

Hemlock Hurricanes Swim Team 2025



Parent & Swimmer Information Packet

Things To Know



Who We Are

The Hemlock Hurricanes Swim Team is a summer, recreational swim team comprised of community swimmers, ages 6 through 18.

What We Do

We are a member of the Pocono Mountain Summer Swim League. We compete against other local community teams on Saturdays in late June and July. Championships will be held Saturday August 2nd at Hemlock Farms.

Coaches

Coach Abby Ezra, Assistant Julia Mrowka

Practice

Practices are held beginning Monday June 16th, at the Fawn Hill Pool.

Monday, Wednesday and Friday: 8:00 am – 10:00 am

Tuesday, Wednesday, Thursday & Friday: 7:00 pm – Dark

Swimmers are encouraged to attend every practice, with a minimum of **one required practice** to be eligible to swim in the current week's swim meet. Friday evenings are fun night!

Who Can Join

Season Fee: \$85

Hemlock Farms children, ages 6 to 18, who meet both Hemlock Farms eligibility requirements and league requirements may register to join the swim team. Registrations are accepted at the Administration Office. The registration fee does not include additional expenses such as goggles, swim suits, etc. Questions on eligibility? Email Nicole Pronesti at nicole.pronesti@hfca.com or call 570-775-4200 ext. 122.

League Eligibility Guidelines

- All swimmers must swim in 2 meets to be eligible to swim in championships.
- **Each swimmer needs to provide proof of residency and a birth certificate.** (even if a returning swimmer)
- All year and seasonal renters must show proof, such as a legal rental agreement, dues statement and a letter from development stating that they do in fact rent in HFCA.
- Teams must verify how swimmer is related. **Only grandchildren, nieces and nephews may swim. If relationship cannot be proved, they cannot swim.**
- Guardianship must be legal and all year. No seasonal guardianship.

The Parent Committee

Our swim team cannot exist without the support of the parent committee and parent volunteers. The parent committee coordinates the parent volunteers, organizes fundraising events throughout the season, monies raised pay for ribbons, ice cream social, end of season banquet, gifts for the swimmers, coaches' gifts and more.

Although it may be a little daunting at first, helping out at a meet is fun! You learn more about the sport your child is involved in as well as to show parental support for your swimmer and their team. When you volunteer you get to know fellow swim parents and have more people to chat with while at the meets. Please help support the team. Complete the Parent Volunteer Form that is located in the back of packet and return to Erin Nates-Severnak or Jean Zerilli.

Welcome Hemlock Hurricanes Parents & Swimmers!



A note from the HFCA Recreation Department:

Welcome to the 2025 summer swim season with the Hemlock Hurricanes!

Please join us in welcoming back Coach Abby and a warm welcome to our Swim Team Assistant Julia.

We would like to invite swimmers of all abilities to join the Hemlock Hurricanes and become a part of a long-standing tradition in Hemlock Farms.

In order for the team to run smoothly, we depend on our parent volunteers. Therefore, we respectfully request that one member of each family sign up to volunteer this season. This can be at one of our meets, a fund-raising event or help a team social, such as pasta night. Without your help we may not be able to fulfill the needs of the program, which includes each swimmer's banquet ticket and end of the season gifts. If you have a special skill and are willing to volunteer that skill to the team, please let us know. Extra help is always welcome!

Here We Go Hemlock, Here We Go!!





Parent Guidelines

Why We Compete

The Hemlock Hurricanes Swim Team participates in the Pocono Mountain Summer Swim League. We attempt to provide challenging situations for swimmers of all ages and abilities while maintaining a recreational fun-filled atmosphere. Unlike other competitive sports, swim is more of a competition with oneself. A swimmer should strive to better their times during the course of their swim career. Sportsmanlike conduct should be considered first and foremost when attempting to improve performance. Team spirit, respect for officials and opponents, determination, effort, and mature attitudes are examples of behavior valued and praised by the coaching staff. Swimmers are taught to set realistic yet challenging goals for meets and to work towards those goals in practice in an effort to improve their training efforts.

Guidelines For Supporting Your Swimmer

Be positive! Be your swimmer's biggest cheerleader and number one fan. Be patient. It is important to know that swimmers develop at different paces. Please see that your swimmer gets the proper rest and nutrition during the season and especially prior to a meet. **Swimmers should arrive to all practices and meets on time.** If your child is late, he or she will not benefit from a proper warm-up and/or perhaps not receive an important message from the coaches. In addition, he/she may be scratched from a meet because the coaches may not know that you are on your way. We encourage families to stay until the meet is over to show team spirit and pride. Staying until the end gives families and swimmers a chance to bond which always makes things more fun... Not-to-mention, assisting with clean up at the end of a meet is always needed and greatly appreciated.

Some Other Helpful Hints And Reminders

Don't approach or talk to the coaches while they are conducting a workout or during a meet. Although watching a workout is encouraged, please do so from a distance. This allows your swimmer the opportunity to focus on the lessons being taught at practice. Please note, we strive for healthy minds and bodies, therefore, there is **NO SMOKING** inside the fenced pool area or around the concession stand.

Practice

- **Practice Suit** - Please **do not** wear your team suit to practice if you can avoid it as you want to keep this suit in excellent condition for the meets. However, please keep in mind that we do realize this is not always possible and that is okay!
- **Cap** - A latex or silicone cap swim cap is used during a meet or practice to cut down resistance. It also keeps a swimmer's hair out of their eyes.
- **Goggles** - Goggles help swimmers during practices and meets to enhance vision and protect eyes from the effects of sanitizing agents in the water.
- **Sweats** - Some type of warm-up or sweat suit should be worn at meets and to and from practice during cold weather. This helps keep muscles warm.
- **Sneakers** - Swimmers may run during practice.
- **Towel** - A thick, large towel is usually preferred by swimmers.
- **Parents must be on time to pick up their swimmer after practice.**

What to Bring to A Meet

Team Swim suit, 2-3 towels, Team swim cap, at least 2 pairs of goggles, sunscreen, sweat pants / shirts, food/drinks, money for concession sales. **PLEASE LABEL ALL OF YOUR CHILD'S BELONGINGS.** THE HFCA and/or THE COACHING STAFF IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

2025 Team Attire

Suits

Swimmers must wear competitive style swimwear to meets.

Caps

HFCA will provide one cap to each swimmer.

Goggles

Competitive style goggles are required for each swimmer.



HEMLOCK HURRICANES SWIM TEAM PARENT VOLUNTEER FORM

Swim meets require a large volunteer staff. In fact, a typical swim meet takes over 40 parents to run smoothly. Deck Parents, Timers, Runners, Scorers, Concession Stand Workers are just some of the volunteer positions that are needed at each home meet (timers / scorers are needed for away meets too). A commitment from the families of the swimmers is essential to make the meet run as smooth and fair as possible. There are jobs before, during, and after the meets that can put your good talents to use. Please review the list below and mark **at least one** choice of a job you would be willing to undertake. When **ALL FAMILIES** pitch in and help, no one individual or family will be over-burdened. We have a long history of volunteerism here in Hemlock Farms and we are hopeful that this season will be another fun and productive summer for all of our swimmers! Thank you in advance for your willingness to help out.

PARENT NAME: _____

SWIMMER'S NAME: _____

PHONE #'s: _____

EMAIL: _____

*Please check off each area that you prefer. The volunteer coordinator will let you know which position you will cover. It may be necessary to ask that you help out in other areas too.
We truly appreciate your support to make our season successful.*

___ **Timer:** Use a stopwatch to accurately keep track of swimmers' times during the meet.

___ **Runner:** Accurately records times from the timers, brings the information to the scoring table.

___ **Deck Parent:** A deck parent helps monitor the team bullpen and ensures their group of assigned swimmers are lined up and on the blocks at the start of each race.

___ **Concessions:** Set up, preparation and selling of food & snacks during meets, clean up.

___ **Gate Entry Coordinators:** Hand out passes at the Forest Drive Gate before each home meet.

___ **Sales:** Will help with sales at each home meet and special events

Please complete this form and return it to Erin Nates-Severnak or Jean Zerilli



Hemlock Hurricanes

Parent Contact Information Form



Please provide the Coaches & Parent Committee with your contact information so that you will receive information about upcoming team events.

In order to help improve communications, the primary form of communication will be email and we will also be using the 'REMIND' app.

Our Volunteer Coordinator, will keep you informed of all the events and activities throughout the season. (thank you)

PLEASE PRINT CLEARLY

Swimmer's Name: _____

Parent / Guardian's Name: _____

Primary E-mail: _____

Best phone # to be contacted: _____

Cell # if you accept TEXTS: _____

Please complete this form and return it to Erin Nates-Severnak or Jean Zerilli

Hemlock Hurricanes Meet Schedule



Meet Schedule – TBD

Mark your calendars.....

Saturday, June 14th – Glow Party at Clubhouse Outdoor Pool

Sunday, July 6th – Car Wash Fundraiser at Front Gate

Friday, August 1st – Pasta Dinner at Fawn Hill Camp Bldg

Saturday, August 2nd - Hemlock Farms will be hosting
CHAMPS this year!!!