

WELCOME TO THE 2025 HILL HEIGHT HURRICANES SWIM TEAM!

This packet contains all information pertinent to the registration of swimmers, expectations, and procedures for Hill Heights Hurricanes Swim Team. Please read through the packet carefully, then complete all forms and submit to Tracy Naquin, HHCC Swim Team Representative.

Complete and Submit the Following:

- ☐ Swimmer Registration Page **(Pg. 2)**
- ☐ Swimmer and Parent Signature Page acknowledging Rules and Expectations. **(Pg. 7)**
- ☐ Swimmer **Registration Payment** (Payments can be made via Cash, Checks made out to Hill Heights, eSoft billing/Quickbooks Invoice, or Venmo)
- ☐ Swim Team **Work Hour Deposit Check**
- ☐ Team Suit Order (if needing to order a new suit) on your own
- ☐ NEW TO HHCC SWIM TEAM FAMILIES OR THOSE WITH UPDATED EMAIL ADDRESSES ONLY–Email Tracy at hurricanesswimming@gmail.com from your preferred email address to get added to the contact list for weekly emails and information. (If multiple parents would like the swim team emails, please have both contacts email to get added to the list.)

We are excited to kick off the 2025 Swim Season and look forward to a great summer! Returning families, please note there are some changes to registration pricing, work shift & fees, and the team uniform. Please read the information carefully, and do not hesitate to reach out with any questions or concerns.

Tracy Naquin
HHCC Swim Team Representative
hurricanesswimming@gmail.com
225-236-2339 (personal cell)

2025 SWIM TEAM REGISTRATION FORM

*****Please return with Rules & Regulation Signature Page & Payment*****

SWIMMER #1: _____

PARENTS: _____

ADDRESS: _____

E-MAIL: _____

PHONE: (Cell) _____ (Alternate) _____

SEX: _____ AGE: _____ (AS OF 6/1) BIRTHDATE _____

SHIRT SIZE: YS YM YL AS AM AL AXL

ADDITIONAL SWIMMERS IN FAMILY:

SWIMMER #2 _____

SEX: _____ AGE: _____ (as of 6/1) BIRTHDATE _____

SHIRT SIZE: YS YM YL AS AM AL AXL SHORTS SIZE: YS YM YL AS AM AL AXL

SWIMMER #3 _____

SEX: _____ AGE: _____ (as of 6/1) BIRTHDATE _____

SHIRT SIZE: YS YM YL AS AM AL AXL

SWIMMER #4 _____

SEX: _____ AGE: _____ (as of 6/1) BIRTHDATE _____

SHIRT SIZE: YS YM YL AS AM AL AXL

Number of swimmers _____ x 50 = _____ (Regular Season)

Number of swimmers _____ x 20 = _____ (Invitational- Optional)

Total Due _____

Amount PD _____

Check # _____

Cash/Online

Recieved by: _____

Important Dates

**Practices are tentatively set to begin May 13, on Tuesday and Thursday evenings only until school is out. After that, regular practices will be Tuesday, Wednesday, and Thursday mornings. A practice calendar will be published in May.*

2025 River Parish Swim League Schedule		
Date	Home	Away
Thursday, June 5	Sun Villa	Hill Heights
	Riverlands	SJP Swim Club
	LaVacherie	Larayo
Thursday, June 12	SJP Swim Club	Sun Villa
	Hill Heights	LaVacherie
	Larayo	Riverlands
Monday, June 16	Larayo	Sun Villa
	LaVacherie	Riverlands
	Hill Heights	SJP Swim Club
Saturday, June 21	RPSL Time Trial @ Sun Villa (Time TBD)	
Monday, June 23	LaVacherie	Sun Villa
	Riverlands	Hill Heights
	SJP Swim Club	Larayo
Thursday, June 26	Sun Villa	Riverlands
	SJP Swim Club	LaVacherie
	Hill Heights	Larayo
Stroke Judge, Starter, and Computer Admin Clinic- Hosted at Larayo May 19th @ 6 pm		
River Parish Swim League Invitationals @ Larayo July 11, 12, & 13		

All Regular Swim Meets start at 6:30pm

Welcome to the 2025 River Parish Swim League Season!

The swim league board of directors welcome you to the 2025 swim season. Each summer, children from across the tri-parish area come together to create an experience of recreation, fitness and entertainment that helps to weave the fabric of our communities. For the children who participate in the River Parish Swim League, valuable swimming skills are acquired in addition to the life lessons in good sportsmanship. For their parents, it's an opportunity to make friendships across parish lines.

Our league consists of approximately 500 swimmers from ages 3 through 18. For many of our swimmers, this will be their first time on a team as well as a competitive environment.

The River Parish Swim League operates under the following principles:

- To provide an environment that develops a love for swimming and fitness in each participant.
- To offer a positive competitive experience for both swimmer and parent.
- To provide coaching that allows new, as well as accomplished athletes, to improve their strokes and times throughout the season.
- To develop principles of teamwork, team spirit and sportsmanship throughout all age groups on the team.

Unlike many youth sport leagues and teams, our success and the efficiency with which we can complete our dual meets and annual Invitational, depends on a team of parent volunteers from both the home as well as the visiting teams. Whether this is your first year or you are returning to us, please don't hesitate to get your feet wet on deck this season.

Again, thank you and your swimmer/swimmers for choosing to be a member of the River Parish Swim League!

2025 HHCC SWIM TEAM POLICIES AND PROCEDURES

REGISTRATION & FEES

All swimmers must pay a registration fee in order to participate on the team. All club dues/assessments must also be up to date. The fee is \$50 per swimmer- please note, there is no longer a family “cap” for registrations. In addition to the \$50 fee per swimmer, there is a \$20 fee per swimmer for Invitational added to your registration for a total of \$70 per swimmer, if your child will participate in Invitational (this does not have to be decided at this time– please see emails as dates are announced by the hosting team). Each family will be required to pay a \$300 work deposit. You can mail registration or turn in at the first practice. If the family meets the work requirements, the check will be returned to you at the end of the season.

Registration can be mailed to:

Tracy Naquin
905 Ormond Blvd.
Destrehan, LA 70047

You can also pay your registration fee with credit card online by logging into your eSoft account (you would still need to turn in your forms plus deposit check via mail or at practice). There will be a 2.99% fee for this service. Instructions for how to pay using eSoft are attached on the last page of this packet. Please send an email to hhccbookkeeper@gmail.com if you need a password reset to log into your account or call Yvonne Winchell at 337-254-7703. You can also just click on “forgot password” to reset your password and access your account.

PRACTICES

Although practice is not mandatory, all swimmers are encouraged to attend as many as possible. This is the only way to improve your stroke and times. All members and visitors must leave the pool area immediately after practices. Parents who wish to observe practice should do so from the cabana only, and should not attempt to interfere with practice in any way. The baby pool is off limits during practices. The coaches will communicate the practice schedule prior to the official start of the swim team season. Information will be emailed, posted on the HHCC Facebook page, and sent in the Swim Team GroupMe.

TEAM SUITS AND CAPS

All swimmers are required to wear the team suit and the HHCC team cap at all meets and the Invitational. In addition, girls must wear a cap at all practices (no bobby pins, dangling earrings or barrettes, please). All girls must wear 1 piece swimsuits for all practices. Please see pg. 8 of the packet for suit order information.

WORKING SWIM MEETS

Each family is required to work **at least 3 swim meets**. **NOTE:** You may be asked to work more or less swim meets depending upon the number of families we have for the 2025 swim season. If you are scheduled for a meet and cannot work or find a proxy to work your shift for you, please contact Tracy Naquin ASAP. An extra fee will be assessed if you do not work the required meets (please see above under registration). *Reminder: The baby pool and diving well are off limits during swim meets; no dangling of feet or hands in water.

INVITATIONAL

All swimmers are encouraged to participate in the Invitational. This is not mandatory, but remember it is the final event of the season and the team needs everyone. All swimmers must participate in 3 swim meets in order to participate in the Invitational. We do encourage everyone to support the host team by buying shirts/shorts/ads, but this is not required.

League Rule - In order to be recognized as a senior swimmer – You must be an aging out swimmer (18 years of age) or graduating high school senior and declare this your final swim season in the league. Senior swimmers must have swam their 3 required meets in dual season and participate in the Invitational.

NOTE: If a swimmer participates in the Invitational, the parents must be able to work at least 2 shifts during this weekend event or an additional work fee of \$300 will be charged. (This is not the same as the work fee for regular season meets.)

TEAM PICTURES

All swimmers are required to wear their team suit for the team picture (your choice for individuals). We encourage all swimmers to be in the team picture, but it is not mandatory.

Team Picture date and time is currently TBD.

APPRECIATION PARTY

All swimmers who have participated in practices and swim meets are invited to the party for no charge. Siblings of swimmers not on the team and parents that did not work their required meets may attend for a fee of \$10/each.

LEAGUE EXPECTATIONS OF SWIMMERS/PARENTS

League rules state, "Good sportsmanship will be stressed by all team coaches for both dual meets and the Invitational. If a swimmer'/parent's actions/behavior is deemed disrespectful during/at a swim meet, then the league reps must agree to declare the swimmer/parent ineligible for the remainder of the meet."

SWIMMER AND PARENT SIGNATURE PAGE:

(Must be turned in with Registration Page)

HHCC SWIM TEAM EXPECTATIONS:

- Disrespect and horseplay will not be tolerated at any time. Good sportsmanship is expected at all times.
- If a swimmer or parent has a concern during practice or a meet, you are asked to speak to the Team Rep in the moment, then wait until the practice/meet has ended to speak with the Coach. If the concern is immediate, the Team Rep will inform the Coach.
- Parents should never be on the pool deck during practices or during meets unless they are working in a deck position during that meet.

By signing, I am acknowledging that I have read and agree to abide by all swim team rules and expectations as described in the handout provided. (This includes both swimmers and their families.)

I understand that if I violate any rules or expectations then I will be removed from that meet or practice. If a second offense occurs, I understand that I will be removed from the swim team.

Swimmer's Signature _____ Date _____

Swimmer's Signature _____ Date _____

Swimmer's Signature _____ Date _____

Swimmer's Signature _____ Date _____

Swimmer's Signature _____ Date _____

Swimmer's Signature _____ Date _____

Parent's Signature _____ Date _____

Received by: _____ Date: _____

Swim Team Suits, Caps, and Fins

We will have a new official team suit this year, available for you to purchase directly from the team store. We felt this change was necessary as a more economical option, and because it is not a custom suit, it can be ordered and shipped at any time directly to you. We will NOT have a bulk order of suits, but will have a sizing kit available.

We have set up a team store at Swim Outlet and it will have the team swimsuits (required) and some accessories (optional) you may want to have, such as towels and apparel. These optional items are also a fundraiser for our club!

Everyone **MUST** wear the new team suit and team cap at all swim meets (no other school or swim team caps may be worn outside of practices). We will be placing a bulk order for swim caps that you can purchase directly from Tracy, or you can order a custom cap with your swimmer's name personalized through Swim Outlet Team Store. Please note, your child is still allowed to wear the old HHCC suit(s) to practices, which also helps to preserve the longevity of the team suit.

Official HHCC Swim Team Suit:

Girls: Sporti Catalyst Wide or Thin Strap One Piece Swimsuit (navy/gold)

Boys: Sporti Catalyst Jammer Swimsuit (navy/gold)

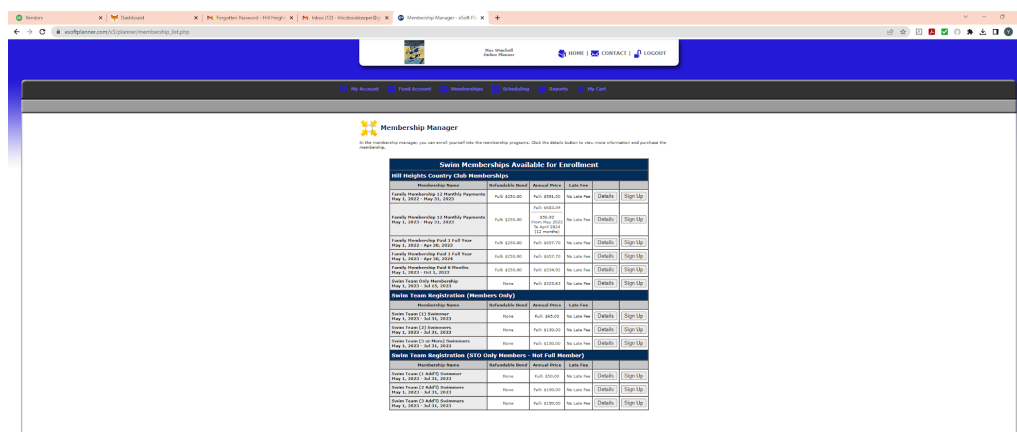
TEAM STORE LINK:

<https://www.swimoutlet.com/collections/hhcchurricanes>

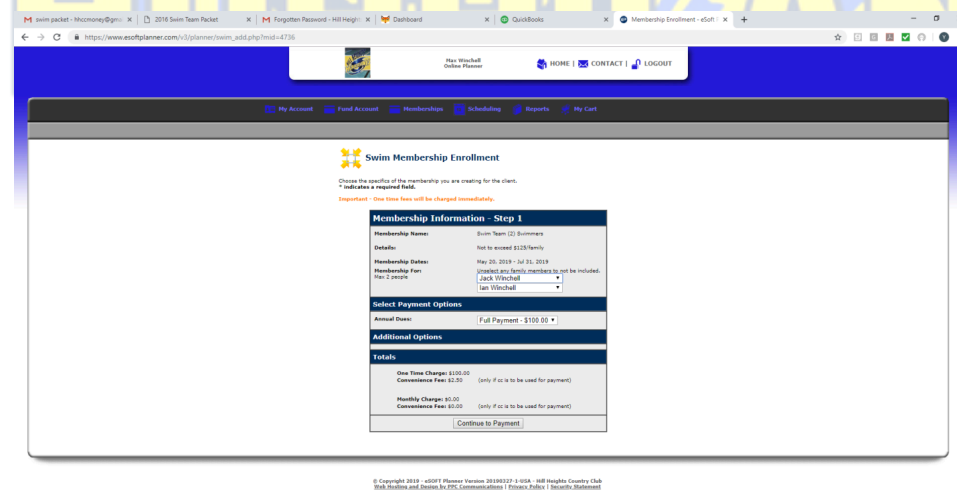
USING eSOFT TO PAY SWIMTEAM REGISTRATION ONLINE:

Log in to:

<https://www.esoftplanner.com/v3/planner/login.php?access=0dG81LSVxNmo65a4vmV8vp6LpA==>



After logging in, click on Memberships in the top blue highlighted menu. Select Sign up for 1 swimmer, 2 swimmers or 3 or more swimmers. You will be able to list your individual swimmers.



Follow the steps to charge the payment to your credit card. Be sure to submit your registration forms and deposit check for \$300.00 (refundable if you complete your work hours by the end of the season). Please note on your registration that you paid your registrations online using your credit card – the club will receive notification from the system when your payment is made.