



# Hammer Head Swim Club november 2014

## MEMBERSHIP UPDATE

### Balances due Thurs. 11/03

For those families that have returning swimmers or new full membership swimmers, the remaining balances on your accounts are due by Monday, November 3rd.

In most cases the following amounts are due, but if you are unsure what you owe (or have multiple swimmers) please contact Michelle 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 11/03 will **NOT** be allowed to practice or participate in meets!

## LIKE HHSC 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 Mroccka 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](http://www.hammerheadswimclub.org)

## NOVEMBER NEWS

### Calendar Updates

#### November 3rd

All membership balances are due by the end of practice. More details are listed on the left.

#### November 6th

Meet entries are due for the Turkey Splash Meet on 11/29. Forms are available on our website.

#### November 8th

Kiwanis Meet at East Aurora High School

#### November 10th

Last day to sign up for the Free Meet hosted by EMAC at Olean Middle School on Nov. 22.

#### November 17th

Entries due for STAR Buffalo Invitational Meet at ECC Flickenger Center (21 Oak St., Buffalo) on Dec. 11-14.

#### November 22nd

Free meet at EMAC (Olean Middle School) 8:00 a.m warm-up, 9:00 am start.

#### November 27-28th

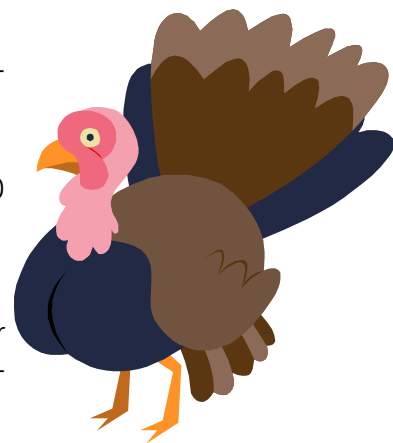
No swim for Thanksgiving! Happy Turkey Day!

#### November 29th

Turkey Splash Meet at TWST (4040 Baker Rd. Orchard Park).

#### December 5

4th Annual Swim the Mile for Sean & Pizza Party at DHS Pool 6-9pm. (See page 2 for details)



We finally have an account established with Splash Multi-Sport. If you would like to order a team suit, or any other items, you can access our online shop through this link:

[http://www.splashmulti.com/index.php?l=product\\_list&c=88](http://www.splashmulti.com/index.php?l=product_list&c=88)



Hammer Head Swim Club  
november 2014

# going the MILE

## for SEAN

One of our HHSC swimmers, Sean Brown, has juvenile rheumatoid arthritis (JRA). JRA is an autoimmune illness where the body's immune system mistakenly attacks and destroys healthy body tissue. This disease can be exhausting and painful. Lucky for us, Sean finds a lot of relief in the pool! As he said in a recent commercial for Independent Health, "Swimming really is my passion, it is like I'm free."

As his teammates and support crew, HHSC is hosting a swim-a-thon to raise money for the Arthritis Foundation on December 5 from 6pm to 9pm. We did this as our first charity support event ever last year and it proved to be a great team bonding experience.

Our goal is for each swimmer to pledge to swim some part of a mile: 200, 500, 800, 1000, or 1650 and raise at least \$5 in pledges. With 80 swimmers on the team we hope to donate at least \$1000 to the Arthritis Foundation in Sean's name. In the past we have raised more than \$2400! Plus, most swimmers swam significantly more than their goal distance. This year, we want our team to try and swim a total of 40 miles!

Family and friends are welcome to help or swim that day too! We will need volunteers to help count the swimmer's laps, keep track of goals & donations, and to make treats! The team will provide pizza for everyone.

Cash and check pledges will be accepted. All checks should be made out to HHSC and we will send along one check on behalf of the team.

**What a great way for your family and friends to show how thankful they are this year!**

Pledge forms will be emailed out on November 20th and are due at the event or before December 5th. That way your swimmer will not get them soaking wet or forget about in their swim bags!

Should you have any questions or would like to help in anyway, please contact Coach Michael, Erin Mrocza or a board member.

Thank you for your support! More than 300,000 children have arthritis and they could use our help, including Sean!

### Going the Mile Fast Facts

**When:** Friday, December 5  
6pm to 9pm

**Where:** Dunkirk High School Pool

**What:** Team swim-a-thon to support Sean Brown and the Arthritis Foundation

**How:** We need people to swim, count, make treats, and donate! Hoping each swimmer will raise \$5-10 each and swim in support. Donations can be made online or via check (to HHSC) or cash.

**Why:** Sean is awesome and arthritis is not!