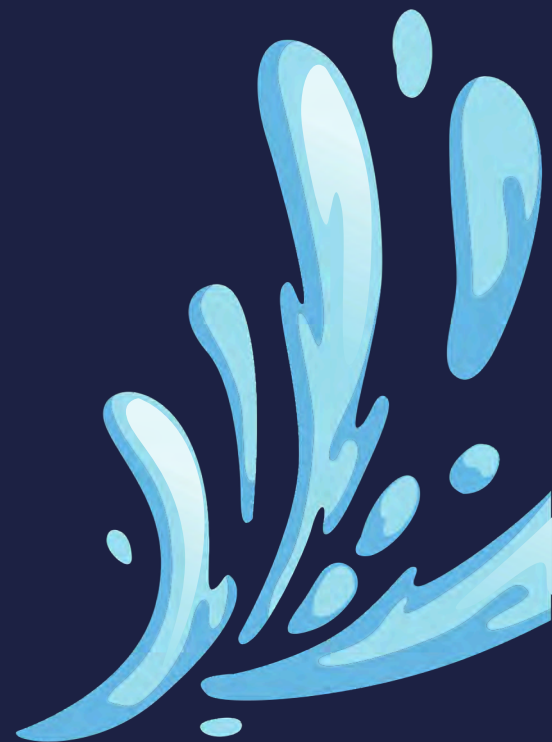


Welcome!

Parent

Information Meeting



2025-26 Fall/Winter Season



Hickory Willow
Swim Association

Our Program & Mission



- Founded in 1971, HWSA is one of the longest running swim associations in the area offering year round competitive swim for swimmers beginning age 5 through high school.
- With over 50+ years of coaching experience combined, HWSA prides itself on high quality professional coaching and technique instruction for all ages and abilities. Our coaches are also members of USA Swimming.
- Our objective is to offer each member the opportunity to enhance their swimming abilities and achieve success, regardless of their level of experience.
- Typical season duration is 4-6 months with 2 seasons (Spring/Summer & Fall/Winter) with approx. 4 dual meets and 4 weekend meets per season.
- See practice guidelines on our website for suggested attendance for each group.

Poolside: Meet the Team!



Board of Directors



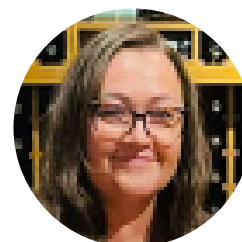
Justyna Orzechowska
President



Dana Weith
Secretary



Monika Baraniak
Board Member



Ewa Bochenski
Board Member

Administration



Jeanette Schmidt
Board Member



Maria Figueroa
Team Administrator

Coaches



Head Coach Tom



Coach Holben



Coach Chris



Coach Liesl



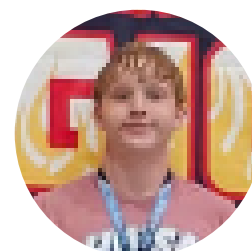
Coach Kristy



Coach Angel



Coach Jordan



Coach Hunter

Dive Right In: Gear Up for Swimming with HWSA

SEASON REQUIREMENTS



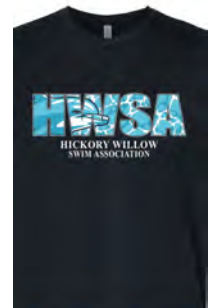
Did You Register?

You must register your athlete with HWSA and USA Swimming. Annual memberships will be renewed by HWSA.



Required Swim Equipment

Every swimmer requires an official TYR HWSA swimsuit, an HWSA swim cap, team t-shirt, and swim goggles to participate in swim meets.



Groups 1 & 2

- No additional equipment required.

Group 3

- Swimmers need their own fins (either TYR Hydroblade or TYR Crossblades), kickboard, front snorkel (TYR Ultralite is best), water bottle, mesh equipment bag

Group 4

- Swimmers need their own fins (must be TYR Hydroblade fins), kickboard, front snorkel (TYR Ultralite is best), water bottle, mesh equipment bag, Swim Stroke Paddles TYR Catalyst

Elite

- Swimmers need their own fins (must be TYR Hydroblade fins), kickboard, front snorkel (TYR Ultralite is best), water bottle, mesh equipment bag, Swim Stroke Paddles TYR Catalyst

Dive Right In: Gear Up for Swimming with HWSA

SEASON REQUIREMENTS



ATTN SWIM PARENTS

- **All families are required to volunteer at meets!**

Each family's participation is mandatory and crucial in ensuring the success of swim events. This policy helps us maintain the high-quality experience that all our swimmers deserve. We appreciate your understanding and cooperation in making every meet a splash!

***Please note a fee of \$100 will be applied for each missed*
volunteer requirement per season.**

IMPORTANT: HWSA Locker Room Safety RULES

In accordance with USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) and is strictly enforced

1

PARENTS ARE **NOT ALLOWED IN LOCKER ROOMS**

Parents should refrain from entering locker rooms or changing areas (please refer to the policy for further details). Minor athletes are responsible for changing independently. Once HWSA practices/meets are in session, only swimmers are allowed the use the locker rooms. A swimmer leaving the water for the locker room or changing area must ask the coach first.

2

ATHLETES ARE **NOT ALLOWED TO CHANGE ON THE POOL DECK OR THE STANDS**

3

USE OF CELLPHONES OR OTHER MOBILE RECORDING DEVICES ARE **PROHIBITED IN THE LOCKER ROOM AND DURING PRACTICE!**

The use of mobile devices with recording capability in locker rooms is strictly prohibited at all times. Please have a discussion with your athlete regarding this policy. The USA Swimming Athlete Protection Policies prohibit the use of such devices as it increases the risk for different forms of misconduct.

4

CHARACTER FIRST!

HWSA athletes understand personal accountability and the expectation of being a HWSA team member is always about maintaining a high level of personal character. The use of poor language, inappropriate discussions and general rough housing in the locker room is unacceptable. Please notify a coach to report any violations.



Please visit <https://www.hwsadolphins.org/page/safe-sport> for complete details.

Swimmer's Scoop: How to Get the Latest Team News & Updates

1

EMAIL

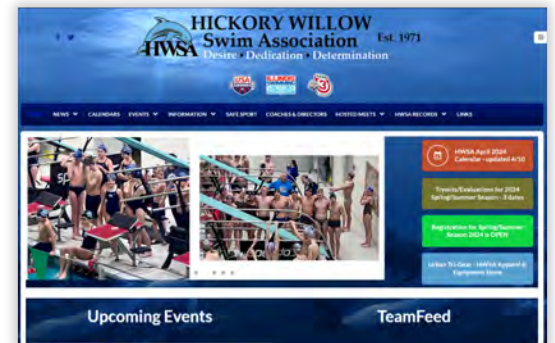
Check your emails regularly for important updates, announcements regarding swim meets, practice, team events & fundraisers!



2

HWSA WEBSITE

Visit our website for essential resources and additional information. Purchase team equipment, download monthly calendars, sign up for swim meets, and keep your account information up-to-date!



3

BULLETIN BOARD

Located by the stands, you can also check out the HWSA bulletin board for monthly calendars, events, and other happenings! The Awards Files are also located near here to collect award ribbons.




Please refrain from touching the bulletin board.

4

MONTHLY CALENDARS

Monthly calendars are updated regularly, so make sure to check often to best stay informed about practice schedules, cancellations, swim meets, and team gatherings. You can access the calendars on the HWSA website and the Bulletin Board.

April 2024 – HWSA Dolphins – www.hwsadolphins.org							
DATE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	
1	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	2	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	3	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	4	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm
5	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	6	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	7	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	8	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm
9	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	10	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	11	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	12	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm
13	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	14	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	15	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	16	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm
17	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	18	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	19	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	20	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm
21	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	22	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	23	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	24	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm
25	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	26	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	27	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	28	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm
29	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	30	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	1	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm	2	6:00pm – 6:30pm C.A. 6:00pm – 6:30pm



For Monday (4/8) & Tuesday (4/9), Groups Elite and Group 4 will practice at Matteson Community Center. Address: 28642 Matteson Ave., Matteson, IL 60443

App-solutely Essential!



1

FACEBOOK/INSTAGRAM

Follow us on Facebook and Instagram! Check out photos from swim meets, practices, team events, and meet other members of HWSA. We also recognize accomplishments and feature our “Swimmer of the Week”!



2

SPORTS ENGINE (FREE)

Download and connect with us using OnDeck, a mobile swim team app to access real-time team accounts, register for events, news, and more.



3

MEET MOBILE | \$9.99 per year (OPTIONAL)

While downloading the app is free, you must pay a fee to access results for all meets. This fee allows you to receive results at all meets that use Meet Mobile for the entire year. Access heat sheets, real-time results, and track your favorite swimmers!



Deep Dive: The Significance of Swim Practice



1

MASTERY & TECHNIQUE

Repetitive practice is essential for mastering swimming techniques and achieving smooth movement in the water. The more effort you invest, the better the results!

2

ENDURANCE & STRENGTH

Regular training builds endurance and muscular strength, which are essential for competitive swimming.

3

PERFORMANCE CONSISTENCY

Daily practice helps maintain high levels of performance and readiness for competitions

4

PRACTICE ATTENDANCE GUIDELINES BY GROUP:

- *See practice guidelines on team website*



ARRIVE TO PRACTICE 5-10 MINUTES PRIOR TO START!

Entrance door (S-3) will be locked due to Stagg High School's security policy promptly at practice start time. Please make sure your athlete arrives on time.

What To Expect: The Lowdown on Swim Meets



1

REGISTER FOR SWIM MEETS THROUGH WEBSITE OR SE

Register and pay for swim meets through HWSA website or Sports Engine mobile app. Changes can be made up to the MONDAY a week prior to event date. **Fees may still be charged for late changes.*

2

DAY OF: SWIMMER CHECK-IN

Swimmers are to confirm registration and event entries upon arrival at Check-In table. Swimmers to find coach and teammates on pool deck.

3

WARM-UP

Athletes are to arrive *30-45 minutes* prior to meet start time. Warm ups are a designated time to get comfortable in the water before the competition starts.

4

EVENT SCHEDULE

Familiarize yourself with the order of events to know when your athlete will be swimming. Purchase a heat sheet (typically \$1-\$2 per heat sheet or download the Meet Mobile app)

5

PARENT: FIRST-TIME VOLUNTEER AT A HOME MEET?

Check in with the Volunteer desk!

6

POOL-GOER POINTERS: ATTENDING A SWIM MEET

- Weekend meets typically charge an entrance fee of \$5-\$6 per attendee.
- Concessions are available for refreshments and light snacks. They are a great way to support the swim teams.
- Dress accordingly: natatoriums are known to be hot and humid!
- See 'HWSA Meet Etiquette & Tips' to further equip you & your swimmer.

Q&As: Dive into FAQs!



What should my child eat before a swim meet?

It's best to eat a meal high in carbohydrates and low in fat 2-3 hours before the competition. Foods like pasta, bread, fruits, and vegetables are good options.

Can I coach my child during the meet?

Parents are not allowed on the pool deck. We suggest leaving the coaching to the professionals. Your role is to provide support and encouragement!

What if my child gets disqualified (DQ)?

Disqualifications are learning experiences. Encourage your child to listen to the officials' feedback and focus on improvement.

How can I help my child deal with nerves?

Encourage them to do deep breathing exercises, visualize their races, and focus on the effort rather than the outcome.

What are heat sheets, and where do I get one? Heat sheets list all swimmers by event, heat, and lane. They are usually available for purchase at the meet, posted in the spectator balcony, or available on Meet Mobile.

What is the best way to track my child's progress?

Keep a record of their times and celebrate personal bests, regardless of race outcomes.

How long do swim meets typically last?

Meets can last several hours, depending on the number of events and participants. Plan accordingly.

What's the best way to celebrate after a meet?

Focus on the effort and achievements, not just the medals or ribbons. A simple "I'm proud of you" goes a long way.

Remember, swim meets are a chance for your child to learn and grow in the sport. Your support and positive attitude can make a significant difference in their experience!

Be Swim Meet Savvy: HWSA Etiquette & Tips



1

Arrive 30-45 minutes prior to meet start for parking, check-in, and warm-ups.



2

Quiet at start! Your athlete needs to hear starter!



3

Absolutely **NO** video or photography from behind the blocks! (USA swimming safe sport rule)



4

Athletes should bring water & healthy snacks - **no junk food!**



5

Athletes to pack 2-3 towels, warm clothes, and activities to keep them occupied in between events.



6

Remind your athlete to check with their Coach before leaving - they may be in a relay!



Volunteering: Commitments Kept, Smiles Earned!

1

SMOOTH OPERATIONS

Volunteers help ensure the smooth running of the event by managing various tasks such as timing, judging, and organizing. There are many volunteer opportunities available that are fun, engaging, and fulfilling!

2

SUPPORTING SWIMMERS

Contribute to creating a positive and supportive environment for your athlete! It really does encourage them to perform their best!

3

COMMUNITY ENGAGEMENT

Volunteering fosters a sense of community among swimmers, parents, and spectators, strengthening the bonds within our swimming community!



REMINDER: ALL FAMILIES ARE REQUIRED TO VOLUNTEER

If you are unable to fulfill volunteer requirements, reach out to a board member asap. We will be unable to accommodate any requests if they are brought up after the end of the season.

We can't do
this without
YOU!



Team Spirit: Wear Your HWSA Merch!



Join the Fun: Attend Team Events!



TEAM LUNCH

Saturday September 27th
Location: Stagg HS Pool, after practice



HOLIDAY PARTY

Thursday December 18th
Location: Stagg HS Pool



BOWLING OUTING

Date: TBD



END OF SEASON BANQUET

Date: TBD
Location: TBD

Sponsorship Levels



Hickory Willow
Swim Association



GOLD | \$1,000

- Business logo on team calendar
- Business logo on banner displayed at home meets
- Business logo displayed at home meet concessions stand
- Your business announced as a sponsor at all home meets
- Website advertising at hwsadolphins.org
- Logo included in weekly eBlasts to over 100 families
- Social media placement



SILVER | \$500

- Business logo displayed at home meet concessions stand
- Your business announced as a sponsor at all home meets
- Website advertising at hwsadolphins.org
- Logo included in weekly eBlasts to over 100 families
- Social media placement



BRONZE | \$250

- Website advertising at hwsadolphins.org
- Logo included in weekly eBlasts to over 100 families
- Social media placement

POD SQUAD SUPPORTER | \$125

- Logo included in weekly eBlasts to over 100 families
- Social media placement

www.hwsadolphins.org

Thank You Sponsors

Be a Proud
Sponsor 

Hickory Willow
Swim Association



www.hwsadolphins.org

Swim for Success: Fundraising Opportunities



Look out for
some awesome
fundraising
opportunities!

A break from
cooking dinner?
Sign me up!



Become An Official For HWSA



Being an official has tremendous rewards!

- Learn and understand legal swim techniques
- You get the best seat in the house, up close to all the action
- Enjoy breakfast, lunch, dinner, and snacks provided by the host team during meets

Parents who complete the training and meet the minimum session requirements will receive the following benefits:

- Reimbursement for fees associated with Officials Training and Certification
- Reimbursement for Officials Uniform/Attire as required
- HWSA Officials will also receive a discount for their highest HWSA Athlete's Registration Fees
 - Discount is awarded after 1 year of HWSA certified service (not including training time)
 - 15% Off for Stroke & Turn Officials
 - 20% Off for Admin Officials
 - 25% Off for Starter, Meet Ref, & Meet Directors
 - 30% Off for 5+ Years of continuous service as a HWSA Official

If you have any questions about becoming an official for HWSA, please contact Coach Tom
tom.rieman@hwsadolphins.org

Questions? Contact Us!



We are here to help.

Justyna Orzechowska
(708) 504-5955

Dana Weith
(815) 353-2072

Group 4/E - Tom.Reiman@hwsadolphins.org

Group 3 - Matt.Holben@hwsadolphins.org

Group 2 - Liesl.Behrens@hwsadolphins.org

Group 1 - Kristy.Holben@hwsadolphins.org

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