



Hammer Head Swim Club

NOVEMBER 2011

MEMBERSHIP UPDATE

Balances due Thurs. 11/10

For those families that have returning swimmers or new full membership swimmers, the remaining balances on your accounts are due by Thurs., Nov. 10th at the Pizza Party.

In most cases the following amounts are due, but if you are unsure what you owe (or have multiple swimmers) please contact Lori to find out for sure.

Returning members

\$150 deposit paid by 9/1 = \$150

\$150 deposit paid after 9/1 = \$200

New members

\$150 deposit paid = \$200

Please note: swimmers who are not paid in full by 11/10 will NOT be allowed to practice or participate in meets!

LIKE HHSC on Facebook!

New this year, we have our own group Facebook page! The board will post reminders and updates regularly on that site throughout the season. If you would like to be a member just search for us on your main page and request membership. Erin Mroczka will then approve your request.

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

NOVEMBER NEWS

Calendar Updates

November 10th

Our annual team Pizza Party and Parent's meeting will be on Thursday, November 10th. The meeting will start at 6:30pm in the Natatorium Lobby. There is regular practice that evening for swimmers, but they will get out early to join us upstairs for pizza. They will also be taking a quick team picture to post on our website and send as a thank you to our new club sponsors before getting in the water. So if your swimmer has a team shirt or something blue (or white) have them wear it!

The club will provide the pizza, plates, napkins, and cups. We ask families to bring a bottle of soda, juice, or water to share. If you plan on attending, please sign-up on the door going into the bleachers by 11/8 or you can email Erin Mroczka at Mroczka@fredonia.edu. This will give us an idea of how many pizzas to order.

Week of November 21st

There will be practice on Tuesday, November 22nd ONLY due to a college power shutdown on Mon, 11/21 and Thanksgiving break Wed.-Fri. 11/23-25. Many of our swimmers are participating in the Turkey Splash meet on Sat. 11/26th. If the club can find any alternate locations to practice on 11/21 or 11/23 we will let you know ASAP. Otherwise, we encourage all swimmers going to that meet to make sure they attend the Tues. 11/22 practice! Our regular practice schedule will resume on Mon. 11/28.

HHSC Clothing and Gear Orders

Every year HHSC offers families the chance to purchase team t-shirts, sweatshirts, sweatpants, sneaker bags, and parent t-shirts. Order forms will be available at the parent meeting on 11/10 sent via email to all families ASAP. All orders must be received by the Friday, 11/18th practice to have items in by the holidays.

Team Swim Suits

If you would like to order a team suit, you may still do so online at www.thedeependonline.com. To order click on TEAM LOCKERROOM. Enter your team's USER NAME: hammerhead & PASSWORD: hammerhead79. Please read the Team Instructions at the top of the page and make sure to have your order sent to your home.



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HHSC FUNDRAISERS

Holiday Wreath Fundraiser

Unfortunately the cost of using the SUNY Fredonia pool has significantly increased from previous years. As a result for the first time in four years we are offering an optional fundraiser to assist with offsetting this expense.

We are selling fresh wreaths, swags, and centerpieces made by M&R Greenhouses Farm and Florist. Families are not required to participate, but the swimmer with the greatest number of sales will receive a \$25 Wal-mart gift card. An order form is attached on the next page and are due by Friday, Nov. 18th. If you have any additional questions, please contact Lori Zebraski or Roger Britz.

January BB Qualifier Fundraiser Meet

As you are booking your holiday calendar make sure to save January 14 & 15 for HHSC! As part of your membership each family is required to volunteer at our annual fundraising meet that we co-sponsor with the Eden Dolphins affectionately known as the BBQ. Our clubs have each raised up to \$4000 running this meet in the past! This year the meet will be in Eden because the college pool is not available.

Each family will be assigned a job each day to assist with. We typically ask families to work the session their swimmer is swimming (morning or afternoon) so you may watch and help the team at the same time! A BB Qualifier meet is designed so that just about any swimmer can swim at it because they have NOT attained a very fast time in a certain event.

Erin Mroczka will hold a meeting and send out job details in the December newsletter. Don't worry the jobs are easy and the Eden volunteers are a lot of fun to work with. If you are interested in sitting on the deck and helping with our timing system, please let a board member know ASAP so we can arrange for some training.

We will also be seeking donations to make theme baskets, so keep your eyes out for some bargains while holiday shopping!

Some inspiration from the Reynolds family...

Veni. Natavi. Vicci.

I came. I swam. I conquered.



COACHES CORNER

Now that HHSC has started our meet schedule, the team has entered the second phase of the season. Our hope is that all of the swimmers are in better physical condition than they were in September. While endurance is always a work in progress, we want returning swimmers and new swimmers to feel stronger and more confident.

During this time we will begin adding more difficult sets into practice. For example, for the first phase we were doing 100s on the 2 minutes, Now, we are doing them on the 1:45. Dryland exercises will also be included more often. While these practices may become more challenging, it is important that swimmers continue to try their best for the FULL PRACTICE. Limiting the number of times they get out of the pool to stretch or go to the bathroom during sets will be helpful to their personal success. Stretching is important and can be done from 6-6:15pm. I also promise to offer a bathroom break during each practice!

It is nice to see so many of our new faces becoming full time Hammerheads! I hope all our swimmers will continue to come to practice and work hard. Everyone on the team has all already improved so much, I cant imagine how good our team will be at the end of the season!

Keep up the good work,
Coach Justin



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HHSC Holiday Wreath Sale

All orders and money are due Friday 11/18/11
 Wreaths & Door Swags delivered on Monday 12/5/11.
 Centerpieces delivered on Wednesday 12/21/11
 Contact Lori Zebraski 672-7934 or Roger Britz 672-4278 with questions

Wreaths made locally at M&R Greenhouses Farm & Florist

12-14" fresh wreath: (a mix of Frasier, white pine & Douglas).....**\$20.00**
 Includes: 1 Red Bow, 3 white tipped cones & 3 groupings of artificial red berries

20-22" fresh wreath: (a mix of Frasier, white pine & Douglas).....**\$25.00**
 Includes: 1 Red Bow, 3 white tipped cones & 3 groupings of artificial red berries

Delivery date: December 5, 2011

DOOR SWAG.....**\$18.00**
 Approximate size 24Lx10Wx6D mix of Frasier, Douglas & white pine
 Includes: 1 red bow, 2 white tipped cones & red berry spray

Delivery date: December 5, 2011

Fresh Evergreen

Centerpiece.....**\$22.00**
 Approximate size: 15x12x6 mix of Frasier, Douglas & white pine
 Includes: 2 red candles, 2 red bows & 2 groupings of artificial red berries.

Scheduled at a later delivery date for freshness for your holiday table

Delivery date: December 21, 2011

HHSC Family Name _____ Phone _____

NAME	ITEM NAME	# Ordered	Price Each	Total Due

Total amount due at time of order \$ _____

TIPS FOR YOUR FIRST MEET

We know your first meet can be a little nerve wracking. The following are a few tips to help your family prepare.

- Make sure you have directions to the pool (website or Facebook)
- Pack any bags the night before (make sure you have goggles) and get a good nights rest.
- Have swimmer eat protein or good carbs before you arrive. (Stay away from dairy, high fiber, and junk food items.)
- Find our team . We are usually in the gym or cafeteria.
- Ask a coach to mark the swimmer's events on their hand. (This will help the swimmer get in the right lane at the right time!)
- Consider buying a program so you know when your swimmer is swimming (having a highlighter or pen is helpful).
- Make sure swimmer is listening for the clerk to announce his/her next event and go line up when they call it out.
- Meets can run 2-3 hrs, with long breaks in between. You may want to bring things for you and your swimmer to do or keep comfortable (ie.: books, ipod, sleeping bag).
- It is important to arrive for warm-ups so your swimmer gets used to the pool before they compete.
- Meets are usually very warm in the pool area but cool in the waiting location. You may want to bring an extra towel or sweat-shirt for your swimmer to wear in between events.

