

## **Burton Hollow Swim Team Survival Guide**

The coaching staff thought it would be helpful to write a guide for the parents and swimmers who are going to be new this year in order to better prepare them for the meets. This will also help the newcomers and returning swim team members to better understand what it takes to have an enjoyable experience throughout the season!

### **Where does one acquire a team bathing suit?**

- If you have not already bought the team suit at the swim team meeting, then the easiest way to get a bathing suit is to go to Different Strokes Swim Store located on Middlebelt Rd. and 7 Mile. Be sure to mention that you are part of the Burton Hollow Swim Team.

### **Who is the board member that is in charge of the swim team that I should contact any questions one has?**

- Jim Mariani is the Recreation Board Member and Swim Team Director. You can contact him at: [recreation@burtonhollowswim.com](mailto:recreation@burtonhollowswim.com)

### **Who should I contact if I want to sign my child up for private lessons to help further their swim technique with more one-on-one help?**

- One should contact one of the coaches who can then further assist you with helping your child. They will also give you referrals to other lifeguards and staff members who they think would best suit your swimmer's needs if necessary.

### **What should I do if I have to miss a swim meet?**

- Initially, one should indicate on the original swim team form which meets their child will not be attending.
- If, after the season has started, you find that your child will not be able to attend a meet or a last minute commitment arises please contact Coach Aidan at [BHSCswimcoach@gmail.com](mailto:BHSCswimcoach@gmail.com).
- \*Important Note to Remember:  
Swim meets take place from 6:00pm until about approximately 8:30/9:00pm. If a swim team member is involved in another sport and has another team event on the same evening as a swim meet, it is **STILL POSSIBLE** to make the end of the meet events! Please discuss with the coaching staff if this applies.
- \*\*Swimmers must swim a **MINIMUM** of 2 swim meets per SISL rules in order to participate in the League Meet on Saturday, July 30.

### **What time should I arrive at the swim meets?**

- One should arrive at the meet an hour and a half before the meet actually starts in order to stretch and warm up with other team members. Swim team members should be ready to warm up at 4:45pm and swim meet starts at 6:00pm!

### **Why do I have to arrive so early ahead of time?**

- It is imperative that one arrives by 4:30pm. This allows the swimmer to have ample time to "check in" by highlighting their name on the line up, write down their event numbers and heat/lane swimming on their hand, and prepare for warm-ups (cap/goggles).

### **What should I expect out of swim meets?**

- Although our main objective is to be highly competitive and ultimately win the swim meet, winning is not the only thing that one gains from attending. It is a time to get together with friends and family and have a fun afternoon competing against the other team and enjoying the company of others.

### Where does one find the other club's phone numbers and directions?

- Phone numbers and directions can be obtained at the Burton Hollow website [www.burtonhollowswim.com](http://www.burtonhollowswim.com) and here is the complete list for reference:

Colony – 8300 North Beck, Canton, MI 48187 (734.459.4333)  
Fairway – 16001 Levan Rd, Livonia, MI 48154 (734.953.4230)  
Northville – 646 W. Baseline Rd, Northville, MI 48167 (248.349.6670)  
Newburgh – 15915 Newburgh Rd, Livonia, MI 48154 (734.464.2224)

### What is the responsibility of the parent and child during the swim meet?

- The responsibility of the parent, if they are not already helping out the team by participating for one of our many volunteer tasks, is to have your swimmer ready to warm up on time with their goggles and swim cap. As for the swimmer themselves, they should be ready to compete in the race they are assigned. Also, they should be close to the pool at all times cheering on their other team members along with assisting their swim buddy! The coaching staff wants to encourage team spirit and have all of the Burton Hollow Swim Team members right on deck cheering for one another!

### What should I bring to each meet so that I am prepared?

- One should bring their swim team suit, cap, goggles, towel, water, and a change of clothing for once they are done. Labeling your belongings is strongly advised.

### What is a heat and lane assignment?

- A heat is the turn at which one will be swimming. Exhibitions are labeled by the letters A, B, C, etc. with A being the first heat. A lane assignment is the lane in which a swimmer will be swimming in. For home meets, Burton Hollow swimmers will be in lanes 1, 3, & 5. For away meets, Burton Hollow swimmers will be in lanes 2, 4, & 6. At home meets, the visiting team has their exhibitions BEFORE the home team. There is a possibility that teams will COMBINE exhibitions in order to save time as well as enable racing between teams. If the home and visiting teams DO NOT COMBINE exhibitions, visiting teams ALWAYS have their exhibitions before the home team for the specific event. When exhibitions are not combined, the swimmers of that team will occupy ALL of the pool lanes. Therefore, it is possible that at a home meet, your swimmer may swim in lanes 2, 4, or 6.

For example, an event at a home meet:

Event #5A – Burton Hollow and Plymouth Colony **COMBINED** exhibition  
Event #5B – Burton Hollow and Plymouth Colony **COMBINED** exhibition  
Event #5C – Burton Hollow and Plymouth Colony **COMBINED** exhibition  
Event #5 – actual point scoring heat of Burton Hollow and Plymouth Colony swimmers

**OR**

Event #5A – **Plymouth Colony only exhibition**  
Event #5B – Plymouth Colony only exhibition  
Event #5A – **Burton Hollow only exhibition**  
Event #5B – Burton Hollow only exhibition  
Event #5 – actual point scoring heat of Burton Hollow and Plymouth Colony swimmers

### Where does the team meet for their relays and meetings?

- The team will always meet by the **team flag at 5:45pm** before every meet, home and away. Coaches will discuss any changes in the line up at this time. The coaching staff encourages all the swimmers to stay for the entire swim meet because another meeting will take place following the last event where the team will do a final cheer!
- All relay teams, **especially 8 & Under and 9-10 age group relays**, should meet in order to get organized and have their relay team walk together to the swim blocks in order to prepare for their relay.

**What events is my swimmer eligible to compete in?**

- One's swimmer is eligible to swim in their specified age groups. Moreover, in case of emergencies or pure swimming talent, a child is eligible to swim up an age level. They are not allowed to swim down an age level no matter what the circumstances may be.

**When is Swim practice?**

- Swim practice will be held Monday through Friday. The time for the older swimmers (ages 11-18) will be held from 8-9am followed by the younger swimmers from 9-10am. Each child is required to arrive at swim practice 15 minutes early in order to be ready for stretching and warm-ups. Typically, practice on days of a swim meet are just warm up and focusing on starts/turns. Friday practices have become known as "Friday Fun Day!" where we do a fun game/skill near the end of practice.
- Note: Practice starting at 7:30 is open to swimmers who would like a longer practice or have other commitments later in the morning. (many of our year round swimmers have participated). This is OPTIONAL. Details on when this will be offered will be posted.

Thank you for all your cooperation, and we are very excited for this upcoming swim season!!

Sincerely,  
Burton Hollow Coaching Staff