



HOUSTON SWIM CLUB



Welcome to the Houston Swim Club! The coaching staff and current members would like to take the opportunity to tell you a little about our team and answer any questions you may have. Please take the time to read the following information sheet.

HSC offers a free 1-week trial period for prospective swimmers. Please try to come as often as possible during that time period so the coaches can get to know swimmer's personality and ability level of your swimmer. After assessing the swimmers, if the coaches believe that they should be in a different group, we will let you know.

The only equipment needed during this try-out period is a practice swim cap and goggles (both are sold in the office). Registration packets will be handed out at the end of the 1-week period. A mandatory parents meeting will follow in the fall to go over important team information.

BACKGROUND and COACHES

Houston Swim Club is a coach-run, coach-directed swimming program founded in 1957 by Phill Hansel (former head coach at Univ. of Houston and Olympic Coach), who originally had the team swimming at the Houston Shamrock Hilton Hotel as the Shamrock Swim Club. In 1992, Coach Gilbert Legaspi brought back the team with eight swimmers. After 15 years, the team currently has over 140 members ranging from the beginner level to Olympic Trials Finalist swimmers. Keeping with Phill's major philosophies, the team is a coach-run team and not a parent-board run team. In other words, coaches make the decisions.

Coach Gilbert Legaspi is starting his 17th year of coaching, getting his start with Sharpstown Swim Team and currently enjoying his last successful 15 years with HSC. Coach Gilbert currently is Head Coach of HSC, coaches the Senior and Junior groups, and is ASCA Level 4 certified.

Coach Karol Legaspi, who coaches the White, Green and Bronze groups, also began coaching with Coach Gilbert for Sharpstown Swim Team 15 years ago. Coach Karol also teaches swimming at Houston Swim Club and has a degree in Early Childhood and Elementary Education. She is currently ASCA Level 3 certified.

Coach Leonel Dubon starts his 2nd year with HSC. He brings over 15 years of coaching experience. He primarily coaches the Junior, Junior Development, and Green Groups. He is ASCA Level 3 certified.

PRACTICE GROUPS

HSC practice groups are broken up into the following teams: White, Green, Bronze, Junior Development, Junior and Senior. Swimmers advance from one level to another based on **individual evaluation by the coaches only** and not due to parents' convenience. Factors determining advancement include meet performance times, workout performance & attendance, ability, physical & mental maturity and commitment level. Swimmers are moved up in the months of August, January, and April. Each group has certain requirements to meet and maintain. Swimmer must practice with their group at the appropriate times and not with another group because of convenience.

The training goals of HSC vary from group to group but the overall goal remains the same - *to become better swimmers and better people*. The coaches believe that it is important that the young swimmer must have fun and remain involved in other activities. We also make it clear to all our swimmers that family and school always comes first. The coaches at HSC strive for the long-term development of swimmers to achieve their maximum potential.



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COSTS

Monthly dues for each level vary in cost from \$75.00-\$110.00 (depending on training group). There is a yearly USA Swimming registration of \$64.00 (every swimmer needs to register with U.S.A Swimming even if you don't go to meets). HSC bills each family monthly for dues, meet fees, and miscellaneous charges. New members or former swimmers returning to active status, a one time non-refundable sign up fee of \$50.00 per family is also charged.

SWIM MEETS

Swimmers compete once every 3 to 4 weeks in meets organized by age groups and ability levels. Meets vary from 2 day to 4 days. A few meets are out of town for those who qualify. Your swimmer will be given a meet invitation with a reply form as to whether he will swim at the meet or not. A reply must be turned in by the deadline or your swimmer will not be included in the team meet entry. Coaches, not parents, enter swimmers in events in the appropriate meets. Meets are optional but are a great learning experience for all swimmers. Meet entries range from \$3.75 to approx. \$7.50 per event depending on the level of meet.

WINTER SWIMMING

Yes, we do swim outdoors in the winter! During cooler months ahead, all groups practice outside. The pool temperature is kept at 84 degrees.

EQUIPMENT & MISCELLANEOUS ITEMS

All swimmers are required to have an equipment bag, which will include mesh bag, kick board, pull-buoy, fins and paddles and zoomers for higher levels. Coaches will let you know what you need to purchase. All equipment and suits can be purchased from Texas Swim Shop (713-723-0910).

PARENT RESPONSIBILITIES

It's the easiest job of all. Get your swimmers to practice, support, and encourage them. Please leave the coaching to the professional coaches at HSC. We do request that parents stay off the deck (walking area around the pool) and either wait in the office, observation room in the indoor pool, under the awning or just leave and go enjoy an hour or two without kids. Please DO NOT INTERRUPT THE COACHES AND SWIMMERS during practice. Any questions will be welcome after practice. If your child needs to leave practice early, please inform coaches before, and not during practice. HSC also host meets throughout the year, and all HSC families are expected to help running meets to ensure its success.

WEATHER AND WORKOUT UPDATES

HSC has a hotline phone number to call if bad weather is threatening (please call 30 minutes before your group's scheduled practice to check on practice status on your group; a phone call can save you a trip; when in doubt call) or if you forgot the weeks practice schedule. Please take note of the number - 713-771-7090. Also, please check out our web site for practice schedule, updates on the team, meets, up-coming events, etc. (The address is www.swimhouston.com). Other pertinent information is distributed through the mailboxes in the office.

Contact us to schedule an evaluation.

We only have limited spots available for most of the training groups.
Please call 713-771-7090 or e-mail at info@swimhouston.com