



Hammer Head Swim Club December 2012

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 18th HHSC has **three** swimmers on that list:

Women 11-12

Diedra Osula– 50 Free, 100 Free, 50 Fly, 100 Fly, 100 IM

Riley Drummond– 100 Back, 50 Breast, 100 Breast, 100 IM

Men 10 and under

Bill Osula– 50 Free, 100 Free, 1000 Free, 50 Back, 100 Back, 200 Back, 50 Fly, 100 Fly, 100 IM, 200 IM

CONGRATULATIONS SWIMMERS!

SWIM CAPS & CLOTHING ITEMS

Our new swim caps make a great stocking stuffer item. They are \$10 each. If you would like to purchase one, please email Erin at Mrocza@fredonia.edu.

For those that ordered HHSC clothing items for gifts, everything should arrive by Friday, December 21st. We will send out a email about pick-ups.

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 1st

Going the Mile Swim-a-thon in support of the Arthritis Foundation. Dunkirk High School 10:30am to 12:30pm

December 6th

Last day 12 and under aged swimmers may sign-up to swim at the December 16th paid meet hosted by STAR at Erie Community College. Entry forms were emailed to you already or can be found online. Please note this is a mini long course meet, not a short course meet.

December 7th

Practice at Dunkirk High School on Marauder Drive.

December 8th

Free league meet hosted by TWST club which will take place at Orchard Park High School (4040 Baker Rd.). Warm ups begin at 11:45am with a 12:15pm start.

December 13th

Sign-ups due to swim at the December 27-28th Holiday Swim for Time paid meet hosted by the Titans in Tonawanda. Entry forms were emailed to you already or are available on the website.

December 16th

STAR mini long course meet for 12 and under only at ECC (21 Oak Street, Buffalo), 12pm warm-ups and a 1pm start.

December 20th

This is the last day swimmers may sign-up to swim at the January 5th paid meet hosted by STAR in Jamestown. Entry forms are available on the Hammerheads website.

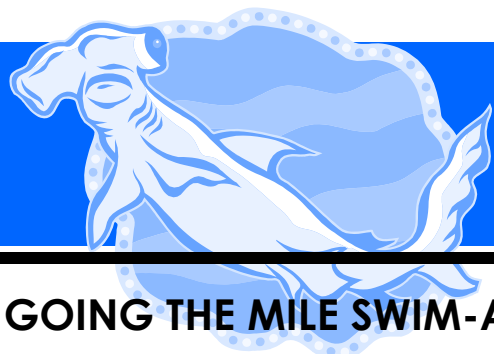
December 24-Jan 1st

There will be NO swim practice 12/24-12/25. and 12/31-1/1. Practice scheduled for the week following Christmas is: 12/26 at DHS from 12pm to 2pm and 12/27 & 12/28 at regular hours at the Fredonia State pool for those not attending the Titan's Holiday Swim for Time. The first practice of 2013 will be on Wed. 1/2.

December 27th-28th

Holiday Swim for Time meet hosted by Titans at the Tonawanda Aquatic and Fitness Center (1 Pool Plaza). Warm ups begin at 5:30pm with a 6:15pm meet start.





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GOING THE MILE SWIM-A-THON

We are proud to announce that on Saturday, December 1st a team of 38 HHSC swimmers, coaches, and parents set out to raise \$300 and swim 20 miles in support of our teammate Sean Brown who lives with Juvenile Rheumatoid Arthritis and they completely SMASHED those goals!

The participants swam a total of 31.8 pool miles! We were just 200 yards short of 32 miles. Most of our swimmers far exceeded what they originally pledged to swim, with special kudos going to Bill Osula and Josh Saye who swam a 2500 and 2000 respectively.

This group also raised more than \$2400 for the Arthritis Foundation. This is more than 8 times our original goal! Sean's family is so deeply thankful for your generosity and support.

We'd like to especially thank all those families and board members that volunteered at the event that day or brought a treat to share, your time and help were greatly appreciated. We also want to thank Coach Bruce for the unexpected visit all they way from NYC to participate with the team.

Congratulations to all the swimmers on an awesome job and we can't wait to do it again next year!



COACHES CORNER

We are in our 3rd month of swimming. I have seen some great improvement from our first day, but there is still much work to do if we want to reach our goals. As practices become more demanding on your bodies, remember it is imperative to stretch before practice. In between the time you arrive to the pool, and the time we get in, take time to stretch. Furthermore it is important to bring water to hydrate, and remember to replenish your muscles with proper nutrition before and after swimming. Here is a website to help guide you: <http://www.teamunify.com/pac2/doc/nutrition%20for%20swimmers%20with%20menu.pdf>

After watching all of our swimmers for the last 11 weeks I believe we are all ready for competition. If anyone has any concerns about their stroke, Friday evenings are a great time to ask for my help. Fridays will be reserved for stroke clinics and focus on starts and turns. I will also start up dry lands again on Tuesdays and Fridays.

Lastly, on December 1, at the swim-a-thon some very impressive goals were achieved. Swimming is an individual sport, and as individuals you all achieved your goals and some even exceeded your goals. You were also inspired to swim much further than you first thought. As a team we were inspired to pull together to achieve, and exceed our goal of swimming twenty miles. I am proud of all of you as Individuals and as a team. We, as a team, pulled together to do something great for our teammate Sean Brown, and that is the true meaning of a team.

Take Care,
Coach Mike



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BB QUALIFIER MEET UPDATE

HHSC and the Eden Dolphins are hosting the BB-Qualifier meet on January 12th and 13th 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. 5th. (Below are a brief description of each job.)
- A parent's meeting to discuss all the meet details will take place on Jan. 7th and 8th 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. Please bring any completed baskets, items for baskets, or money donations to the club to make baskets to the parent's meeting!
- 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



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

SUPPORT OUR SPONSORS

When shopping around or looking for services, please support those businesses that have given to HHSC. We couldn't swim without their generosity!

Platinum Plus Sponsor

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Platinum Sponsor

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