



Hammer Head Swim Club

OCTOBER 2012

MEMBERSHIP UPDATE

FULL TIME HHSC MEMBERS

Balances due Thurs. 11/01

For those families that have returning swimmers or new full membership swimmers, the remaining balances on your accounts are due by Thurs., Nov. 1st.

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

Returning members

\$175 deposit paid by 8/31 = \$175

\$200 deposit paid after 8/31 = \$200

New members

\$200 deposit paid = \$200

Please note: swimmers who are not paid in full by 11/01 will **NOT** be allowed to practice or participate in meets!

30 DAY TRIAL MEMBERS

Balances Due by Wed. 10/17

For those 30 Day Members that want to become full HHSC members and continue swimming, a balance of \$300 is due by the end of practice on Wed., Oct 17.

If you are already know your swimmer would like to stay on, you may pay your balance to any board member at practice prior to 10/17.

For those 30 Day Members that have decided **NOT** to continue on beyond the trail period, your **last practice would take place on Wed., Oct. 17** unless your started on a later date. The coaches and board members have a full list of trial member's start and end dates.

OCTOBER NEWS

Calendar Updates

October 4th

Sign-ups for the Free Meet at TWST (Orchard Park) are due by the end of practice. Returning swimmers from last year can sign-up on the sheet down stairs next to the HHSC bulletin board. Swimmers are allowed to swim 2 individual events and 2 relay events. The coaches will select which events they will swim.

October 5th

Swim practice will be held at the Dunkirk High School pool from 6pm to 8pm. The school is officially located on 6th Street, but you can find the pool entrance on the Marauder St. side of the building.

October 11th

Sign-ups and payments for the Halloween Meet at TTAC (Tonawanda Aquatic & Fitness Center) are due to Gina by the end of practice. Registration forms will be sent out via email in advance.

October 13th

Free Meet at TWST

4040 Baker Rd., Orchard Park, NY 14217

All swimmers should report for warm-ups by 11am. Meet begins at 11:45am and will end by 3:00pm.

October 17th

30 Day Trial Members balances are due. See details listed under the Membership Update section to the left.

October 26-28th

Open Meet at TTAC

1 Pool Plaza, Buffalo NY 14223

Fri., 10/26 Warm up begins at 4:30pm. Start 5:30pm.

Sat., 10/27 Warm-up begins at 8:00 am. Start: 9:00 am

Sun., 10/28 Warm-up begins at 8:00 am. Start: 9:00 am

November 1st

New full member and returning member balances are due at the beginning of practice. **Swimmers will NOT be permitted on deck or allowed to practice that day if the balance due has not been received prior to practice starting!**

Erin Mroczka will be there to collect any payments that day. For specific balance information see the Membership Update information to the left.



Hammer Head Swim Club

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TEAM SWIM SUITS

Online ordering is now available for HHSC team swim suits through Action Accents.

Step 1

Please visit www.actionaccents.com/

Step 2

Towards the top of the page is a grey box that says "About Us/Fundraisers/Team/Contact Us." Click on the word "TEAM."

Step 3

On the page the pops up, click on the blue box that says "Log Into Custom Threads"

Step 4

LOGIN: hhsc

PASSWORD: hammerhead12

Step 5

Click on the top navigation bar "MY TEAM"

Step 6

Place order

Please note

The free 1-time shipping option ended on 9/30. Any suits ordered starting Oct. 1st and after will come to your home. Any questions can be directed to Erin Gaken at eringaken@gmail.com.

LIKE US ON FACEBOOK

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

COACHES CORNER

Welcome to the 2012 -2013 HHSC swim season.

The coaching staff and I are very excited to work with all the swimmers joining us this year. Here are 4 basic tips for our HHSC families:

Have fun. Your children should be having a good time swimming or swimming will be difficult. Encourage them to make new friends and foster the old friendships they have. The first four weeks can be very difficult weeks physically, if they have a friend to commiserate with it makes the time go by faster and easier.

Make the most of each experience. Swimmers get confused when parents are telling them one thing while the coach is telling them another. Please allow us to do our jobs. We know how to train your swimmers to make them the best they can be. We will coach them in the water, while you encourage and support them at home. Make sure they come prepared to swim with water to drink, an afternoon snack in their system to burn, swimsuit, goggles, towel and the ambition to get better. If you have any concerns about your swimmers progress, technique, or behavior, please come talk to one the coaches after any practice.

Always take care of your body. Swimmers need to stay hydrated. Even though they are in the water swimming, they are still burning through crucial fluids that need to be replenished. Monitor their nutrition. The food they put into their body supplies them with the power needed to make it through practice.

Swimming is awesome, but so is the rest of your life. Balance the six months of swimming with plenty of other fun activities. Swimmers are not expected to come to practice five nights a week, otherwise swimmers will burnout.

Take care,
Coach Mike



Hammer Head Swim Club

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SWIM TALK

Below are popular terms that you and your swimmer will hear about often during the swim season.

AGE GROUP SWIMMING

All USA registered swimmers, 18 years of age and under, who have met the qualifying time standard for specific events are eligible to participate in their age category. Age on the first day of competition shall govern the entire meet.

BLOCK

The starting block; the area from which a swimmer dives into the pool to begin a race.

CIRCLE SWIMMING

Performed by staying in to the right of the black line when swimming in a lane, to enable more swimmers to swim in each lane.

DOLPHIN KICK

Used in the butterfly, and during underwater portions of freestyle and backstroke races, where the thrust of the kick comes from the hips, and the feet and legs are held together.

DQ

This is an abbreviation for the disqualification of a swimmer in the event the swimmer does an incorrect technique during the race. This is to insure that all swimmers swim the proper techniques as stated in the USA Rules. This is a way to help swimmers correct errors and help them be better swimmers.

DRAG SUIT

A second, loose-fitting suit worn in workouts and warm-ups to add weight and resistance.

DRY LAND TRAINING

Training done out of the water. Aids and enhances swimming performance. Usually includes stretching, weight training, and/or calisthenics.

FALSE START

Occurs when a swimmer either leaves the starting block or is moving on the block before the starter officially starts the race. Any swimmer

starting before the starting signal will be disqualified.

FLAGS

Backstroke flags placed five meters from the end of the pool. They enable backstrokers to execute a back stroke turn more efficiently by providing a mark by which to count their strokes.

FLIP TURN

Used in freestyle and backstroke races, where swimmers flip over before reaching the wall and push off with their feet, never touching the wall with their hands.

FLYOVERS

This occurs when the swimmers stay in the water after completing the race. The swimmers leave the pool after the start of the next heat takes place. On back stroke, all swimmers must exit the race after the heat so the next heat may start in proper order.

HEAT SHEET

A listing of all swimmers by event number, heat, and lane assignments entered in the meet. These are available at the beginning of the meet and usually cost \$5.00-\$10.00. Funds go toward offsetting the cost of running a meet.

IM

Abbreviated term for individual medley, an event in which the swimmer uses all four competitive strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

LANE LINES

The dividers used to create lanes. These are made of individual finned discs that are strung on a cable and rotate when hit by a wave. The rotating discs dissipate surface-tension waves in a

competitive pool.

LSC

Local Swimming Committee – It is the governing body for swimming on a local level. Our LSC is Niagara Swimming.

MEET

Competition designed to be a learning experience by implementing what has been learned in practice. The swimmer tests him/her against the clock to see how he is improving.

RELAY

An event in which four swimmers compete together as a team to achieve one time.

SHORT COURSE

A meet swum in a competitive pool which measures 25 yards, or 25 meters in length.

STREAMLINE

The position used to gain maximum distance during a start and/or push off from the wall in which the swimmer's body is as tight as it can be.

TIME STANDARDS

Qualifying times set annually by the USA National Swimming for all events in LC and SC meets. This is to insure that all competitors are of reasonably the same ability. The swimmer's goal should be betterment of his or her time progressing from the "B" standard to the Nationals.

TIMERS

A person or persons who time heats during the swim meet.

WARM UP

Used by a swimmer prior to a main practice, set or race. Gets muscles loose and warm and gradually increases heart and respiration.