

June 29, 2009

HVSC NEWS

Swim and Dive Team



COACHES' CORNER

Congratulations to HVSC for the solid victory over the Saline Stingrays! The final score for the meet was 588 HVSC and 328 Saline, with diving scores of 111 HVSC to 87 Saline and swimming scores of 477 HVSC to 241 Saline. Great job to everyone and a huge thanks to all of the parents who helped this meet run so smoothly!

THIS WEEK'S MEET

We host this week's meet against the Dexter Community Aquatic Club (DCAC).

The Dive Meet is on THURSDAY, JULY 2. Please be ready to be on the board for warm-ups at 4:00 PM. The meet starts at 5:00 PM.

The Swim Meet is on FRIDAY, JULY 3. 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.

DIVING

The dive of the week for the 10 & Unders must be selected from the front group, and for the 11 & Ups the required dive is an inward.

Also, starting this week, we are adding two diving awards that will be presented at the Monday team meetings. There will be a "Smack of the Week" (awarded for the best smack while trying a new dive) and a "Rip of the Week" (awarded for the lineup with the least splash.)

SWIMMING

The stroke of the week is Butterfly. We will be working on the dolphin kick a lot this week so please bring your fins to practice. Be sure to finish the Butterfly with a simultaneous two hand touch. We will also work on our breathing this week (less of it!)

TEAM PANCAKE BREAKFAST

The Team Pancake Breakfast is scheduled for Friday, July 10 following swim practices. We'll provide the pancakes and sausages. To round out our breakfast, we would like the 11 & Ups to bring a can of juice concentrate which we will mix all together for a fruit punch, and for the 10 & Unders to bring fresh fruit.

We will need many volunteers to make this event a success! We need people to help flip pancakes, serve food, and wrangle kids to keep the lines moving. Also, we need to borrow a few large crock pots, extension cords and griddles for the morning. Please contact us if you are able to help. Thank you and see you next Friday!

Lisa Dempsey at lisadempsey5@sbcglobal.net and Sheri Belcher at belchertribble@aol.com.

TEAM PHOTOS

The Dive Team photo is scheduled for Friday, July 10, during the Milan dive meet. The Swim Team photo is scheduled for Saturday, July 11, immediately following the Milan swim 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.



UPCOMING EVENTS

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 during Milan meet
Friday, July 10, Dive Meet Milan @ HVSC
Saturday, July 11, Swim Meet Milan @ HVSC
Saturday, July 11, Swim Team Photo after 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

Swim Meet Volunteers

If you signed up to help at this week's home swim meet against DCAC, please check in with our swim meet chairperson, Kara Keeley, by 8:20 am the day of the meet.

PUZZLE OF THE WEEK

The winners of last week's puzzle were Jon and Sam Petty who each guessed closest to the correct number of total white straps and total alternate colored straps on all of the chairs and lounge chairs at HVSC. They won a \$10 gift certificate to Dairy Queen. The correct answer to the puzzle was 885 white straps and 7,626 alternate colored straps.

This week's puzzle is to guess the total amount of money raised by HVSC at the Red Cross Swim-A-Cross Plus. Enter by writing your first and last name on a slip of paper with your guess and place your entry in the box on the front desk. One guess per person. The person who is closest to the correct amount will be announced at next week's team meeting and wins a Quality-16 gift card good for a movie ticket, popcorn and a drink.

HVSC SWIM CAPS

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

WISC CHAMPIONSHIP VOLUNTEERS

It is mandatory that HVSC provide 12 Meet Workers for the WISC Championships or we are fined. Please volunteer if you are able! Sign up sheets are located on the Swim/Dive bulletin board. We must provide our list of volunteers to WISC by Wednesday, July 8.

Calling All Artists!

We are having a cover design contest for the end of the season *Swim, Dive and Tennis Results Packet*. To enter, submit black and white artwork on plain white 8 1/2" x 11" paper. Be sure to include the following information: Huron Valley Swim Club (or HVSC), 2009, Swim, Dive and Tennis Team Results. Also be sure to include your name and age. All entries should be submitted to the front desk by noon on Friday, July 17. The winning entry will be used as the cover of the *Swim, Dive and Tennis Results Packet*. Additional entries may be selected for use within the packet.