

June 21, 2010

HVSC NEWS

Swim and Dive Team



COACHES' CORNER

The weekly practice schedule for Swim Team is 8:30 - 10:00 am for 11 & Ups, 10:00 - 11:00 am for the 9 & 10s, and 11:00 am - 12:00 noon for the 8 & 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. POD practice is either 10:15 - 11:00 am or 11:15 - 12:00 noon.

For Dive Team, there are two half-hour practices from which to choose for each age group: 9:00 or 9:30 am for 9 & 10s, 10:00 or 10:30 am for 13 & Ups, 11:00 or 11:30 am for 11-12s, and 12:00 or 12:30 pm for 8 & Unders. There are many divers who have not yet selected their dive practice time. Please see Vicki Kimball ASAP. For all upcoming HVSC Swim/Dive events, please see the detailed schedule on the reverse side of this newsletter.

THIS WEEK'S MEET

HVSC hosts this week's dual meet against the Saline Stingrays.

The Dive Meet is on Friday, June 25. Please be ready to be on the board for warm-ups at 4:00 PM. The meet starts at 5:00 PM. The dive of the week 8 & U front jump, 9 & Up dive from the forward group.

The Swim Meet is on Saturday, June 26 and the stroke of the week is Backstroke. Please arrive for the meet 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.

TEAM PHOTOS

The Swim Team photo is scheduled for this Saturday, June 26, immediately following the Saline swim meet. The Dive Team photo is scheduled for Friday, July 16, during the Travis Pointe dive meet. Please plan accordingly.

MIA FOLDERS

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 either the swim or dive MIA folders 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 10:15 AM with practice following from 11:00 AM - 12:00 PM. For those individuals who both swim and dive, on Mondays, it is recommended that you choose to attend swim practice.

TIE-DYE PARTIES

We are tie-dyeing our team shirts early this year so we can show our team spirit all season long. Please bring a plain white t-shirt to practice this Friday, June 25. 11 & Ups will tie-dye at 10:00 am after practice, the 9 & 10s will tie-dye at 11:00, and 8 & Unders will tie-dye at 12:00 noon. We'll provide the sharpies, the buckets of dye and rubber bands. Please bring a t-shirt and your creativity!

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 same design as last year.

HVSC SWIM CAPS

HVSC Swim Caps are \$5 each and are available at the front desk or at all swim meets at concessions.



UPCOMING EVENTS

Friday, June 25, Tie-Dye Party, 11 & Ups 10:00am, 9 & 10s 11:00 am and 8 & Unders at Noon
Friday, June 25, Dive Meet Saline Stingrays @ HVSC
Saturday, June 26, Swim Meet Saline Stingrays @ HVSC
Saturday, June 26, Swim Team Photo after Saline meet
Friday, July 2, Dive Meet Dexter @ HVSC
Saturday, July 3, Swim Meet Dexter @ HVSC
Friday, July 9, Team Pancake Breakfast following practices
Friday, July 9, Dive Meet HVSC @ Milan
Saturday, July 10, Swim Meet HVSC @ Milan
Sunday, July 11, 13 & Up Team Sleepover
Monday, July 12, Red Cross Swim-A-Cross
Friday, July 16, Dive Meet Travis Pointe @ HVSC
Friday, July 16, Dive Team Photo during Travis Pointe meet
Saturday, July 17, Swim Meet Travis Pointe @ HVSC
Friday, July 23, Dive Meet Ann Arbor Country Club @ HVSC
Saturday, July 24, Swim Meet Ann Arbor Country Club @ HVSC
Monday July 26 – Thursday July 29 WISC Swim Championships
Friday, July 30, Team Banquet

Volunteers Needed!

We need many volunteers to help at our four home 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!

SWIM & DIVE EMAIL ANNOUNCEMENTS

To receive the most current swim and dive team information, be sure to visit the HVSC website (hvsconline.com) and sign up for the email newsletter. When you receive your subscription confirmation email, be sure to update your 'HVSC Mailing List Options' profile to include 'Swim-Dive' so we can send you up to the minute information.

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
Amy Wilson – 8 & Under and 13 & Up
Bethany Williston – 8 & Under and 9 & 10
John Crispin – 9 & 10 and 11 & 12
Lindsey Hayden – 9 & 10 and 11 & 12
Mojo Isaac – 13 & Up
Val Barthelemy – Pod

Maeve Daly – Pod
Patton Doyle – Pod
Keeley Maher – Pod

Dive

Vicki Kimball
Alex Gauvin
Andrew Sargent

WHAT TO BRING TO A MEET

Multiple towels (2 or more)
Team suit
Two pair of goggles
Swim cap 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!