



Hammer Head Swim Club December 2011

HHSC NEWS BITES

NI LSC TOP 10 SWIMMERS

The league posts the Top 10 swimmers by age bracket and event every month on their homepage at niagaraswim.org. As of November 20th HHSC has **six** swimmers on that list:

Women 10 and under

Grace Mroczka -100Back

Esel Ro -100 Fly

Hannah Saye -200Back, 200 Breast

Women 11-12

Diedra Osula— 200 Fly

Men 10 and under

Bill Osula— 50 Free, 100 Free, 200 Free, 50 Back, 50 Fly, 100 Fly, 200 Fly, 100 IM

Men 11-12

Matt Zevenbergen—200 Fly

CONGRATULATIONS SWIMMERS!

Wreath Fundraiser Results

17 team members sold 87 fresh holiday wreaths, swags, and centerpieces raising about \$400 for our team! Thank you to all the families that participated. Don't forget, ordered items may be picked on Mon. December 5th at the pool after 6:30pm.

HHSC Website

Our team website is up and being updated often with meet directions. It also has important information about Learn to Swim and our season calendar. Check it out at: www.hammerheadswimclub.org

DECEMBER NEWS

Calendar Updates

December 2nd

No practice.

December 5th

We will be holding a mock meet at practice on Monday, 12/5 that will include timers, whistles, and officials! This practice will be a great opportunity for new swimmers to see what it is like to compete at a meet and learn what fly-over starts are. We will also need parents to volunteer as timers! This is an easy job a great way to see the meet up close. Also, for those interested, you can shadow an official that evening too!

DON'T FORGET: Wreath orders pick-ups will also take place that during that practice as well. We CANNOT store your orders, so please be there to pick them up between 6:30 pm and 7:45pm!

December 9th

No practice.

December 10th

This is a free league meet hosted by the Hamburg club which will take place at Frontier High School (4432 Bayview Rd, Hamburg, NY 14075). Please note, parents can bring a non-perishable food item to benefit the WNY Food Bank and receive a free program! Otherwise, programs will cost \$2 each. They will also need parents to volunteer as timers, so please help if you can. Sign-ups for this meet must be completed by Thursday, 12/1 next to the bulletin board downstairs.

December 16th

Last practice until the new year! This is also the last day swimmers may sign-up to swim at the January 7th paid meet hosted by STAR in Jamestown. Entry forms were emailed to you already.

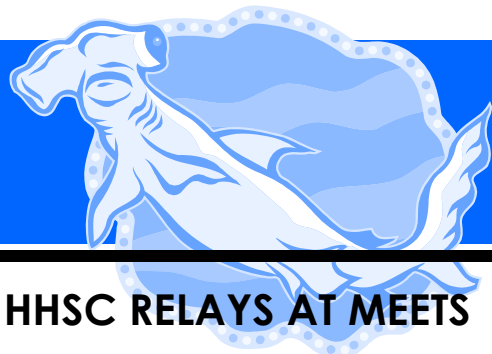
December 17th

Salamanca will host a free league meet at their pool on 12/17. Sign-ups for this meet must be completed by Thursday, 12/8 next to the bulletin board downstairs.

December 19th-December 30th

There will be no swim practice Monday, 12/19 through Friday, 12/30 so the college may conduct maintenance on the pool and for families to enjoy the winter holidays together. Our regular practice schedule will resume on Mon. Jan 2nd.





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HHSC RELAYS AT MEETS

Relays are an important part of our team sport. Although many of our meet events are individual in nature, relays inspire team work and friendship among swimmers of similar age groups and can be just as exciting and challenging to train for. However, relays can also be an expensive proposition for a club.

In the past, if a swimmer was able to swim in a relay at any meet, the club would cover the cost of that entry for each participant. This can cost the team more than \$100 per meet for all the swimmers involved. Unfortunately, there are many times we lose much of this money because a swimmer doesn't show to the meet unexpectedly or leaves early because they don't feel like staying to the end and as a result we have to cancel relays. On occasion we can find a replacement swimmer, but it is a very frustrating process.

In an effort to be mindful of increasing costs and encourage more swimmer interest, the club is going to alter our policy on relay events starting with December meets.

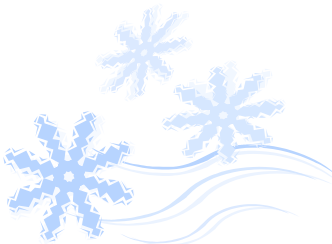
League Meet Relay Policy

Any swimmer attending a free league meet will be scheduled to swim in a relay by the coaches, as long as there are enough swimmers participating in the meet. If a swimmer cannot swim a relay for any reason, but are attending the meet, they should speak to Coach Justin or Eric when they sign-up.

Open Meet Relays Policy

Any swimmer attending a paid open meet will have to pay 1/4 of the relay entry fee to participate in a relay (this used to be free). However, since you are paying for it, the swimmers can "build" their own relay team within their age group. In other words, four swimmers can get together and sign-up to swim a relay together. Or, a swimmer can indicate they want to be on a relay and ask the coach to find him/her a spot. A new sign-up sheet will be developed and explained in detail at the parent's meeting before our next open meet in January.

While it may be a little odd at first, we hope this change will encourage swimmers to be more accountable and excited about this part of swim meets!



COACHES CORNER

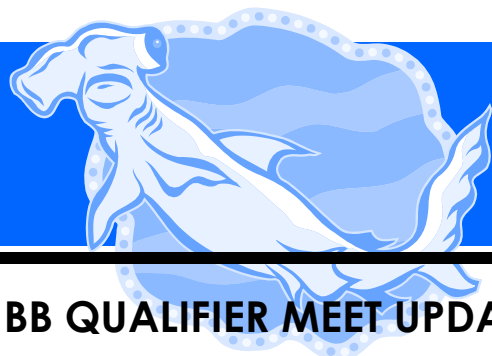
It's wonderful to see so many of our swimmers attending meets. Lately, there have been two or three "first timers" at each one. I'd like to just share a couple meet concerns for all our families to keep in mind.

Whenever possible, please arrive early or on time to meets. That means on or before the scheduled "warm up" time. As coaches, we need to make sure all our swimmers are all present and their scheduled events are correct before we start. Otherwise corrections cannot be made once the meet begins. Swimmers also need to mark their events on their hand or leg and warm up all in advance of the first event.

Speaking of "warm ups," warm-ups are not considered optional. Warm up time in the pool is extremely important for many reasons. First, we don't want to injure muscles. This early swim time is key to getting blood flowing in a good way. Second, each pool is so different. Warm ups give swimmers the opportunity to count strokes, get a feel for the starting block, and let them feel the temperature of the water. Last, it's extra practice which helps them mentally focus on their goals for the day.

Each swimmer is making such great progress, I can't wait to see what 2012 brings!

Have a great holiday,
Coach Justin



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BB QUALIFIER MEET UPDATE

HHSC and the Eden Dolphins are hosting the BB-Qualifier meet on January 14th and 15th at Eden High School. This is a two day meet with four sessions (1 morning and 1 afternoon each day) and we need everyone's help to make it a success! We could make up to \$5000 for our team during this weekend!

Here's what all families need to know right now:

- Each family will be assigned a job each day.
- Job assignments will be sent to everyone via email by Jan. 3rd. (Below are a brief description of each job.)
- A parent's meeting to discuss all the meet details will take place on Jan. 9th and 10th at 6:30pm. (You can just pick one to come to.)
- We need families to make themed baskets to be raffled off at the event. Susan, Mackenzie Quinn's mom, is organizing this project and will send out an email with details shortly! Thank you Susan!
- If you have any questions, concerns, or conflicts please contact Erin Mrocza ASAP at Mrocza@fredonia.edu

Meet Job Descriptions

(number needed per session)

- **Clerk of Course** (3)-lines up all the swimmers, escorts them to the pool, make sure they get in the correct lane.
- **Marshals** (2) - secures entries ways and locker rooms, safety monitor
- **Hospitality** (1) - organizes food and drinks for coaches and officials
- **Runners**(1) -collect completed timing sheets and post event results
- **Programs** (1)-sell programs at the door
- **Consignment Box** (1) - Sell suits, goggles, caps, etc...
- **Timers** (3) -work on deck and record the race with stop watches
- **Awards** (1)- organize ribbons for the event winners
- **Timing System** (1) -Is on deck operating the touch panel system
- **Baskets** (2- Saturday only) -sells raffle tickets to the basket auction
- **Concessions** (2)- selling food items
- **50/50** (1)- sell raffle tickets



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We cannot stress enough how much we appreciate your help at this event!