

June 15, 2009

HVSC NEWS

Swim and Dive Team



COACHES' CORNER

The weekly practice schedule for Swim Team is 9:30 - 11:00 am for the 11 & Ups and 11:00 am - 12:00 noon for the 10 & Unders. The 13 & Ups don't have practice on Mondays due to team meetings, but have a Sunday practice from 9:00 - 10:00 pm. Dive Team practice is open from 9:30 am - 12:00 noon and divers should select a one hour time frame that works for them. For all upcoming HVSC Swim/Dive events, please see the detailed schedule on the reverse side of this newsletter.

THIS WEEK'S MEET

This week's dual meet is hosted by Ann Arbor Country Club located at 4699 East Loch Alpine Drive in Ann Arbor. To get there, go north on Wagner until it dead ends. Turn left onto Huron River Drive. Then right on North Delhi, left on Eastgate and finally right on East Loch Alpine Drive. Please see the HVSC website for a detailed map.

DIVING

The Dive Meet is on Friday, June 19 at Ann Arbor Country Club. Please be ready to be on the board for warm-ups at 4:00 PM. The meet starts at 5:00 PM.

SWIMMING

The Swim Meet is on Saturday, June 20 at Ann Arbor Country Club and the stroke of the week is Backstroke. Please arrive at 7:45 AM and check in with your coach. Warm-ups begin at 8:00 AM and the meet starts at 9:00 AM. Please eat breakfast before coming.

MIA FOLDER

If you will be missing a swim and/or dive meet or championships, please be sure to put your name on the appropriate sheet in the MIA folder located at the front desk. Please do this as soon as possible so the coaches can plan accordingly. The coaches start working on team lineups each Wednesday preceding a meet. It is assumed that all swimmers will attend meets unless they have signed the MIA sheet.

TEAM MEETINGS

The 12 and Under team meetings will take place every Monday at 10:20 AM with practice following from 11:00 AM - 12:00 PM. For those individuals who both swim and dive, on Mondays you must choose either swim practice or dive practice. It is recommended that you choose to attend dive practice.

TEAM SUITS

HVSC team suits are available at Sun & Snow Sports located in the Westgate shopping center. The team suit selected for this year is the design for next year as well.



UPCOMING EVENTS

Friday, June 19, Tie-Dye Party, 11 & Ups 11:00am, 10 & Unders at Noon
Friday, June 19, Dive Meet @ Ann Arbor Country Club
Saturday, June 20, Swim Meet @ Ann Arbor Country Club
Friday, June 26, Dive Meet @ Saline
Saturday, June 27, Swim Meet @ Saline
Sunday, June 28, 13 & Up Team Sleepover
Monday, June 29, Red Cross Swim-Across
Thursday, July 2, Dive Meet Dexter @ HVSC
Friday, July 3, Swim Meet Dexter @ HVSC
Friday, July 10, Team Pancake Breakfast following practices
Friday, July 10, Dive Team Photo before Milan meet
Friday, July 10, Dive Meet Milan @ HVSC
Saturday, July 11, Swim Meet Milan @ HVSC
Saturday, July 11, Swim Team Photo following Milan Meet
Friday, July 17, Dive Meet @ Racquet Club
Saturday, July 18, Swim Meet @ Racquet Club
Monday July 20 – Thursday July 23 Swim Championships
Friday, July 24, Team Banquet

We Need You!

We need many volunteers to help at swim meets. Sign up sheets are located on the Swim and Dive Team bulletin boards. Please volunteer, there is no experience required and we'll help train you!

PUZZLE OF THE WEEK

This week's puzzle is to guess the total number of items in the plastic container located on the front desk (the jar itself, the label and the turtle on top do not count). Enter by Sunday night by writing your first and last name on a slip of paper with your guess and place your entry in the box next to the container. One guess per person. The person who is closest to the correct number wins the container and its contents. The winner will be announced at next week's team meeting.

OUR COACHING STAFF

Swim

Pete Loveland – Head Swim Coach,
8 & Under and Pod
Amy Wilson – 8 & Under and 13 & Up
Kenichi Osawa – 8 & Under, 13 & Up and Pod
John Crispin – 9 & 10 and 11 & 12
Lindsey Hayden – 9 & 10 and 11 & 12
Patton Doyle – Pod

Kristyne Cole – Pod
Maeve Daly– Pod

Dive

Laurel Landrum – Head Dive Coach
Andrew Sargent – Assistant Coach
Mallory Thiesen – Assistant Coach

WHAT TO BRING TO A MEET

Multiple towels (2 or more)
Team suit
Two pair of goggles
Swimcap if needed (any color, but cannot have any team name other than HVSC)
Sweats (top & bottom)

Blanket or Sleeping Bag
Water or Gatorade
Healthy, nut-free snacks (no candy)
Sunscreen
Activities to pass the time (book, cards, etc.)
A great attitude!