

HEEAT Newsletter

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.

* Be sure to get your Harrow Swim Meet forms in to your coaches by this Friday.

Group Profile

This week's group is group number 7 or "The Speedy Silly Starfish" consists of Emily Cordeiro, Sommer Franz, Madison Grieves, Madison Stapleton, McKinley Stapleton, Kendra Wright, and Madi-

son Shepley. Being almost all new swimmers isn't easy (and neither is having three Maddies in one group!) but these girls always try their best and have as much fun as possible. They have improved a great

deal over the last few weeks, and all the girls get along great. They even like to add their own ideas to the lessons to make them even better! These girls are a whole lot of fun to teach! Keep it up girls!

Monday, Aug. 3rd, 2009

Newsletter #5

Questions?

Portia

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Sarah

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Or visit our website:

www.geocities.com/harrowswimming

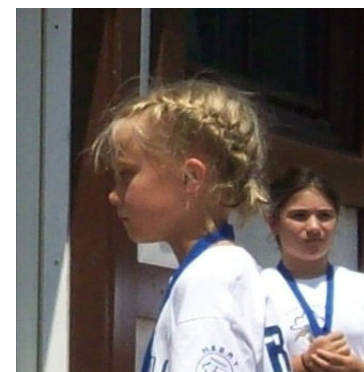
www.geocities.com/harrowswimming

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

Swimmer of the Week



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





Mark These Dates

August 5th - Beach Grove Swim Meet - Warm Ups at 8:00	town Swim Meet August 21 st - Last Practice	August 24 th - Wrap Up Party
August 14th - Essex practice - 3:30-4:30	August 23 rd - HEEAT Swim Meet - Warm Ups at 8:15	October 1 st - Fifteenth Anniversary Party
August 15th - Ridge-		October 1st - AGM

Riddle of the Week:

Q: What do dentists and swim coaches have in common?

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

The answer for last week's riddle "Hard or soft, I move at equal speed. What am I?" was 'water'. Good job to everyone who answered correctly, and to the draw winner, Janelle Balsillie. See the coaches sometime during practice for your prize.

Swimming Tip

When you are considering what to bring as a snack to a swim meet or a practice, try to find some healthy snacks instead of the sugary candy and drinks. Some ideas are juice, WATER, fresh fruit/vegetables, and egg sandwiches.



Don't forget that tickets for the fifteenth anniversary pasta dinner are on sale now. Tickets prices are as follows: \$14 for adults, \$7 for 5-14 year olds, and free for under 5's.

Please Note: the Essex practice on August 14th will follow the same time schedule as the previous practice. Groups 1, 2, & 3 will be from 3:30 - 4:30, groups 4, 5, & 6 will be from 3:30 - 4:00, and groups 7 & 8 will be from 4:00 - 4:30. See you there!