

# HEEAT Newsletter

Monday, July 27th, 2009

Newsletter #4

## Notes and Reminders

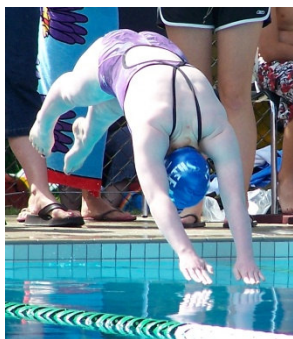
\* If anyone gets any good pictures or short videos that you would like in the year end slideshow or in the newsletters, please get them to Portia during practice ASAP. You can put them on a CD, USB drive, or SD card, and place them in a plastic zip lock bag with your name on it. These will be returned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

\* Please place all meet entry forms in the zip lock bag on the coaches table.

\* There is also a similar box for riddle answers.

\* 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.

### Questions?

**Portia**

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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.

## Swimmer of the Week



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

## Group Profile

This week's group is Group # 1 or "The Fuzzy Sea Cucumbers". Everyone gets up early every morning and they work harder and longer than any other group. Getting up 15 minutes earlier than last year may not seem very

much, but it is when you have to go and get in a chilly pool! However, all of these swimmers do it almost every morning. The group consists of Janelle Balsillie, Annie Feiler, Meghan Howell, Mitchell Long, Clarissa Rimington, Lucas

Stratil, and Peter Stratil. This group works very hard, even though they do find some time to complain about how long the practice is! This group are well on their way to becoming awesome swimmers!



## Riddle of the Week:

Q: Hard or soft, I move at equal speed. What am I?

Submit your answers to the riddle box by Friday for a chance to win a prize!

The answer for last weeks riddle "What 5 letter word written in all CAPITAL letters can be read as the same word when upside down?" was SWIMS. Good job to everyone who answered correctly, and to the draw winner, Ryan Mucha. See the coaches sometime during practice for your prize.



## Mark These Dates

August 5th - Beach Grove Swim Meet -

Warm Ups at 8:00

August 15th - Ridgetown Swim Meet

August 21<sup>st</sup> - Last Practice

August 23<sup>rd</sup> - HEEAT

Swim Meet - Warm Ups at 8:15

August 24<sup>th</sup> - Wrap Up Party

October 1<sup>st</sup> - Fifteenth Anniversary Party

October 1st - AGM

Please note that the Ridgetown Swim Meet is now going to go ahead.

## Tilbury Swim Meet

With twenty seven swimmers, we had one of the larger teams at the Tilbury swim meet. All of the swimmers had the chance to swim every race. The day was very fast paced, and was capped off with the traditional Mega-

Relay. With one swimmer participating from each age group, these are very fun and team



oriented relays.

## Dutton and Essex Meets

On the 19th of July, six swimmers drove to the Dutton swimming pool for a day of competition in the water. Even with so few swimmers, we did really



well. The next day was

Essex. With thirty swimmers in attendance, this was one busy swim meet! Congrats to everyone who swam at both meets.

**Swimming Tip:** When you swim butterfly, you should always do two kicks per pull. The first kick is performed when

your arms are above your head, and the second kick is performed when your arms are at your side. Also, when your arms go around, you

should be drawing the shape of a keyhole under your body. These tips will help you move more water, and get more personal bests!