

Welcome to HEEAT!

HEEAT Newsletter

Notes and Reminders

* Don't forget to sell your 50/50 tickets. Please bring them in to Portia or Sarah ASAP. You can always get more from your coaches at any point during practice.

* We will be collecting empties as a fundraiser for the team this year. Please bring yours to practice for collection.

* We have placed a new order of silicone swim caps (\$15) due to the overwhelming demand. We will also have latex caps (\$5), goggles (\$10), and lanyards (\$4) at swim practice.

* Please note that the mailbox will only be available during practices at the Mannell's pool. Don't forget to check it often for permission forms, newsletters, and other goodies.

* When packing snacks for swim meets and/or practices, please

be careful to avoid anything and everything that contains peanuts. There are a few members of our team that have severe peanut allergies, and we want them to be able to enjoy the team as much as everyone else.

* If anyone gets any good pictures or short videos that you would like in the year end slideshow, please get them to Portia during practice. You can put them on a CD, USB drive, or SD card, and place them in a plastic zip lock bag with your name on it.

* Please do not send younger siblings to the pool without a person who is responsible and reliable. It is *not* the coaches' responsibility to watch anyone who is not participating in swim practice at the time.

* The change room on deck is for swimmer use, as is the portable washroom around the side. Please do not enter the Mannell's house for any reason. You may use the basketball net in front if you bring your own ball. Please leave everything as you found it.

Monday, July 6th, 2009

Newsletter #1

Questions?

Portia

Phone: 519-738-0539

E-mail: portia@cutey.com

Sarah

Phone: 519-738-6097

Or visit our website:

www.geocities.com/harrowswimming

A full colour version of this newsletter is available on our website.

Please remember that there will be some shuffling of groups during the first week of practice. While we understand that this is an inconvenience, it will ensure your child gets the best possible coaching, and shows maximum improvement over the summer.





Riddle of the Week:

Q: Why was the swimmer so cold at the swim meet?

Submit your answers to Portia or Sarah by Friday for a chance to win a prize!



Swimming Tip:

When you are swimming freestyle (front-crawl), make sure that your arms reach forward past your head. Also, be sure not to cross over your centre line. These tips help you to pull as much water as possible so that you can speed down the pool.

Mark These Dates

July 10th - Distance Challenge - **NO** practice at Mannell's

July 11th - Dresden Swim Meet - Please be aware that warm-ups now start at 7:30

July 15th - Pizza Orders Due

July 18th - Glencoe Swim Meet

July 19th - Dutton Swim Meet

July 20th - Essex Swim Meet

July 22nd - Pizza Order Pick-up, 9:00 am

August 5th - Beach Grove Meet

August 21st - Last Practice

August 23rd - HEEAT

Swim Meet

August 24th - Wrap Up Party

October 1st - Fifteenth Anniversary Party

Please note that the Swim Classic Meet has been **CANCELED** this year.

All About HEEAT

Throughout our fifteen years we have had some great swimmers and where would they be without some amazing coaches? Coaches for the team are usually previous swimmers who enjoyed their time on the team so much that they have decided to take the chance to coach it. Take Portia and Sarah for example, your coaches for this year. Both of them have previously swam on the team, and, because they loved the team so much, chose to stay involved. Of course this team wouldn't be

here after fifteen awesome years without it's swimmers. We would like to thank all of our swimmers who live far from Harrow, and yet still choose to swim with HEEAT, despite the fact that they have the option of a team closer to home. We would also like to thank our past swimmers for returning to our little family, as well as our new swimmers. We hope to have as much fun this year as in every ear-

lier year, and we can't wait to get to you know you all! Last but not least, we would like to thank the parents of all our swimmers, without whom our team would be very difficult to run. With all of your help we hope to make this the best year yet. Go HEEAT!

