



# Your Responsibility To The Team As A Hammerhead Parent

**1. Volunteer and be a part of the meets.** The only ones getting paychecks are the coaches--the rest is up to us! The staging of meets can't be done without parental help. A swim meet lasts about four hours and, at any one time, it requires about 50 people (18-20 timers, 8 scorekeepers, 1-2 place judges, 1 referee, 2 stroke and turn judges, 4 or more ready bench coordinators, water providers for volunteers, 2-3 concessions workers per shift, 1 heat sheet coordinator and a starter). More volunteers means less work for each individual and more time spent enjoying the meet. *But here's the good part--it ain't brain surgery!* Except for the referee and judges, who require specific training, all volunteer positions are easy to do, with just a few minutes of instruction before the beginning of any meet. We'll be glad to tell you what you need to know. Please find a substitute if you cannot fulfill your slot for that week's meet.

**1. Get your child to practices and meets, and get them there on time.** Practices in the month of May are crucial to your child's endurance and ability. Regular summer attendance is so important. And timeliness at meets is essential.

**3. Make sure your child is signed up for the meet EACH WEEK BY TUESDAY.** You *MUST tell the coach if your child won't be at a particular meet.* Your child can't swim if we haven't confirmed their attendance and placed them in meet events. An unanticipated absense could make another swimmer miss a chance to swim, or a relay team with only have three swimmers instead of four. This isn't fair to the other three swimmers who won't be able to swim their event and can be heartbreaking.

**4. Sign up to bring concession stand items to the home meets.** The home team gets the revenue from the concessions and it is a major fundraiser for us. Check the sign-up list to see what you can bring. Leave your donations in the pump room at any time.

**5. Check your e-mail or the Team Website daily.** Most team information is distributed this way, since we cannot call 100 families with an announcement. The team website is at: [www.hollywoodparkhammerheads.com](http://www.hollywoodparkhammerheads.com).

**6. Encourage Good Sportsmanship with your child.** The Hammerheads want to be known as the best-behaved, most sportsman-like team in the league, both swimmers and parents. Let's be good hosts and good guests this season. Remind your child to shake the hands of the swimmers on either side of them at the end of their races and to tell their competitors, "Good Swim". *Our main focus will be on good sportsmanship and a positive attitude toward sports and swimming.* As parents, we hope you help us accomplish this for your child. It is important that each swimmer learn that it is not about winning every race, but making personal progress on his/her own swimming and ability. Your child may improve their times dramatically as the season goes along, but may not win every race. Help them to see the tremendous personal success in his or her accomplishment alone.

We will be giving prizes, recognition and encouragement for saying 'Good Swim' and for shaking hands with competitors. We want all the children to be good sports and learn from their teammates' and parents' example. Thanks in advance for helping us with this.

## A Note About Disqualifications.

**Every swimmer will at some time be disqualified in a race.** Your child needs a hug and your support at that time. If one child does not do a stroke properly, he/she can have an unfair advantage over his competitors in that race. Therefore, the sport of swimming requires that strokes be performed in a certain manner. All swimmers will make mistakes, such as failing to do a two-handed touch in the breaststroke, turning over in the backstroke and these will likely result in your child's disqualification by the Stroke and Turn Judge. The judge will tell your child what he did wrong at the end of his swim, so have your child listen. If you have concerns about a particular call, talk to your child's coach. Tell your child that a disqualification (commonly known as a "DQ") is just ONE mistake in just ONE race. Minimize the emotional impact while making it a learning experience. **Do not argue with meet officials and do not argue in front of your child.**

**Check out the new team website: [www.hollywoodparkhammerheads.com](http://www.hollywoodparkhammerheads.com)**