



Hammer Head Swim Club

november 2013

MEMBERSHIP UPDATE

Balances due Friday 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 at the pool.

In most cases the following amounts are due, but if you are unsure what you owe (or have multiple swimmers) please contact Gina 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!

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 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 1st

Practice is at Dunkirk High School

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

November 2nd

Kiwanis Meet at East Aurora HS (1033 Center St., East Aurora)
AM Session (8&under, 11-12) 7:30 warm-up, 8:30am start. PM Session (9-10, 13 & older) 11:30am warm-up.

November 8th

Sign-ups for the free Hamburg and Springville meets on 11/23 are also due by the end of practice. The sheets are posted on the pool deck.

November 11th

Meet entries are due for the Turkey Splash Meet on 11/30. Forms are available on our website.

November 9th

Free meet at Eden High School (3150 Schoolview Rd.) 8am warm-up, 9am start.

November 15th

Our annual team **Pizza Party and Swim the Mile for Sean** event at the Dunkirk High School Pool, 6-9pm. See the second page of this newsletter for more details.

November 16th

STAR Series Meet 12& under only, ECC Flickenger Center (21 Oak St., Buffalo) 10:30am warm-up, 11:30am start.

November 23rd

Free meet with HAMB at Hamburg HS or Frontier HS, more details will be emailed. 7:45am warm-up, 8:30 start.

Free distance meet with WAT at Springville H.S. 8am warm-up, 9am start

November 25th

Free Meet with EAST on 12/7 sign-ups due by end of practice.

November 28-29th

No swim for Thanksgiving! Happy Turkey Day!

November 30th

Turkey Splash Meet at TWST (4040 Baker Rd. Orchard Park). AM Session (10 & under) 7:30 am warm-up, 8:30am start. PM Session (11 & older) 12:00pm warm-up, 1pm start.



Hammer Head Swim Club november 2013

going the MILE

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 November 15th 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. Last year's goal was \$300 and we 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 35 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, check, and online pledges will be accepted. All checks should be made out to HHSC and we will send along one check on behalf of the team. People can also donate directly online on a special tribute page for Sean at <http://www.arthritis.org>. To do so hover over the red DONATE header and then select the *memorial/tribute* page. You can then search for Sean's name or click it on from a list on the left hand side.

for SEAN

Pledge forms will be emailed out on November 1st and are due at the event or before November 15th. 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, November 15h
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!