with that information. They will then take your child to the blocks for their events. Watch for the number of your child's event to be posted on a big sign near the marshaling area. NOTE: BHAC will have marshaling for our team at home and away meets. The event will be posted well before the race. It is your responsibility to make certain that your child gets to their marshaling area at the appropriate time. Parents who are not marshaling or timing are **highly encouraged** not to hang out behind the blocks, as it gets congested with too many people there and anxious swimmers can tend to feel more anxious, if their parents are lingering! Please be courteous and supportive of our hardworking marshaling volunteers, as they are working hard to prepare your children for their races! We know that you want to console and soothe your nervous swimmers, however, our coaches and marshals are very well equipped to help your child to prepare for their event and calm any last minute jitters!

## **MEETS**

Meets last around 3-3 1/2 hours and have 52 numbered events. There may be multiple heats in each event. As noted above, swimmers are seeded slowest to fastest. Only the last heat of each event is counted for points. The last 6 events are relays. Swimmers are encouraged to stay until the meet is over to cheer on your teammates on the relays! We need everyone to participate and bring some excitement around the pool! Many meets are decided by the relays, as they are worth a lot of points! So, we would love to have every single swimmer present to enjoy and experience arguably the best part of each swim meet!

**NOTE:** It is highly encouraged to leave younger siblings (not on the team) at home. It will likely be much more relaxing and enjoyable for the parents if you are able to get a sitter for young kids, as these meets are quite long and often last until 9 pm.

## **AWARD RIBBONS**

All swimmers receive participation ribbons in each event with their name, event and the time swam on the back of the ribbon. You may pick up ribbons at the meet usually a few events after yours is complete. You can also pick up the ribbons at the BHAC office/lifeguard station the next day following the swim meet.

## **BLUE AND WHITE MEET / TIME TRIALS**

All 12 and under swimmers must swim in the blue and white meet/time trials, which will take place on **Friday June 3 from 4:30 - 8:00 pm. Warmup/arrival will be @ 4/4:15 pm.** Each child will swim all 4 strokes in order to establish a time in each event which will be used to seed them in our meets. Please do not worry if your child cannot yet swim a stroke or two legally, they should still attempt to swim the best that they can. This meet is a "practice meet/

time trials” to establish a baseline as to where each child is at, and also helps new families/ younger swimmers to understand how a meet runs, the timing works, how we marshal the 10 and unders, etc... Please be patient as this is a practice meet that we are working out our kinks to test out our computer system for the first time. Sometimes there can be glitches, but we'll do our best to move things along quickly. Make sure that your swimmer brings snacks/dinner to this meet, as there will not be a concession stand available and they will likely be hungry after being at the pool for several hours!

### **MINI MEETS**

Mini Meets are optional meets grouped according to age. There is a nominal cost of \$5 cash for admission into the mini meets by each guest (swimmers are free). You or your child can pick the events that you want your child to swim at these meets. Coaches will place a binder in the lifeguard/swim office several weeks prior to the mini meet, and it will be your responsibility to make sure that you sign your swimmer up for the events that they would like to swim. You can ask the coaches, if you are not certain what would be the best choice for your child.

8 and under mini meet -	<b>Sat. July 9 - 9 AM @ Woodside</b>
11 and up mini meet -	<b>Sat. June 18 - 9 AM ** BHAC HOSTS THIS MEET! **</b>
9/10 mini meet -	<b>Sat. June 25 - 9 AM - Farmington Glen</b>

### **AGE GROUP PARTIES**

One of BHAC's fun traditions is to have age group parties as a way to enjoy some fun bonding time with your new and old swim friends outside of the pool! There is no charge for these parties, although you may be asked to donate food or a beverage!

Please mark the following dates on your calendars so your swimmer doesn't miss out!

10 and under party ~	<b>June 16</b>
11-14 party ~	<b>June 14</b>
15 and up ROAD RALLY ~	<b>July 12</b>

### **PANCAKE BREAKFAST/BAGEL BREAKFASTS**

Another fun way that we enjoy some fun and bonding time with our swim friends and coaches, is through eating some carbs! Our pancake breakfast is a fun tradition that we have jointly with the tennis team each year! Come enjoy a free breakfast of pancakes and sausage and some fresh OJ before practice on **WED. JUNE 29 from 8 -11 AM.**

We will have bagel breakfasts the morning of each home meet! Enjoy carbing up with your friends to get that last energy boost you need before you race! These are always fun, and FREE events!

### **POST SWIM MEET - PIZZA PARTIES**

After each home swim meet, please stick around as we always have a big pizza party to celebrate! On senior night, which will be the **July 14 home meet**, we will have a pasta party AND a DJ and dance party, as well! Come dance and help us celebrate our fabulous seniors with all of your favorite swim friends!! Please plan to stick around late night! You don't want to miss out on the fun!

### **'B' FINALS**

This meet is for any and all swimmers who will not participate in A Finals. All eligible swimmers are encouraged to participate. This is a really fun meet for all the kids, and most swimmers swim their best times in this meet! It is so much fun for them to see all of their hard work and dedication during the season pay off! This meet will take place at Cranbrook Swim Club on **Sat. July 23**. If you do not plan to swim, YOU MUST SIGN OUT of this meet, as we are charged for each entry in the meet. Your last day of practice will be on Friday July 12 after our last dual meet vs. Beachwood. If attending "B" finals, your swimmer is done swimming for the season, once they have completed this meet!

### **'A' FINALS**

Coach Warnica will notify your swimmer if he/she will be participating in this event, or B Finals, on Monday July 15. Generally, it is reserved for the 2 fastest team swimmers for each event. The A finals swimmers continue to practice during the week after B finals. A Finals will take place at Beachwood Swim Club in Troy and will take place the weekend of **July 30/31**. Preliminary rounds will be on Saturday and final rounds (top 12 from Sat. prelims) on Sunday. If you cannot swim in A Finals due to other commitments (ie, family vacation, camp), please be sure to sign out ASAP. You can still swim in B finals, and your last day of practice will be the day before B Finals.

### **TEAM BANQUET**

A fun way to wrap up the swim season, is at our swim team banquet which will take place in the pavilion at BHAC on Sunday, July 31. A catered dinner/dessert, awards, dancing and DJ are just a few of the fun events of the banquet. Please mark your calendars. More information will follow from our banquet chairs, Stacy Eberhardt and Kelly Miller.

DAY	DATE	Opponent	Home/ Away	Start Time	BHAC Warm up Time	Opposing Team Warm up Time	Arrival Time
TH	6/23/22	Beachwood	Away	5:00	4:00	TBA	3:45
MON	6/27/22	HWAC	Home	5:00	3:15	TBA	3:00
TH	6/30/22	Farmington Glen	Home	5:30	3:45	TBA	3:30
TH	7/7/22	Forest Hills	Away	5:00	4:00	TBA	3:45
MON	7/11/22	Woodside	Away	5:00	4:00	TBA	3:45
TH	7/14/22	Cranbrook	Home	5:00	3:15	TBA	3:00

## **PRACTICE SCHEDULE**

May 16 to June 11

8 and under ~ 4:30 - 5:00

9&10 ~ 5:00 - 6:00

11 and up ~ 6:00 - 7:30

Starting on June 13

13 & up ~ 7:00 - 8:30 am

11 & 12 ~ 8:15 - 9:45 am

9 & 10 ~ 9:45 - 10:45 am

8 & under ~ split between A & B either 10:45 or 11:15 (half hour practice)

\*\* coach will notify 8 and under swimmers of their placement by Friday June 10

\* All times for meets/practices are subject to change, so PLEASE sign up for REMIND, and ALWAYS CHECK for REMIND TEXTS, TEAM SNAP OR YOUR TEXT ALERTS/EMAIL THE DAY of the meet/practice especially if weather conditions are questionable. Thank you!

