



2010-2011 Short Course Information

Registration

Registration for the 2010-2011 Short Course Season has begun. Registration information and payment for returning swimmers are due by Sept. 1st. If you are choosing a multiple payment option, please read the pertinent information on the Registration Form. **All Swim Team members must be full members of the Hockomock Area YMCA for the entire season.** Registrations should be returned to the North Attleboro Branch Member Service Desk in an envelope marked "Hockomock Swim Team." (or mailed to 300 Elmwood Street North Attleboro, MA 02760) Please do not register at the Member Service Desks as billing is done through our business office. Fees will be adjusted accordingly if practice group placement is changed.

Season Schedule

Our Short Course season will begin Sept. 9th and will run through mid to late March with the exception of those swimmers attending national championships. **New swimmers interested in trying out for the team should contact Chuck Cronin, Director of Competitive Swimming at 508-643-5224 or chuckc@hockymca.org.** Once we have assigned the new swimmers to their practice groups, we will make any necessary adjustments for the returning swimmers.

Practice Schedule: (Note: this schedule is tentative depending on team size and additional pool space. The final schedule will be determined once all swimmers have registered). Swimmers do not need to attend all practices listed below. Chuck recommends a minimum of two per week for Juniors, three per week for Age Group 1 & 2 and four per week for the Senior practice group. If you have any questions please call Chuck.

	Monday Foxboro	Tuesday N. Attle.	Wednesday N. Attle./Fox*	Thursday N. Attle.	Friday Franklin	Saturday Franklin
Senior	7:15-9:30	7:30-9:30	3:30-5:30	7:30-9:30	3:30-5:30	6:30-8:00 a.m.
Age Group 2	5:30-7:00	6:30-7:30	7:30-9:00*	6:30-7:30	5:30-7:00	6:30-8:00 a.m.
Age Group 1	6:15-7:15	5:30-6:30	7:30-9:00 *	5:30-6:30	6:15-7:15	6:30-8:00 a.m.
Junior	5:30-6:15	5:30-6:15			5:30-6:15	

***Age Group 1 and Age Group 2 practice on Wednesday night takes place @ the Foxboro YMCA. There will be dry lands for both groups @ North Attleboro 5:30 to 6:30. You may attend the dry land practice or the pool time practice. If you would like to attend both sessions, please discuss with Chuck.**

Dry land Training

The Senior and Age Group 2 practice groups will have dry land training during the week and on Saturdays. The schedule will be posted on our website, www.haylightning.org.

Swim Suits

The cost of swimsuits, caps and a t-shirt are included in the Swim Team Fee. If a swimmer knows their suit size, please indicate it on your registration form. For those who are unsure of their size, sizing suits will be available early in the season to determine the correct size. Suits will only be ordered for those swimmers who have completed their registration forms.

USA Swimming

In addition to competing in the YMCA Dual Meets, the Hockomock Lightning Swim Team is a registered USA Swim Team. Swimmers who wish to be registered as USA swimmers should indicate this on their Registration Forms. Once the season begins, a schedule of the USA Meets that the team will try to enter will be available. If you would like your swimmer to be entered in the meets, you must communicate this in writing or via e-mail. Please note that New England Swimming rules allow only registered swimmers to be entered into meets. Therefore, all registration information and fees must be completed before swimmers can be entered in meets. **At time of registration, the total USA fee of \$215 must be paid in full.** Fees for meet entries will be paid from the \$100 Escrow (which is included in the \$215). At the end of the season (and mid-season if necessary), swimmers will receive an invoice for any fees over the initial \$100. If fees are less than \$100, a refund check will be issued.

Booster Club

The Booster Club is a volunteer organization of parents who assist with various functions in order to support the HAY Lightning Swim Team. All parents are members of the Club and are needed to assist with social events (e.g. pasta dinners, end of season banquet, etc.), help run the home meets (timers, officials, etc), and support the fundraising efforts of the club. Money raised is used towards the swimmers' activities and to purchase equipment for the team. In addition, all swimmers are required to pay a \$50 fee (\$30 for siblings) to support the activities of the Club. **This fee must also be paid in full at the time of registration.**

Communication

Swim team communication regarding meet information, changes to the practice schedule, Booster Club events, etc. will be sent via e-mail. This allows us to contact you on a timely basis and avoids unnecessary paper costs. All information, practice schedules, meet schedules, etc. are also posted on our website www.haylightning.org.

Contact Info

Chuck Cronin, Director of Competitive Swimming, can be reached at chuckc@hockymca.org or 508-643-5224. Stephanie Steiner, Swim Team Administrator, can be reached at haylightning@hockymca.org