

Who are we?



- Horseheads Thrashers Aquatics (HHTA)
- USA Swimming
- Niagara District (NI)
- Southern Tier Swim League (STSL)
- Feeder program for Horseheads Swimming



Coaching Staff

- Coach Miles- Head Coach, Senior Group
- Coach Q- Junior Group
- Coach Gilbert- Both Groups
- Coach Winkky- Senior Group
- Coach Andrus- Junior Group
- Coach Accavallo- Junior Group



HHTA Philosophy

- Technique, Technique, Technique
- Race Strategy
- Strength and Endurance
- Swim all the races, complete swimmer
- Drills, Exercises, Sets directly correlate to swimming movements (Senior). All drills correlate to basics (Junior).

www.HorseheadsThrashers.org

- Announcements
- Suit Order Link
- Dates, Times, Events
- Records
- Misc.



Groups & Practice Times

- Groups will be divided into Senior and Junior. Coaches discretion.
- Senior Group- M,W,F 6:30 to 8:30, there will be an *option* for T,Th as well.
- Junior Group- M,W,F 6:30 to 7:30

Meets

- League Meets are NO cost*.
- Dates, Times, and events will be on the website
- Champs* is MANDATORY. Must have 2 League meets
- Non-League Meets- many have qualifying times
- Meet fees

MEET SIGNUPS

- Let Coach Miles know YES/NO, there will be a way to sign up on the website.
- For Saturday Meets, deadline is Wed prior. Courtesy to host team.
- If you say yes, you **HAVE** to go. Relays.

Suits and Stuff

- Suits can be ordered online through our website.
- Due date for team discount and free shipping is TBA
- Caps can be purchased in the office. (MEETS*)
- Temporary Tattoos \$1 (Team rule at meets*)
- Thrasher merchandise can be purchased at Unique Solutions. 739-8122
- T-Shirts?



IMX CHALLENGE

- Strongly encourage kids to participate in all the events required.
- Get rewards from the District and ranked Nationally, in the District, and on the team
- **HHTA** gets ranked amongst other teams in District
- Recognition at Team Banquet

Parent Responsibilities

- Check the Website
- Become an Official
- Timers at Meets
- Help organize social functions
- Let Coaches coach
- Stay off deck during practice AND meets
- If you need to speak to a coach, do so AFTER practice

Miscellaneous

- Drop off/Pick up kids and PARK in the Quad, by the weight room door
- Report Cards- Bring them in
- Hotel Rewards Club

Fees

- Everyone MUST be registered with USA Swimming. \$58/year.
- Junior Swimmers- \$200/370/540
- Senior Swimmers- \$300/560/760
- HS Sports- \$250/460/610
- 5-Days- \$450/685/860
- 5-Days (HS Sports)- \$400/630/800
- Checks to **Horseheads Thrashers**

Payment Schedule

- \$58 immediately. Non-refundable.
- Full payment up front is fine
- Monthly Payments are due the first of each month.
- Meet Fees are Due BEFORE the Meet