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# HEEAT Newsletter

## Notes and Reminders

\* 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.

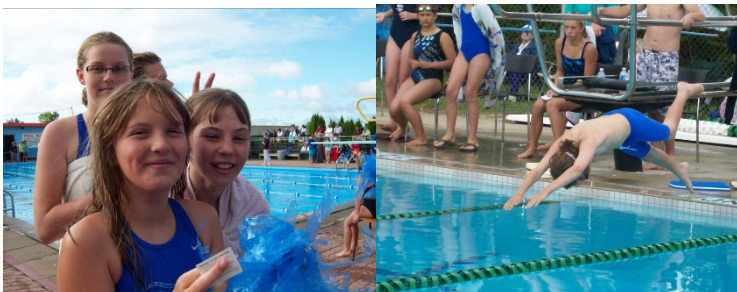
\* We have silicone swim caps (\$15), latex caps (\$5), and lanyards (\$4) available to purchase at swim practice.

\* Please remember that there should be no peanut products at practices or swim meets.

\* 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.



## Glencoe Swim Meet

On Saturday, several swimmers went to the Glencoe swim meet. It was very cold when the meet began, but

everyone swam their best anyway. The fact that all the swimmers swam their fastest was proven

when we won the plaque for the first place team. Way to go guys!

Monday, July 20th, 2009

Newsletter #3

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)

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

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

## Swimming Tip:

At the end of every race, you have to touch the wall in a different way depending on the stroke you were swimming. For butterfly and breaststroke, you touch with both hands simultaneously. For backcrawl, you touch with just one hand, but you must be on your back, and for freestyle, you can touch however you want, although a one handed touch work best.

## Riddle of the Week:

**Q:** What 5 letter word written in all CAPITAL letters can be read as the same word when upside down?

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

The answer for last weeks riddle "What gets wetter as it dries?" was a towel. Good job to everyone who answered correctly, and to the draw winner, Taylor Clifford. See the coaches sometime during practice for your prize.

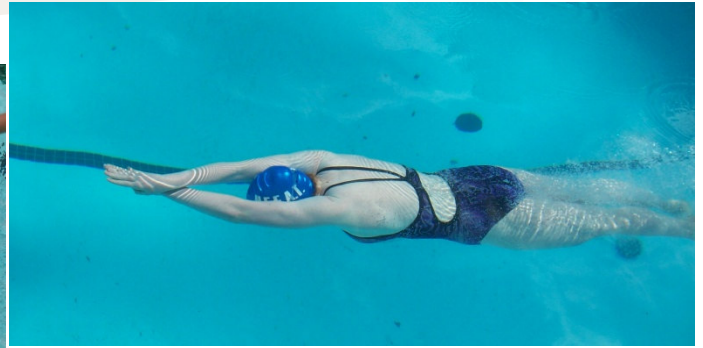
**Note:** If you think that your child made a team record at a swim meet, please place the marshalling slip in the Rimington's mailbox. Please indicate the meet and the event (e.g. 25m breast) on the back.

## Mark These Dates

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> - Fif-

teenth Anniversary Party  
October 1st - AGM  
Please note that the Swim Classic Meet and the Ridgetown meet have been **CANCELLED** this year.



## Group Profile

Group number 6 or "The Fighting Flounders" consists of Mathew Anger, Cameron Bortolon, Owen Bortolon, Samantha Card, Erika Kelly, Caitlyn Tiefenbach, and Cassidy Wood. These swimmers have been working very hard on all their

strokes, starts, and turns, and they never give up, whether they are in the pool or doing dry land. All but one of these swimmers have swum on HEEAT before, but they are all always prepared to learn more. Everyone listens carefully to what

the coaches have to say, and even add their own touch to the lessons. This group is very fun to teach and swim with, helped in large part to their huge amount of sportsmanship. Keep it up swimmers!

## Swimmer of the Week



Congratulations to Karson Clifford, this week's swimmer of the week. Look for his picture in this week's Harrow News.