

## **\*\*2017 SWIM MEET SCHEDULE\*\***

May 31	Expo Meet	Home
June 7	Lex Polo Club Polar Bears	Home
June 14	Telford Y Piranhas	Richmond
June 21	Winchester Wahoos	Home
June 28	Moss Hill Makos	Moss Hill
July 5	OPEN	
July 10	Conference Meet	Berea

**\*\*To qualify to swim in the Conference Championship meet, swimmers must compete in at least 2 regular season meets.\*\***



### **HOW TO REGISTER:**

1. Complete an Activity Registration Form & Volunteer Form (available at Falling Springs Center and on our website at [www.vwcparksrec.com](http://www.vwcparksrec.com)).
2. Return form & the fee to the Parks & Rec office located in Falling Springs Center. Registrations are accepted in person (Mon-Fri from 9A-6P), by e-mail, regular mail or via drop box located outside the Parks & Rec office. Registrations left in the drop box will be processed the following business day. If you register by email, you must call the office to make payment by credit card. **Registrations are NOT processed without payment.**
3. There is a \$10 late fee for registrations received after posted deadlines.
4. There are no refunds after the program has begun unless there is a medical reason that a child cannot participate & a doctor's note is provided.

VERSAILLES WOODFORD  
PARKS & RECREATION  
275 BEASLEY DRIVE  
VERSAILLES, KY 40383

VERSAILLES WOODFORD  
PARKS & RECREATION

For More Information Please Contact:  
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859-873-5948 x 227  
[www.vwcparksrec.com](http://www.vwcparksrec.com)

Updated 4.28.2017



# 2017 HAMMERHEADS SUMMER SWIM TEAM

## 2017 Coaching Staff

**Team Representative:** Tefany T Bleuel  
**Parent Representative:** TBA  
**Head Coach:** Shelby Mattingly  
**Assistant Coach:** Natalie Eller  
**Assistant Coach:** Paden Nicholson

## General Information

The summer swim team focuses on improving swim times, stroke improvement, team spirit, & good sportsmanship! All swim levels are invited to participate! We will compete in 5 meets throughout the summer. Ages 5-18 are eligible to compete. Age division is determined by swimmer's age on June 1, 2017.

## Meet Requirements

For swim meets to be successful, we must have parent help. For this reason, **parent participation in at least one swim meet is required.** We will work with parents to find a date/job that will work with their schedules. With a team of great parents providing support, we are sure to have a great season! *If you cannot or choose not to fulfill the volunteer requirement, there is a \$50 fee that allows you to "opt out" of volunteering.*

## Registration Information

### REGISTRATION FEES:

First Child: \$120  
 Each Add'l Child: \$100  
 Volunteer Opt Out Fee: \$50 (see Meet Requirements)

**REGISTRATION DEADLINE: MAY 11**  
 (\$10 late fee after the deadline)

## Parent Meetings

There will be two parent meetings at Falling Springs. It is mandatory that a parent or guardian attend **one** of these meetings. We'll give you lots of information about the season on how our program works as well as answer any questions you might have.

**Monday, May 15: 6:00 PM**  
**Thursday, May 17: 6:00 PM**

## Equipment

A Hammerhead t-shirt & swim cap is included with the registration fee, however a team swimsuit is not included. This year the team will wear royal blue or black swimsuits or jammers. Suits are available for purchase at Pannell Swim Shop and other sports shops in Lexington. Although swimmers are not required to purchase a new suit, wearing the same colors as the rest of the team makes it easier to spot teammates quickly & adds to team spirit.

## Communication

Every child, parent and coach is an important part of the Hammerhead Swim Team, so it is important to keep communication open. Please feel free to contact any of the Summer Swim Team Staff with questions, concerns or ideas! A contact list will be provided at the parent meetings.

## Practice Schedule

Below is the practice schedule for the summer. Coaches recommend that participants attend at least 2 practices per week in addition to swim meets, but participants may attend as their schedule allows.

MAY 23 — END OF SEASON	
DAYS & AGE GROUPS	TIMES
<b>MONDAY / WEDNESDAY / FRIDAY</b>	
Ages 12 and under	9:30-10:30 AM
Ages 13 and over	8:00-9:30 AM
<b>TUESDAY / THURSDAY</b>	
Ages 12 and under	5:30-6:30 PM
Ages 13 and over	6:30-7:30 PM
<b>**Goggles are recommended for all practices - they help with developing the proper breathing techniques for all strokes.</b>	

## Disciplinary Code

1. Each swimmer must stop at the front desk & sign in before each practice. If you wish to use the facility any other time, you must pay daily admission or swipe in if you are member.
2. Team members will display proper respect towards coaches, officials, fellow competitors, facility managers/staff, etc. at all times.
3. Unsportsmanlike conduct towards anyone at practices, meets or other team functions will not be tolerated.
4. Pool rules are to be adhered to at all times.
5. Possession or use of alcohol, tobacco or a non-prescribed drug is prohibited.
6. Please be punctual to practices and meets.
7. Falling Springs does NOT provide transportation to & from swim meets.
8. If you are unable to attend a meet you MUST "sign out" prior to the day of the meet. (Preferably the week before.) If you do not "sign out" you may not be eligible for the next meet.
9. No swimmer is allowed to compete in any other summer swim meets outside of Bluegrass Conference meets.

