

# HEEAT Newsletter

## Notes and Reminders

Monday, July 13th, 2009

Newsletter #2

\* 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. As I am busy with the swimmers at meets, I am often unable to take pictures, so any photos are appreciated.

\* 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 have silicone swim caps (\$15), latex caps (\$5), and lanyards (\$4) available to purchase at swim practice.

\* 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.

\* Check out our website for more information about swim meets, such as what to bring and what to eat.

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

\* When you are ready

to hand in a swim meet permission form, please staple the money to the form. If there are coins, place them in a small envelope or zip-lock bag. This ensures that there is no confusion about who has paid for a meet and who has not.

\* Please put meet entries into the zip-lock bag on the poolside table (at the Mannell's), or in the mailbox folder labelled 'Coaches'. There is also a similar box for riddle answers.

**\* Please note that there is no practice on Monday because of the Essex swim meet.**

### Questions?

Portia

Phone: 519-738-0539

E-mail: portia@cutey.com

Sarah

Phone: 519-738-6097

Or visit our website:

[www.geocities.com/harrowswimming](http://www.geocities.com/harrowswimming)

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

### Swimming Tip:

Whenever you are swimming butterfly or breaststroke, always make sure to touch the wall with two hands. This should be very easy to make habit because your arms move simultaneously in both strokes.





## Swimmer of the Week



Congratulations to Madison Grieves, this week's swimmer of the week. Look for her picture in this week's Harrow News.



# Mark These Dates

July 15th - Pizza Orders Due  
July 18<sup>th</sup> - Glencoe Swim Meet - Warm ups at 7:30  
July 19<sup>th</sup> - Dutton Swim Meet - Warm ups at 8:30  
July 20th - Essex Swim Meet - Warm ups at 8:30 - NO

Practice at Mannell's  
July 22nd - Pizza Order Pick-up, 9:00 am  
July 26th - Tilbury Swim Meet - Warm ups at 7:30  
August 5th - Beach Grove Meet  
August 21<sup>st</sup> - Last Practice  
August 23<sup>rd</sup> - HEEAT

Swim Meet  
August 24<sup>th</sup> - Wrap Up Party  
October 1<sup>st</sup> - Fifteenth Anniversary Party  
October 1st - AGM  
Please note that the Swim Classic Meet has been CANCELED

# Distance Challenge

For the second year in a row, the parent



volunteers of HEEAT have managed to pull off another amazing Distance Challenge. The idea of this is to help swimmers realize that they can swim farther than they thought. Then, when they get to a meet, one length seems like nothing. Well done to all our first place winners: 8&under

girls: Madison Shepley;

girls: Clarissa Rington; 15&over boys: Ben Mannell. An extra hand goes to all those who made personal bests and team records. Good job to everyone who participated. You should all be proud of yourselves!

8&under boys: Ryan Mucha; 9&10 girls: Marissa Azzopardi; 9&10 boys: Owen Bortolon; 11&12 girls: Clifford Taylor; 11&12 boys: Luke VanNoggeren; 13&14 girls: Sydney Mannell; 15 &over



## Riddle of the Week:

Q: What gets wetter as it dries?

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

Last week's answer was "because she lost her HEEAT". Congratulations to Sydney Mucha, Ryan Mucha, and Erika Kelly. All three swimmers had really close answers, although none were quite right. See the coaches sometime during practice for your prize.



## Dresden Swim Meet

This past Saturday, twelve swimmers made the drive to the Dresden pool for the day. Everyone swam really well, even though we had several breaks for thunder and lightning. As

this was a very small meet, it was an especially good first meet for the several new



swimmers who attended. There were many ribbons won, and numerous personal bests earned. Great job everyone!

## Group Profile

Group number 4 or "The Aquanators" is a group of all boys who have been working very hard this past week attending every practice so far. The boys in this group are Jeremy Bezaire, Caleb Deschamps, Ian Fairlie, Matt Logan,

Eric Nicholson, Jake VanNoggeren, and Luke VanNoggeren. 6 of the 7 boys in the group are new to the team this year and everyone has been progressing very well. They all know their strokes very well and have been continuing

to work on their flip turns and they are learning them fast. Every boy listens closely and participates 100% all the time. The boys have fun and are getting along great with both each other and the coaches. Way to go!

