

Welcome to the Hastings Swim Team “The Swarm”

The Hastings swim team is a summer recreation program. The team competes in Division 6 of The Westchester County Swim Conference. Boys and girls ages 6 to 17 are eligible to join the team. Assessments are required for all swim team members prior to the start of practices. No prior competitive experience is necessary, but swimmers must be comfortable in deep water and be able to complete an unassisted full 25 yards with out stopping. Children are grouped by age and gender. Age group is determined by the swimmer's age as of July 1st.

There will be a parent Meeting for all new and returning parents. Date will be announced soon. The Head Coach will give an overview of the season, followed by a question-and-answer period.

Practice Guidelines

Practices are very important to swimmers' condition and improvement over the course of the season. The coaches should be alerted if a swimmer must miss practice for an extended period, due to illness, injury, or another personal situation.

All swimmers should come prepared to practice with: their suits on, and with a towel, swim cap, goggles, and water.

General Meet Guidelines

Swimmers must arrive 15 minutes prior to warm-up time as well as check in at designated check in station. Swimmers should come prepared with team suit, cap, goggles, towel, and water. Meets will be held in a light rain or drizzle but may be cancelled due to heavy rain or thunderstorm.

Team Swimsuit

More information will be sent out shortly regarding sizing, pricing, and ordering.

Parent Association

The Swarm has a very active Parent Association. The Parent Association act as a Liaison to The Recreation Department to assist in ensuring that The Swarm is an enriching, fun and successful season. Please visit their website at hohswim.org for more information and to get involved. Please use the contact button to request joining their mailing list.

Contact Information

Pool Director: Nicole Higgins, nhiggins@hastingsgov.org 99140 478-2380 ext: 641
Head Coach: Don Wemer, coachdonhst@aol.com

JUNE 2022

***SUBJECT TO CHANGE**

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
					Evaluations 6-7pm 12 & U - 17 & U	Evaluations 8-10am 6 & U - 10 & U
12	13	14	15	16	17	18
					Practice 8- 10am	
19	20	21	22	23	24	25
	Practice 6-7pm	Practice 6-7pm	Practice 6-7pm	Practice 6-7pm	No Practice	Practice 8- 10am
26	27	28	29	30		
Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45 Home Meet: Scarsdale Golf 4pm Warm-up 5pm Start		

JULY 2022

*SUBJECT TO CHANGE

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					No Practice	
03	04	05	06	07	08	09
		Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45 Home Meet: Bayberry 4pm Warm-up 5pm Start	Practice 7:45-8:45	
10	11	12	13	14	15	16
	Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45 Away Meet: Sleepy Hollow 4pm Warm-up 5pm Start	No Practice	
17	18	19	20	21	22	23
	Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45	Practice 7:45-8:45	
24	25	26	27	28	29	30
	Practice 7:45-8:45 Home Meet: Manursing 4pm Warm-up 5pm Start	No Practice	Bagels & Ribbons 7:45-8:45	Practice 7:45-8:45 Conference Swimmers Only	Practice 7:45-8:45 Conference Swimmers Only	
31	Aug. 1	Aug. 2	Aug. 3	Aug. 4		
	Conferences More information to follow	Conferences More information to follow	Conferences More information to follow	Conferences More information to follow		