

Huron Hurricanes

New Swim Parent

Orientation

HURON HURRICANES



Overview of HHAC

- ~ Family-oriented club with a focus on community*
 - ~ Founded in 1989*
 - ~ Not-for-profit corporation, governed by a Board of Directors elected from the membership*
 - ~ Primary method of communication is email*
- ~ Website: <https://huronhurricanes.ca>*



Who We Are

The Huron Hurricanes Aquatic Club is a competitive swim club for age groups and master swimmers.

Huron Hurricanes train at the Vanastra Recreation Centre and the Goderich Maitland Recreation Centre from September through to the end of April or June depending on category.



Our Mission

The Huron Hurricanes Aquatic Club is a nonprofit, independent sports organization whose purpose is to teach and promote the sport of competitive swimming in Huron County.

The Huron Hurricanes Aquatic Club encourages sportsmanship training for competition and self-development in the sport of swimming.

GOALS OF THE CLUB



- ***Promote success at every level, from regional to international***
- ***General physical development/development of swimming skills***
- ***Instill team spirit/pride in every swimmer***
- ***Build confidence and character***
- ***Develop student athletes from grassroots to graduation, preparing them for what's next***

- **COMMITMENT**
 - attendance
- **PREPAREDNESS**
 - Equipment/teamwear
 - Punctuality
 - Mindset
 - Recovery (nutrition, hydration, re-hab/pre-hab)
- **ENGAGEMENT**
 - Desire to improve
 - Effort and attitude
 - Swimmer/coach reciprocal relationship
- **VALUES**
- Mutual respect and trust between swimmer, coach, and parents
- Teamwork
- Respect for facilities
 - Professional behaviour/language, particularly in the change rooms
 - Cleanliness
 - Respect for staff and pool rules



Equipment and Apparel

Registration includes an HHAC branded Swim Cap



Category 1 & 2

Kickboard
Pullbuoy
Fins
Googles
Equipment bag

Category 3

Kickboard
Pullbuoy
Fins
Googles
Equipment Bag
Paddles
Swim Band
Nose Plug (as
recommended by
Coach)
Pacer/Tempo Trainer
(optional)

Category 4 & 5

Kickboard
Pullbuoy
Fins
Googles
Equipment Bag
Paddles
Swim Band
Nose Plug (as
recommended by
Coach)
Pacer/Tempo Trainer
(optional)
Snorkel

Equipment and Apparel

LY Sports

Team Code: HHURRICANES

Team Page Link: <https://www.lysports.com/team/huron-hurricanes/>

Team Aquatic Supplies

Don't forget to include your Shark Card discount code HUR1000A08CC at checkout. Free shipping on orders over \$150 before tax.

Team Page Link: <https://team-aquatic.com/collections/huron-hurricanes-aquatic-club-equipment-list>



The image shows a Shark Club Program card. At the top, there is a logo for TEAM AQUATIC SUPPLIES LTD featuring a shark head in a circle. Below this, the text "SHARK CLUB PROGRAM" is displayed in large, bold, red letters. Underneath, the card specifies the club as "Huron Hurricanes" and provides an online coupon code "HUR100GR20" with an expiration date of "Aug 31, 2026". A red shark silhouette is positioned on the right side of the card. At the bottom, there is a disclaimer: "Program subject to change and/or cancellation at any time. Discount is valid on regular priced in-store, in-stock merchandise only. Card must be presented at time of purchase." and a hashtag "#SwimExperts". A red double asterisk note at the bottom states: "**Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts**".

TEAM AQUATIC SUPPLIES LTD

SHARK CLUB PROGRAM

Club: **Huron Hurricanes**
Online Coupon Code: **HUR100GR20**
Expires: **Aug 31, 2026**

Program subject to change and/or cancellation at any time.
Discount is valid on regular priced in-store, in-stock merchandise only.
Card must be presented at time of purchase.

#SwimExperts

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AGE GROUPS

Category 1

1 practice/week

Category 1 introduces beginners to the basics of competitive swimming in a fun setting.

Swimmers practice all four strokes, simple turns, and dives in 1-hour sessions once a week. To join, they must swim 50m of a recognizable stroke and tread water for 1 minute (or have Lifesaving Level 4).

Category 2

1-2 practices/week

Category 2 is for swimmers ready to build on their basics. They'll practice all four strokes, turns, and dives while improving endurance and speed. Practices are 90 minutes, twice a week, with the goal of swimming 200–400m continuously by the end of the season.

Category 3

Competition

2-3 practices/week

Category 3 is for competitive swimmers ready to fine tune their skills by focusing on drills to improve their technique. Practices are geared to train the aerobic and anaerobic cardiovascular systems. Practices are 2 hours in length, up-to three times a week. Swimmers must be able to perform freestyle, backstroke, and breaststroke, and dolphin kick at a legal capacity, as well as legal turns and dives and complete 400 meters continuously.

Category 4/5

Competition

3-5 practices/week

Category 4/5 is for competitive swimmers focused on technique, and racing. Practices are 2 hours in length, 4-5 times a week. Swimmers must be at least 12/13 years old with a goal of Regionals and above.

Pre-competitive Category 1-2

Pre-competitive programs introduce young swimmers to the basics of competitive swimming. They focus on learning the four strokes, building endurance, and developing confidence in a fun, team-focused environment, laying the foundation for future competition.

Competitive

Competitive swim teams focus on advanced techniques in all four strokes, as well as starts and turns, while building endurance, speed, and mental discipline.

Swimmers also gain life skills like teamwork, time management, goal setting, and sportsmanship that extend beyond the pool. Competitive swimmers must attend 50% of the meets.

Categories 2 (3 meets)

Categories 3-5 (4 meets)

**NOTE: you do not need to attend
the whole weekend**

VOLUNTEERING



- *Given its non-profit nature, the club operates mostly on volunteerism*
- *There are many opportunities to get involved in club operations, Visit our website to get involved!*
- *ALL parents are encouraged to take on a role. Clubs cannot function without it.*
- *Message Julie, our Volunteering Co-ordinator for more information*

SEE LIST ON OUR WEBSITE

REQUIRED OFFICIATING

- ***Hosted meets are a bigger revenue opportunity (after fees) for our club
It takes at least 50 officiators to run a meet***
- ***In addition to helping with club operations, families are required to officiate at our hosted meets, so put them on your calendar***
- ***Each family must train at least one official, there are many clinic opportunities throughout the year to receive the required training - PLEASE WATCH FOR THESE DATES.***
- ***We are currently looking for a volunteer CLUB OFFICIAL CHAIR position.***
- ***WATCHING YOUR CHILD FROM THE DECK IS AN AMAZING OPPORTUNITY.***



PRACTICES

- ***Swimmers are expected to attend all practices***
 - ***arrive 15 minutes prior to the start of practice)***
- ***Family members are welcome to attend practices at pools with observation areas, but interactions with your swimmer or the coach should be held for outside of practice time - Head Coach can always be contacted by email for questions***

MEETS

- ***Expectation is that swimmers attend at least 50% of meets for their group***
- ***Swimmers are committed automatically, and the group coach must be notified prior to the entry deadline to opt out (otherwise, meet fees will be charged)***
- ***New meet Parent, and the best source of information and guidance is another parent that's been through it all! IF THIS IS YOUR FIRST MEET - PLEASE ASK ANOTHER PARENT OR OLDER SWIMMER TO ASSIST YOU! First meets can be overwhelming.***

Meet Entry Protocol

- All swimmers must arrive 30 minutes prior to the start of the warm-up.
- This meet schedule is subject to change – watch Swim Ontario - Link on our Website.
- Swimmers are committed by default into all meets on their meet schedule for which they are eligible - *see Policies on our website.*
- Final entries for each meet will be made available on your online account after the entry deadline – it's important to check your account regularly
- Once the entry deadline has passed, entries are final and fees are applied
- As a competitive swim club, all athletes are expected to compete, and must race on a regular basis to remain in good standing

EVENTS & HOSTED MEETS

***Sign into the website- they are always posted here**

MEET STRUCTURE

Here's a simple way to understand a swim meet schedule with sessions, heats, and lanes:

- Session – Meets are divided into sessions (morning, afternoon, or evening). Each session has a list of events in order. You first find your event number in the session you're scheduled to swim.
 - Heat – Since there are usually more swimmers than lanes, each event is broken into heats. Heats are swum in order, slowest to fastest (unless it's a timed final seeded differently). You'll be assigned a heat number, which tells you when within that event you'll swim.
 - Lane – Within your heat, you'll have a lane number (e.g., Lane 3). That's your exact spot in the pool for your race.
- 👉 Example: If you're in Session 1, Event 5, Heat 2, Lane 4, that means you'll race during the first session of the day, in the 5th event, the second group (heat) of swimmers in that event, and you'll start from lane 4.

Importance of the Coach/Swimmer Relationship

- **The coach/athlete relationship is sacred, and is extremely important for long term success**
- **The Coach is the only person fully aware of the swimmer's goals, mindset, individual training/technical needs and recent training history**
- **Coach and swimmer are both 100% responsible for the outcome**
- **Coach/swimmer partnerships built on mutual trust and respect have the potential to achieve great things!**

Your Role as a Parent

- **Parents do the parenting, coaches do the coaching**
- **Be supportive! It is the coach's job to give constructive criticism, and the athlete doesn't need to hear it from two different people**
- **Reinforce the club values when talking to your swimmer after a workout/race**
 - “Ask, don't tell”**
 - What did you learn from the race?**
 - Did you have fun?**
- **No parents on deck at meets**

Communication protocol

All communication with coaches must be professional, civil, and respectful

If you have a question or concern about your swimmer, please direct it to your swimmer's group coach first

If the group coach is unable to answer the question, contact the Head Coach

TIME TRIALS - why they are important for club

1. Low-Pressure Competition Environment

- Gives swimmers race experience without the intensity of a big meet.
- Great for younger or new swimmers to practice racing skills like starts, turns, pacing, and finishes.
- Builds confidence before stepping into official competitions.

2. Performance Tracking

- Provides updated times between sanctioned meets.
- Helps coaches measure training progress and adjust training plans.
- Allows swimmers to set short-term goals and see improvement regularly.

3. Team Development & Bonding

4. Logistical & Financial Advantages

- No need for travel—saves time and money for families.
- The club controls the scheduling and format & cheaper to run than entering multiple external meets.

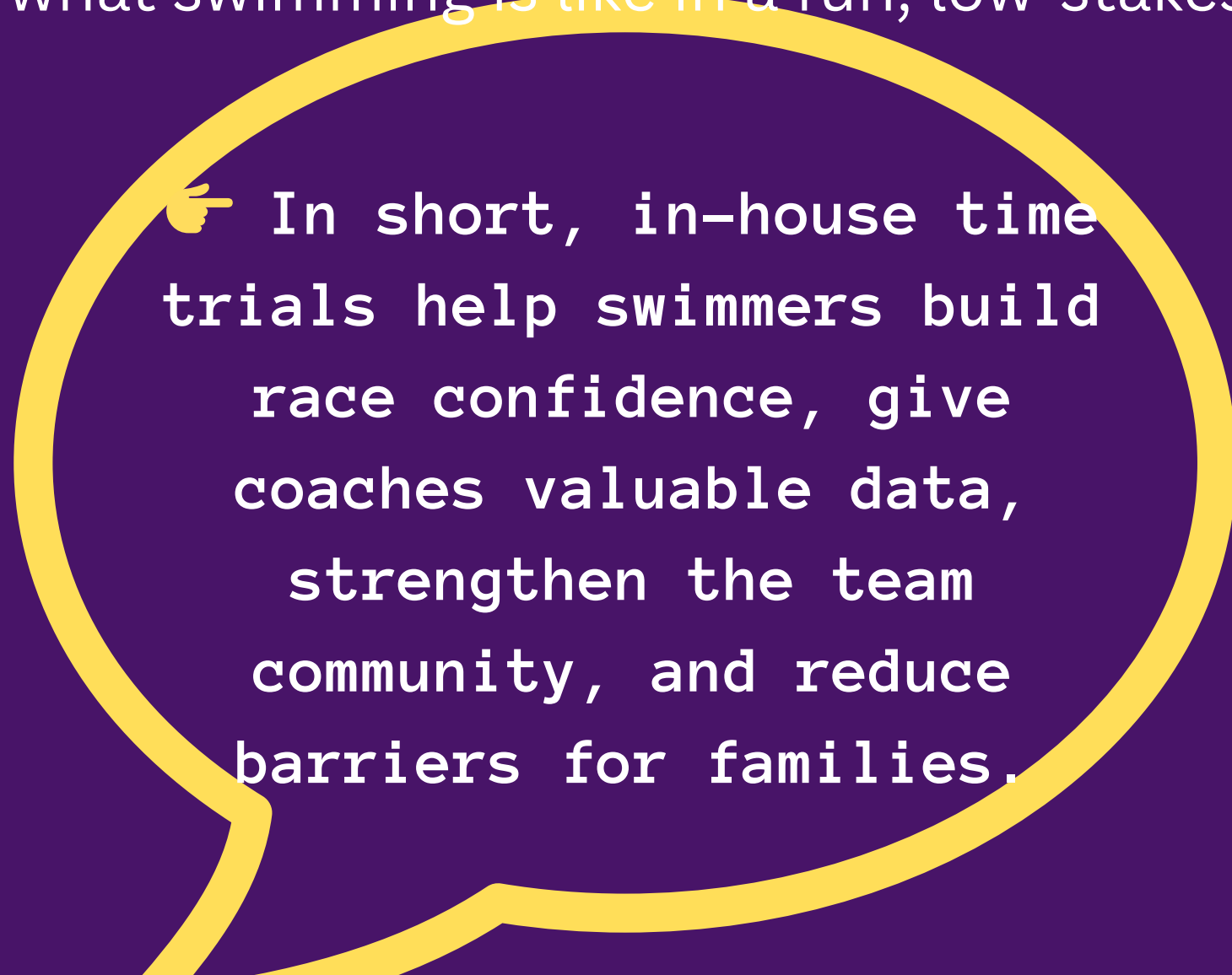
5. Skill Development Beyond Racing

- Gives officials, timers, and volunteers practice opportunities.
- Helps swimmers learn how to handle pre-race nerves, warm-up routines, & time **management**

6. Recruitment & Retention

- Keeps swimmers engaged throughout the season, even if there aren't many sanctioned meets locally.
- Provides a chance for prospective families to see what swimming is like in a fun, low-stakes setting.

**THIS IS WHY WE NEED
OFFICIALS TO HOST TIME
TRIALS!!!!**



👉 In short, in-house time trials help swimmers build race confidence, give coaches valuable data, strengthen the team community, and reduce barriers for families.



THANKS!

Welcome to the HURON HURRICANES competitive program!

EVERYTHING THAT YOU NEED TO KNOW IS ON OUR WEBSITE