

VALENCIA HILLS SWIM TEAM GUIDELINES

The purpose of the Santa Clarita Swim League is to provide an opportunity for your children to acquire and improve swimming skills and to compete in swimming events. The league consists of the Valencia Hills WAVE, Valencia Summit SEALS, Old Orchard I DOLPHINS and the Old Orchard II SHARKS swim teams. We encourage your child's participation as it provides a healthy, outdoor activity which fuels the cohesiveness of the Valencia Hills community.

We realize that it takes a winning attitude, lots of practice, team spirit, cooperation and dedication on everybody's part to have a winning team. These principles will yield personal improvement and enjoyment. We encourage parents to support this philosophy.

TEAM QUALIFICATIONS

The Valencia Hills Swim Team is open to all Valencia Hills children who are able to swim the width of the pool unaided. The purpose of the practice is to prepare swimmers for competitive meets. Coaches will work to condition swim muscles, build endurance and improve swim technique. Swim practice is not a substitute for swim lessons where individual attention can be given. Private swim lessons are available through team coaches.

MEET PREPERATION & PROCEDURES

Get a good night's rest the night before a swim meet. On the day of the meet, your swimmer's breakfast should be light and nutritional. Avoid excessive exposure to the sun. Stay in the shade as much as possible. Avoid foods immediately before the race. Between races, light snacks are recommended.

Each swim meet takes approximately five to six hours. Please arrive at 7:00am unless instructed by the coach to arrive earlier. **IMPORTANT:** Check in at the "Check-In" station to get your event schedule. Warm-up times may vary from meet to meet so please check with your coaches the day before to get your warm-up time.

BE AWARE of your event number and report to the seating area with plenty of time. It is each swimmer's responsibility to report to the seating volunteer. We request that you do so at least five events prior to your event. Swimmers who are not in their team area when their event is called, risk missing their event. A "now seating" sign will be posted.

Remember, we are a team. Please make every effort to stay until the final score is announced. Support all of our team members. If you need to miss a meet, please let the coach know as soon as possible so you won't be placed on a relay team. It is very disappointing to the rest of your relay team when you do not show when expected. **THANK YOU!!**