



HTCC Swim Team July 8

DIVISIONAL MEET!

Location: HTCC pool

Arrive by: 7am

Warm Ups: 7:15am

Volunteers & Officials: Arrive by 7:30am

Meet Start: 9am (immediately after parade, anthem and prayer – so it may start before 9am)

Just in Case you Didn't Get it the First Time, Here it is Again!

Divisional Swim Meet – What is it? And What to Expect

As you know, we are in the Blue Division along with Neely Farm, Brushy Meadows/Summer Walk, Foxcroft, Roper Mountain Estates/Asheton Rec. There will be approximately 500 swimmers and their families at this meet and the meet will be at our pool. As the host team, our warm-ups that morning are first at 7:15am. With the meet not starting until 8:30am, I know some kids may choose not to come to warm-ups. This is a choice for each family to make. I encourage everyone to come to warm-ups even if they are early. It will help your child to really wake up and get their body percolating for the morning's swim session. It will also wake up their appetite so they can eat a healthy breakfast after warm-ups. That breakfast will be the energy they draw on for their morning swims and will determine if they go fast or slow.

Your child selected two strokes to swim at Divisionals, and the coaches selected one for them. All strokes and relays are posted at the pool. Please make sure you get there and check it out so you know what your child is swimming. I strongly suggest that you write in Sharpie on their arm so they don't forget. We are also going to have the tent parents write the children's names on their back/shoulder in Sharpie. This will help tremendously at Clerk of Course.

As the last meet of the season, the purpose is to determine the 40 fastest boys and girls in each stroke who will move on to Championships and Classics meet the following weekend. This meet will also determine the winner of the Blue Division. This is why stroke selection is so important and why the coaches spent 5 hours at my house last Friday reviewing every child's times and rankings for each stroke. They wanted to make sure that each child was swimming in their fastest strokes so they have a chance to move on to Championships and Classics, plus we needed to have a swimmer in every event who could earn points for the team. Points are awarded to the team for the swimmers who finish in the top 12 spots. Results will be posted by the baby pool fence for each event after it has been input into the computer. There will be 5



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other Divisional meets happening around the county that day. Once all the results are compiled, the list of swimmers moving on to C&C will be distributed about 4pm on Sunday to the coaches. We will announce the C&C kids at the End of the Season Party on Sunday.

Divisional Parade

Before the meet actually starts, there will be a Team Parade. Each team has selected it's own parade theme. The HTCC parade theme is "Super Hero's, specifically Captain America". We have selected this theme based on the connection that we have with the new Captain America movie coming out later this month. The actor who plays Captain America in the movie is Evan Tin's cousin – yes we are only one step removed from knowing a real movie star. His family is actually going to Hollywood for the movie premiere the week of 7/20. So please dress your kids in their best Captain America or Super Hero costume – lots of red, white and blue will work well, plus a shield – no swords or toy guns, please. Our coaches will lead the kids onto the pool deck.

Parade Route All of the teams will come down the main steps to enter the pool deck, past the blocks, around the diving pool and past the brick pump house and toward the baby pool exit. As the host team, we will be the last team to enter. All the teams will stop on the pool deck for the opening ceremony. As a senior swimmer who will not be returning to HTCC next summer, Annie Gillig will read the swimmers prayer. Then the Holly Tree Chorus will sing the national anthem. After that the teams will parade off, even the kids who are in the medley relay. The Meet Director and Chief Clerk of Course decided that it would be easier and faster to have the kids organize at the tents for relays, then send them down.

National Anthem

The Holly Tree Chorus comprised of Brooke and Danielle Collier and Elizabeth Drayton will be singing the national anthem. They are looking for others to join them. Please let them know if you are interested.

Relays

At this meet, only one relay team from each swim team will be swimming. Everybody who is in a relay has been notified and is practicing with their team this week.

Volunteers

All volunteer positions have been filled. Notification has gone out to the volunteers on when/where to report. If you are a volunteer and you have a question, please email me or find me on the pool deck.

Parking Marshalls –The parking marshalls have a meeting Friday night at 6pm to get the details of their assignment from Chip Davis. They will also put out the No Parking signs and rope off some no parking areas. I would list the parking marshalls, but I don't know who Chip has talked to about helping with this. So, if you talked to him or me about helping with this – please come to the meeting.

Other Activities and Practices – just a Reminder



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Donuts & Ribbons

As a reminder there will be no donuts & ribbons party after this meet. There are no ribbons given out for this meet—we are swimming to determine the winner of the Blue Division and to determine the 40 fastest boys/girls in the county for each stroke. Those fastest kids will move on to the Championships & Classics meet.

Parking, Team Tents & Restrooms

Attached is a guide to parking, team tents and restrooms for the Divisional meet. If you live close enough to walk or ride a bike – I highly encourage you to do so!! There is limited parking available in the pool/club parking lot. You will need to enter from the Hwy. 14 entrance. Coming from the other direction is just going to cause confusion, and you will probably be told to turn around and come in the other way. You can either drop your child off at the cross walk on Plantation drive or you can go park and they can walk back with you. The streets available for parking are noted on the map. Please do not park in anyone's yard or on Hwy. 14. You may walk on the driveway past the clubhouse instead of walking around the driving range. It will be clearly marked to park on only one side of the street.

Our tent area will be at the front of the field. All the team tents will be in the field where they do dryland activities. Kids and parents should bring camp chairs and something to do like DS games or books or even card games like UNO. Other than relays which will take about 30 minutes, each event will take about 1 hour to complete so most kids will be waiting an hour or two between each time they swim. I will have a baby pool with ice and water in it for the kids to cool off. We have a huge fan that will be set in the tent area too. Please tell your children not to stick things in the fan like sticks or rocks – just to see what happens. Mine like to do experiments too, so I know how this can happen. There will be 2 tent parents in the tent area at all times to call kids for events. They will try to monitor the kids for safe behavior. If there is a problem, we will have your child come sit with you.

There will be room in the tent area for parents to sit. There will also be bleachers set up on the pool deck in front of the baby pool. Or you may set your chair on the pool deck behind the coaches area or you could sit in the cabana area. Where ever you sit, **parents are still responsible for the behavior of their children whether they are in the team area or on the pool deck with you.** If you are going to leave them unattended in the team area, please make sure they know how to care for them self by eating the right foods and getting to their events on time. This is going to be a 6-8 hour meet – you need to make a point of going up to the tent area about every 30 minutes to check on your kids. See if they need anything, give them a hug for the good swim they just had and make sure they are drinking water or Gatorade. If you take your child to the pool deck to sit, please know that you are responsible for getting them to the Clerk of Course area for their events. The Tent Parents will call for them in the tent area, but will not go looking for them. They can't go wandering around looking for kids. It's very important that kids stay close by so they don't miss their events.

Please let your kids/teens know that as much as the coaches would love to have the entire team sitting with them in the coaches area, there just isn't room. And how do you let one child



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sit there and not the others. So no one is allowed to sit in the coaches area except for Anne Vogt and me. We will be there to help the coaches if they need our assistance due to DQ's or any kind of Officials Issues.

The porta-potties will be across from our tent at the front of the field. There will be handicap accessible bathrooms in the tennis center.

After the meet, parents will need to stay and clean the pool deck area and field. We need to put all the furniture back and take the tents down. I have asked the lifeguard to stay and watch the kids swim while we get the pool back in order. A party has not been organized or planned, but if we decide to do something after the meet at the pool, the families participating will need to chip in to pay for it.

What to Have Your Kids Eat/Pack in Their New Coolers

You will notice that when we packed the new cooler bags, we didn't load it with a lot of sugary food. The kids will need food that gives them consistent levels of energy throughout this long day. Foods such as fruit & vege's – watermelon, cantelope, banana's, grapes, peaches, pineapple, mango's, carrots, cucumbers. I will make mine a couple of fruit bowls to take with them. The Club will also have them for sale if you don't get around to buying and cutting fruit. Granola bars, cheese or peanut butter crackers are another good option. These will provide long-lasting nourishment. The Club is also selling egg or sausage biscuits for breakfast – these will be great for the kids to eat. I will feed my kids scrambled eggs before the meet. Plus pack a few cheeses sticks for them. I would try to avoid milk/yogurt products for breakfast or anything greasy or fried. A few kids have had some upset stomachs in the morning after eating these foods and then trying to swim. This will be a day when good nourishment counts, and it will be evident in the times your child swims.

Stay well hydrated with lots of water or Gatorade-type drinks – both the kids and parents.

Hurricane's Baked Goods/Candy Sale

As a fund-raiser for the team, we will be selling home-made baked goods and candy at the meet. Penny Rice, Damaris Collier and Nathalie Norris are in charge of this event. They are putting a tent up in the food area and are soliciting donations from every family. The Club does not normally allow us to sell food at meets to profit the team, so let's all take advantage of this by supporting it with food donations. Let's raise \$500 by selling hundreds of food items. Most items will be priced under a dollar, so kids can bring a dollar and come select something. I know there will be home made muffins, cookies, pound cakes, brownies and bars, packaged items from Little Debbie, pop-tarts, Entemann's mini-muffins, and I'm sure many other goodies. Bring your items to one of our organizers when you can. If it's pre-packaged, you can drop it off now. If it's homemade you may bring it the morning of the meet or the day before. Please put your homemade baked goods in baggies in an amount that will equal \$.50 – like 2 cookies or one slice of cake. If you bake something with nuts in it, please mark it accordingly on the



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baggie. Please don't use chocolate or frosting as they will melt in the heat and make an unappealing mess in a baggie. Thanks to Damaris, Nathalie & Penny for organizing this.

End of the Season Team Party

TEAM PARTY DAY!! We will have our End of the Year team party on Sunday, July 10 at 6pm. Once again, we will be back for a pool party. (big surprise there) So, meet at the cabana where the Club will have Bar-B-Que pork and chicken, macaroni and cheese, baked beans, cole slaw, chips and drinks. All for only \$6.50 per person. Kids 5 and Under eat free. Chip Davis is helping the Club get our parties and Divisional concessions organized and I'm sure our dinner will be fantastic!! We have 171 people confirmed for our party on Sunday!

Bring your yard signs to the Team Party!! If you paid a deposit for them at registration (and Anne Vogt knows who did!) you will get \$5 off your dinner that night! What a deal!

Al & Suzann Adams and Michelle & Mike Weston are hosting our party for us that night. They have games, relays and all kinds of fun and games for kids big and little that night. Plus a sweet treat for all!

The coaches will give out team medals to each swimmer, plus recognize the kids who achieved Iron Man/Chick with their tee-shirt. We will recognize all the Guppy swimmers who swam in a Hurricane meet this year. In addition, we will also recognize a very special swimmer on our team who has worked incredibly hard and dedicated herself to the sport of swimming. She has now accomplished what few swimmers will have the chance to do – and certainly Coach Gene wishes he could be there with her!

And finally, we will announce all the kids who earned a spot on the Championships and Classics team. **For those kids who do earn a spot – PARENTS bring your checkbook!!** We will place our order for Championships and Classics t-shirts that night and you will need to pay for them then. Also be thinking about what fun phrase you want to put on the back of your shirt. If you have questions about this, please don't hesitate to email me with questions or find me on the pool deck to discuss. For kids and their families who might go their first time to C&C, it is very confusing. I am blessed and fortunate that my kids have earned their way onto this team every year since they were 7, so I am pretty familiar with the routine. Who knew they would turn out to be such fast swimmers – we'll see what happens next year when they age up to 11/12.

If there is rain, we will move to the ballroom at the Club – I will send out an email to notify everyone.

Coach Gene's Hard Core Swim Practice

What can I say – Coach Gene loves coaching your kids and he wants to see them win! Coach Gene is having a swim practice at 9am on Sunday, July 10 for one hour. This is not a mandatory swim practice, and it's not even for any particular age group, but the kids do need to be able to swim multiple laps with little rest time. I would count on some dryland exercises and maybe even some wetland exercise on the pool deck. He says it will be a hard work out, but it will be a



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good way for them to start the week of C&C swim practice.

If you have questions about the swim practice routines that the Coaches have been taking them through the past few weeks, please feel free to come talk with the coaches either before or after practice. They would be glad to explain their coaching strategy to you.

Summer of 2012

Well, no one has stepped up to be the SAIL Rep/Meet Director for next year yet. Are you afraid that I will make you stay up until midnight writing the team newsletter each week? No – I'm afraid that is just me. It's the best time for me to work once the kids are in bed. Seriously, I could really use an assistant – someone who is very paperwork oriented. Like with the registration paperwork, and the Intent to Swim forms – not the area where I do my best work, so I could use some help here. If someone could take the paperwork off my plate, I could focus on fun activities for the kids along with their swimming and writing the newsletter at maybe 10pm instead of midnight.

However, someone has stepped forward to say she will be our Treasurer for next year – Sharon Serwinowski!! Everyone, please congratulate her for taking on this new role with our team. Eileen and Lisa have said they will be our computer directors again!!! And I'm going to be talking with some folks about signing up for stroke & turn next spring. We need at least 4 new people to sign up to learn Stroke & Turn next spring, plus another referee and Chief Timer. I think Damaris and Mary Ellen will be our Guppy Directors again next year – but it may be their last year as their children age up to the Hurricane team.

We are also looking for a junior coach for next summer; someone who can learn from Gene and Molly and take over after they have graduated and moved on in a year (or two). Many parents have seen how critical the coach is to the attitude and enthusiasm of the team. We need to make sure we keep the continuity of team spirit going with our coaches! If you know someone who has some year-around swim team experience and they are interested in coaching, please have them contact me.

SAIL at the Greenville Drive

I will distribute the tickets at the end of the season party. Come find me on the pool deck while the kids are doing the pool games.

Team Photo's

Team pictures are available online at the following link. Re: link
http://photobycarrie.smugmug.com/Sports/htcc/17899516_GdTjxi#1369715971_44mNCqD

Thanks to guppy mom, Carrie Garrett for taking the team photo this year. It looks great!!

Guppy Photo's



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http://photoby Carrie.smugmug.com/Children/guppy-2011/17747198_pQKv5P#1355037100_mZXDpg5

This link will take you to the pictures taken by Carrie Garrett at the Guppy Party. Looks like lots of kids were having fun!

And here are Mary Ellen Bradley's photos from the Happy Pie Party!

http://www1.snapfish.com/snapfish/share/p=881221308794292688/l=9072563017/g=11546963/cobrandOid=1000/COBRAND_NAME=snapfish/otsc=SYE/otsi=SAER

Pictures from the 6/23 Meet

http://www1.snapfish.com/snapfish/share/p=719241308951311429/l=9081964017/g=11546963/cobrandOid=1000/COBRAND_NAME=snapfish/otsc=SYE/otsi=SAER

This link will take you to the pictures Mary Ellen Bradley took at the 6/23 meet. Check them out – they look really good!

If anybody else has pictures to share, please email me the link. I will put it in the next newsletter.

FaceBook Page

We have a new Face Book page where you can post photos or links to photo's. It is at this link. <http://www.facebook.com/pages/Holly-Tree-Hurricanes-Swim-Team/219669241394308>

Please like our page – and give me suggestions on using it effectively for our team.