

Most Frequently Questions

How much are the fees?

Fees are determined by the level of the swimmer

Who or where do I pay?

There will be pre-registration week for all sessions/seasons (**2 weeks before each session/season**). After those two weeks they will have to contact the coaches to receive the proper paperwork for sign-up there swimmer before attending swim practice.

You will also receive an email reminding you off payment needed for the next session(s) being offered. Payment can be made at the Front Desk (in person or over phone). You will be able to pay by cash, check, or credit card. **If payment is not received at the first schedule practice time for that swimmer he/she may not participate in that practice or until payment is received.**

Do I forfeit my registration fees if we can't complete the season?

No, you can apply for a partial refund, although there will be a small administration charge. The USS registration portion is nonrefundable; however it's transferable between teams (in case you move).

Do I have to attend all the meets & practices?

Practice- We don't make any number of practices mandatory for any group that we coach. However it has been our experience as coaches that the more practice they are able to attend the more they get out of our program and improve quicker.

Swim Meets- There are 2 types of meets, NSHA/GSSA and USA Swim Meets.

NHSA is our Winter League and **GSSA** is our Summer League. To swim with us here at HH facility you are all set. You will need to be **registered** with USA swimming to do any meets outside of our pool. This is the liability insurance to swim in other facilities. There is an additional fee to register and if you are interested just drop me an email and I will print out the necessary forms for you to fill out and leave them for you in your mailbox on the pool deck.

USA swimming is entire United States (we swim for the New England LSC). Our team mainly swims around the New England area (mainly MA) and go to about 1 or 2 swim meets a month.

All swim meets are posted on the swim team board with deadlines for all swimmers to sign-up by. **Pay attention to the deadlines as some our 4-8 weeks in advanced before the actual swim meet date.** We don't make any of our swimmers

attend meets if they don't want to but, find that everybody likes to compete and is good for all swimmers of any level to race. We encourage our swimmers to enter as soon as possible. They may not be ready for the Olympics but, they are ready to set their own goals and can achieve to be faster. All swimmers are encouraged to set the own goal and we help them track how much they are improving during the season.

How do I receive information about meets & practices?

Most of the information is included in the swim team registration package. However, we email reminders and any new information is posted on the swim team board (located outside the lap/ on the exterior wall of the pool). If you don't have email you will need to check the swim team board when you drop your swimmer(s) before/after practice.

How long are swimmers, on the swim team before they swim in a meet?

In our league, all swimmers are welcome to swim in league meets. We encouraged our swimmers to enter one as soon as possible. They may not be ready for the Olympics yet, but they are ready to set their own records, so that each time they swim, they can try to go a just little faster. Each swimmer is encouraged to set their own goals and we help them track how much they are improving.

Do I have to buy a team suit or team swim caps?

For swim suits NO!! This is an optional; however we do ask that swimmers who don't wear a team suit wear a solid team color (black or red) to swim meets. They can pick up a team swim cap for the Front Desk at anytime there are two types (silicone vs. latex) & colors (black or red). We alternate colors every other order & may only have one color sometimes.

Silicone- Long lasting and more comfortable cap... also more expansive.

Latex- - Thinner tighter cap but can easier be ripped while putting them on.

I prefer Latex over Silicone because of how much tighter they are on heads & seem to have fewer problems with them.

Is there anything else I need to know?

Probably, and since you more than likely are not the only one who needs to know, please feel free to ask as many questions as you need (before or after practice). We have been involved in swimming so long now, that some things are just second nature to us, and we need to be brought back to the real world sometimes. You can contact any of the coaches (not during practice) or by phone 673-7123 ext. 640 or email tthompson@hampshirehills.com.