

## Coaching Staff

### Brooke Pate (Head Coach):

- Over 25 years coaching experience
- 1983, 1992 Senior Coach of the Year for the Southeastern Local Swim Conference
- Coached numerous Senior and Junior National Qualifiers Including National Age Group Record Holders, two National Champions, and an American Record Holder

### Tim Norris (Head Age Group Coach):

- Over 25 years of coaching experience
- Coached numerous Nationally Ranked swimmers including five (5) SCS swimmers
- Coached two (2) Olympic swimmers
- Age Group Coach with SCS since 1985
- Swam competitively for 15 years
- Former NCAA All American swimmer
- Former World Ranked swimmer in 1500 Freestyle
- Former Assistant Coach at the University of Alabama under three time Olympic coach Don Gambriel
- Former Age Group Coach at Tuscaloosa and former Head Age Group Coach at Sunkist in Jackson, MS
- Lectured and conducted clinics worldwide including France, Belgium, Britain, Saudi Arabia, Singapore and Hong Kong
- Former Head Coach for summer league teams including Blossomwood, Camelot, Monte Sano and Lily Flagg

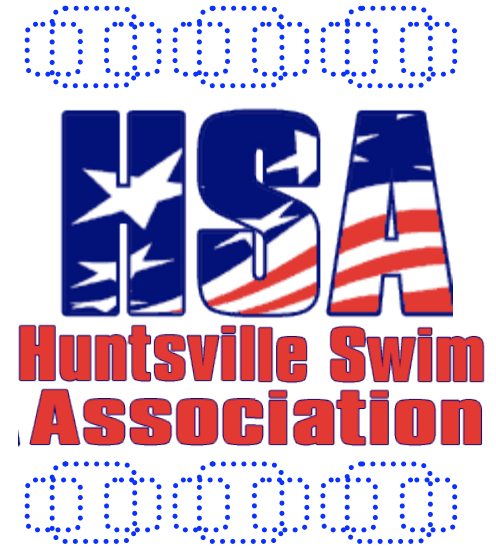
### Fran Norris (SR Development and Masters Coach):

- Over 35 years of coaching experience
- Coached three (3) Southeastern All Star Teams
- Coached numerous swimmers with SE records
- Coached numerous National Record Holders, Junior National Champions and swimmers with Top 16 times
- Coached swimmers who have attended the Goodwill and PanAm Games

### Michelle Griffin (Youth Coach):

- Over 18 years of coaching experience
- US Competitive Swimmer on Huntsville Swim Association for over ten (10) years
- Former Coach for RCSL to include Sharon Johnston and Whitesburg

Huntsville Swim Association  
PO Box 1102  
Huntsville, AL 35807



Brahan Spring Natatorium  
2213 Drake Avenue  
(256)885-0226  
[www.swimhsa.org](http://www.swimhsa.org)

# Huntsville Swim Association

# Fall-Winter Schedule

Huntsville Swim Association (HSA) is a non-profit United States Swimming Club, competing in the Southeastern Local Swim Conference (Local Swim Committee or LSC). Southeastern Swimming includes other U.S. Swimming clubs in Tennessee, Alabama, and the panhandle of Florida. HSA competes on a regional, national and international level. The HSA coaching staff is committed to the long-term success of the swimmer through proper development of sound fundamentals, mental training, and competitive opportunities.

### HSA information

Information on HSA may be located on the Internet at [www.swimhsa.org](http://www.swimhsa.org). The website is HSA's primary communication tool and is continually updated with any information that a parent or swimmer might need including changes in practice schedule and meet information. The HSA bulletin board, located in the lobby of the Natatorium is another source of information. A minimum of two general membership meetings is held each year. All HSA parents and Masters Swimmers are urged to attend.

### Coaching Staff

Head Coach: Brooke Pate (539-6094)  
 Age Group Coach: Tim Norris (883-5405)  
 SR Devt and Masters Coach: Fran Norris (536-4597)  
 Youth Coach: Michelle Griffin (379-3031)

### Registration

USA Swimming requires a yearly membership fee of \$50 for registration and insurance. HSA has a \$30 per swimmer yearly registration fee. Upon registration, each swimmer will be provided a session to determine their best capability/comfort for a group practice level.

### Practice Groups/Schedule

HSA has a flexible program in which a swimmer may participate with minimal commitment or may seriously dedicate his or her self to national and international levels of competition. This is achieved through our practice group structure. There are six practice groups within HSA, each with different approaches and requirements, depending on the ages and level of commitment of the swimmers. Our proven approach is based on the importance of each swimmer progressing at their pace while swimming with others of similar age and commitment.

Group	Ages	Commitment Level	Description	Practice Times
White	5 & Up	Swimmers are encouraged to attend 2 to 3 practices per week	Introduction to competitive swimming. The emphasis is on stroke mechanics with secondary attention to conditioning.	M – F, 3:30-4:30pm Or 6-7 pm  Sat, 8:30-10 am
Red	9 & Up Or 8&Up w/ A Times	3 to 5 practices per week	Emphasis is placed equally on stroke technique and conditioning.	M – F, 3:30-5:00pm Or 5:30-7 pm  Sat, 8:30-10 am
Blue	9 & up	4 to 6 practices per week	Emphasis begins to shift from technique to serious competitive training. Swimmers will be introduced to interval training and dry-land exercises.	M – Th, 5:30-7:45pm  Fri, 5:30-7 pm  Sat, 8-10 am
Senior Dev	13 & up	4 or more practices per week	Emphasis on each swimmers ability and commitments	M – F, 3:30-5:30pm  Sat, 6-8 am
Junior	12 & up for girls; 13 & up for boys	A minimum of 5 practices per week is required	Emphasis is placed on training to prepare for advanced competition. Light-weight training is added.	M – F, 5-7 am AND 3:30-6 pm  Sat, 6-9 am
Senior	13 & up for girls; 14 & up for boys	6 to 10 practices per week is required	Emphasis on training specific to events, distances, and levels of competition. Practice combinations include weights, swimming, and dry-land sessions.	M – F, 5-7 am AND 3:30-6 pm  Sat, 6-9 am
Master	Adult	None required	Flexible program for fitness goals	M – Sat, 5-7 am

# Financial Information

HSA is a non-profit organization, which relies on the dues and support of each and every family member to help meet the financial obligations of the team.

### Monthly Dues

Dues are billed monthly in the arrears for the following group fees:

Stroke Class (Saturday) .....	\$46
White .....	\$61
Red .....	\$78
Blue .....	\$89
Junior .....	\$104
Senior Development.....	\$84
Senior.....	\$124
Masters .....	\$44

### Discounts of Monthly Fees

The first swimmer in a given family will pay full price and at the highest level. The second swimmer in the same family will receive a 10% discount off the next highest-level monthly fee only (not to include the water fees or accounting). The third swimmer in the same family will receive a 20% discount off the monthly fee only, at the next highest level. All swimmers after that, in the same family, will swim for no monthly fee but will be expected to pay for the monthly water fees and accounting fees. No discounts are given for swim meet entry fees.

Statements will be sent to all families around the 15<sup>th</sup> of each month. In order to ensure uninterrupted swimming, payment in full must be received no later than the 10<sup>th</sup> of the following month.

### Swim Meets

US Swimming Sanctioned swim meets are an important opportunity for your children to compete. Please, see our website ([www.swimhsa.org](http://www.swimhsa.org)) for seasonal meet schedules.



[www.seswim.org](http://www.seswim.org)



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